17.06.21

Sara Maredudd Jones
Cyswllt Contact
Ffôn Phone
0330 5880 369

Erthygl i'r Wasg **Press Release**

"Dwi'n siŵr mewn ffordd bod y môr wedi'n hachub i."

Eleni, mae S4C lawr ar lan y môr!

Yn arwain at wythnos arbennig yn dathlu traethau Cymru, mae'r gyfres o bedair rhaglen newydd **Pobol y Môr** i'w gweld bob nos Wener ar S4C.

Mae rhyw atynfa i'r môr ym mhob un ohonom, ac mae'r gyfres yn dilyn y rhai sydd â halen yn y gwaed mewn sawl ffordd ac mewn sawl ardal glan môr ar draws Cymru.

Ym mhennod olaf y gyfres, rydym yn teithio o draeth Llangrannog i fyny at Fiwmares a'r Fenai, yn gwibio heibio Amlwch cyn dychwelyd yn ôl at fachlud godidog Llangrannog. Cawn unwaith eto gwrdd â mwy o gymeriadau amrywiol sy'n byw eu bywyd ger y lli. A gyda golygfeydd godidog a synau heddychlon y môr, ynghyd â cherddoriaeth arbennig gan Mared Williams, mae'r gyfres hon yn sicr o'ch gadael â theimlad cynnes ar ôl gwylio.

Yn y bennod yma, mae Mici Beechey, pysgotwr o Langrannog yn cychwyn ei ddiwrnod gwaith am 6 y bore ac yn paratoi at ddiwrnod ar y môr. Mae ganddo dros 20 cawell o gimychiaid ar hyn o bryd ac yn rhoi abwyd iddyn nhw bob yn ail ddiwrnod.

Wrth iddo archwilio'r cewyll, mae dolffiniaid yn dod i chwarae a dilyn ei gwch – golygfa nad yw byth yn diflasu arno. Does dim byd gwell i Mici na threulio'i ddiwrnod yn gweld byd natur anhygoel Llangrannog a'r ogofau cudd:

"Mae rhai pobl yn gorfod mynd i'r gwaith, gweithio mewn rhyw swyddfa – o, alla'i byth a meddwl am ddim byd gwaeth."

Dyma ble mae o eisiau bod, a gyda machlud mor arbennig a hyn, mae'n hawdd iawn gweld pam: "Fi 'di gweld cwpwl o lefydd yn y byd ond s'dim byd gwell 'na gartre'." Meddai Mici.

Draw ym Miwmares, mae'r dyn cychod hoffus, Stan Zalot yn edrych ymlaen at ddiwrnod braf ag am ychydig o normalrwydd unwaith eto, wrth i mwy o fywyd ddod i'r dref ar ôl y clo diweddar. Mae Stan yn cludo twristiaid o gwmpas Ynys Seiriol ar ei long bleser, The Island Princess, i weld y golygfeydd a'r byd natur – "Ynys Seiriol – here I come!" meddai, ar ôl peidio gallu mynd am gyfnod.

Er nad yw'r gwch yn cael bod yn llawn oherwydd pellhau cymdeithasol, mae Stan wedi cael diwrnod perffaith ar y dŵr. Does dim amheuaeth pa mor bwysig ydi'r môr iddo:

"Mae'r môr yn rhan ohona i. Dim byd arall, dim ond y môr...a'r wraig a'r plant. S'dim byd arall yn bwysig."

Un arall cawn ail-ymweld â nhw yn y bennod yma yw Carole Richardson, athrawes yn Ysgol Gynradd Amlwch.

Roedd Carole wrth ei bodd yn rhedeg ond ar ôl torri esgyrn a olygodd nad oedd hi'n gallu parhau i wneud, a chael diagnosis o osteoporosis, roedd yn rhaid iddi ddarganfod rhywbeth arall i gadw'n heini. A dyna pryd ddechreuodd hi nofio.

Erbyn hyn, mae hi wedi magu hyder yn ôl i ail-gychwyn rhedeg, a hynny ochr yn ochr â'r cariad yma sydd ganddi o nofio yn y môr. Mae hi'n frwdfrydig iawn ynghylch pwysigrwydd bod yn yr awyr agored fel ffordd o wella lles a bywyd pob dydd:

"Mae pobl rŵan yn cael meddyg yn deud ewch – yn lle cymryd rhywbeth, ewch allan a mwynhau'r awyr iach a mynd am dro. Dyna be dwi'n neud – dwi'n trio gwneud rhywbeth bob diwrnod."

Ac mae hi'n rhywun sydd wedi gweld y buddiannau iechyd corfforol a meddyliol yma ei hun:

"Mae'n clirio fy mhen pan dwi'n dod i redeg neu i nofio," meddai Carole, "Dwi'n siŵr mewn ffordd bod y môr wedi'n hachub i."

O'r Wawr i'r Machlud, dewch i ymlacio a mwynhau diwrnod cyfan ar y traeth gyda rhai o gymeriadau fwyaf lliwgar Cymru sy'n ymwneud â'r môr mewn ffyrdd hollol wahanol.

Bydd Wythnos y Traeth ar S4C yn cynnwys rhifyn arbennig o Sgwrs Dan y Lloer gyda Max Boyce ar draeth sy'n agos iawn at ei galon, mi fydd Heno a Prynhawn Da yn darlledu o draeth Llanelli a bydd penodau arbennig o Cynefin ac Am Dro i'w gweld hefyd. Bydd uchafbwynt yr wythnos ar Nos Wener Gorffennaf 16 gyda phennod unigryw iawn o Priodas Pum Mil ble fydd un cwpwl lwcus yn priodi ar un o draethau hyfryd Cymru yn fyw ar eich sgrin.

Pobol y Môr
Nos Wener, 2 Gorffennaf, 8.25
Isdeitlau Cymraeg a Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Boom Cymru a Slam Media ar gyfer S4C

17.06.21

Sara Maredudd Jones
Cyswllt Contact
Ffôn Phone
0330 5880 369

Erthygl i'r Wasg **Press Release**

"I'm certain that, in a way, the sea has saved me."

This year, S4C is by the seaside!

Leading up to a special week celebrating Welsh beaches, the series of four programmes **Pobol y Môr** (People of the Sea) is on every Friday night on S4C.

There is an attraction to the sea in all of us, and this series follows those with the sea in their blood in many ways and in many seaside areas across Wales.

In the final episode of the series, we travel from Llangrannog beach up to Beaumaris and the Menai Straits, run by Amlwch before returning to the magnificent sunset at Llangrannog. We once again meet more diverse characters who live their lives by the sea. And with breath-taking views and peaceful sounds of the sea, along with special music by Mared Williams, this series is sure to leave you with a warm feeling after watching.

In this episode Mici Beechey, a fisherman from Llangrannog begins his work at 6am and prepares for a day at sea. He currently has over 20 lobster cages and gives them bait every other day.

As he explores the cages, dolphins come to play and follow his boat - a scene that never gets old. There's nothing better for Mici than spending the day exploring Llangrannog's amazing nature and hidden caves:

"Some people have to go to work in some office - oh, I could never think of anything worse."

This is where he wants to be, and with such a magnificent sunset, it's easy to see why: "I've seen a couple of places in the world but nothing's better than home." Mici said.

Over in Beaumaris, friendly boatman Stan Zalot is looking forward to a lovely day and a bit of normality once again, as more life comes back to town after the recent lockdown. Stan carries tourists around Puffin Island on his cruise, The Island Princess, to see the wildlife and scenery - "Puffin Island - here I come!" he said, after not being able to go for a while.

Although the boat can't be totally full because of social distancing, Stan has had a perfect day on the water. There is no doubt how important the sea is to him:

"The sea is a part of me. Nothing else, just the sea...and the wife and children. Nothing else is important."

Another one we revisit in this episode is Carole Richardson, a teacher at Amlwch Primary School.

Carole loved running, but after breaking bones which meant she couldn't keep doing it, and a diagnosis of osteoporosis, she had to find something else to keep fit. And that's when she started swimming.

She has now regained her confidence in running again, alongside her love of swimming in the sea. She is very passionate about the importance of being outdoors as a way of improving well-being and everyday life:

“People are now getting a doctor saying go out and enjoy the fresh air and go for a walk, instead of taking something. And that's what I do - I try to do something every day.”

And she's someone who has seen these physical and mental health benefits first-hand:

"When I go running or swimming, it clears my head" said Carole, "I'm certain that, in a way, the sea has saved me.”

From dawn to dusk, relax and enjoy a whole day at the beach with some of Wales's most colourful characters involved with the sea in completely different ways.

S4C's week celebrating the beaches of Wales will feature a special edition of Sgwrs Dan y Lloer with Max Boyce on a beach that’s close to his heart, Heno and Prynhawn Da will be broadcasting from Llanelli beach and there will be special episodes of Cynefin and Am Dro, too. The pinnacle of the week will be on Friday July 16 with a very unique episode of Priodas Pum Mil where one lucky couple will get married on one of Wales' beautiful beaches live on your screen.

Pobol Y Môr
Friday, 2 July, 8.25pm
English and Welsh subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Boom Cymru and Slam Media production for S4C