25.08.22

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Erthygl i'r Wasg **Press Release**

"Os ti ddim yn hapus, mae'n rhaid i chdi neud rywbeth amdana fo. Achos un bywyd ti'n ei gael." Cyfres newydd o Sgwrs dan y lloer yn cychwyn gyda Bethan Ellis Owen.

Yr actor Bethan Ellis Owen fydd yn cadw cwmni i Elin Fflur yn rhaglen gyntaf y gyfres newydd o **Sgwrs Dan y Lloer** ar nos Lun 5 Medi am 8.00. Gyda thanllwyth o dân a'r sêr yn gwmni (a digon o gacen siocled!) fe fydd Elin yn cael hanes gyrfa a bywyd un o wynebau mwyaf cyfarwydd ein sgrîn.

Ers bron i ugain mlynedd, mae Bethan wedi chwarae'r rôl Ffion Llywelyn ar Pobol y Cwm ac wedi actio mewn rhaglenni fel Rownd a Rownd, Emyn Roc a Rôl a Solomon a Gaenor a teithio'r wlad mewn dramâu poblogaidd. Erbyn hyn, mae hi'n byw ar gyrion Caerdydd gyda'i dwy ferch, Begw ac Efa a'i phartner, Jack Quick, sydd hefyd yn actio gyda hi yn Pobol y Cwm.

Efallai nid yw'n syndod i Bethan ddilyn gyrfa fel actor, o gofio mae ei thad hi yw'r actor a'r cyfarwyddwr, Wynford Ellis Owen. Ac mae mynd i garnifalau gyda'i thad fel merch fach yn oes eiconig Syr Wynff a Plwmsan yn atgof clir o'i phlentyndod.

Ond rhywbeth sydd wedi cydredeg gyda bywyd Bethan yw alcoholiaeth. Mae ei thad wedi bod yn agored iawn am ei berthynas ag alcohol ond bu'n rhaid i Bethan bortreadu alcoholig yn nes ymlaen yn ei bywyd ar Pobol y Cwm – rhywbeth y mae hi'n ei gweld yn bwysig i'w bortreadu.

"Roedd o'n anodd achos mae o'n salwch teuluol, ac mae'r teulu i gyd yn mynd yn sâl." Meddai Ffion am ei phlentyndod.

"Roedd ein bywyd ni adra yn wahanol i'n bywyd ni yn yr ysgol. Roedden ni'n mynd i'r ysgol fel *switch off* ac anghofio ac wedyn dod adra ar y bws a meddwl beth sy'n mynd i aros amdana ni pan 'da ni'n cyrraedd adra."

O'r coleg, bu raid iddi hithau dreulio amser mewn canolfan driniaeth yn Aberystwyth, yn yr un dref a buodd ei thad hi'n derbyn triniaeth. Trwy'r amseroedd caled, siarad yw un o'r pethau pwysicaf sydd wedi helpu Bethan ddygymod a'r hyn sydd wedi digwydd iddi:

"Mae'n bwysig i siarad efo pobol. Mae gan Dad grwpiau, a fues i'n mynd am dipyn bach i'r grŵp yng Nghaerdydd cyn y cyfnod clo...Dwi ddim yn mynd yn rheolaidd ond dwi'n gwybod bo nhw yno os dwi angen help."

Yn fwy diweddar mae Bethan wedi teithio Cymru yn cyfareddu pobl gyda'r sioe boblogaidd Anfamol, sy'n adrodd stori Ani, cymeriad llwyddiannus a phroffesiynol sy'n penderfynu

defnyddio *sperm bank* i gael babi. Pwnc sydd yn agos iawn at galon Bethan ac mae'r ymateb wedi bod yn arbennig:

"Gymaint o bobl nath ddod i weld o ac wedi cysylltu efo fi a cysylltu efo Rhiannon (Boyle – awdur y ddrama) wedi uniaethu efo fo a gweld eu hunain...Roedd hi yn ddrama bwysig a hefyd yn gyfle fel actores i fi gael gwneud gwaith llwyfan i ddechrau, ond hefyd i gael gwneud rhan mor *brilliant*."

Ar ddiwedd y rhaglen onest a dirdynnol yma, cawn glywed am siwrne Bethan a Jack wrth iddyn nhw baratoi i'r bennod nesaf yn eu bywydau wrth edrych ymlaen i groesawu babi bach newydd i'w teulu.

Sgwrs Dan y Lloer
Nos Lun 5 Medi, 8.00
Isdeitlau Cymraeg a Saesneg ar gael
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Tinopolis ar gyfer S4C

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Erthygl i'r Wasg **Press Release**

"If you're unhappy, you need to do something about it. Because you only get one life." A new series of Sgwrs Dan y Lloer kicks off with Bethan Ellis Owen.

The actor Bethan Ellis Owen will be keeping Elin Fflur company in the first programme of the new series of **Sqwrs Dan y Lloer** on Monday 5 September at 8.00. Accompanied by a roaring fire and the stars (and plenty of chocolate cake!), Elin will hear all about the life and career of one of the most familiar faces on our screen.

For nearly 20 years, Bethan has played the role of Ffion Llywelyn on Pobol y Cwm and acted in programmes such as Rownd a Rownd, Emyn Roc a Rôl and Solomon a Gaenor and toured the country in popular plays. She now lives on the outskirts of Cardiff with her two daughters, Begw and Efa, and her partner, Jack Quick, who also acts with her in Pobol y Cwm.

Perhaps it's not surprising that Bethan pursued a career as an actor, bearing in mind that her father is the actor and director, Wynford Ellis Owen. And going to carnivals with her father as a little girl in the iconic era of Syr Wynff a Plwmsan is a clear memory of her childhood.

But something that has run parallel with Bethan's life is alcoholism. Her father has been very open about his relationship with alcohol, and Bethan plays an alcoholic in Pobol y Cwm - something that she felt was important to portray.

"It was difficult because it's a family illness, and the whole family gets ill," Ffion said about her childhood.

"Our life at home was different to our life at school. We used to go to school and switch off and forget, and then coming back on the bus thinking what's going to be waiting for us when we get home?"

From college, she had to spend time in a treatment centre in Aberystwyth, the same town where her father also received treatment. Through the hard times, talking is one of the most important things that has helped Bethan to cope with what she's gone through:

"It's important to talk to people. Dad has his groups, and I went to a group in Cardiff for a little while before the lockdown...I don't go regularly but I know they're there if I need help."

More recently Bethan has travelled Wales captivating people with the popular theatre show Anfamol, which tells the story of Ani, a successful and professional woman who decides to use a

sperm bank to have a baby. A subject that is very close to Bethan's heart and the response it received has been wonderful:

"So many people who came to see it have identified with it and saw themselves in it and have contacted me and contacted Rhiannon (Boyle – who wrote the play). It was an important play and also an opportunity for me as an actress to do stage work, but also to be able to play such a brilliant part."

At the end of this honest and emotional episode, we hear about Bethan and Jack's journey as they prepare for the next chapter in their lives as they look forward to welcoming a new baby into their family.

Sgwrs Dan y Lloer
Monday 5 September, 8.00pm
English subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Tinopolis production for S4C