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Erthygl i'r Wasg **Press Release**

Sgwrs dan y lloer gyda Caryl Lewis

"Mae sgwennu i theatr i mi fel gwisgo high heels - ma'n beryg. A 'ma 'na bosibilrwydd go iawn nei di gwympo ar dy ben-ôl. Mae ysgrifennu nofel i mi'n teimlo fel gwisgo slipars - dwi jest yn teimlo fel 'mod i adre".

Disgrifiad unigryw'r awdures a'r sgriptwraig Caryl Lewis o'r hyn sy'n dod yn naturiol iddi – ei *comfort zone*. A dyma pwy fydd gwestai Elin Fflur yn **Sgwrs Dan y Lloer** yr wythnos hon, ar nos Lun 27 Medi am 8.25. Yng ngardd ei chartref yng nghefn gwlad Ceredigion, o flaen tân croesawus a'r sêr yn gwmni cawn glywed am gefndir yr ysgrifenwraig amryddawn, a'r hyn sydd wedi'i hysbrydoli.

Yn un o awduron mwyaf blaenllaw Cymru, mae Caryl Lewis wedi ennill gwobr Llyfr y Flwyddyn ddwy waith, ynghyd â gwobrau Tir na n-Og. Ac mae un o'i nofelau, Martha, Jac a Sianco sydd wedi'i drosi'n ffilm wedi cipio 6 gwobr BAFTA Cymru. Mae hi hefyd yn ysgrifennu ar gyfer y theatr a'r teledu, ac yn ddiweddar mae hi wedi cael cytundebau gyda dau o weisg mwyaf Prydain - Macmillan Press a Penguin.

Roedd hi'n gyfarwydd â phobl o'i hamgylch yn creu – ei mam, y gantores gwlad adnabyddus Doreen Lewis yn un. Ond nid diddordeb cystadleuol oedd yn rhan o'r angerdd i ysgrifennu:

"O'n i'm yn ennill Steddfodau. Mae rhywun efo'r ddelwedd 'ma 'ma rhaid bod ti'n ennill pob peth i fynd ymlaen i ysgrifennu, ond o'n i'n eitha' tawel. O'n i'n licio bod yn y cefndir ac o'n i'n licio gwrando.

"Yr unig beth weda i yw o'dd gwaith cartref ysgrifennu byth yn teimlo fel gwaith cartref. O'dd e'n teimlo fel bo' fi adref i bob pwrpas. Ac o'n i'n gallu gweld pethau, teimlo pethau."

A'r ffordd o fyw mae hi mor gyfarwydd ag ef sydd wedi bod yn gefnlen i gymaint o'i gwaith:

"Pan dwi'n sgwennu pethau fel Martha, Jac a Sianco, Y Bwthyn, Plu, Gwreiddyn – y straeon 'ma am fy mhlentyndod i a'm mamgus i, maen nhw'n golygu rhyw fath o gadwraeth i mi – teuluol, a gobeithio ieithyddol a diwylliannol.

"Yn Martha, Jac a Sianco, ro'n i eisiau canu marwnad i'r ffordd yma o fyw. Ac o'dd e'n gyfnod hyfryd ar y ffarm o ysgrifennu efo'r tymhorau. A pan o'n nhw'n cneifio tu allan, o'n i'n cneifio yn y nofel. Roedd yn atgyfodi teimlad fy mhlentyndod."

Ond doedd ei phlentyndod ddim yn fêl i gyd, a chawn glywed yn y rhaglen am y cyfnod anodd a gafodd yn ei harddegau, a hithau'n dioddef gyda'i iechyd:

"Mae gen i glefyd Crohn's, a ges i ddim diagnosis nes 'mod i'n 30, sy'n rili hwyr. A fues i'n denau iawn iawn yn fy arddegau; o'n i'n bum stôn a hanner, ac yn edrych yn sâl iawn. Ti fod pan ti'n ifanc yn meddwl bod ti am fyw am byth, a nes i erioed deimlo hynna. Mae'n gwneud i ti

sylweddoli pa mor agos y’n ni gyd i farwolaeth. Dim ond un salwch sydd eisiau, neu un damwain, a da’n ni gyd yn yr un lle.”

Bellach, mae dwy nofel Saesneg ar y gweill, a chytundebau gyda dwy o weisg mwyaf Prydain, Macmillan a Penguin – Seed; nofel i blant, a Drift, nofel i oedolion am ddau ddiwylliant – dyn o Syria a merch o Gymru – wedi’i lleoli yn y gorllewin. Pwy a ŵyr, felly, beth fydd pen draw y talent yr awdur disglair o Geredigion.

Sgwrs Dan y Lloer
Nos Lun, 27 Medi 8.25 S4C
Isdeitlau Cymraeg a Saesneg ar gael
Ar alw: S4C Clic; BBC iPlayer a llwyfannau eraill
Cynhyrchiad Tinopolis ar gyfer S4C

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Erthygl i'r Wasg **Press Release**

Ceredigion writer Caryl Lewis talks under the stars

"Writing for theatre for me is like wearing high heels – it's dangerous. And there is a real possibility you will fall. Writing a novel for me feels like wearing slippers – I just feel like I'm home."

The author and scriptwriter Caryl Lewis's unique description of her comfort zone, and what comes naturally to her. She will be Elin Fflur's guest on this week's episode of Sgwrs Dan y Lloer, on Monday 27 September at 8.25. In the garden of her home in rural Ceredigion, with a roaring fire under the stars, we get to know about the life of the author and what has inspired her to write.

Caryl Lewis, one of Wales's most prominent writers has won the Llyfr y Flwyddyn (Book of the Year) award twice, along with Tir na n-Og awards. One of her novels, Martha, Jac a Sianco has been adapted into a film and has scooped six BAFTA Cymru awards. She also writes for theatre and television, and has recently secured contracts with two of Britain's biggest publishers – Macmillan Press and Penguin.

She has always been surrounded by people who write and create – her mother, the well-known country singer Doreen Lewis to name one. But her passion to write didn't have a competitive streak:

"I didn't win prizes in Eisteddfodau. People have this image that you have to win everything to get ahead with writing, but I was quiet. I liked being in the background and I liked listening.

"But I do remember if I had writing as homework, it never felt like homework. It felt like I was home. I could see things, feel things."

And the way of life that she's so familiar with has been a backdrop to so much of her work:

"When I write things like Martha, Jac a Sianco, Y Bwthyn, Plu, Gwreiddyn – these stories about my childhood and my grandmas, they are a kind of conservation for me – family wise, and hopefully, linguistically and culturally too.

"In Martha, Jac a Sianco, I wanted to sing an elegy to this way of life. It was a lovely time on the farm writing with the seasons. When they were shearing outside, they were shearing in the novel. It revived memories of my childhood."

But Caryl's childhood was not all plain sailing, and we hear in the programme about the difficult times she had as a teenager, as she suffered with her health:

"I have Crohn's disease, and I wasn't diagnosed until I was 30, which is really late. I was very thin as a teenager; I was five and a half stone, and looked really ill. You're meant to think you're going to live forever when you're young, and I never felt that. It makes you realise how close we all are to death. We only need one illness, or one accident, and we're all in the same place."

There are now two English Language novels in the pipeline, as well as the deals with Macmillan and Penguin – Seed, a children's novel, and Drift, an adult novel about two cultures – a Syrian man and a Welsh woman – set in the West. Who knows what the future will hold for the gifted Ceredigion writer?

Sgwrs Dan y Lloer
Monday 27 September 8.25, S4C
English and Welsh subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Tinopolis production for S4C