07.10.2021

Heledd Williams
Cyswllt Contact
Ffôn Phone
03305 880364

Erthygl i'r Wasg **Press Release**

Sgwrs Dan y Lloer gyda Gareth Glyn

Y cyn-ddarlledwr, cerddor a chyfansoddwr Gareth Glyn fydd gwestai Elin Fflur ar **Sgwrs Dan y Lloer** yr wythnos hon, ar nos Lun 18 Hydref. Roedd ei lais nodedig o fyrlymus yn gwmni selog i wrandawyr BBC Radio Cymru am 35 mlynedd.

O flaen tanllwyth o dân yn ei ardd ym Môn, cawn glywed am ei yrfa darlledu, dylanwad ei Dad, y bardd coronog a'r darlledwr T Glynne Davies, arno, ei ddyddiau'n y coleg yn Rhydychen, a'i falchder mawr o fod yn 'Daid' erbyn hyn.

Dwy elfen bwysig ac amlwg yn ei fywyd yw darlledu a chreu cerddoriaeth. Mae o wedi cyfansoddi cerddoriaeth i seremoni agoriadol y gemau Olympaidd, creu a chynhyrchu gwaith i Gerddorfa Symffoni Llundain, y Royal Ballet Symphonia, y North Carolina Symphony, yn ogystal â dau opera yn seiliedig ar ddau o nofelau fwyaf yr iaith Gymraeg - Un Nos Ola' Leuad, ac Wythnos yng Nghymru Fydd i enwi rhai. Ond pa un yw'r cariad cyntaf - darlledu neu gyfansoddi?

"Beth ydw i ydi cyfansoddwr, a dyma'r ffordd dwi wedi meddwl am fy hun o'r dechrau. Ond wrth gwrs dwi'n dod o'r ddau gefndir mewn gwirionedd - cerddoriaeth o ochr fy nhad, a hefyd gan fy nhad yn benodol - y reddf darlledu. Mae 'na gyfochredd reit amlwg rhwng y gwaith darlledu ddaru o neud a minnau. Ei olynu fo nes i neud i bob pwrpas, a dyna sut ddigwyddodd pethau.

"Ro'n i'n treulio'r bore'n cyfansoddi, ac wedyn ro'n i'n cael fy nghinio. Wedyn wrth yrru mewn i Fangor i baratoi ar gyfer y Post Prynhawn ro'n i'n troi – fatha ryw super hero – o fod yn un person i berson cwbl wahanol. Ac roedd fy meddwl wedyn yn troi i gael gwared o'r holl syniadau ro'n i wedi'u cael ac ymroi at y newyddion. Roedd y dydd wedi'i rannu mor wahanol, a dyma beth oedd hi am 35 mlynedd."

Yn y rhaglen mae'n trafod agwedd personol o'i fywyd sydd wedi amharu ar ei waith darlledu o dro i dro, sef delio â phyliau llethol o banig:

"Doedd 'na ddim lot o amser ers i mi ddechrau gyda'r adran gyflwyno, ac ro'n i'n darllen bwletin newyddion, ac ro'n i'n hollol hyderus, doedd dim byd yn bod; ro'n i'n eistedd yn y stiwdio. Ac yn sydyn, dyma fy nghalon i'n dechrau curo'n andros o galed ac ro'n i wedi colli 'ngwynt. Do'n i ddim yn medru cael gwynt i fewn i'n ysgyfaint.

"Dau beth ro'n i'n ymwybodol ohonyn nhw; un, ro'n i'n marw; dau, ro'n i eisiau dianc. O'n i ddim yn gwybod pam o'n i eisiau dianc, ond yn y diwedd, dianc nes i. Nes i orfod deud 'mae raid i mi stopio fan hyn' wrth y genedl a rhedeg allan i'r corridor. O'n i'n teimlo'n ofnadwy ynghylch y peth achos do'n i ddim yn gwybod beth oedd wedi digwydd. Un diwrnod, dechrau Post Prynhawn ac mi drawodd o fi, jest cyn i mi fynd ar yr awyr. O'n i prin yn gallu deud '5 o'r gloch Gareth Glyn a'r Post Prynhawn, achos doedd fy ngwynt i ddim gen i ac ro'n i eisiau rhedeg allan o'na. Da'ch chi byth yn rhydd ohono rywsut, ac wna i ddim rhai pethau er gwaetha 'mod i'n gwybod bod dim peryg ynddyn nhw.

"Ond, mae 'na reswm amdano fo, ac os 'dach chi'n deall y rheswm, mae'n help, a dwi'n gwybod bod 'na bobl allan yna sy'n dioddef o'r un peth, a dwi'n gobeithio bod bod yn agored am y peth yn medru bod yn rhyw fath o help i bobl sy'n teimlo'n unig am y peth, achos dydyn nhw ddim; mae lot ohonon ni'n dioddef."

Sgwrs Dan y Lloer: Gareth Glyn
Nos Lun 18 Hydref 8.25, S4C
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Tinopolis ar gyfer S4C

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Gareth Glyn talks under the stars

Former broadcaster, musician and composer Gareth Glyn will be Elin Fflur's guest on this week's **Sgwrs Dan y Lloer** on Monday 18 October. His distinctive voice was familiar to BBC Radio Cymru's listeners for 35 years.

By a roaring of fire in his garden on Anglesey, we hear of his broadcasting career, his days at Oxford University, the influence his father – crowned poet and broadcaster T Glynne Davies – had on him, and his great joy of being a grandfather.

Two important elements in his life are broadcasting and creating music. He has composed music for the opening ceremony of the Olympics, created and produced work for the London Symphony Orchestra, the Royal Ballet Symphonia, the North Carolina Symphony, as well as two operas based on two of the greatest Welsh language novels - Un Nos Ola' Leuad, and Wythnos yng Nghymru Fydd to name a few. But which is the first love - broadcasting or composing?

"I'm a composer, and this is how I've seen myself from the beginning. But of course, I really come from both backgrounds - music from my father's side, and also the broadcasting instinct from my father. There is a clear parallel between the broadcasting work that he and I did. In a way I followed in his footsteps, and that's how things happened.

"I would spend the morning composing before having lunch. Then I'd drive into Bangor to prepare for Post Prynhawn, and like some superhero, I'd morph from one person to a completely different one. I'd get rid of all the ideas I had that morning and applied myself to the news. The day was divided so differently, and this is how it was for 35 years.

In the programme Gareth discusses a personal aspect of his life – dealing with panic attacks – which has affected his broadcasting role from time to time.

"It wasn't long after I started presenting. I was reading a news bulletin, and was completely confident, there was nothing wrong. I was sitting in the studio, and suddenly, my heart started to beat hard and I couldn't breathe. I couldn't get air into my lungs.

"Two things I was aware of; one, I was dying; two, I wanted to escape. I didn't know why I wanted to escape, but in the end, I escaped. I had to say 'I have to stop now' to the nation and run out into the corridor. I felt terrible about it because I didn't know what had happened. One day, I started Taro'r Post and it hit me, just before I went on the air. I could barely say '5 o'clock Gareth Glyn and Post Prynhawn', because I couldn't breathe, and I wanted to run out. You're never free of it somehow, and I refuse to do some things despite knowing it would be ok.

"But, there's a reason for it, and if you understand the reason, it helps. And I know there are people out there who suffer from the same thing. I hope that being open about it can be some kind of help to people who feel lonely about it, because there's no need, a lot of us suffer from the same."

Sgwrs Dan y Lloer: Gareth Glyn
Monday 18 October 8.25, S4C
English and Welsh subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Tinopolis production for S4C