



**Sgoriwch y gôl yr haf hwn a bod  
yn bencampwr y Gymraeg...**



**Deunyddiau Dysgu  
Cymraeg  
Welsh Learning  
Materials**



**Make learning Welsh your  
Goal this summer...**

**Meddwl Think Cymraeg  
Welsh**



# Awgrymiadau...

## Hints and Tips...

- Gwrandewch i Radio Cymru neu edrychwch ar S4C i glywed y sylwebaeth Cymraeg.
- Listen to Radio Cymru or watch S4C to listen to Welsh commentary.
- Darllenwch y newyddion diweddaraf am hanes ein tîm yn y Ewros ar wefan [Cymru Fyw](#), neu ar wefan [Newyddion S4C](#).
- Read the latest news about our team in the Euros on the [Cymru Fyw](#) website, or on the [Newyddion S4C](#) site.
- Ysgrifennwch eich ymadroddion â llaw ac ar y cyfrifiadur gan ein bod fel arfer yn teipio'r rhan fwyaf o'n gohebiaeth ysgrifenedig.
- Write out your phrases both by hand and on the computer as we mostly type our written correspondence.
- Gwyliwch raglen ar S4C gydag isdeitlau.
- Watch a programme on S4C with subtitles.
- Lawrlwythwch Duolingo ac ewch drwy'r camau Cymraeg sy'n gweddu orau i'ch lefel rhuglder.
- Download Duolingo and work through the Welsh language stages that best suit your level of fluency.
- Gallwch ymarfer drwy ddarllen llyfrau, cylchgronau a gwefannau Cymraeg, fel eitemau newyddion a chyfweiliadau ar wefan [BBC Cymru Fyw](#) neu drwy ymweld â thudalenau Dysgu Cymraeg y BBC <http://www.bbc.co.uk/wales/learning/learnwelsh/>
- You can practise by reading Welsh-language books, magazines and websites. You can read news items, features and interviews on the [BBC Cymru Fyw](#) website or via the Learn Welsh BBC pages <http://www.bbc.co.uk/wales/learning/learnwelsh/>





**Football Phrases...**

**Ymadroddion Pêl-droed...**

**Come on Wales!**

**Amdani Cymru!**

**Handball**

**Llawiad**

**Free kick**

**Cic Rhydd**

**Foul**

**Ffowl**

**Penalty Area**

**Cwrt Cosbi**

**Red Card**

**Cerdyn Coch**

**Goal**

**Gôl**

**Offside**

**Camsefyll**



# Cyfarchion... Greetings...

Bore Da

Good Morning

Prynhawn Da

Good Afternoon

Noswaith Dda

Good Evening

Croeso

Welcome

Fy enw i yw...

My name is...

Sut wyt ti?

How are you?

Da iawn diolch

Very well thank you

Diolch

Thank you

Hwyl!

Bye!

Joiwch eich penwythnos

Enjoy your weekend

Ga i siarad â...?

May I speak to...?

Esgusodwch fi

Excuse me

Llongyfarchiadau

Congratulations

Dymuniadau Gorau

Best Wishes

Pen-blwydd Hapus

Happy Birthday

Pob Lwc

Good Luck

Yes

Ie/Ydw

No

Na/Nac Ydw

Sorry

Sori/Rwy'n Flin

Please

Plis/Os gwelwch yn  
dda





# Dyddiau, Misoedd a Rhifau...

## Days, Months and Numbers...



Un	One (1)
Dau	Two (2)
Tri	Three (3)
Pedwar	Four (4)
Pump	Five (5)
Chwech	Six (6)
Saith	Seven (7)
Wyth	Eight (8)
Naw	Nine (9)
Deg	Ten (10)

Dydd Llun	Monday
Dydd Mawrth	Tuesday
Dydd Mercher	Wednesday
Dydd Iau	Thursday
Dydd Gwener	Friday
Dydd Sadwrn	Saturday
Dydd Sul	Sunday

Un deg 'No' (un)	Eleven (11)
Un deg 'No' (dau)	Twelve (12)

Ionawr	January
Chwefror	February
Mawrth	March
Ebrill	April
Mai	May
Mehefin	June
Gorffennaf	July
Awst	August
Medi	September
Hydref	October
Tachwedd	November
Rhagfyr	December

Dau ddeg	Twenty (20)
Tri deg	Thirty (30)
Pedwar deg	Forty (40)
Pum deg	Fifty (50)
Chwe deg	Sixty (60)
Saith deg	Seventy (70)
Wyth deg	Eighty (80)
Naw deg	Ninety (90)
Cant	One Hundred(100)





# Cyfarfodydd, Cyfweiliadau a'r gweithle...

## Meetings, Interviews and the workplace...



Croeso i'r cyfarfod

Welcome to the meeting

Croeso i'r cyfweiliad

Welcome to the interview

Croeso i Fwrdd Iechyd Caerdydd a'r  
Fro

Welcome to Cardiff and Vale Health  
Board

Braf eich gweld chi heddiw

Nice to see you today

Diolch am ymuno â ni heddiw

Thanks for joining us today

Braf eich gweld chi 'gyd

Nice to see you all

Gweld chi 'gyd yn fuan

See you all shortly

Diolch am eich cyfraniadau

Thanks for your contributions

Byddwn ni mewn cysylltiad cyn hir

We will be in contact soon

Welai chi...

See you...

Oes gennych chi gwestiynnau?

Do you have any questions?

Diolch ymlaen llaw

Thanks in advance

Cofion Cynnes

Kind Regards

Rwyf newydd ddechrau dysgu  
Cymraeg, felly byddwch yn  
amyneddgar gyda fi

I have only just started learning  
Welsh, so please be patient with me



# With Patients ... Gyda Chleifion...



Fy enw i yw..

My name is...

Rydw i'n ddoctor/nyrs

I'm a doctor/nurse

Rydw i'n dysgu Cymraeg..

I'm learning Welsh..

Sut wyt ti heddiw?

How are you today?

Sut wyt ti'n teimlo?

How are you feeling?

Wyt ti'n teimlo'n well?

Are you feeling better?

Ble mae'r poen?

Where's the pain?

Wyt ti'n gyfforddus?

Are you comfortable?

Ydy hyn yn brifo?

Does this hurt?

Dyma'ch meddyginiaeth..

Here is your medication..

Mae eich teulu yma..

Your family are here..

Hoffech chi ddiod/bwyd?

Would you like a drink/some food?

Hoffech chi baned o de?

Would you like a cup of tea?



## Rhannau'r Corff - Parts of the Body...

Defnyddiwch y ddolen isod i dysgu am y corff - Use the link below to learn about the body.

[http://www.bbc.co.uk/wales/welshathome/textversion/sw\\_e\\_bathroom\\_mirror\\_body.shtml](http://www.bbc.co.uk/wales/welshathome/textversion/sw_e_bathroom_mirror_body.shtml)



**Pob Lwc! Good Luck!**

**Meddwl Think** **Cymraeg Welsh**



If you would like to present yourself as a Welsh Learner in the workplace, please contact the UHBs Welsh Language Officer for a Work Welsh lanyard or badge.





**Mae gan bawb wahanol resymau dros ddysgu'r Gymraeg...**

**People have lots of reasons for learning Welsh...**

Os hoffech barhau i ddysgu neu wella'ch sgiliau, cofrestrwch i Cymraeg Gwaith, sefydliad dysgu Cymraeg Llywodraeth Cymru, dilynwch y ddolen isod.

If you would like to continue learning or improve your skills sign up to Work Welsh, a government run organisation follow the link below.

**<https://learnwelsh.cymru/sign-up/>**

Ar ôl ymuno mae yna lawer o opsiynau dysgu, ond gwnewch yn siŵr eich bod chi'n cofrestru fel aelod o staff

BIP Caerdydd a'r Fro gan fod gennych fynediad i wasanaeth dysgu Cymraeg am ddim, sydd wedi'i deilwra i'r maes lechyd a Gofal Cymdeithasol.

Mae yna nifer o lefelau yn amrywio o sylfaenol i uwch i chi weithio drwyddynt ar eich cyflymder eich hun yn eich amser eich hun.

Once signed up there are many learning options, but be sure to sign up as a member of staff at Cardiff and Vale UHB as you have access to learn Welsh tailored to Health and Social Care for free.

There are numerous levels ranging from basic through to advanced for you to work through at your own pace in your own time.

