

## Cymorth ariannol – help gyda chostau

Mae'r wybodaeth hon ynghylch help gyda chostau os oes gennych chi ganser. Mae'r wybodaeth yn ymdrin â:

- Help gyda chostau trafndiaeth
- Help gyda phresgripsiynau a chostau iechyd eraill
- Cymorth i rieni
- Grantiau a benthyciadau
- Sut y gall Macmillan eich helpu
- Rhagor o wybodaeth yn Gymraeg
- Cyfeiriadau a diolchiadau

Gobeithiwn y bydd y daflen ffeithiau hon yn ateb eich cwestiynau.

Gallwch hefyd ffonio Cymorth Canser Macmillan ar radffôn **0808 808 00 00 7** diwrnod yr wythnos rhwng 8am a 8pm. Mae gennym gyfieithwyr. Felly, gallwch siarad â ni yn eich iaith eich hun. Pan fyddwch yn ein ffonio, dywedwch wrthym yn Saesneg pa iaith yr ydych ei hangen (dywedwch "Welsh").

Mae rhagor o wybodaeth am ganser yn Gymraeg yn [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

## Help gyda chostau trafnidiaeth

- Os ydych chi ar incwm isel, mae'n bosibl y bydd modd i chi gael help gyda chostau teithio i'r ysbyty ar gyfer eich triniaeth. Gallech gael ad-daliad ar eich costau bws, trên neu dacsï. Neu fe allech chi gael arian i helpu i dalu am betrol. Bydd pobl sydd â chanser yn cael parcio am ddim yn y rhan fwyaf o ysbytai. Siaradwch â'r staff yn yr ysbyty am ragor o wybodaeth.
- Gall rhai pobl hŷn a phobl anabl brynu tocynnau bws a thrên ar gyfradd arbennig. I gael rhagor o wybodaeth, ewch i **gov.uk** neu **nidirect.gov.uk**

Os ydych chi'n cael trafferth symud, mae'n bosibl y bydd modd i chi gael Bathodyn Glas. Mae hyn yn golygu y gallwch chi barcio mewn lleoedd sy'n agosach at y man y mae angen i chi fynd iddo, fel ysbytai neu archfarchnadoedd. I gael rhagor o wybodaeth, ewch i **gov.uk** neu **nidirect.gov.uk**

## Help gyda phresgripsiynau a chostau iechyd eraill

- Yng Nghymru, yr Alban a Gogledd Iwerddon, mae presgripsiynau yn rhad ac am ddim i bawb. Os ydych chi'n byw yn Lloegr, mae presgripsiynau'n rhad ac am ddim i bobl â chanser. Bydd angen i chi lenwi ffurflen, y mae modd i chi ei chael gan eich meddyg teulu.
- Yng Nghymru a Gogledd Iwerddon, mae wigiau a chymhorthion ffabrig yn rhad ac am ddim i bawb. Yn Lloegr a'r Alban, maen nhw am ddim i rai pobl, gan gynnwys plant dan 16 oed a phobl ar incwm isel. Siaradwch â'ch nyrs neu feddyg canser i gael rhagor o wybodaeth.
- Mae Cynllun Incwm Isel y GIG yn helpu pobl ar incwm isel i dalu eu costau iechyd. Mae hyn yn cynnwys help gyda thriniaethau deintyddol, profion golwg a'r teithio i gael triniaeth. Mae'n cael ei redeg gan y GIG, neu'r Gwasanaeth Iechyd yng Ngogledd Iwerddon.

## Cymorth i rieni

- Efallai y byddwch yn gallu cael rhywfaint o gymorth gan y llywodraeth tuag at gostau gofal plant. Gallai hyn gynnwys cael rhywfaint o ofal plant am ddim neu gael rhywfaint o arian i helpu i dalu am ofal plant. Gallwch gael gwybodaeth am y mathau gwahanol o gymorth sydd ar gael yn **childcarechoices.gov.uk** Efallai y byddwch hefyd yn gallu cael cymorth i dalu costau gofal plant gan elusen neu'ch cyngor lleol.
- Os oes gennych chi blentyn yn yr ysgol, mae'n bosibl y bydd modd iddo gael prydau ysgol am ddim. Os ydych chi ar incwm isel, mae'n bosibl hefyd y gallwch gael cymorth i dalu am wisg ysgol a theithio i'r ysgol ac oddi yno. Holwch eich cyngor lleol am ragor o wybodaeth.

## Grantiau a benthyciadau

- **Mae Grantiau Macmillan** yn daliadau bach ar gyfer pobl sydd angen help gyda'r costau ychwanegol y gall canser eu hachosi. Gallai hyn gynnwys dillad ychwanegol neu help i dalu biliau gwresogi. Ar gyfartaledd, mae grant tua £380, ond gall hyn newid. Mae Grantiau Macmillan ar gyfer pobl sy'n cael ychydig iawn o incwm ac sydd ag ychydig iawn o gynilion. Mae hyn yn golygu:
  - Mae gennych lai na £6,000 mewn cynilion os ydych chi'n sengl, neu lai na £8,000 fel cwpl neu deulu.
  - Mae cyfanswm eich incwm yn isel ar ôl talu rhent, morgais a'r dreth gyngor. Mae hyn yn golygu incwm wythnosol o £170 ar gyfer unigolyn sengl, £289 ar gyfer cwpl neu aelwyd sy'n cynnwys dau unigolyn a £85 ar gyfer pob plentyn.
- Mae'n bosibl y bydd modd i chi hefyd gael grantiau neu fenthyciadau o sefydliadau eraill. Er enghraifft, efallai y bydd elusennau neu'ch cyngor lleol yn gallu'ch helpu.

## Sut y gall Macmillan eich helpu

Mae Macmillan yma i'ch helpu chi a'ch teulu. Gallwch gael cefnogaeth gan:

- **Linell Gymorth Macmillan (0808 808 00 00)**. Mae gennym gyfieithwyr, felly gallwch siarad gyda ni yn eich iaith. Dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio. Gallwn ateb cwestiynau meddygol, rhoi gwybodaeth am gymorth ariannol i chi neu siarad gyda chi am eich teimladau. Gallwch ffonio 7 diwrnod yr wythnos rhwng 8am a 8pm.
- **Gwefan Macmillan ([macmillan.org.uk](http://macmillan.org.uk))**. Mae gan ein safle lawer o wybodaeth yn Saesneg am ganser a byw gyda chanser. Mae mwy o wybodaeth mewn ieithoedd eraill yn [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **Gwasanaethau gwybodaeth a chefnogaeth**. Mewn gwasanaeth gwybodaeth a chefnogaeth, gallwch siarad ag arbenigwr canser a chael gwybodaeth ysgrifenedig. Chwiliwch am eich canolfan agosaf yn [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) neu ffoniwch ni. Efallai y bydd gan eich ysbyty ganolfan.
- **Grwpiau cefnogaeth lleol** – Mewn grŵp cefnogaeth, gallwch siarad â phobl eraill wedi'u heffeithio gan ganser. Dewch o hyd i grŵp gerllaw yn [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) neu ffoniwch ni.
- **Cymuned Ar-lein Macmillan** – Gallwch hefyd siarad â phobl eraill y mae canser wedi effeithio arnynt ar-lein yn [macmillan.org.uk/community](http://macmillan.org.uk/community)

## Rhagor o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

<p><b>Mathau o ganser</b></p> <ul style="list-style-type: none"><li>• Canser y fron</li><li>• Canser y coluddyn mawr</li><li>• Canser yr ysgyfaint</li><li>• Canser y brostad</li></ul> <p><b>Triniaethau</b></p> <ul style="list-style-type: none"><li>• Cemotherapi</li><li>• Radiotherapi</li><li>• Llawfeddygaeth</li></ul>	<p><b>Ymdopi â chanser</b></p> <ul style="list-style-type: none"><li>• Os cewch ddiagnosis o ganser - Canllaw cyflym</li><li>• Hawlio budd-daliadau</li><li>• Problemau bwyta a chanser</li><li>• Diwedd oes</li><li>• Cymorth ariannol - budd-daliadau</li><li>• Cymorth ariannol – help gyda chostau</li><li>• Bwyta'n iach</li><li>• Blinder a chanser</li><li>• Sgîl-ffeithiau triniaeth canser</li><li>• Yr hyn y gallwch ei wneud i helpu'ch hun</li></ul>
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I weld yr wybodaeth hon, ewch i [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

### Siaradwch â ni yn Gymraeg

Gallwch ffonio Macmillan am ddim ar **0808 808 00 00** a siarad â ni yn Gymraeg trwy gyfieithydd. Gallwch siarad â ni am eich pryderon a'ch cwestiynau meddygol. Dim ond dweud Cymraeg yn Saesneg y mae angen i chi ei wneud pan fyddwch yn ffonio (dywedwch "Welsh").

Rydym ar agor 7 diwrnod yr wythnos rhwng 8am a 8pm.

## Cyfeiriadau a diolchiadau

Mae'r wybodaeth hon wedi ei hysgrifennu a'i golygu gan dîm Datblygu Gwybodaeth Canser Cymorth Canser Macmillan. Mae wedi cael ei chyfieithu i'r Gymraeg gan gwmni cyfieithu.

Mae'r wybodaeth hon yn seiliedig ar lyfryn Macmillan **Help with the cost of cancer** Gallwn anfon copi atoch chi, ond mae'r llyfryn llawn ar gael yn Saesneg yn unig.

Mae'r wybodaeth hon wedi cael ei hadolygu gan arbenigwyr perthnasol a'i chymeradwyo gan Neal Southwick, Arweinydd Rhaglen Cymorth Ariannol Macmillan.

Gyda diolch i: Roy Beeson, Rheolwr y Gwasanaeth Cyngor, Disability Solutions West Midlands; Justine Burton, Arweinydd Technegol Tîm Hawliau Lles Macmillan; Denise Forde, Cynghorydd Hawliau Lles Macmillan, Anthony Martin, Rheolwr Partneriaethau Gwasanaeth Budd-daliadau Macmillan; Andrew Montgomery, Rheolwr Partneriaethau Gwasanaeth Budd-daliadau Macmillan; Kathryn Phillips, Arweinydd Technegol Hawliau Lles Macmillan; a Tina Smith, Rheolwr Budd-daliadau Lles Macmillan, Cyngor Castell-nedd Port Talbot.

Diolch hefyd i'r bobl y mae canser wedi effeithio arnynt a adolygodd yr wybodaeth hon.

Mae'n holl wybodaeth yn seiliedig ar y dystiolaeth orau sydd ar gael. I gael rhagor o wybodaeth am y ffynonellau a ddefnyddiwn, cysylltwch â ni yn **bookletfeedback@macmillan.org.uk**

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Adolygwyd y cynnwys: Mawrth  
2019

Adolygiad arfaethedig nesaf: 2020

Rydym yn gwneud pob ymdrech i sicrhau bod yr wybodaeth a ddarperir gennym yn gywir, ond ni ddylid dibynnu arni i adlewyrchu cyflwr presennol ymchwil feddygol, sy'n newid o hyd. Os ydych chi'n poeni am eich iechyd, siaradwch â'ch meddyg. Ni all Macmillan fod yn gyfrifol am unrhyw golled neu ddifrod sy'n deillio o unrhyw gamgymeriad yn yr wybodaeth hon na gwybodaeth trydydd parti fel gwybodaeth ar wefannau rydym yn rhoi dolenni atyn nhw.

Gobeithiwn y bydd yr wybodaeth hon o help i chi. Os oes gennych unrhyw gwestiynau, gallwn roi gwybodaeth a chefnogaeth i chi yn eich iaith dros y ffôn. Mae ein gwasanaethau'n rhad ac am ddim. Ffoniwch ni ar 0808 808 00 00 (7 diwrnod yr wythnos rhwng 8am a 8pm) a gofynnwch yn Saesneg am gael siarad yn eich dewis iaith.

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## Financial support – help with costs

This information is about help with costs if you have cancer. This information covers:

- Help with transport costs
- Help with prescriptions and other health costs
- Support for parents
- Grants and loans
- How Macmillan can help you
- More information in [language]
- References and thanks

We hope this fact sheet answers your questions.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, 7 days a week, 8am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need (say “xxxxx”).

There is more cancer information in [language] at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## Help with transport costs

- If you are on a low income, you may be able to get help with the cost of travelling to hospital for your treatment. You could get a refund on your bus, train or taxi fares. Or you could get money to help pay for petrol. People with cancer will get free parking at most hospitals. Speak to the staff at the hospital for more information.
- There are special rates for bus, coach and train tickets for some older people and people with disabilities. For more information visit [gov.uk](http://gov.uk) or [nidirect.gov.uk](http://nidirect.gov.uk)

If you have problems moving around, you may be able to get a Blue Badge. This means you can park in parking spaces that are closer to where you need to go, such as hospitals or supermarkets. To find out more, visit [gov.uk](http://gov.uk) or [nidirect.gov.uk](http://nidirect.gov.uk)

## Help with prescriptions and other health costs

- In Scotland, Wales and Northern Ireland, prescriptions are free for everyone. If you live in England, prescriptions are free for people with cancer. You will need to fill in a form, which you can get from your GP surgery.
- In Wales and Northern Ireland, wigs and fabric supports are free for everyone. In England and Scotland, they are free for some people, including children under the age of 16 and people on a low income. Speak to your cancer nurse or doctor for more information.
- The NHS Low Income Scheme helps people on a low income to pay for health costs. This includes help with dental treatment, sight tests and travel to receive treatment. It is run by the NHS, or the Health Service in Northern Ireland.

## Support for parents

- You might be able to get some help from the government towards childcare costs. This might include some free childcare, or some money to help pay for childcare. You can find out about the different types of support available at [childcarechoices.gov.uk](http://childcarechoices.gov.uk) You might also be able to get help with childcare costs from a charity or your local council.
- If you have a child at school, they might be able to get free school meals. If you have a low income, you might also be able to get help with paying for school clothing, and travel to and from school. Ask your local council for more information.



## Grants and loans

- **Macmillan Grants** are small payments for people who need help with the extra costs that cancer can cause. This might be extra clothing or help to pay heating bills. The average grant is around £380, although this may change. Macmillan Grants are for people who have a low level of income and savings. This means:
  - You have less than £6,000 in savings if you are single, or less than £8,000 as a couple or family.
  - You have a low total income after you have paid rent, mortgage and council tax. This means a weekly income of £170 for a single person, £289 for a couple or household of two people and £85 for each child.
- You may also be able to get grants or loans from other organisations. For example, charities or your local council might be able to help.

## How Macmillan can help you

Macmillan is here to help you and your family. You can get support from:

- **The Macmillan Support Line (0808 808 00 00)**. We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can answer medical questions, give you information about financial support, or talk to you about your feelings. The phone line is open 7 days a week, 8am to 8pm.
- **The Macmillan website ([macmillan.org.uk](http://macmillan.org.uk))**. Our site has lots of English information about cancer and living with cancer. There is more information in other languages at [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **Information and support services**. At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.
- **Local support groups** – At a support group you can talk to other people affected by cancer. Find a group near you at [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at [macmillan.org.uk/community](http://macmillan.org.uk/community)

## More information in [language]

We have information in [language] about these topics:

<p><b>Types of cancer</b></p> <ul style="list-style-type: none"><li>• Breast cancer</li><li>• Large bowel cancer</li><li>• Lung cancer</li><li>• Prostate cancer</li></ul> <p><b>Treatments</b></p> <ul style="list-style-type: none"><li>• Chemotherapy</li><li>• Radiotherapy</li><li>• Surgery</li></ul>	<p><b>Coping with cancer</b></p> <ul style="list-style-type: none"><li>• If you're diagnosed with cancer – A quick guide</li><li>• Claiming benefits</li><li>• Eating problems and cancer</li><li>• End of life</li><li>• Financial support – benefits</li><li>• Financial support – help with costs</li><li>• Healthy eating</li><li>• Tiredness (fatigue) and cancer</li><li>• Side effects of cancer treatment</li><li>• What you can do to help yourself</li></ul>
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To see this information, go to [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

### Speak to us in [language]

You can call Macmillan free on **0808 808 00 00** and speak to us in [language] through an interpreter. You can talk to us about your worries and medical questions. Just say [language] in English when you call (say “xxxxx”).

We are open 7 days a week, 8am to 8pm.

## References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. It has been translated into [language] by a translation company.

The information included is based on the Macmillan booklet **Help with the cost of cancer**. We can send you a copy, but the full booklet is only available in English.

This information has been reviewed by relevant experts and approved by Neal Southwick, Macmillan Financial Support Programme Lead.

With thanks to: Roy Beeson, Advice Service Manager, Disability Solutions West Midlands; Justine Burton, Macmillan Welfare Rights Team Technical Lead; Denise Forde, Macmillan Welfare Rights Adviser, Anthony Martin, Macmillan Benefit Service Partnerships Manager; Andrew Montgomery, Macmillan Benefit Service Partnerships Manager; Kathryn Phillips, Macmillan Welfare Rights Technical Lead; and Tina Smith, Macmillan Welfare Benefits Manager, Neath Port Talbot Council

Thanks also to the people affected by cancer who reviewed this information.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at **bookletfeedback@macmillan.org.uk**

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We make every effort to ensure that the information we provide is accurate but it should not be relied upon to reflect the current state of medical research, which is constantly changing. If you are concerned about your health, you should consult your doctor. Macmillan cannot accept liability for any loss or damage resulting from any inaccuracy in this information or third-party information such as information on websites to which we link.

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