

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

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

Gallwch hefyd ffonio Cymorth Canser Macmillan ar y rhif rhadffôn **0808 808 00 00**, o ddydd Llun i ddydd Gwener, 9am i 8pm. Mae gennym gyfieithwyr, felly gallwch siarad gyda ni yn eich iaith eich hun. Pan fyddwch yn ein ffonio, dywedwch wrthym yn Saesneg pa iaith yr ydych ei hangen (dywedwch "Welsh").

Mae mwy o wybodaeth mewn ieithoedd eraill yn macmillan.org.uk/translations

Help gyda chostau trafndiaeth

- 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, trê neu dacsî. 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.
- Mae cyfraddau arbennig ar gyfer teithiau bws a thrên i rai pobl hŷn a phobl anabl. Am ragor o wybodaeth, ewch i gov.uk neu indirect.gov.uk
- Os ydych chi'n cael anhawster symud, mae'n bosibl y bydd modd i chi gael Bathodyn Glas. Mae hyn yn golygu y gallwch chi barcio mewn manau sy'n agosach at le'r ydych chi angen mynd, fel ysbytai neu archfarchnadoedd. Am ragor o wybodaeth, ewch i gov.uk neu indirect.gov.uk

Help gyda phresgripsiynau a chostau iechyd eraill

- Mae presgripsiynau am ddim ar gyfer pobl gyda chanser. Bydd angen i chi lenwi ffurflen, y mae modd i chi ei chael gan eich Meddyg Teulu neu o'r ysbyty.
- Yng Nghymru a Gogledd Iwerddon, mae wigiau a chymhorthion ffabrig 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

- **Mae talebau gofal plant** yn eich galluogi i dalu am ofal plant drwy eich cyflog, cyn didynnu treth ac Yswiriant Gwladol. Mae hyn yn arbed arian i chi os oes angen i chi drefnu gofal plant tra byddwch chi'n mynd i apwyntiadau neu i gael triniaeth, neu os byddwch chi'n teimlo'n sâl. Mae'n bosibl y bydd modd i chi gael help gyda chostau gofal plant hefyd gan elusen neu eich cyngor lleol.
- Os oes gennych chi blentyn yn yr ysgol, mae'n bosibl y bydd modd iddyn nhw gael prydau ysgol am ddim. Mae'n bosibl hefyd y gallwch chi gael help o ran talu am wisg ysgol, a theithio yn ôl ac ymlaen i'r ysgol. 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. Gall hyn gynnwys dillad ychwanegol neu help i dalu biliau gwresogi. Maen nhw ar gyfer pobl sydd â lefel isel o incwm a chynilion. 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.
 - Os oes gennych gyfanswm incwm isel ar ôl talu rhent, morgais a'r dreth gyngor. Mae hyn yn golygu incwm net wythnosol o £170 ar gyfer unigolyn, £289 ar gyfer cwpl neu aelwyd gyda dau unigolyn, £85 ar gyfer pob plentyn, a £119 ar gyfer pob oedolyn ychwanegol.
- Mae'n bosibl y bydd modd i chi hefyd gael grantiau neu fenthyciadau o ffynonellau eraill. Er enghraifft, fe allai elusennau neu eich cyngor lleol eich helpu, o bosibl.

Sut gall Macmillan helpu

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

- Llinell Gymorth Macmillan Mae gennym gyfieithwyr, felly gallwch siarad gyda ni yn eich iaith. Ffoniwch **0808 808 00 00** o ddydd Llun i ddydd Gwener, 9am–8pm.
- Gwefan Macmillan. Ewch i **macmillan.org.uk** am lawer o wybodaeth Saesneg am ganser a byw gyda chanser. Mae mwy o wybodaeth mewn ieithoedd eraill yn **macmillan.org.uk/translations**
- Canolfannau gwybodaeth. Yn y ganolfan wybodaeth, gallwch siarad gydag arbenigwr canser a chael gwybodaeth ysgrifenedig. Chwiliwch am eich canolfan agosaf yn **macmillan.org.uk/informationcentres** neu ffoniwch ni. Efallai y bydd gan eich ysbyty ganolfan.
- Grwpiau cefnogi lleol. Dewch o hyd i grŵp yn lleol i chi yn **macmillan.org.uk/supportgroups** neu ffoniwch ni.
- Cymuned Ar-lein Macmillan. Gallwch siarad gyda phobl eraill mewn sefyllfaoedd tebyg yn **macmillan.org.uk/community**

Mwy o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

Mathau o ganser

- Canser y fron
- Canser y coluddyn mawr
- Canser yr ysgyfaint
- Canser y brostad

Triniaethau

- Cemotherapi
- Radiotherapi
- Llawfeddygaeth

Ymdopi â chanser

- Os cewch ddiagnosis o ganser - canllaw cyflym
- Problemau bwyta a chanser
- Diwedd oes
- Bwyta'n iach
- Blinder gyda chanser
- Sgil-ffeithiau triniaeth canser
- Yr hyn y gallwch chi ei wneud i helpu eich hun
- Arian a chanser – Budd-daliadau

I weld yr wybodaeth hon, ewch i macmillan.org.uk/translations

Siaradwch â ni yn Gymraeg

Gallwch ffonio Macmillan am ddim ar **0808 808 00 00** a siarad â ni yn eich iaith eich hun trwy gyfieithydd. Gallwch siarad gyda ni am eich pryderon a holi eich cwestiynau meddygol. Dywedwch wrthym, yn Saesneg, yr iaith rydych eisiau ei defnyddio.

Rydyn ni ar agor o ddydd Llun i ddydd Gwener, 9am tan 8pm.

Cyfeiriadau a diolchiadau

Mae'r wybodaeth hon wedi ei hysgrifennu a'i golygu gan dîm Datblygu Gwybodaeth Canser Cymorth Canser Macmillan.

Mae'r wybodaeth yma yn seiliedig ar lyfryn Macmillan *Help with the cost of cancer*. Gallwn anfon copi i 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, Atebion nabledd Gorllewin Canolbarth Lloegr; Justine Burton, Arweinydd Technegol Tîm Hawliau Lles Macmillan; Denise Forde, Ymgynghorydd Hawliau Lles Macmillan, Anthony Martin, Rheolwr Partneriaethau Gwasanaeth Budd-daliadau Macmillan; Andrew Montgomery, Rheolwr Partneriaethau Gwasanaeth Budd-daliadau Macmillan; a Tina Smith, Rheolwr Budd-daliadau Lles Macmillan, Cyngor Castell-nedd Port Talbot.

Diolch hefyd i'r bobl sydd wedi eu heffeithio gan ganser a adolygodd y rhifyn hwn.

Mae'r holl wybodaeth yn seiliedig ar y dystiolaeth orau sydd ar gael. Am ragor o wybodaeth am y ffynonellau a ddefnyddiwn, cysylltwch â ni yn bookletfeedback@macmillan.org.uk



Adolygwyd y cynnwys: Medi 2018

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 y wybodaeth hon na gwybodaeth trydydd parti, fel gwybodaeth ar wefanau rydym yn rhoi dolenni atynt.

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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

We hope this fact sheet answers your questions.

You can also call Macmillan Cancer Support on freephone **0808 808 00 00**, Monday to Friday, 9am 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 information in other languages at 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 or indirect.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 or indirect.gov.uk

Help with prescriptions and other health costs

- Prescriptions are free for people with cancer. You will need to fill in a form, which you can get from your GP surgery or hospital.
- 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

- **Childcare vouchers** let you pay for childcare through your salary, before tax and National Insurance are taken out. This saves you money if you need to arrange childcare while you go to appointments or have treatment, or if you feel unwell. 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. 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. They 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, £85 for each child, and £119 for each additional adult.
- You may also be able to get grants or loans from other sources. For example, charities or your local council might be able to help.

How Macmillan can help

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

- The Macmillan Support Line. We have interpreters, so you can speak to us in your language. Just call **0808 808 00 00** from Monday to Friday, 9am to 8pm.
- The Macmillan website. Visit **macmillan.org.uk** for lots of English information about cancer and living with cancer. There is more information in other languages at **macmillan.org.uk/translations**
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information. Find your nearest centre at **macmillan.org.uk/informationcentres** or call us. Your hospital might have a centre.
- Local support groups. Find a group near you at **macmillan.org.uk/supportgroups** or call us.
- The Macmillan Online Community. You can talk to other people in similar situations at **macmillan.org.uk/community**

More information in [language]

We have information in [language] about these topics:

Types of cancer

- Breast cancer
- Large bowel cancer
- Lung cancer
- Prostate cancer

Treatments

- Chemotherapy
- Radiotherapy
- Surgery

Coping with cancer

- If you're diagnosed with cancer – a quick guide
- Eating problems and cancer
- End of life
- Healthy eating
- Tiredness (fatigue) and cancer
- Side effects of cancer treatment
- What you can do to help yourself
- Money and cancer – Benefits

To see this information, go to [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

Speak to us in [language]

You can call Macmillan free on **0808 808 00 00** and speak to us in your own language through an interpreter. You can talk to us about your worries and ask medical questions. Just tell us, in English, the language you want to use.

We are open Monday to Friday, 9am to 8pm.

References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team.

This information 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; and Tina Smith, Macmillan Welfare Benefits Manager, Neath Port Talbot Council.

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

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



Content reviewed: September 2018

Next planned review: 2020

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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