



## Help gyda chostau pan mae gennych chi ganser: Cymraeg

## Help with costs when you have cancer: Welsh

Mae'r wybodaeth hon ynghylch help gyda chostau pan mae gennych ganser.

Os oes gennych unrhyw gwestiynau am y wybodaeth hon, gallwch ofyn i'ch meddyg neu nyrs yn yr ysbyty lle rydych yn cael eich triniaeth.

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

Mae yna ragor o wybodaeth ar ganser yn yr iaith hon ac mewn ieithoedd eraill ar [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

Mae'r wybodaeth hon yn trafod:

- Help gyda chostau trafndiaeth
- Help gyda phresgripsiynau a chostau iechyd eraill
- Cymorth i rieni
- Grantiau a benthyciadau
- Sut y gall Macmillan eich helpu chi
- Cael y gofal a'r cymorth cywir i chi
- Mwy o wybodaeth yn Gymraeg
- Cyfeiriadau a diolchiadau

## 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, trênn neu dacsî. Neu gallech gael arian i helpu gyda rhywfaint o'ch costau petrol. Mae pobl sydd â chanser yn cael parcio am ddim mewn llawer o ysbytai'r DU. 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](http://gov.uk) neu [nidirect.gov.uk](http://nidirect.gov.uk)

Os ydych chi'n cael trafferth symud, mae'n bosibl y bydd modd i chi gael Bathodyn Glas. Mae hyn yn eich galluogi i barcio mewn llefydd parcio sy'n nes at ble rydych chi eisiau bod, fel ysbytai neu archfarchnadoedd. I gael rhagor o wybodaeth, ewch i [gov.uk](http://gov.uk) neu [nidirect.gov.uk](http://nidirect.gov.uk)

## Help gyda phresgripsiynau a chostau iechyd eraill

- **Presgripsiynau** - Yng Nghymru, Yr Alban a Gogledd Iwerddon, mae presgripsiynau yn rhad ac am ddim i bawb. Yn Lloegr, mae presgripsiynau am ddim ar gyfer unrhyw beth sy'n gysylltiedig â chanser neu ei effeithiau. Mae angen tystysgrif eithrio meddygol arnoch. I wneud cais am hyn, rhaid i'ch meddyg teulu lenwi ffurflen FP92A ar eich rhan.
- **Wigiau a chymhorthion ffabrig** - Yng Nghymru, Yr Alban a Gogledd Iwerddon, mae wigiau a chymhorthion ffabrig ar gael am ddim gan y GIG. Yn Lloegr, maent am ddim i rai pobl, yn cynnwys 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 yng Nghymru, Lloegr a'r Alban – [y GIG/cynllun incwm isel](#)
- Y Gwasanaeth Iechyd yng Ngogledd Iwerddon – [HealthService/helpwithcosts](#)

## 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 ddod o hyd i wybodaeth am y gwahanol fathau o gymorth sydd ar gael yn [childcarechoices.gov.uk](http://childcarechoices.gov.uk)

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 iddo/i 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

Gall rhai elusennau a sefydliadau fel cynghorau lleol gynnig cymorth ariannol i bobl ar incwm isel. Gallai hyn gynnwys grantiau untro neu dalebau. I gael rhagor o wybodaeth, cysylltwch â Llinell Gymorth Macmillan am ddim ar 0808 808 00 00.

## Cael y gofal a'r cymorth cywir i chi

Os oes gennych ganser a ddim yn siarad Saesneg, efallai eich bod yn poeni y bydd hyn yn effeithio ar eich triniaeth a'ch gofal canser. Ond dylai eich tîm gofal iechyd gynnig gofal, cymorth a gwybodaeth i chi sy'n bodloni'ch anghenion.

Gwyddom y gall pobl wynebu heriau ychwanegol weithiau wrth gael y cymorth cywir. Er enghraifft, os ydych chi'n gweithio neu os oes gennych chi deulu, efallai y byddwch chi hefyd yn poeni am arian a chostau cludiant. Gall hyn i gyd fod yn straen ac yn anodd ymdopi ag ef.

## Sut y gall Macmillan eich helpu chi

Yn Macmillan, rydym yn gwybod sut y gall diagnosis canser effeithio ar bopeth, ac rydym yma i'ch cefnogi.

### Llinell Gymorth Macmillan

Mae gennym ni gyfieithwyr, felly gallwch chi siarad â ni yn eich iaith. Dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio.

Gall ein hymgynghorwyr arbenigol ar Llinell Gymorth Macmillan helpu gyda'ch cwestiynau meddygol neu fod yno i wrando os ydych angen rhywun i siarad â nhw. Mae'r llinell ffôn gyfrinachol am ddim ar agor 7 diwrnod yr wythnos, 8am i 8pm. Ffoniwch ni ar 0808 808 00 00.

### Gwefan Macmillan

Mae ein gwefan yn cynnwys llawer o wybodaeth yn Saesneg am ganser. Mae yna ragor o wybodaeth ar ganser mewn ieithoedd eraill hefyd ar

[macmillan.org.uk/translations](http://macmillan.org.uk/translations)

Efallai y byddwn hefyd yn gallu trefnu cyfieithiadau yn unig i chi. E-bostiwch ni yn [informationproductionteam@macmillan.org.uk](mailto:informationproductionteam@macmillan.org.uk) i ddweud wrthym yr hyn rydych ei angen.

## Canolfannau gwybodaeth

Mae ein canolfannau gwybodaeth a chymorth wedi eu lleoli mewn ysbytai, llyfrgelloedd a chanolfannau symudol. Ymwelwch ag un i gael y wybodaeth sydd ei hangen arnoch a siaradwch â rhywun wyneb yn wyneb. Cewch hyd i'ch canolfan agosaf ar [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) neu ffoniwch ni ar 0808 808 00 00.

## Grwpiau cefnogaeth lleol

Mewn grŵp cefnogaeth, gallwch siarad â phobl eraill wedi'u heffeithio gan ganser. Gallwch ddysgu am grwpiau cefnogaeth yn eich ardal ar [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) neu ffoniwch ni ar 0808 808 00 00.

## Cymuned Ar-lein Macmillan

Gallwch hefyd siarad â phobl eraill y mae canser wedi effeithio arnynt ar-lein ar [macmillan.org.uk/community](http://macmillan.org.uk/community)

Gallwch ei defnyddio ar unrhyw adeg o'r dydd neu'r nos. Gallwch rannu'ch profiadau, gofyn cwestiynau, neu ddarllen yr hyn mae pobl wedi eu postio.

## Mwy o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

### Arwyddion a symptomau canser

- Cardiau arwyddion a symptomau

### Os cewch ddiagnosis o ganser

- Gofal Canser yn y DU
- Gofal iechyd ar gyfer ffoaduriaid a phobl sy'n ceisio lloches
- Os cewch ddiagnosis o ganser

### Mathau o ganser

- Canser y coluddyn
- Canser y fron
- Canser ceg y groth
- Canser yr ysgyfaint
- Canser y brostad

### Triniaeth ar gyfer canser

- Cemotherapi
- Radiotherapi
- Sepsis a chanser
- Sgîl-ffeithiau triniaeth canser
- Llawfeddygaeth

## Byw â chanser

- Hawlio budd-daliadau pan mae gennych ganser
- Problemau bwyta a chanser
- Bwyta'n iach
- Help gyda chostau pan mae gennych chi ganser
- Pobl LHDTTC+ a chanser
- Blinder (lludded) a chanser

## Diwedd oes

- Diwedd oes

I weld y wybodaeth hon, ewch i [macmillan.org.uk/translations](https://macmillan.org.uk/translations)

I gael rhagor o gymorth i ddeall gwybodaeth, ewch i [macmillan.org.uk/understandinginformation](https://macmillan.org.uk/understandinginformation)

## Cyfeiriadau a diolchiadau

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

Mae'r wybodaeth sydd wedi'i chynnwys yn seiliedig ar ein cynnwys budd-daliadau sydd ar gael yn Saesneg ar ein gwefan.

Mae'r wybodaeth hon wedi'i hadolygu gan arbenigwyr perthnasol a'i chymeradwyo gan aelodau o Ganolfan Arbenigedd Clinigol Macmillan neu uwch glinigwyr neu arbenigwyr eraill.

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

Mae'n holl wybodaeth yn seiliedig ar y dystiolaeth orau sydd ar gael. Am ragor o wybodaeth am y ffynonellau a ddefnyddiwn, cysylltwch â ni yn [informationproductionteam@macmillan.org.uk](mailto:informationproductionteam@macmillan.org.uk)

**Adolygwyd y cynnwys: 2025**

**Adolygiad arfaethedig nesaf: 2028**

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Rydym yn gwneud pob ymdrech i sicrhau bod y wybodaeth a ddarparwn yn gywir ac yn gyfredol ond ni ddylid dibynnu arni yn lle cyngor proffesiynol arbenigol sydd wedi'i deilwra i'ch sefyllfa. Cyn belled ag y caniateir gan y gyfraith, nid yw Macmillan yn derbyn atebolrwydd mewn perthynas â defnyddio unrhyw wybodaeth a gynhwysir yn y cyhoeddiad hwn neu wybodaeth trydydd parti neu wefannau sydd wedi'u cynnwys neu y cyfeirir atynt ynddo.

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## Help with costs when you have cancer: English

This information is about getting help with costs when you have cancer.

If you have any questions about this information, ask your doctor or nurse at the hospital where you are having treatment.

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.

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

This information is about:

- Help with transport costs
- Help with prescriptions and other health costs
- Support for parents
- Grants and loans
- How Macmillan can help you
- Getting the right care and support for you
- More information in your language
- References and thanks

### 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 with some of your petrol costs. People with cancer get free or discounted parking at many UK 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](https://gov.uk) or [nidirect.gov.uk](https://nidirect.gov.uk)

If you have problems moving around, you may be able to get a Blue Badge. This allows you to 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

- **Prescriptions** - In Scotland, Wales and Northern Ireland, prescriptions are free for everyone. In England, prescriptions are free for anything related to cancer or its effects. You need a medical exemption certificate. To apply for this, your GP must complete a FP92A form for you.
- **Wigs and fabric supports** - In Scotland, Wales and Northern Ireland, wigs and fabric supports are free on the NHS. In England, 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 in England, Scotland and Wales – [NHS/lowincomescheme](http://NHS/lowincomescheme)
- the Health Service in Northern Ireland – [HealthService/helpwithcosts](http://HealthService/helpwithcosts)

## 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

Some charities and organisations such as local councils may offer financial help to people on a low income. This might include one-off grants or vouchers. For more information, contact the Macmillan Support Line free on 0808 808 00 00.

## Getting the right care and support for you

If you have cancer and do not speak English, you may be worried that this will affect your cancer treatment and care. But your healthcare team should offer you care, support and information that meets your needs.

We know that sometimes people may face extra challenges in getting the right support. For example, if you work or have a family you might also have worries about money and transport costs. All of this can be stressful and hard to cope with.

## How Macmillan can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

### Macmillan Support Line

We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use.

Our expert advisers on the Macmillan Support Line can help with medical questions or be there to listen if you need someone to talk to. We can also talk to you about your money worries and recommend other useful organisations that can help. The free, confidential phone line is open 7 days a week, 8am to 8pm. Call us on 0808 808 00 00.

### Macmillan website

Our website has lots of information in English about cancer. There is also more information in other languages at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

We may also be able to arrange translations just for you. Email us at [informationproductionteam@macmillan.org.uk](mailto:informationproductionteam@macmillan.org.uk) to tell us what you need.

### Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. Visit one to get the information you need and speak with someone face to face. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us on 0808 808 00 00.

### Local support groups

At a support group, you can talk to other people affected by cancer. Find out about support groups in your area at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us on 0808 808 00 00.

## Macmillan Online Community

You can also talk to other people affected by cancer online at [community.macmillan.org.uk](https://community.macmillan.org.uk)

You can access it at any time of day or night. You can share your experiences, ask questions, or just read through people's posts.

## More information in your language

We have information in your language about these topics:

### Signs and symptoms of cancer

- Signs and symptoms cards

### If you are diagnosed with cancer

- Cancer care in the UK
- Healthcare for refugees and people seeking asylum
- If you are diagnosed with cancer

### Types of cancer

- Bowel cancer
- Breast cancer
- Cervical cancer
- Lung cancer
- Prostate cancer

### Treatment for cancer

- Chemotherapy
- Radiotherapy
- Sepsis and cancer
- Side effects of cancer treatment
- Surgery

### Living with cancer

- Claiming benefits when you have cancer
- Eating problems and cancer
- Healthy eating
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Tiredness (fatigue) and cancer

### End of life

- End of life

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

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For more support to understand information, go to [macmillan.org.uk/understandinginformation](https://macmillan.org.uk/understandinginformation)

## References and thanks

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

The information included is based on our benefits content available in English on our website.

This information has been reviewed by relevant experts and approved by members of Macmillan's Centre of Clinical Expertise or other senior clinicians or experts.

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 [informationproductionteam@macmillan.org.uk](mailto:informationproductionteam@macmillan.org.uk)

**Content reviewed: 2025**

**Next planned review: 2028**

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