GIVING MEDIA INTERVIEWS

WE ARE MACMILLAN. CANCER SUPPORT

Hints and tips for people affected by cancer who tell their story to the media

Giving media interviews: Hints and tips for people affected by cancer

Introduction

The media are always keen to talk to people affected by cancer about their experiences and first hand accounts are a powerful and effective way of reaching the public. Macmillan often asks people to talk about their own experience of cancer to help raise awareness of the work we do. This could be through the types of services and support we offer, to promote a fundraising event, or to support a campaign issue that affects people with cancer.

This guide is intended to help you understand the process of telling your story to the media and to give you the confidence to handle the different types of media interviews.

Why are the media interested in me?

Your story is important and you are an expert in your own cancer experience. If you are asked by Macmillan to be interviewed by the media we do not expect you to be an expert on Macmillan, we just want you to tell your own story. There may be a number of reasons why you are being interviewed:

- To talk about cancer services and treatments.
- To illustrate a campaign issue such as fuel poverty, the cost of travelling to hospital, what it's like to live beyond cancer or the emotional impact of cancer.
- To support a fundraising activity or an event.
- To talk about how Macmillan may have helped you or provided support through an Information and Support Centre, a nurse, or other service.

First contact

The media covers all forms of radio, television, newspapers and magazines. Each one has a different way of conducting interviews and it can be useful to know what to expect from each.

Newspapers:

The reporter may ring you and conduct the interview over the phone straight away. They may also want to arrange a time for a photographer to take your photograph at a later date. If this is not convenient as you are not ready or you don't have the time, try to schedule it a little later but bear in mind that the reporter will usually have a deadline.

Radio:

Like newspapers, radio interviews can be conducted over the phone or face-to-face. Radio interviews also fall in to two categories; 'live' or 'pre-recorded'. When the reporter first rings you it is useful to ask whether the interview will be live on air or pre-recorded and broadcast at a later time or date. You should also ask whether it will be on the phone or in the studio. Alternatively, the reporter may ask to come out to you and either record the interview using hand held equipment or conduct it live via a specially adapted 'news car', which broadcasts the interview directly on air although this is rarer.

Television:

When the reporter first calls you it will be to arrange a time to come out to your home or another location. Television interviews can also be 'live' or 'pre-recorded' but they are usually pre-recorded and then edited before broadcast. As well as the interview you may be asked to be filmed carrying out seemingly ordinary tasks such as making a cup of tea or walking down the road. This is to help the reporter illustrate the story and you may need to set aside an hour or so if this is what is required. If you do not want to do what the reporter suggests, feel free to suggest another activity such as gardening or carrying out a hobby.

Preparation

Good preparation is key to a confident interview and will help ease any apprehensions you may have.

As well as preparing yourself you can ask the reporter a number of questions to ensure that you understand what is required:

- If it is a broadcast interview (radio or television) remember to ask if it is live or pre-recorded.
- For radio or television ask if it will be for news, which usually requires a short 30 second sentence, or for a programme, which tend to use longer interviews.
- Television reporters may ask if they can film you at your house. If you would prefer not to be filmed at home, you can suggest an alternative location such as a day centre, a local park or café.
- It is OK to ask what type of questions you can expect. You are not there to be 'tripped up' and if you are prepared it will lead to a better interview for everyone involved.
- If you would like a Macmillan representative to be with you for a televised interview please let your Macmillan contact know. We will endeavour to support you as much as we can but it will not always be possible.
- You can ask to have a copy of the finished film, feature or interview. Sometimes this can be arranged but on other occasions it may not be possible.

Once you know what to expect you can concentrate on what you would like to say. It is advisable to take a little time to gather your thoughts using a number of techniques:

- If Macmillan has prepared a press release ask your Macmillan contact for a copy so that you can familiarise yourself with the background story.
- You don't have to be an expert on the issue at hand but if you do have any questions please talk to your Macmillan contact.
- If you have already provided quotes for a press release use them to help you think about what you want to say.

- Sometimes it's useful to try and think about three key things you would like to get across during the interview. In this way, if you get stuck and are not sure what to say, you can always return to one of these three key points.
- Sometimes it helps to jot down some pointers but try not to draft an entire paragraph as this can make you sound like you are reading out a prepared statement.

Dealing with tricky questions

Sometimes, through ignorance of the subject or pressure from their editor, a reporter may ask questions you find difficult to answer from a personal point of view or because it touches on Macmillan's own view point. Remember you are not a Macmillan spokesperson and there are no expectations on you to comment on policy or issues not related to your story.

There are a number of ways of dealing with this situation:

- For pre-recorded interviews that will be edited before they are broadcast, or for newspaper interviews, you may wish to explain politely that you are not prepared to answer their question and explain why.
- If the question relates to Macmillan policy you can ask them to refer to your Macmillan contact for the answer.
- During live interviews it is more difficult but there are useful phrases that you can use to deflect the question and help you return to the issue you want to talk about. Here are some examples:
  - "Some people may think that but for me the real issue is..."
  - "That was a difficult time but it is in the past and I have moved on and I think the key thing for me now is…"
  - "That's one way of looking at it but I prefer to see it as …"
  - "All I can talk about is from my own personal experience which…"
  - "I am not here to talk about that but from my experience…"
  - "I don't think that is the real issue. For me the problem was..."
  - "You will have to take that up with Macmillan."

The interview

This is your opportunity to tell your story. After all your preparation here are a number of useful tips that will help the interview go smoothly:

- Take a deep breath and relax as this will help you speak more slowly and clearly. You may also want to use any other techniques you have developed for dealing with nerves.
- Avoid a dry throat by having some water to hand if possible.
- Remove any potential distractions that could disrupt the interview. Turn off the television or radio, switch off your mobile phone and if possible take the phone of the hook.
- If you are being interviewed face-to-face, it is advisable to maintain eye contact with the reporter as it will help you to engage with them and make you feel more confident.
- Try to smile a little but avoid a big grin. Even on the phone or radio you can 'hear' a smile.
- During television interviews always look at the reporter and not into the camera.
- Be aware that you may feel you have been cut short during a live interview. This is because of time restrictions placed on the reporter and not because of anything you have said.

After the interview

Whether it is a few minutes on the phone or a morning's filming, the interview will fly by. If a Macmillan representative is not able to be with you at the time, we will ring you to discuss how it went.

In most cases it is not possible to see a draft of a newspaper article before it goes to print but if you're worried about something you said during the interview, please let us know as soon as possible after the interview has been conducted.

Once the article comes out or the interview or feature is broadcast you should be prepared that you might be recognised. Friends, colleagues, neighbours or acquaintances who may not have been aware of your situation may want to talk about the issues you raised in the interview.

Please let us know how you feel the interview went from your perspective but remember you will be your own worst critic. It is more than likely that you will think that you did something wrong or that you should have said

something differently. But please remember, other people won't notice the things that you notice. They will have enjoyed seeing or hearing the piece, and will hopefully have learnt something from it.

How your story can help Macmillan and other people affected by cancer

There are a variety of ways a service user can support Macmillan's work with the media.

Making change happen

We aim to influence governments and providers of cancer services to improve care and support for people affected by cancer through our campaigning and media work:

Service users could respond to a request to tell their story to support our campaigns. This gives Macmillan a greater chance of persuading the media to cover the issues we are highlighting which helps us reach the widest possible audience.

- Service users would have time and support to prepare for this.

Raising awareness

When Macmillan launches a new service, for example, a new information centre, we need as many people in the local area as possible to hear about it.

Service users could respond to a request to be interviewed about the new service. This will make the story more likely to get picked up by a journalist and more people affected by cancer will get to hear about the support that is available.

- Service users would have time and support to prepare for this.

Breaking news

When a news story relating to cancer breaks journalists often contact Macmillan looking for someone affected by cancer to be interviewed about the issue in question. Examples of this include when it was announced that hospital car parking charges were to be scrapped in Wales, or when the Welsh Assembly Government launched its three year cancer plan, Designed to Tackle Cancer in Wales.

Responding to a request to be interviewed, perhaps on the evening's drive

time radio show or for tomorrow's newspapers would help Macmillan to highlight the needs of people affected by cancer.

- In this case we would be responding to a last minute request and service users would have little time to prepare.

Getting involved

Macmillan in Wales is keen to recruit a pool of service users who have already indicated in advance their interest in getting involved with media work. Having a large pool of identified service users will help Macmillan to plan campaign launches and stories that promote new services. It would also enable us to respond quickly to last minute requests from the media.

Contact us

Service users who are interested in supporting Macmillan's media work should contact Gwenllian Griffiths or Becky Land in the External Affairs team in Wales.

Email: ggriffiths@macmillan.org.uk, bland@macmillan.org.uk

Tel: 01656 867973, 01656 867978

If you have questions about cancer, need support or just want someone to talk to, call us free on 0808 808 00 00 or go to www.macmillan.org.uk

effeithio gan ganser i wneud cyfweliad am y pwnc o dan sylw. Mae enghreifftiau o hyn yn cynnwys y cyhoeddiad bod taliadau parcio mewn ysbytai i'w dileu yng Nghymru, neu pan lansiodd Llywodraeth Cynulliad Cymru ei chynllun canser tair blynedd, Cynllun i Fynd i'r Afael â Chanser yng Nghymru.

Byddai ymateb i gais am gyfweliad, efallai ar raglen newyddion ar y radio ddiwedd y prynhawn neu ar gyfer papurau newydd y bore wedyn yn helpu Macmillan i dynnu sylw at anghenion pobl sydd wedi'u heffeithio gan ganser.

- Yn yr achos hwn byddwn yn ymateb i gais funud olaf ac ni fyddai llawer o amser gan ddefnyddwyr gwasanaeth i baratoi.

Chwarae rhan

Mae Macmillan yng Nghymru yn awyddus i recriwtio cronfa o ddefnyddwyr gwasanaeth sydd eisoes wedi mynegi ymlaen llaw eu diddordeb mewn ymwneud â gwaith cyfryngau. Bydd cael cronfa fawr o ddefnyddwyr gwasanaeth hysbys yn helpu Macmillan i gynllunio lansio ymgyrchoedd a straeon sy'n hybu gwasanaethau newydd. Byddai hefyd yn ein galluogi i ymateb yn gyflym i geisiadau funud olaf gan y cyfryngau.

Cysylltwch â ni

Dylai defnyddwyr gwasanaeth sydd â diddordeb mewn cefnogi gwaith cyfryngau Macmillan gysylltu â Gwenllian Griffiths neu Becky Land yn y tîm Materion Allanol yng Nghymru.

E-bost: ggriffiths@macmillan.org.uk, bland@macmillan.org.uk

Ffôn: 01656 867973, 01656 867978

Rhowch wybod i ni sut aeth y cyfweliad o'ch safbwynt chi ond cofiwch mai chi fydd eich beirniad llymaf. Mae'n fwy na thebyg y byddwch chi'n teimlo i chi wneud rhywbeth o'i le neu y dylech chi fod wedi dweud rhywbeth yn wahanol. Ond cofiwch, ni fydd pobl eraill yn sylwi ar y pethau wnaethoch chi. Byddan nhw wedi mwynhau gweld neu glywed y darn, a gobeithio y byddan nhw wedi dysgu rhywbeth ganddo.

Sut y gall eich stori chi helpu Macmillan a phobl eraill sydd wedi'u heffeithio gan ganser

Mae sawl ffordd y gall defnyddiwr gwasanaeth gefnogi gwaith Macmillan gyda'r cyfryngau.

Sicrhau newid

Ein bwriad yw dylanwadu ar lywodraethau a'r rhai sy'n darparu gwasanaethau canser er mwyn gwella gofal a chefnogaeth i bobl sydd wedi'u heffeithio gan ganser, drwy ein gwaith ymgyrchu a chyfryngau:

Gallai defnyddwyr gwasanaethau ymateb i gais i adrodd eu stori er mwyn cefnogi ein hymgyrchoedd. Mae hyn yn rhoi gwell cyfle i Macmillan i berswadio'r cyfryngau i roi sylw i'r materion sy'n bwysig i ni, sy'n ein helpu i gyrraedd y gynulleidfa fwyaf eang posib.

- Byddai gan ddefnyddwyr gwasanaethau amser a chefnogaeth i baratoi ar gyfer hyn.

Codi ymwybyddiaeth

Pan fo Macmillan yn lansio gwasanaeth newydd, er enghraifft, canolfan wybodaeth newydd, mae angen i gymaint o bobl â phosib yn yr ardal leol glywed amdano.

Gallai defnyddwyr gwasanaeth ymateb i gais am gyfweliad am y gwasanaeth newydd. Bydd hyn yn ei gwneud hi'n fwy tebygol y bydd newyddiadurwr yn cydio yn y stori, a bydd mwy o bobl sydd wedi'u heffeithio gan ganser yn cael clywed am y gefnogaeth sydd ar gael.

- Byddai gan ddefnyddwyr gwasanaethau amser a chefnogaeth i baratoi ar gyfer hyn.

Newyddion sy'n torri

Pan fo stori newyddion yn ymwneud â chanser yn torri, yn aml mae newyddiadurwyr yn cysylltu â Macmillan yn chwilio am rywun sydd wedi'i

Y cyfweliad

Dyma'ch cyfle chi i adrodd eich stori. Ar ôl eich holl waith paratoi dyma nifer o ganllawiau defnyddiol fydd yn helpu i sicrhau cyfweliad didrafferth:

- Cymerwch anadl ddofn ac ymlacio gan y bydd hyn yn help i chi siarad yn arafach ac yn fwy eglur. Efallai y byddwch chi am ddefnyddio unrhyw dechnegau eraill yr ydych chi wedi'u datblygu i ddelio gyda nerfau.
- Gallwch osgoi llwnc sych drwy gadw dŵr wrth law os yn bosib.
- Osgowch unrhyw ymyrraeth bosib a allai amharu ar y cyfweliad. Diffoddwch y teledu neu'r radio a'ch ffôn symudol, ac os yn bosib tynnwch y ffôn oddi ar y bach.
- Os ydych chi'n gwneud cyfweliad wyneb yn wyneb, mae'n syniad da edrych i lygaid y gohebydd gan y bydd hyn yn help i chi ddal ei sylw a gwneud i chi deimlo'n fwy hyderus.
- Ceisiwch wenu rhywfaint ond peidiwch â mynd dros ben llestri. Hyd yn oed ar y radio gallwch 'glywed' gwên.
- Yn ystod cyfweliadau teledu edrychwch ar y gohebydd bob tro ac nid i mewn i'r camera.
- Cofiwch y gallwch chi deimlo i chi gael eich torri'n fyr yn ystod cyfweliad byw. Mae hyn oherwydd cyfyngiadau amser ar y gohebydd ac nid oherwydd unrhyw beth a ddywedoch chi.

Ar ôl y cyfweliad

Boed yn ychydig funudau ar y ffôn neu'n fore o ffilmio, bydd y cyfweliad ar ben mewn dim o amser. Os na all cynrychiolydd Macmillan fod gyda chi ar y pryd, byddwn yn eich ffonio i drafod sut aeth hi.

Gan amlaf nid yw'n bosib gweld drafft o erthygl bapur newydd cyn ei chyhoeddi ond os ydych chi'n poeni am rywbeth a ddywedoch chi yn ystod y cyfweliad, yna rhowch wybod i ni cyn gynted â phosib wedi i chi wneud y cyfweliad.

Unwaith y bydd yr erthygl wedi'i chyhoeddi neu'r cyfweliad neu'r eitem wedi'u darlledu, dylech fod yn barod i bobl eich adnabod chi. Efallai y bydd ffrindiau, cydweithwyr, cymdogion neu gydnabod nad oedden nhw'n ymwybodol o'ch sefyllfa chi am drafod y materion wnaethoch chi godi yn y cyfweliad.

- Weithiau mae'n ddefnyddiol ceisio meddwl am dri pheth allweddol yr hoffech chi gyfleu mewn cyfweliad. Wedyn, os ewch chi i gors a theimlo'n ansicr am yr hyn i'w ddweud, gallwch ddychwelyd at un o'r tri phwynt allweddol yma.
- Weithiau gall helpu i nodi rhai pwyntiau ond ceisiwch beidio â drafftio paragraff cyfan gan y gall hyn wneud i chi swnio fel petaech chi'n darllen datganiad wedi'i baratoi ymlaen llaw.

Ymdopi gyda chwestiynau lletchwith

Weithiau, drwy anwybodaeth o'r pwnc neu bwysau gan olygydd, gall ohebyddion ofyn cwestiynau a allai fod yn anodd i chi ateb o safbwynt personol neu am eu bod yn cyffwrdd â safbwynt Macmillan ei hun. Cofiwch nad ydych chi'n llefarydd ar ran Macmillan ac nid oes neb yn disgwyl i chi roi barn ar bolisi neu faterion nad ydyn nhw'n berthnasol i'ch stori chi.

Mae nifer o ffyrdd y gallwch chi ymdopi â'r sefyllfa hon:

- Yn achos cyfweliadau sydd wedi'u recordio ymlaen llaw i'w golygu cyn eu darlledu, neu yn achos cyfweliadau papur newydd, efallai y byddwch chi am egluro'n gwrtais nad ydych chi am ateb eu cwestiwn, ac egluro pam.
- Os yw'r cwestiwn yn ymwneud â pholisi Macmillan gallwch ofyn iddyn nhw gysylltu â'ch cyswllt Macmillan ar gyfer yr ateb.
- Yn ystod cyfweliadau byw mae'n anoddach ond mae rhai ymadroddion defnyddiol y gallech chi eu defnyddio i wyro'r cwestiwn a'ch helpu i ddychwelyd at y pwnc yr hoffech chi ei drafod. Dyma rai enghreifftiau:
    - o “Efallai y bydd rhai pobl yn meddwl hynny ond i fi'r cwestiwn go iawn yw...”
    - o “Roedd hwnna'n amser anodd ond mae yn y gorffennol ac rydw i wedi symud ymlaen, ac rwy'n credu mai'r peth allweddol i fi nawr yw...”
    - o “Dyna un ffordd o edrych arni ond mae'n well gen i weld pethau fel hyn...”
    - o “Galla' i ond siarad am hyn o fy mhrofiad fy hun sef...”
    - o “Dydw i ddim yma i siarad am hynny, ond o 'mhrofiad i...”
    - o “Dydw i ddim yn credu mai dyna'r cwestiwn go iawn. I fi'r broblem oedd...”
    - o “Bydd yn rhaid i chi godi hynny gyda Macmillan.”

Paratoi

Paratoi trylwyr yw'r allwedd i gyfweliad hyderus, a bydd yn helpu i leddfu unrhyw bryderon a all godi.

- Yn ogystal â pharatoi eich hun, gallwch holi nifer o gwestiynau i'r gohebydd er mwyn sicrhau eich bod yn deall yr hyn sydd ei angen:
- Os yw'r cyfweliad i'w ddarlledu (ar y radio neu'r teledu), cofiwch ofyn a yw'n fyw neu'n cael ei recordio.
- Yn achos teledu neu radio gofynnwch a yw'r cyfweliad ar gyfer y newyddion, sydd fel arfer yn gofyn am frawddeg fer o 30 eiliad, neu ar gyfer rhaglen, sydd fel arfer yn defnyddio cyfweliadau hirach.
- Efallai y bydd gohebwyr teledu yn gofyn a allan nhw eich ffilmio yn eich cartref. Os nad ydych chi am gael eich ffilmio gartref, gallwch awgrymu lleoliad gwahanol, fel canolfan ddydd, caffi neu barc lleol.
- Mae'n iawn i holi pa fath o gwestiynau y gallwch chi ddisgwyl. Dydych chi ddim yna i gael eich 'baglu' ac os ydych chi wedi paratoi bydd y cyfweliad yn well o safbwynt pawb.
- Os hoffech chi gael cynrychiolydd o Macmillan gyda chi ar gyfer cyfweliad teledu, rhowch wybod i'ch cyswllt yn Macmillan. Byddwn yn ceisio'ch cefnogi chi gymaint ag y gallwn ond ni fydd yn bosib bob tro.
- Gallwch ofyn am gopi o'r ffilm, yr eitem neu'r cyfweliad gorffenedig. Weithiau gellir trefnu hyn ond ar adegau eraill efallai na fydd yn bosibl.

Unwaith y byddwch chi'n gwybod beth i'w ddisgwyl gallwch ganolbwyntio ar yr hyn yr ydych chi am ei ddweud. Mae'n syniad da cymryd ychydig o amser i hel eich meddyliau gan ddefnyddio nifer o dechnegau:

- Os yw Macmillan wedi paratoi datganiad i'r wasg, gofynnwch i'ch cyswllt yn Macmillan am gopi fel y gallwch chi ymgyfarwyddo gyda'r stori gefndir.
- Does dim angen bod yn arbenigwr ar y pwnc o dan sylw ond os oes cwestiynau gyda chi, siaradwch â'ch cyswllt yn Macmillan.
- Os ydych chi eisoes wedi darparu dyfyniadau ar gyfer datganiad i'r wasg, defnyddiwch nhw i'ch helpu i feddwl am yr hyn yr hoffech chi ddweud.

Cyswllt cyntaf

Mae'r cyfryngau yn cynnwys radio, teledu, papurau newydd a chylchgronau. Mae gan bob un ffordd wahanol o wneud cyfweliadau a gall fod yn ddefnyddiol gwybod beth i'w ddisgwyl gan bob un.

Papurau newydd:

Efallai y bydd y gohebydd yn eich ffonio ac yn gwneud y cyfweliad dros y ffôn ar unwaith. Efallai y byddan nhw hefyd am drefnu amser yn nes ymlaen i ffotograffydd dynnu eich llun. Os nad yw hyn yn gyfleus gan nad ydych chi'n barod neu os nad oes amser gyda chi, ceisiwch aildrefnu hwn yn hwyrach, ond cofiwch fel arfer y bydd angen i'r gohebydd orffen y darn erbyn amser neu ddyddiad penodol.

Radio:

Fel gyda phapurau newydd, gellir cynnal cyfweliadau radio dros y ffôn neu wyneb yn wyneb. Mae cyfweliadau radio hefyd yn rhannu'n ddau gategori: byw neu wedi'u recordio. Pan fydd y gohebydd yn cysylltu yn y lle cyntaf mae'n ddefnyddiol gofyn a fydd y cyfweliad yn fyw ar yr awyr neu wedi'i recordio i'w ddarlledu yn nes ymlaen. Dylech hefyd ofyn a fydd dros y ffôn neu yn y stiwdio. Fel arall, efallai y bydd y gohebydd yn gofyn am gael dod atoch chi a naill ai recordio'r cyfweliad gydag offer llaw neu ei gynnal yn fyw gan ddefnyddio 'car newyddion' arbennig, sy'n darlledu'r cyfweliad ar yr awyr yn uniongyrchol, er bod hyn yn fwy prin.

Teledu:

Pan fydd y gohebydd yn cysylltu am y tro cyntaf bydd am drefnu amser i ddod i'ch cartref neu leoliad arall. Gall cyfweliadau teledu hefyd fod yn fyw neu wedi'u recordio, ond fel arfer maen nhw'n cael eu recordio ymlaen llaw a'u golygu cyn eu darlledu. Yn ogystal â'r cyfweliad efallai y bydd gofyn i chi gael eich ffilmio yn gwneud tasg gyffredin fel gwneud paned o de neu gerdded lawr y stryd. Mae hyn yn helpu'r gohebydd i ddarlunio'r stori ac efallai y bydd angen i chi neilltuo tuag awr os mai dyma'r angen. Os nad ydych chi am wneud yr hyn mae'r gohebydd yn ei awgrymu, gallwch awgrymu gweithgaredd arall fel garddio neu ryw hobi gwahanol.

Gwneud cyfweliadau â'r cyfryngau: Awgrymiadau a chanllawiau ar gyfer pobl sydd wedi'u heffeithio gan ganser

Rhagarweiniad

Mae'r cyfryngau bob amser yn awyddus i siarad â phobl sydd wedi'u heffeithio gan ganser am eu profiadau ac mae straeon uniongyrchol yn ffordd bwerus ac effeithiol o gyrraedd y cyhoedd. Mae Macmillan yn aml yn gofyn i bobl i siarad am eu profiad nhw o ganser er mwyn helpu codi ymwybyddiaeth o'n gwaith ni. Gall hyn fod drwy'r mathau o wasanaethau a chymorth rydym ni'n eu cynnig, er mwyn hyrwyddo digwyddiad codi arian neu er mwyn cefnogi pwnc ymgyrchu sy'n effeithio ar bobl â chanser.

Bwriad y canllaw hwn yn eich helpu i ddeall y broses o adrodd eich stori i'r cyfryngau ac i roi'r hyder i chi ddelio gyda'r gwahanol fathau o gyfweliadau â'r cyfryngau.

Pam bod gan y cyfryngau ddiddordeb ynof fi?

Mae eich stori yn bwysig ac rydych chi'n arbenigwr yn eich profiad chi o ganser. Os bydd Macmillan yn gofyn i chi wneud cyfweliad â'r cyfryngau does dim disgwyl i chi fod yn arbenigwr ar Macmillan, y cwbl yr hoffem ni i chi wneud yw adrodd eich stori chi. Gall fod nifer o resymau pam eich bod chi'n cael eich holi:

- Er mwyn siarad am wasanaethau a thriniaethau canser.
- Er mwyn darlunio pwnc ymgyrchu fel tlodi tanwydd, cost teithio i'r ysbyty, sut brofiad yw byw y tu hwnt i ganser neu effaith emosiynol canser.
- Er mwyn cefnogi digwyddiad neu achlysur codi arian.
- Er mwyn siarad am unrhyw help neu gefnogaeth gawsoch chi gan Macmillan drwy Ganolfan Wybodaeth a Chymorth, nyrs, neu wasanaeth arall.

GWNEUD CYFWELIADAU Â'R CYFRYNGAU

NI YW MACMILLAN. CYMORTH CANSER

Awgrymiadau a chanllawiau ar gyfer pobl sydd wedi'u heffeithio gan ganser sy'n adrodd eu stori wrth y cyfryngau