

Roedd Covid 19 yn anodd inni gyd.

Roedd llawer o wasanaethau dydd yn cau ac roedd rhaid i ddarparwyr cymorth newid yn gyflym.



Covid 19 was very hard for many of us.

In many cases, day or work opportunity services closed. Support in 24 hr supported living services had to change quickly too.



Nawr bod brig y pandemig wedi mynd heibio, hoffem ofyn i bobol am eu profiadau.

Bydd hyn yn helpu i lywio'n cynlluniau yn y dyfodol.

Now that the first wave of the pandemic has passed, we would like to ask people about their experiences.

This will help us make future plans.



1. Question/Cwestiwn.

Beth wnaethoch chi **cyn** cloi i lawr?

Pa gwasanaethau a defnyddiwyd.

What did you do **before** lockdown?

Tell us about the services and help you used.

1. Ateb yma – Answer Here





2. Question/Cwestiwn.

Beth wnaethoch yn ystod y broses cloi i lawr?

Disgrifiwch y **pethau newydd** y gwnaethoch a oedd yn eich barn chi wedi gweithio.

What did you do during lockdown?

*Tell us about the **new things** you tried.*

Tell us about what was good and what was bad



2. Ateb yma– Answer Here



3. Question/Cwestiwn.

Beth arall dylid wedi eu wneud?

Beth gellid fod wedi'u cynnig.

Beth oedd y **rhwystrau**?

What else would you like us to have done?

Tell us which activities you wished you could do but couldn't.

Why could you not do them?

3. Ateb yma – Answer Here

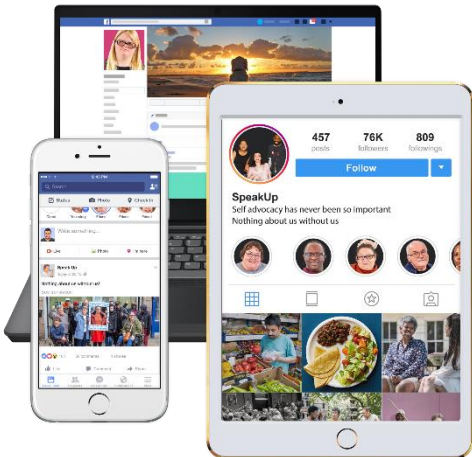



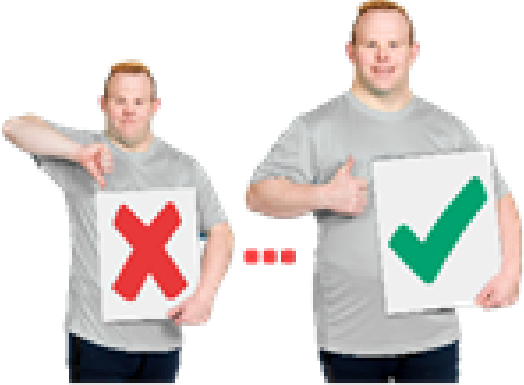

4. Question/Cwestiwn.

Â defnyddiwyd **technoleg, Ipads, ffôn symudol**?

Os na, beth oedd y rhwystrau?

Did you use **ipads, tablets and phones**?



	<i>If not, why not, what stopped you?</i>
	<p>4.Ateb yma– Answer Here</p>
	<p>5. Question/Cwestiwn.</p> <p>Beth dylid ei wneud yn wahannol y tro nesaf?</p> <p>What should be done differently next time?</p>
	<p>5.Ateb yma– Answer Here</p>