

Cardiau dangos
Arolwg Cenedlaethol Cymru
2019-20
National Survey for Wales
showcards

Arolwg Cenedlaethol Cymru

National Survey for Wales

Cerdyn Craidd / Core showcards

Cerdyn A

- 1 Bodlon iawn
- 2 Eithaf bodlon
- 3 Ddim yn fodlon nac yn anfodlon
- 4 Eithaf anfodlon
- 5 Anfodlon iawn

Showcard A

- 1 Very satisfied
- 2 Fairly satisfied
- 3 Neither satisfied nor dissatisfied
- 4 Fairly dissatisfied
- 5 Very dissatisfied

Arolwg Cenedlaethol Cymru

National Survey for Wales

Cerdyn Craidd / Core showcards

Cerdyn B

- 1 Cytuno'n gryf
- 2 Tueddu i gytuno
- 3 Ddim yn cytuno nac yn anghytuno
- 4 Tueddu i anghytuno
- 5 Anghytuno'n gryf

Showcard B

- 1 Strongly agree
- 2 Tend to agree
- 3 Neither agree nor disagree
- 4 Tend to disagree
- 5 Strongly disagree

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Cerdyn 1

- 1 Cymro / Cymraes
- 2 Sais / Saesnes
- 3 Albanwr / Albanes
- 4 Gwyddel / Gwyddeles o Ogledd Iwerddon
- 5 Prydeiniwr / Prydeinwraig
- 6 Arall (nodwch)

Showcard 1

- 1 Welsh
- 2 English
- 3 Scottish
- 4 Northern Irish
- 5 British
- 6 Other (please specify)

Cerdyn 2

Gwyn

- 1 Cymreig / Seisnig / Albanaidd / Gwyddelig Gogledd Iwerddon / Prydeinig
- 2 Gwyddelig
- 3 Sipsi neu Deithiwr Gwyddelig
- 4 Unrhyw gefndir Gwyn arall, disgrifiwch

Cymysg / Grwpiau aml-ethnig

- 5 Gwyn a Du Caribïaidd
- 6 Gwyn a Du Affricanaidd
- 7 Gwyn ac Asiaidd
- 8 Unrhyw gefndir Cymysg / Aml-ethnig arall, disgrifiwch

Asiaidd / Asiaidd Prydeinig

- 9 Indiaidd
- 10 Pacistanaidd
- 11 Bangladeshaidd
- 12 Tsieineaidd
- 13 Unrhyw gefndir Asiaidd arall, disgrifiwch

Du / Affricanaidd / Caribïaidd / Du Prydeinig

- 14 Affricanaidd
- 15 Caribïaidd
- 16 Unrhyw gefndir Du / Affricanaidd / Caribïaidd arall, disgrifiwch

Grŵp ethnig arall

- 17 Arabaidd
- 18 Unrhyw grŵp ethnig arall, disgrifiwch

Showcard 2

White

- 1 Welsh / English / Scottish / Northern Irish / British
- 2 Irish
- 3 Gypsy or Irish Traveller
- 4 Any other White background, please describe

Mixed / Multiple ethnic groups

- 5 White and Black Caribbean
- 6 White and Black African
- 7 White and Asian
- 8 Any other Mixed / Multiple ethnic background, please describe

Asian / Asian British

- 9 Indian
- 10 Pakistani
- 11 Bangladeshi
- 12 Chinese
- 13 Any other Asian background, please describe

Black / African / Caribbean / Black British

- 14 African
- 15 Caribbean
- 16 Any other Black / African / Caribbean background, please describe

Other ethnic group

- 17 Arab
- 18 Any other ethnic group, please describe

Cerdyn 3

- 1 Myfyriwr llawn amser (gan gynnwys ar wyliau)
- 2 Mewn unrhyw gyflogaeth neu hunangyflogaeth (neu i ffwrdd dros dro e.e. ar wyliau, yn sâl)
- 3 Ar gynllun hyfforddi a noddir gan lywodraeth
- 4 Yn gwneud gwaith heb dâl i fusnes sy'n eiddo i chi neu berthynas
- 5 Yn aros i ddechrau gwaith cyflogedig sydd wedi'i sicrhau
- 6 Yn ddi-waith ac yn chwilio am waith
- 7 Yn bwriadu chwilio am waith ond yn methu oherwydd salwch neu anaf dros dro (28 diwrnod neu lai)
- 8 Yn methu gweithio oherwydd salwch neu anabled hirdymor
- 9 Wedi ymddeol
- 10 Yn cadw tŷ neu'n gofalu am y teulu
- 11 Yn gwneud rhywbeth arall

Showcard 3

- 1 Full-time student (including on holiday)
- 2 In any paid employment or self-employment (or away temporarily e.g. on leave, off sick)
- 3 On a government sponsored training scheme
- 4 Doing unpaid work for a business that you or a relative owns
- 5 Waiting to take up paid work already obtained
- 6 Unemployed and looking for work
- 7 Intending to look for work but prevented by temporary sickness or injury (28 days or less)
- 8 Unable to work because of long-term sickness or disability
- 9 Retired
- 10 Looking after home or family
- 11 Doing something else

Cerdyn 4

- 1 Gradd uwch / cymhwyster ôl-raddedig (e.e. MSc, PhD)
- 2 Gradd gyntaf (e.e. BA, BSc, B.Ed.) neu gyfatebol
- 3 HNC / HND / BTEC Uwch, neu gyfatebol
- 4 Safon Uwch / Uwch Gyfrannol neu gyfatebol
- 5 Prentisiaeth
- 6 Lefel O / TGAU graddau A-C neu gyfatebol
- 7 Lefel O / TGAU graddau D-G neu gyfatebol
- 8 Cymwysterau tramor
- 9 Cymwysterau eraill
- 10 Dim cymwysterau

Showcard 4

- 1 Postgraduate degree (e.g. MSc, PhD)
- 2 First degree (e.g. BA, BSc, B.Ed.) or equivalent
- 3 HNC / HND / BTEC Higher, or equivalent
- 4 A / AS levels or equivalent
- 5 Apprenticeship
- 6 O Level / GCSE grades A-C or equivalent
- 7 O Level / GCSE grades D-G or equivalent
- 8 Foreign qualifications
- 9 Other qualifications
- 10 No qualifications

Cerdyn 5

- 1 Rwy'n / rydym ni'n berchen arno neu'n byw gyda'r perchennog (yn cynnwys cartrefi sy'n cael eu prynu drwy forgais)
- 2 Mae ar rent oddi wrth y cyngor lleol
- 3 Mae ar rent oddi wrth gymdeithas dai neu ymddiriedolaeth dai
- 4 Mae ar rent oddi wrth landlord preifat
- 5 Arall (e.e. yn byw yn ddi-rent neu gartref sy'n dod gyda swydd)

Showcard 5

- 1 I / we own it or live with the person who owns it (includes homes being bought with a mortgage)
- 2 It is rented from the local council
- 3 It is rented from a housing association or housing trust
- 4 It is rented from a private landlord
- 5 Other (e.g. live rent free or home comes with job)

Cerdyn 6

- 1 Rwy'n siarad Cymraeg yn rhugl
- 2 Rwy'n gallu siarad rhywfaint o Gymraeg
- 3 Rwy'n gallu siarad ychydig o Gymraeg yn unig
- 4 Rwy'n gallu dweud ychydig eiriau yn unig

Showcard 6

- 1 I'm fluent in Welsh
- 2 I can speak a fair amount of Welsh
- 3 I can only speak a little Welsh
- 4 I can say just a few words

Cerdyn 7

Archfarchnad fawr

Siop gyfleustra / siop gornel

Swyddfa'r Post

Banc

Caffi / tafarn / bwyty

Canolfan chwaraeon neu hamdden

Showcard 7

Large supermarket

Convenience store / corner shop

Post Office

Bank

Café / pub / restaurant

Sport or leisure facility



Cerdyn 8

- 1 Archfarchnad fawr
- 2 Siop gyfleustra / siop gornel
- 3 Swyddfa'r Post
- 4 Banc
- 5 Caffi / tafarn / bwyty
- 6 Canolfan chwaraeon neu hamdden
- 7 Dim un o'r rhain

Showcard 8

- 1 Large supermarket
- 2 Convenience store / corner shop
- 3 Post Office
- 4 Bank
- 5 Café / pub / restaurant
- 6 Sport or leisure facility
- 7 None of these



Cerdyn 9

- 1 Cymraeg â'r holl staff
- 2 Saesneg â'r holl staff
- 3 Cymraeg â rhai aelodau staff a Saesneg ag eraill
- 4 Ni siaradais ag unrhyw aelod staff
- 5 Ddim yn gwybod / ddim yn cofio

Showcard 9

- 1 Welsh with all staff
- 2 English with all staff
- 3 Welsh with some staff and English with other staff
- 4 I didn't speak with any staff
- 5 Don't know / can't remember

Cerdyn 10

- 1 Staff methu siarad Cymraeg
- 2 Ddim yn gwybod os oedd y staff yn gallu siarad Cymraeg
- 3 Ddim yn teimlo'n hyderus yn siarad Cymraeg
- 4 Roedd yn well gen i siarad Saesneg mewn sefyllfa o'r fath
- 5 Arall (nodwch)

Showcard 10

- 1 Staff couldn't speak Welsh
- 2 Didn't know if staff could speak Welsh
- 3 Didn't feel confident speaking Welsh
- 4 Preferred to speak English in that situation
- 5 Other (please specify)

10

Cerdyn 11

Showcard 11

Ddim yn fodlon o gwbl

Yn hollol fodlon

0 1 2 3 4 5 6 7 8 9 10

Not at all satisfied

Completely satisfied

0 1 2 3 4 5 6 7 8 9 10

11

Cerdyn 12

- 1 Sawl gwaith y dydd
- 2 Dyddiol
- 3 Wythnosol
- 4 Llai aml nag wythnosol

Showcard 12

- 1 Several times a day
- 2 Daily
- 3 Weekly
- 4 Less than weekly

12

Cerdyn 13

- 1 Do, wrth fy hun
- 2 Do, gyda chymorth rhywun arall
- 3 Naddo

Showcard 13

- 1 Yes, on my own
- 2 Yes, with help from someone else
- 3 No

13

Cerdyn 14

- 1 Gwefan Llywodraeth Cymru
- 2 Gwefan Galw Iechyd Cymru
- 3 Gwefan meddyg teulu
- 4 Gwefan awdurdod lleol / y cyngor
- 5 Gwefan ysgol / coleg
- 6 Dim un o'r rhain

Showcard 14

- 1 Welsh Government website
- 2 NHS Direct Wales website
- 3 GP surgery's website
- 4 Local authority / council website
- 5 School / college website
- 6 None of these

14

Cerdyn 15

- 1 Gwefan Llywodraeth Cymru
- 2 Gwefan Galw Iechyd Cymru
- 3 Gwefan meddyg teulu
- 4 Gwefan awdurdod lleol / y cyngor
- 5 Gwefan ysgol / coleg

Showcard 15

- 1 Welsh Government website
- 2 NHS Direct Wales website
- 3 GP surgery's website
- 4 Local authority / council website
- 5 School / college website

15

Cerdyn 16

Trefnu apwyntiadau / cyfleusterau e.e.
mewn meddygfa deulu

Llenwi a chyflwyno ffurflenni e.e.
cofrestru am y dreth gyngor

Nodi problemau e.e. tyllau ffyrdd,
gwastraff, graffiti

Archebu eitemau e.e. bin gwastraff,
bagiau ailgylchu

Gwneud cais am fudd-daliadau lleol
e.e. prydau ysgol am ddim, budd-dal /
disgownt y dreth gyngor

Talu biliau e.e. y dreth gyngor, rhent,
dirwyon parcio

Trafodiadau eraill e.e. adnewyddu
llyfrau llyfrgell

Showcard 16

Book appointments / facilities e.g. at GP
surgery

Complete and submit forms e.g. council
tax registration

Report problems e.g. potholes, waste,
graffiti

Order items e.g. waste bin, recycling
bags

Apply for local benefits e.g. free school
meals, council tax benefit / discounts

Pay bills e.g. council tax, rent, parking
fines

Other transactions e.g. renewing library
books

16

Cerdyn 17

- 1 Hawdd iawn
- 2 Gweddol hawdd
- 3 Gweddol anodd
- 4 Anodd iawn

Showcard 17

- 1 Very easy
- 2 Fairly easy
- 3 Fairly difficult
- 4 Very difficult

17

Cerdyn 18

- 1 Rhywun arall yn gwneud hyn ar fy rhan
- 2 Mae'n well gen i ddefnyddio'r gwasanaethau hyn mewn ffyrdd eraill (e.e. dros y ffôn neu yn bersonol)
- 3 Ddim yn gwybod bod y gwasanaethau hyn ar gael ar-lein
- 4 Heb angen gwneud unrhyw un o'r pethau hyn
- 5 Arall (nodwch)

Showcard 18

- 1 Someone else does it for me
- 2 Prefer to access these services in other ways (e.g. by telephone or in person)
- 3 Didn't know these services were available online
- 4 I haven't needed to do any of these things
- 5 Other (please specify)

18

Cerdyn 19

- 1 Ddim yn gwybod sut i ddefnyddio'r gwasanaethau hyn ar-lein
- 2 Ddim yn defnyddio'r rhyngrwyd yn rheolaidd
- 3 Pryderu am ddiogelwch ar-lein
- 4 Anghyfleustra cofrestru ar gyfer gwasanaethau ar-lein
- 5 Cymryd gormod o amser ar-lein
- 6 Mae'n well gen i siarad â rhywun
- 7 Arall (nodwch)
- 8 Dim rheswm penodol

Showcard 19

- 1 Don't know how to use these services online
- 2 Don't use the internet regularly
- 3 Concerned about online security
- 4 Inconvenience of registering for online services
- 5 Takes too long online
- 6 Prefer talking to someone
- 7 Other (please specify)
- 8 No particular reason

Cerdyn 20

- 1 Plentyn yn ddigon hen i ofalu am ei hun
- 2 Un rhiant o amgylch o hyd
- 3 Rydw i / mae fy mhartner ar absenoldeb mamolaeth / tadolaeth
- 4 Rhy ddrud
- 5 Anfodlon â'r ansawdd sydd ar gael
- 6 Ddim ar gael ar adegau cyfleus i mi
- 7 Ddim ar gael yn y lleoliad cywir / anawsterau trafnidiaeth
- 8 Methu cael lle
- 9 Ddim yn addas i'w anghenion ychwanegol
- 10 Arall (nodwch)

Showcard 20

- 1 Child is old enough to look after himself / herself
- 2 One parent is always around
- 3 I am / my partner is on maternity / paternity leave
- 4 Too expensive
- 5 Not happy with the quality available
- 6 Not available at the times I need it
- 7 Not available in the right location / transport difficulties
- 8 Couldn't get a space
- 9 Not suitable for his / her additional needs
- 10 Other (please specify)

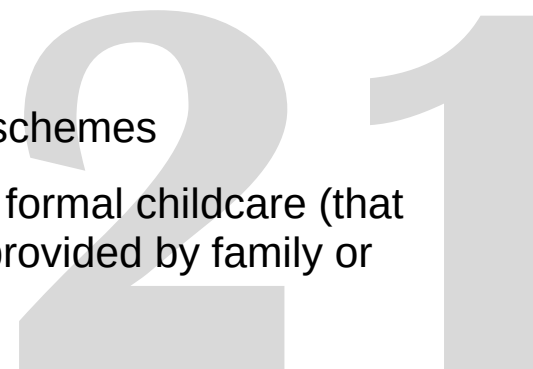
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Cerdyn 21

- 1 Teulu neu ffrindiau (am dâl)
- 2 Teulu neu ffrindiau (di-dâl)
- 3 Cylch chwarae / crèche
- 4 Meithrinfa / darpariaeth cyn ysgol (am dâl)
- 5 Meithrinfa / darpariaeth cyn ysgol (am ddim)
- 6 Clwb ar ôl ysgol neu glwb brecwast (am dâl)
- 7 Clwb ar ôl ysgol neu glwb brecwast (am ddim)
- 8 Gwarchodwr cofrestredig
- 9 Gwarchodwr (babysitter) pan fyddwch chi'n gweithio / astudio (nid ffrind na theulu)
- 10 Cynlluniau neu glybiau yn y gwyliau
- 11 Unrhyw fath arall o ofal plant ffurfiol (hynny yw, gofal plant sydd ddim yn cael ei ddarparu gan deulu na ffrindiau)

Showcard 21

- 1 Family or friends (paid for)
- 2 Family or friends (free)
- 3 Playgroup / crèche
- 4 Nursery / pre-school (paid for)
- 5 Nursery / pre-school (free)
- 6 After school club or school breakfast club (paid for)
- 7 After school club or school breakfast club (free)
- 8 Registered childminder
- 9 Babysitter while you work / study (not friend or family)
- 10 Holiday clubs or schemes
- 11 Any other type of formal childcare (that is, childcare not provided by family or friends)



Cerdyn 22

- 1 O leiaf 30 awr yr wythnos
- 2 O leiaf 20 awr ond llai na 30 awr yr wythnos
- 3 O leiaf 10 awr ond llai na 20 awr yr wythnos
- 4 O leiaf 1 awr ond llai na 10 awr yr wythnos
- 5 Llai nag un awr yr wythnos

Showcard 22

- 1 At least 30 hours a week
- 2 At least 20 but less than 30 hours a week
- 3 At least 10 but less than 20 hours a week
- 4 At least 1 but less than 10 hours a week
- 5 Less than one hour a week

22

Cerdyn 23

- 1 Hawdd iawn
- 2 Gweddol hawdd
- 3 Gweddol anodd
- 4 Anodd iawn

Showcard 23

- 1 Very easy
- 2 Fairly easy
- 3 Fairly difficult
- 4 Very difficult

23

Cerdyn 24

- 1 Cyn oriau'r ysgol (6am-9am)
- 2 Yn ystod oriau'r ysgol (9am-3pm)
- 3 Ar ôl oriau'r ysgol (3pm-6pm)
- 4 Gyda'r hwyr / nos (6pm-6am)
- 5 Penwythnosau
- 6 Oriau gwaith yn amrywio
- 7 Arall (nodwch)

Showcard 24

- 1 Before school hours (6am-9am)
- 2 During school hours (9am-3pm)
- 3 After school hours (3pm-6pm)
- 4 Evenings / nights (6pm-6am)
- 5 Weekends
- 6 Variable working hours
- 7 Other (please specify)

24

Cerdyn 25

- 1 Hawdd iawn
- 2 Gweddol hawdd
- 3 Gweddol anodd
- 4 Anodd iawn

Showcard 25

- 1 Very easy
- 2 Fairly easy
- 3 Fairly difficult
- 4 Very difficult

25

Cerdyn 26

- 1 Fferyllydd
- 2 Optegydd i gael prawf llygaid
- 3 Deintydd
- 4 Nyrs mewn meddygfa
- 5 Meddyg teulu neu nyrs tu allan i oriau arferol
- 6 Ymwelydd iechyd neu fydwraig
- 7 Nyrs ranbarthol / gymunedol
- 8 Ffisiotherapydd
- 9 Therapydd galwedigaethol
- 10 Deietegydd
- 11 Awdiolegydd mewn ysbyty
- 12 Podiatrydd / ciropodydd
- 13 Osteopath
- 14 Ceiropractydd
- 15 Dim un o'r rhain

Showcard 26

- 1 Pharmacist
- 2 Optician for an eye test
- 3 Dentist
- 4 GP surgery nurse
- 5 Out of hours GP or GP nurse
- 6 Health visitor or midwife
- 7 District / community nurse
- 8 Physiotherapist
- 9 Occupational therapist
- 10 Dietitian
- 11 Audiologist at a hospital
- 12 Podiatrist / chiropodist
- 13 Osteopath
- 14 Chiropractor
- 15 None of these

26

Cerdyn 27

- 1 Pa wasanaethau sydd ar gael yn eich ardal leol
- 2 Perfformiad eich gwasanaethau GIG lleol
- 3 Cyflyrau iechyd neu symptomau
- 4 Byw'n iach
- 5 Dim un o'r rhain

Showcard 27

- 1 Which health services are available in your local area
- 2 How your local NHS services are performing
- 3 Health conditions or symptoms
- 4 Healthy living
- 5 None of these

27

Cerdyn 28

- 1 Galw Iechyd Cymru
- 2 Iechyd Cyhoeddus Cymru
- 3 NHS Choices / nhs.uk
- 4 Patient.info
- 5 WebMD
- 6 Boots.com
- 7 NICE (Y Sefydliad Cenedlaethol dros Ragoriaeth mewn Iechyd a Gofal)
- 8 NIH (National Institutes of Health)
- 9 Wikipedia
- 10 Elusennau Iechyd
- 11 Fforymau (e.e. Mumsnet)
- 12 Cyfnodolion (e.e. British Medical Journal)
- 13 Arall (nodwch)
- 14 Dydw i ddim yn edrych yn rheolaidd ar unrhyw wefannau penodol

Showcard 28

- 1 NHS Direct Wales
- 2 Public Health Wales
- 3 NHS Choices / nhs.uk
- 4 Patient.info
- 5 WebMD
- 6 Boots.com
- 7 NICE (National Institute for Health and Care Excellence)
- 8 NIH (National Institutes of Health)
- 9 Wikipedia
- 10 Health charities
- 11 Forums (e.g. Mumsnet)
- 12 Journals (e.g. British Medical Journal)
- 13 Other (please specify)
- 14 There are no specific websites I regularly look at

28

Cerdyn 29

- 1 Hawdd iawn
- 2 Gweddol hawdd
- 3 Gweddol anodd
- 4 Anodd iawn

Showcard 29

- 1 Very easy
- 2 Fairly easy
- 3 Fairly difficult
- 4 Very difficult

29

Cerdyn 30

- 1 Fferyllydd
- 2 Meddyg Teulu
- 3 Ysbyty
- 4 Galw Iechyd Cymru
- 5 Arall (nodwch)
- 6 Heb ofyn am gymorth gan unrhyw un

Showcard 30

- 1 Pharmacist
- 2 GP
- 3 Hospital
- 4 NHS Direct
- 5 Other (please specify)
- 6 I didn't seek help from anyone

30

Cerdyn 31

Arthritis a chyflyrau'r cymalau

- 1 Arthritis gwynegol
- 2 Osteoarthritis
- 3 Arthritis llidiol pobl ifanc (wedi cychwyn cyn 16 oed)
- 4 Arthritis psoriatic
- 5 Sbondylitis asiol
- 6 Gout
- 7 Lupus
- 8 Math arall o arthritis neu gyflwr y cymalau (nodwch)

Cyflyrau'r esgyrn

- 9 Osteoporosis
- 10 Clefyd Paget
- 11 Osteogenesis imperfecta
- 12 Osteomyelitis
- 13 Cyflwr arall ar yr esgyrn (nodwch)
- 14 Dim arthritis, cyflwr ar y cymalau na chyflwr ar yr esgyrn

Showcard 31

Arthritis and joint conditions

- 1 Rheumatoid arthritis
- 2 Osteoarthritis
- 3 Juvenile inflammatory arthritis (started below the age of 16)
- 4 Psoriatic arthritis
- 5 Ankylosing spondylitis
- 6 Gout
- 7 Lupus
- 8 Other type of arthritis or joint condition (please specify)

Bone conditions

- 9 Osteoporosis
- 10 Paget's disease
- 11 Osteogenesis imperfecta
- 12 Osteomyelitis
- 13 Other bone condition (please specify)
- 14 No arthritis, joint condition or bone condition

31

Cerdyn 32

- 1 Iau na 16
- 2 16 – 39
- 3 40 – 59
- 4 60 – 79
- 5 80 neu'n hŷn
- 6 Dydy'r cyflwr ddim wedi cael diagnosis gan feddyg (eto)

Showcard 32

- 1 Under 16
- 2 16 – 39
- 3 40 – 59
- 4 60 – 79
- 5 80 or over
- 6 The condition hasn't (yet) been diagnosed by a doctor

32

Cerdyn 33

- 1 Meddyginiaeth
- 2 Llawdriniaeth
- 3 Ffisiotherapi
- 4 Hydrotherapi
- 5 Therapi galwedigaethol
- 6 Podiatreg
- 7 Cymorth gan ddietegydd
- 8 Cwnsela / cymorth seicolegol
- 9 Therapiau cyflenwol (e.e. aciwbigo, massage)
- 10 Newid ffordd o fyw (e.e. mwy o ymarfer corff, stopio smygu)
- 11 Mynychu grŵp cefnogaeth
- 12 Mynychu cyrsiau hunan-reoli
- 13 Arall (nodwch)
- 14 Dim triniaeth na rheolaeth

Showcard 33

- 1 Medication
- 2 Surgery
- 3 Physiotherapy
- 4 Hydrotherapy
- 5 Occupational therapy
- 6 Podiatry
- 7 Support from a dietitian
- 8 Counselling / psychological support
- 9 Complementary therapies (e.g. acupuncture, massage)
- 10 Lifestyle changes (e.g. more exercise, stopping smoking)
- 11 Attended a support group
- 12 Attended self-management courses
- 13 Other (please specify)
- 14 No treatment or management

33

Cerdyn 34

- 1 Mwy na dwywaith y dydd
- 2 Dwywaith y dydd
- 3 Unwaith y dydd
- 4 Dwy i dair gwaith yr wythnos
- 5 Pedair i chwech gwaith yr wythnos
- 6 Unwaith yr wythnos
- 7 Llai nag unwaith yr wythnos

Showcard 34

- 1 More than twice a day
- 2 Twice a day
- 3 Once a day
- 4 Two to three times a week
- 5 Four to six times a week
- 6 Once a week
- 7 Less than once a week

34

Cerdyn 35

- 1 Apwyntiad cyffredinol rheolaidd
- 2 Pan fydd gen i drafferthion gyda'm dannedd, ceg neu'r deintgig (gums)
- 3 Ddim yn mynd at y deintydd

Showcard 35

- 1 Routine check-ups
- 2 Only when having trouble with my teeth, mouth or gums
- 3 Don't go to the dentist

35

Cerdyn 36

- 1 Dwywaith neu fwy y flwyddyn
- 2 Unwaith y flwyddyn
- 3 Bob dwy flynedd
- 4 Llai aml na bob dwy flynedd

Showcard 36

- 1 Twice a year or more
- 2 Once a year
- 3 Every two years
- 4 Less often than every two years

36

Cerdyn 37

- 1 Salad
- 2 Tatws (gan gynnwys tatws mewn bwydydd eraill)
- 3 Ffa fel ffa pob, cidnabêns, pys melyn, ffacbys, daal
- 4 Llysiau eraill (naill ai'n amrwd (raw), wedi'u coginio, wedi'u rhewi neu o dun)
- 5 Prydau yn cynnwys ffa neu llysiau yn bennaf (e.e. stiwllysiau, cyrri llysiau, saws llysiau)
- 6 Dim un o'r rhain

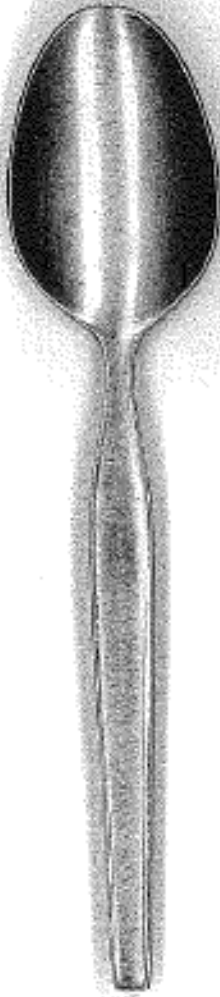
Showcard 37

- 1 Salad
- 2 Potatoes (include potatoes in other dishes)
- 3 Pulses such as baked beans, red kidney beans, lentils, chickpeas, daal
- 4 Other vegetables (either raw, cooked, frozen or tinned)
- 5 Dishes that mainly contain pulses or vegetables (e.g. vegetable stews, vegetable curries, vegetable sauces)
- 6 None of these

37

Cerdyn 38

Showcard 38



**Llwy de /
Teaspoo**



**Llwy bwdin /
Dessert spoon**



**Llwy fwrdd /
Tablespoon**

Cerdyn 39

- 1 **Ffrwythau ffres bach iawn** e.e. grawnwin ac aeron
- 2 **Ffrwythau bach** e.e. eirin a satswmas
- 3 **Ffrwythau canolig** e.e. afalau, bananas ac orennau
- 4 **Ffrwythau mawr** e.e. grawnffrwyth
- 5 **Ffrwythau mawr iawn** e.e. melon
- 6 **Ffrwythau wedi'u rhewi neu o dun**
- 7 **Ffrwythau sych** e.e. resins, bricyll (apricots)
- 8 **Prydau o ffrwythau yn bennaf** e.e. salad ffrwythau neu darten ffrwythau
- 9 **Sudd ffrwythau**
- 10 Dim un o'r rhain

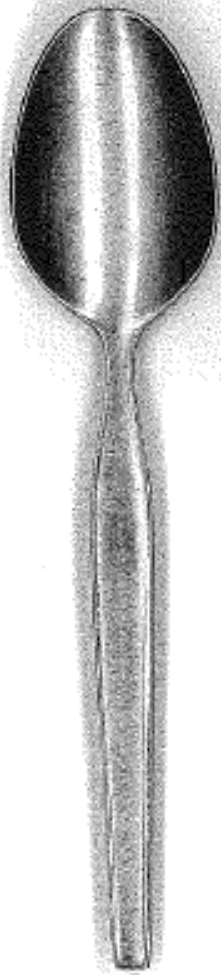
Showcard 39

- 1 **Very small fresh fruit** e.g. grapes and berries
- 2 **Small fruit** e.g. plums and satsumas
- 3 **Medium fruit** e.g. apples, bananas and oranges
- 4 **Large fruit** e.g. grapefruit
- 5 **Very large fruit** e.g. melon
- 6 **Frozen or tinned fruit**
- 7 **Dried fruit** e.g. raisins, apricots
- 8 **Dishes made mainly from fruit** e.g. fruit salad or fruit pies
- 9 **Fruit juice**
- 10 None of these

39

Cerdyn 40

Showcard 40



**Llwy de /
Teaspoo**



**Llwy bwdin /
Dessert spoon**



**Llwy fwrdd /
Tablespoon**

Cerdyn 41

- 1 Bron bob dydd
- 2 Pump neu chwe diwrnod yr wythnos
- 3 Tri neu bedwar diwrnod yr wythnos
- 4 Unwaith neu ddwywaith yr wythnos
- 5 Unwaith neu ddwywaith y mis
- 6 Unwaith bob deufis
- 7 Unwaith neu ddwywaith y flwyddyn
- 8 Dim o gwbl yn y deuddeg mis diwethaf

Showcard 41

- 1 Almost every day
- 2 Five or six days a week
- 3 Three or four days a week
- 4 Once or twice a week
- 5 Once or twice a month
- 6 Once every couple of months
- 7 Once or twice a year
- 8 Not at all in the last 12 months

41

Cerdyn 42

- 1 Cwrw / lager / seidr / shandi cryfder arferol
- 2 Cwrw / lager / seidr cryf
- 3 Gwirodydd neu wirodlynnau
- 4 Sieri neu martini
- 5 Gwin
- 6 Alcopop / diodydd meddwol wedi'u cymysgu ymlaen llaw
- 7 Diodydd meddwol eraill
- 8 Diodydd alcohol isel yn unig

Showcard 42

- 1 Normal strength beer / lager / cider / shandy
- 2 Strong beer / lager / cider
- 3 Spirits or liqueurs
- 4 Sherry or martini
- 5 Wine
- 6 Alcopops / pre-mixed alcoholic drinks
- 7 Other alcoholic drinks
- 8 Low alcohol drinks only

42

Cerdyn 43

- 1 Potel neu ran o botel
- 2 Gwydraid mawr (250ml)
- 3 Gwydraid safonol (175ml)
- 4 Gwydraid bach (125ml)

Showcard 43

- 1 Bottle or parts of bottle
- 2 Large glass (250ml)
- 3 Standard glass (175ml)
- 4 Small glass (125ml)

43

Cerdyn 44

Showcard 44



**Gwydraid o win
250ml /**

**Gwydraid o win
175ml /**

**Gwydraid o win
125ml /**

250ml wine glass

175ml wine glass

125ml wine glass

44

Cerdyn 45

- 1 Bron bob dydd
- 2 Pump neu chwe diwrnod yr wythnos
- 3 Tri neu bedwar diwrnod yr wythnos
- 4 Unwaith neu ddwywaith yr wythnos
- 5 Unwaith neu ddwywaith y mis
- 6 Unwaith bob deufis
- 7 Unwaith neu ddwywaith y flwyddyn
- 8 Dim o gwbl yn y deuddeg mis diwethaf

Showcard 45

- 1 Almost every day
- 2 Five or six days a week
- 3 Three or four days a week
- 4 Once or twice a week
- 5 Once or twice a month
- 6 Once every couple of months
- 7 Once or twice a year
- 8 Not at all in the last 12 months

45

Cerdyn 46

Showcard 46



**Gwydraid o win
250ml /**

250ml wine glass

**Gwydraid o win
175ml /**

175ml wine glass

**Gwydraid o win
125ml /**

125ml wine glass

46

Cerdyn 47

- 1 Bron bob dydd
- 2 Pump neu chwe diwrnod yr wythnos
- 3 Tri neu bedwar diwrnod yr wythnos
- 4 Unwaith neu ddwywaith yr wythnos
- 5 Unwaith neu ddwywaith y mis
- 6 Unwaith bob deufis
- 7 Unwaith neu ddwywaith y flwyddyn
- 8 Dim o gwbl yn y deuddeg mis diwethaf

Showcard 47

- 1 Almost every day
- 2 Five or six days a week
- 3 Three or four days a week
- 4 Once or twice a week
- 5 Once or twice a month
- 6 Once every couple of months
- 7 Once or twice a year
- 8 Not at all in the last 12 months

47

Cerdyn 48

- 1 Rwy'n smygu bob dydd
- 2 Rwy'n smygu'n achlysurol ond nid bob dydd
- 3 Roeddwn i'n arfer smygu bob dydd ond dydw i ddim yn smygu o gwbl nawr
- 4 Roeddwn i'n arfer smygu'n achlysurol ond dydw i ddim yn smygu o gwbl nawr
- 5 Dydw i ddim wedi smygu erioed

Showcard 48

- 1 I smoke daily
- 2 I smoke occasionally but not every day
- 3 I used to smoke daily but do not smoke at all now
- 4 I used to smoke occasionally but do not smoke at all now
- 5 I have never smoked

48

Cerdyn 49

- 1 Cyflymder araf
- 2 Cyflymder cyfartalog
- 3 Cyflymder cymharol sionc
- 4 Cyflymder cyflym – o leiaf 4 milltir yr awr

Showcard 49

- 1 Slow pace
- 2 Average pace
- 3 Fairly brisk pace
- 4 Fast pace – at least 4 miles per hour

49

Cerdyn 50

- 1 Bob dydd
- 2 Sawl gwaith yr wythnos
- 3 Unwaith neu ddwywaith yr wythnos
- 4 Unwaith neu ddwywaith y mis
- 5 Llai aml / byth

Showcard 50

- 1 Every day
- 2 Several times a week
- 3 Once or twice a week
- 4 Once or twice a month
- 5 Less often / never

50

Cerdyn 51

Showcard 51

Hollol anfodlon

Hollol fodlon

0 1 2 3 4 5 6 7 8 9 10

Extremely dissatisfied

Extremely satisfied

0 1 2 3 4 5 6 7 8 9 10

51

Cerdyn 52

- 1 Llawer iawn
- 2 Rhywfaint
- 3 Ychydig bach
- 4 Wedi gweld neu glywed am eu gwaith,
ond gwybod dim amdano
- 5 Heb weld na chlywed unrhyw beth am
eu gwaith

Showcard 52

- 1 A great deal
- 2 A fair amount
- 3 Just a little
- 4 Seen or heard about their work, but
know nothing about it
- 5 Not seen or heard anything about their
work

52

Cerdyn 53

- 1 Cyngorau lleol
- 2 Llywodraeth Cymru
- 3 Llywodraeth y DU
- 4 Arall
- 5 Ddim yn gwybod

Showcard 53

- 1 Local councils
- 2 Welsh Government
- 3 UK Government
- 4 Other
- 5 Don't know

53

Cerdyn 54

- 1 Treth incwm
- 2 TAW (Treth ar Werth)
- 3 Treth Gyngor
- 4 Treth yr ydych yn ei thalu pan fyddwch yn prynu tŷ
- 5 Treth ar alcohol
- 6 Treth ar deithiau awyr o Gymru (sydd wedi'i chynnwys ym mhpris tocyn awyren)
- 7 Treth ar y gwastraff a anfonir i safleoedd tirlenwi
- 8 Dydw i ddim wedi clywed am unrhyw un o'r rhain

Showcard 54

- 1 Income tax
- 2 VAT (Value Added Tax)
- 3 Council Tax
- 4 Tax you pay when you buy a house
- 5 Tax on alcohol
- 6 Tax on air travel from Wales (that is included in the plane ticket price)
- 7 Tax on the waste that is sent to landfill
- 8 I haven't heard of any of these

54

Cerdyn 55

- 1 Cyngorau lleol
- 2 Llywodraeth Cymru
- 3 Llywodraeth y DU
- 4 Arall
- 5 Ddim yn gwybod

Showcard 55

- 1 Local councils
- 2 Welsh Government
- 3 UK Government
- 4 Other
- 5 Don't know

55

Cerdyn 56

- 1 Rydyn ni / Rydw i yn gwneud hyn
- 2 Hoffem ni / Hoffwn i wneud hyn ond yn methu fforddio gwneud ar hyn o bryd
- 3 Dydyn ni / Dydw i ddim eisiau / ddim angen ar hyn o bryd

Showcard 56

- 1 We / I have this
- 2 We / I would like to have this but cannot afford this at the moment
- 3 We / I do not want / need this at the moment

56

Cerdyn 57

- 1 Yn gallu ymdopi â'r holl filiau ac ymrwymadau heb unrhyw drafferth
- 2 Yn gallu ymdopi â'r holl filiau ac ymrwymadau ond mae'n anodd weithiau
- 3 Yn gallu ymdopi â'r holl filiau ac ymrwymadau ond mae'n anodd drwy'r amser
- 4 Yn methu talu ambell i fil neu ymrwymiad credyd
- 5 Yn cael trafferthion ariannol gwirioneddol ac wedi methu talu nifer o filiau neu ymrwymadau credyd
- 6 Does gen i ddim biliau

Showcard 57

- 1 Keeping up with all bills and commitments without any difficulties
- 2 Keeping up with all bills and commitments but it is a struggle from time to time
- 3 Keeping up with all bills and commitments but it is a constant struggle
- 4 Falling behind with some bills or credit commitments
- 5 Having real financial problems and have fallen behind with many bills or credit commitments
- 6 Have no bills

57

Cerdyn 58

- 1 Rydyn ni / Rydw i yn gwneud hyn
- 2 Hoffem ni / Hoffwn i wneud hyn ond yn methu fforddio gwneud ar hyn o bryd
- 3 Dydyn ni / Dydw i ddim eisiau / ddim angen ar hyn o bryd

Showcard 58

- 1 We / I have this
- 2 We / I would like to have this but cannot afford this at the moment
- 3 We / I do not want / need this at the moment

58

Cerdyn 59

- 1 Rydw i yn gwneud hyn
- 2 Hoffwn i wneud hyn ond yn methu
fforddio gwneud ar hyn o bryd
- 3 Dydw i ddim eisiau / ddim angen ar hyn
o bryd

Showcard 59

- 1 I have this
- 2 I would like to have this but cannot
afford this at the moment
- 3 I do not want / need this at the moment

59

Cerdyn 60

- 1 Yn gallu ymdopi â'r holl filiau ac ymrwymadau heb unrhyw drafferth
- 2 Yn gallu ymdopi â'r holl filiau ac ymrwymadau ond mae'n anodd weithiau
- 3 Yn gallu ymdopi â'r holl filiau ac ymrwymadau ond mae'n anodd drwy'r amser
- 4 Yn methu talu ambell i fil neu ymrwymiad credyd
- 5 Yn cael trafferthion ariannol gwirioneddol ac wedi methu talu nifer o filiau neu ymrwymadau credyd
- 6 Does gen i ddim biliau

Showcard 60

- 1 Keeping up with all bills and commitments without any difficulties
- 2 Keeping up with all bills and commitments but it is a struggle from time to time
- 3 Keeping up with all bills and commitments but it is a constant struggle
- 4 Falling behind with some bills or credit commitments
- 5 Having real financial problems and have fallen behind with many bills or credit commitments
- 6 Have no bills

60

Cerdyn 61

- 1 Nid oes gen i'r arian i wneud hyn
- 2 Nid yw'n flaenoriaeth i mi ar fy incwm presennol
- 3 Mae fy iechyd / anabledd yn fy rhwystro
- 4 Mae'n ormod o drafferth / yn fy mlino'n ormodol
- 5 Nid oes unrhyw un ar gael i wneud hyn gyda neu i fy helpu
- 6 Nid ydw i eisiau gwneud hyn
- 7 Nid yw'n berthnasol i mi
- 8 Rheswm arall
- 9 Ddim yn gwybod

Showcard 61

- 1 I do not have the money for this
- 2 This is not a priority for me on my current income
- 3 My health / disability prevents me
- 4 It is too much trouble / too tiring
- 5 There is no one to do this with or help me
- 6 This is not something I want
- 7 It is not relevant to me
- 8 Other reason
- 9 Don't know

61

Cerdyn 62

- 1 Byddwn yn defnyddio fy incwm fy hun ond **byddai** angen i mi wario llai ar yr hanfodion
- 2 Byddwn yn defnyddio fy incwm fy hun ond **ni fyddai** angen i mi wario llai ar yr hanfodion
- 3 Byddwn yn defnyddio fy nghynilion
- 4 Byddwn yn defnyddio rhyw fath o gredyd (e.e. cerdyn credyd neu'n cael benthyciad)
- 5 Byddwn yn cael yr arian gan ffrindiau neu deulu fel anrheg neu fenthyciad
- 6 Arall (nodwch)

Showcard 62

- 1 I would use my own income but **would** need to cut back on essentials
- 2 I would use my own income but **would not** need to cut back on essentials
- 3 I would use my savings
- 4 I would use a form of credit (e.g. credit card or take out a loan)
- 5 I would get the money from friends or family as a gift or loan
- 6 Other (please specify)

62

Cerdyn 63

- 1 Nid oes gen i'r arian i wneud hyn
- 2 Nid yw'n flaenoriaeth i mi ar fy incwm presennol
- 3 Mae fy iechyd / anabledd yn fy rhwystro
- 4 Mae'n ormod o drafferth / yn fy mlino'n ormodol
- 5 Nid oes unrhyw un ar gael i wneud hyn gyda neu i fy helpu
- 6 Nid ydw i eisiau gwneud hyn
- 7 Nid yw'n berthnasol i mi
- 8 Rheswm arall
- 9 Ddim yn gwybod

Showcard 63

- 1 I do not have the money for this
- 2 This is not a priority for me on my current income
- 3 My health / disability prevents me
- 4 It is too much trouble / too tiring
- 5 There is no one to do this with or help me
- 6 This is not something I want
- 7 It is not relevant to me
- 8 Other reason
- 9 Don't know

63

Cerdyn 64

- 1 Mae'r plentyn (plant) yn cael hyn
- 2 Mae'r plentyn (plant) eisiau hyn ond dydyn ni ddim yn gallu fforddio ar hyn o bryd
- 3 Dyw'r plentyn (plant) ddim eisiau / ddim angen hyn ar hyn o bryd

Showcard 64

- 1 Child(ren) has / have this
- 2 Child(ren) would like to have this but we cannot afford this at the moment
- 3 Child(ren) do not want / need this at the moment

64

Cerdyn 65

- 1 Problem â'r taliad(au) Credyd Cynhwysol
- 2 Incwm yn rhy isel yn gyffredinol
- 3 Rheswm arall

Showcard 65

- 1 Problem with Universal Credit payment(s)
- 2 Income in general too low
- 3 Another reason

65

Cerdyn 66

- 1 Corff elusennol
- 2 Ysgol neu grŵp person ifanc
- 3 Grŵp tenantiaid / preswylwyr neu warchod cymdogaeth
- 4 Grŵp crefyddol
- 5 Grŵp / sefydliad pensiynwyr
- 6 Clwb chwaraeon
- 7 Grwpiau celfyddydol (megis drama, cerddoriaeth, celf neu grefft)
- 8 Grŵp amgylcheddol
- 9 Amgueddfa / safle treftadaeth
- 10 Clwb neu sefydliad arall
- 11 Dim un o'r rhain

Showcard 66

- 1 Charitable organisation
- 2 School or young person's group
- 3 Tenants / residents group or neighbourhood watch
- 4 Religious group
- 5 Pensioners group / organisation
- 6 Sports club
- 7 Arts groups (e.g. drama, music, arts or crafts)
- 8 Environmental group
- 9 Museum / heritage site
- 10 Other club or organisation
- 11 None of these

66

Cerdyn 67

- 1 1 – 5 awr yr wythnos
- 2 6 – 10 awr yr wythnos
- 3 11 – 19 awr yr wythnos
- 4 20 – 49 awr yr wythnos
- 5 50+ awr yr wythnos

Showcard 67

- 1 1 – 5 hours a week
- 2 6 – 10 hours a week
- 3 11 – 19 hours a week
- 4 20 – 49 hours a week
- 5 50+ hours a week

67

Cerdyn 68

- 1 Contract parhaol
- 2 Contract tymor penodol
- 3 Contract dim oriau
- 4 Gweithiwr asiantaeth
- 5 Arall (nodwch)

Showcard 68

- 1 Permanent contract
- 2 Fixed-term contract
- 3 Zero hours contract
- 4 Agency worker
- 5 Other (please specify)

68

Cerdyn 69

- 1 Sector preifat
- 2 Sector cyhoeddus
- 3 Elusen / sefydliad gwirfoddol
- 4 Arall (nodwch)

Showcard 69

- 1 Private sector
- 2 Public sector
- 3 Charity / voluntary organisation
- 4 Other (please specify)

69

Cerdyn 70

Gweithgynhyrchu a chynhyrchu

- 1 Adeiladu
- 2 Gweithgynhyrchu
- 3 Amaethyddiaeth, coedwigaeth a physgota
- 4 Trydan, nwy a dŵr

Gwasanaethau

- 5 Cyfanwerthu a manwerthu
- 6 Gwestai, tafarndai a bwytai
- 7 Trafnidiaeth, storio a dosbarthu
- 8 Eiddo
- 9 Cyllid ac yswiriant
- 10 Gwasanaethau proffesiynol a chymorth i fusnesau
- 11 Gwyddonol a thechnegol
- 12 Gwybodaeth, cyfathrebu a gwasanaethau digidol
- 13 Addysg
- 14 Iechyd a gofal cymdeithasol
- 15 Celfyddydau, hamdden a gwasanaethau personol
- 16 Arall (nodwch)

Showcard 70

Manufacturing and production

- 1 Construction
- 2 Manufacturing
- 3 Agriculture, forestry and fishing
- 4 Electricity, gas and water

Services

- 5 Wholesale and retail
- 6 Hotels, pubs and restaurants
- 7 Transport, storage and distribution
- 8 Property
- 9 Finance and insurance
- 10 Professional and business support services
- 11 Scientific and technical
- 12 Information, communication and digital services
- 13 Education
- 14 Health and social care
- 15 Arts, recreation and personal services
- 16 Other (please specify)



Cerdyn 71

- 1 Do
- 2 Naddo
- 3 Ddim yn gyflogedig ar y pryd

Showcard 71

- 1 Yes
- 2 No
- 3 I wasn't in employment then

71

Cerdyn 72

- 1 Rwy'n gwneud hyn
- 2 Dydw i ddim yn gwneud hyn, ond mae fy nghyflogwr yn ei ganiatáu
- 3 Dydy fy nghyflogwr ddim yn ei ganiatáu
- 4 Dydw i ddim yn gwybod os yw fy nghyflogwr yn ei ganiatáu

Showcard 72

- 1 I do this
- 2 I don't do this, but my employer allows it
- 3 My employer doesn't allow it
- 4 I don't know if my employer allows it

72

Cerdyn 73

- 1 Da iawn
- 2 Gweddol dda
- 3 Ddim yn dda iawn
- 4 Ddim yn dda o gwbl

Showcard 73

- 1 Very good
- 2 Fairly good
- 3 Not very good
- 4 Not at all good

73

Cerdyn 74

- 1 Bob tro
- 2 Fel rheol
- 3 Weithiau
- 4 Byth

Showcard 74

- 1 Always
- 2 Usually
- 3 Sometimes
- 4 Never

74

Cerdyn 75

- 1 Rwy'n penderfynu fy hun yn llwyr
- 2 Rwy'n penderfynu fy hun yn bennaf
- 3 Rhywun arall sy'n penderfynu yn bennaf
- 4 Rhywun arall sy'n penderfynu yn llwyr

Showcard 75

- 1 I completely decide
- 2 I mainly decide
- 3 Someone else mainly decides
- 4 Someone else completely decides

75

Cerdyn 76

- 1 Mae gweithwyr hŷn ar yr un lefel yn cael mwy o gyfleoedd
- 2 Mae gweithwyr iau ar yr un lefel yn cael mwy o gyfleoedd
- 3 Dim gwahaniaeth

Showcard 76

- 1 Older workers at the same level get more opportunities
- 2 Younger workers at the same level get more opportunities
- 3 No difference

76

Cerdyn 77

- 1 I gael mwy o amser rhydd i mi fy hun
- 2 Gallaf ei fforddio
- 3 I ymddeol yr un pryd â'm partner
- 4 Cyfrifoldebau gofal
- 5 Fy salwch / anabledd fy hun
- 6 Mae fy swydd yn rhy heriol yn gorfforol
- 7 Ddim yn mwynhau fy swydd
- 8 Bydd fy swydd yn dod i ben cyn hynny
- 9 Arall (nodwch)
- 10 Dim rheswm penodol

Showcard 77

- 1 To have more free time for myself
- 2 I can afford to
- 3 To retire at the same time as my partner
- 4 Caring responsibilities
- 5 My own ill health / disability
- 6 My job is too physically demanding
- 7 Don't enjoy my job
- 8 Because my job will end before then
- 9 Other (please specify)
- 10 No particular reason



Cerdyn 78

- 1 I gael mwy o amser rhydd i mi fy hun
- 2 Gallu ei fforddio
- 3 I ymddeol yr un pryd â'm partner
- 4 Cyfrifoldebau gofal
- 5 Fy salwch / anabledd fy hun
- 6 Roedd fy swydd yn rhy heriol yn gorfforol
- 7 Ddim yn mwynhau fy swydd
- 8 Daeth fy swydd i ben / methu dod o hyd i swydd
- 9 Arall (nodwch)
- 10 Dim rheswm penodol

Showcard 78

- 1 To have more free time for myself
- 2 I could afford to
- 3 To retire at the same time as my partner
- 4 Caring responsibilities
- 5 My own ill health / disability
- 6 My job was too physically demanding
- 7 Didn't enjoy my job
- 8 Because my job end / couldn't find a job
- 9 Other (please specify)
- 10 No particular reason

78

Cerdyn 79

- 1 Methu fforddio ymddeol nes byddaf yn cael pensiwn y wladwriaeth
- 2 Methu fforddio ymddeol hyd yn oed pan gaf i bensiwn y wladwriaeth
- 3 Mwynhau fy swydd / mynd allan i weithio
- 4 Ddim yn teimlo'n barod i ymddeol
- 5 Ddim yn siŵr beth i'w wneud pan fyddaf yn ymddeol
- 6 Arall (nodwch)
- 7 Dim rheswm penodol

Showcard 79

- 1 Won't be able to afford to retire until I get a state pension
- 2 Won't be able to afford to retire even when I get a state pension
- 3 I enjoy my job / going out to work
- 4 Won't feel ready to retire
- 5 Not sure what I will do when I retire
- 6 Other (please specify)
- 7 No particular reason

79

Cerdyn 80

- 1 Methu fforddio ymddeol
- 2 Mwynhau fy swydd / mynd allan i weithio
- 3 Ddim yn teimlo'n barod i ymddeol
- 4 Ddim yn siŵr beth i'w wneud pan fyddaf yn ymddeol
- 5 Arall (nodwch)
- 6 Dim rheswm penodol

Showcard 80

- 1 Can't afford to retire
- 2 I enjoy my job / going out to work
- 3 Don't feel ready to retire
- 4 Not sure what I will do when I retire
- 5 Other (please specify)
- 6 No particular reason

80

Cerdyn 81

- 1 Lleihau nifer yr oriau rwy'n gweithio
- 2 Gweithio'n fwy hyblyg (e.e. gweithio yn y cartref, cymryd gwyliau hirach)
- 3 Cael swydd sy'n llai heriol yn gorfforol
- 4 Cael swydd â llai o gyfrifoldeb
- 5 Dechrau busnes fy hun / gwaith rhydd gyfrannol
- 6 Ddim yn gweithio'n bresennol a ddim yn bwriadu gweithio eto
- 7 Dim un o'r rhain

Showcard 81

- 1 Reduce the number of hours I work
- 2 Work more flexibly (e.g. work at home, take longer breaks)
- 3 Get a job that's less physically demanding
- 4 Get a job with less responsibility
- 5 Start my own business / freelance
- 6 Not currently working and don't plan to work again
- 7 None of these

81

Cerdyn 82

- 1 Mae gen i bensiwn gweithle yr oedd / y mae fy nghyflogwr yn cyfrannu ato
- 2 Mae gen i bensiwn personol
- 3 Rwyf wedi dechrau cynilo ar gyfer fy ymddeoliad mewn ffyrdd eraill (e.e. cyfrif cynilo, buddsoddiadau, eiddo)
- 4 Dim un o'r rhain

Showcard 82

- 1 I have a workplace pension to which my employer does / did contribute
- 2 I have a personal pension
- 3 I have started saving for retirement in other ways (e.g. savings account, investments, property)
- 4 None of these

82

Cerdyn 83

- 1 Er mwyn gwneud fy nhasgau presennol yn well yn fy swydd bresennol
- 2 Er mwyn fy helpu i wneud tasgau newydd yn fy swydd bresennol
- 3 Er mwyn cael swydd uwch
- 4 Er mwyn ailhyfforddi i weithio mewn swydd o fath arall
- 5 Arall (nodwch)

Showcard 83

- 1 To do my existing tasks better in my current job
- 2 To do new tasks in my current job
- 3 To get a more senior role
- 4 To retrain to work in a different kind of job
- 5 Other (please specify)

83

Cerdyn 84

- 1 Llai o alw erbyn hyn am fy sgiliau presennol
- 2 Anodd gwneud fy swydd wrth i mi heneiddio
- 3 Anodd gwneud fy swydd yn sgil cyflwr iechyd neu anabledd
- 4 I gael swydd y byddaf yn ei mwynhau yn fwy
- 5 I gael swydd sy'n talu'n well
- 6 Arall (nodwch)
- 7 Dim rheswm penodol

Showcard 84

- 1 Less demand nowadays for my current skills
- 2 Difficulty doing my job as I get older
- 3 Difficulty doing my job due to a health condition or disability
- 4 To get a job I enjoy more
- 5 To get a better-paid job
- 6 Other (please specify)
- 7 No particular reason

84

Cerdyn 85

- 1 Ddim yn siŵr sut i ddatblygu'r sgiliau rwyf eu heisiau / hangen
- 2 Dim hyfforddiant ar gael mewn man cyfleus neu ar amser cyfleus
- 3 Dim cyfleoedd yn cael eu darparu yn fy swydd
- 4 Methu ei fforddio
- 5 Dim digon o amser yn ystod oriau gwaith
- 6 Dim digon o amser y tu allan i oriau gwaith
- 7 Diffyg hyder
- 8 Salwch / anabledd
- 9 Hapus â'r sgiliau sydd gennyf / dim angen sgiliau newydd ar gyfer fy swydd
- 10 Arall (nodwch)
- 11 Does dim rhwystr penodol

Showcard 85

- 1 Not sure how to develop the skills I want / need
- 2 Training not available at a convenient place or time
- 3 Opportunities not provided in my job
- 4 Can't afford it
- 5 Not enough time during work hours
- 6 Not enough time outside work
- 7 Lack of confidence
- 8 Illness / disability
- 9 Happy with the skills I have / don't need any new skills for my job
- 10 Other (please specify)
- 11 There's no particular barrier

85

Cerdyn 86

- 1 Llai na 1 mis yn ôl
- 2 O leiaf 1 mis ond llai na 6 mis yn ôl
- 3 O leiaf 6 mis ond llai na 12 mis yn ôl
- 4 O leiaf 12 mis ond llai na 2 flynedd yn ôl
- 5 O leiaf 2 flynedd ond llai na 5 mlynedd yn ôl
- 6 5 mlynedd neu fwy yn ôl
- 7 Heb gael swydd gyflogedig erioed

Showcard 86

- 1 Less than 1 month ago
- 2 At least 1 month but less than 6 months ago
- 3 At least 6 months but less than 12 months ago
- 4 At least 12 months but less than 2 years ago
- 5 At least 2 years but less than 5 years ago
- 6 5 years ago or more
- 7 Never had a paid job

86

Cerdyn 87

- 1 Coleg neu ddarparwr hyfforddiant
- 2 Prifysgol
- 3 Canolfan Byd Gwaith
- 4 Gyrfa Cymru
- 5 Awdurdod lleol
- 6 Elusen / sefydliad gwirfoddol
- 7 Rhaglen gyflogadwyedd Llywodraeth Cymru
- 8 Arall (nodwch)
- 9 Ddim yn gwybod

Showcard 87

- 1 College or training provider
- 2 University
- 3 Jobcentre Plus
- 4 Careers Wales
- 5 Local authority
- 6 Charity / voluntary organisation
- 7 Welsh Government employability programme
- 8 Other (please specify)
- 9 Don't know

87

Cerdyn 88

- 1 Help i chwilio am swyddi a cheisiadau
- 2 Help gyda hyfforddiant cyfweiliadau
- 3 Help i gael profiad gwaith
- 4 Hyfforddiant i ddatblygu sgiliau
- 5 Cyngor ar gyfleoedd i gael swyddi
- 6 Cymorth â chyfrifoldebau gofal
- 7 Cymorth trafnidiaeth
- 8 Cymorth tai
- 9 Cymorth â materion yn ymwneud ag alcohol neu gyffuriau
- 10 Cymorth â materion eraill yn ymwneud ag iechyd neu anabledd
- 11 Arall (nodwch)

Showcard 88

- 1 Help with job search and applications
- 2 Help with interview training
- 3 Help to get work experience
- 4 Training to develop skills
- 5 Advice on job opportunities
- 6 Support with caring responsibilities
- 7 Transport support
- 8 Housing support
- 9 Support with alcohol or drug issues
- 10 Support with other health or disability issues
- 11 Other (please specify)



Cerdyn 89

- 1 Does gen i ddim y cymwysterau cywir
- 2 Does gen i ddim y sgiliau cywir
- 3 Does gen i ddim y profiad cywir
- 4 Dydy'r math o waith yr hoffwn i ei gael ddim ar gael yn lleol
- 5 Problemau trafnidiaeth
- 6 Cyfrifoldebau gofal
- 7 Methu dod o hyd i swyddi â'r patrwm gweithio cywir
- 8 Record troseddol
- 9 Diffyg hyder
- 10 Fy oedran
- 11 Problemau alcohol neu gyffuriau
- 12 Problemau iechyd / anabledd
- 13 Arall (nodwch)
- 14 Dim byd penodol yn ei gwneud yn anodd

Showcard 89

- 1 I don't have the right qualifications
- 2 I don't have the right skills
- 3 I don't have the right experience
- 4 The kind of work I want isn't available locally
- 5 Transport problems
- 6 Caring responsibilities
- 7 Can't find jobs with the right working pattern
- 8 Criminal record
- 9 Lack of confidence
- 10 My age
- 11 Alcohol or drug issues
- 12 Health problems / disability
- 13 Other (please specify)
- 14 No particular things make it difficult

89

Cerdyn 90

- 1 Llawer
- 2 Ychydig
- 3 Dim o gwbl

Showcard 90

- 1 A lot
- 2 A little
- 3 Not at all

90

Cerdyn 91

- 1 Cyflogwyr yn llai parod i'm cyflogi oherwydd fy oedran
- 2 Anodd yn gorfforol i mi wneud y math o waith yr wyf wedi'i wneud yn y gorffennol
- 3 Llai o swyddi ar gael yn y math o waith yr wyf wedi'i wneud yn y gorffennol
- 4 Arall (nodwch)
- 5 Dim rheswm penodol

Showcard 91

- 1 Employers less willing to take me on because of my age
- 2 Physically difficult for me to do the kind of work I've done in the past
- 3 Fewer jobs available in my line of work than in the past
- 4 Other (please specify)
- 5 No particular reason

91

Cerdyn 92

- 1 Cymunedau am Waith
- 2 Rhieni, Gofal Plant a Chyflogaeth (PaCE)
- 3 Cymru'n Gweithio
- 4 Rhaglen Gwaith ac Iechyd
- 5 Gyrfa Cymru
- 6 Heb glywed am unrhyw un o'r rhain

Showcard 92

- 1 Communities for Work
- 2 Parents Childcare and Employment (PaCE)
- 3 Working Wales
- 4 Work and Health Programme
- 5 Careers Wales
- 6 I haven't heard of any of these

92

Cerdyn 93

- 1 Teithio i'r un gweithle
- 2 Teithio i wahanol weithleoedd
- 3 Nid oes gen i weithle penodol
- 4 Gweithio o'm cartref (neu yr un adeilad / tir â'm cartref)
- 5 Arall (nodwch)

Showcard 93

- 1 Travel to the same workplace
- 2 Travel to a few different workplaces
- 3 I don't have a specific workplace
- 4 Work from home (or the same building / grounds as my home)
- 5 Other (please specify)

93

Cerdyn 94

- 1 Llai na 1 milltir
- 2 Mwy na 1 milltir ond llai na 3 milltir
- 3 Mwy na 3 milltir ond llai na 15 milltir
- 4 Mwy na 15 milltir

Showcard 94

- 1 Less than 1 mile
- 2 More than 1 mile but less than 3 miles
- 3 More than 3 miles but less than 15 miles
- 4 More than 15 miles

94

Cerdyn 95

- 1 Yn gynnar yn y bore (cyn 7am)
- 2 Gyda'r hwyr / yn y nos (ar ôl 7pm)
- 3 Unrhyw amser ar ddydd Sul
- 4 Dim un o'r rhain

Showcard 95

- 1 Early morning (before 7am)
- 2 In the evening / night (after 7pm)
- 3 Any time on Sundays
- 4 None of these

95

Cerdyn 96

- 1 Trên
- 2 Bws, bws mini neu goets
- 3 Beic modur neu foped
- 4 Car neu fan
- 5 Tacsî
- 6 Beic
- 7 Cerdded neu redeg
- 8 Arall (nodwch)

Showcard 96

- 1 Train
- 2 Bus, minibus or coach
- 3 Motorcycle or moped
- 4 Car or van
- 5 Taxi
- 6 Bicycle
- 7 Walk or run
- 8 Other (please specify)

96

Cerdyn 97

- 1 Trên
- 2 Bws, bws mini neu goets
- 3 Beic modur neu foped
- 4 Car neu fan
- 5 Tacsí
- 6 Beic
- 7 Cerdded neu redeg
- 8 Arall (nodwch)
- 9 Gweithio o'r cartref

Showcard 97

- 1 Train
- 2 Bus, minibus or coach
- 3 Motorcycle or moped
- 4 Car or van
- 5 Taxi
- 6 Bicycle
- 7 Walk or run
- 8 Other (please specify)
- 9 Worked from home

97

Cerdyn 98

- 1 Newid swydd
- 2 Symud tŷ
- 3 Cyflogwr yn adleoli
- 4 Newid oriau gwaith
- 5 Trafnidiaeth gyhoeddus wedi gwella
- 6 Trafnidiaeth gyhoeddus wedi gwaethygu
- 7 Wedi cael trwydded yrru
- 8 Heb drwydded yrru bellach
- 9 Nawr mae gen i gar y gallaf ei ddefnyddio
- 10 Nawr nid oes gen i gar y gallaf ei ddefnyddio
- 11 Car yn cael ei ddefnyddio gan rywun arall
- 12 I gael rhagor o awyr iach / ymarfer corff
- 13 Arall (nodwch)

Showcard 98

- 1 Changed job
- 2 Moved home
- 3 Employer relocated
- 4 Changed working hours
- 5 Public transport got better
- 6 Public transport got worse
- 7 Got driving licence
- 8 No longer have driving licence
- 9 Now have a car I can use
- 10 No longer have a car I can use
- 11 Car being used by someone else
- 12 To get more fresh air / exercise
- 13 Other (please specify)

98

Cerdyn 99

- 1 O leiaf 4 gwaith yr wythnos
- 2 Llai aml na 4 gwaith yr wythnos ond o leiaf unwaith yr wythnos
- 3 Llai aml nag unwaith yr wythnos, ond o leiaf unwaith y mis
- 4 Llai nag unwaith y mis ond mwy na dwywaith yn y 12 mis diwethaf
- 5 Unwaith neu ddwywaith yn y 12 y mis ddiwethaf
- 6 Dim o gwbl

Showcard 99

- 1 At least 4 times a week
- 2 Less than 4 times a week but at least once a week
- 3 Less than once a week but at least once a month
- 4 Less than once a month but more than twice in the last 12 months
- 5 Once or twice in the last 12 months
- 6 Not at all

99

Cerdyn 100

- 1 Bodlon iawn
- 2 Gweddol fodlon
- 3 Ddim yn fodlon nac yn anfodlon
- 4 Gweddol anfodlon
- 5 Anfodlon iawn
- 6 Does dim gwasanaethau bws lleol yn fy ardal
- 7 Ddim yn gwybod

Showcard 100

- 1 Very satisfied
- 2 Fairly satisfied
- 3 Neither satisfied nor dissatisfied
- 4 Fairly dissatisfied
- 5 Very dissatisfied
- 6 No local bus services in my area
- 7 Don't know

100

Cerdyn 101

- 1 Bodlon iawn
- 2 Gweddol fodlon
- 3 Ddim yn fodlon nac yn anfodlon
- 4 Gweddol anfodlon
- 5 Anfodlon iawn
- 6 Ddim yn gwybod

Showcard 101

- 1 Very satisfied
- 2 Fairly satisfied
- 3 Neither satisfied nor dissatisfied
- 4 Fairly dissatisfied
- 5 Very dissatisfied
- 6 Don't know

101

Cerdyn 102

- 1 Bodlon iawn
- 2 Gweddol fodlon
- 3 Ddim yn fodlon nac yn anfodlon
- 4 Gweddol anfodlon
- 5 Anfodlon iawn
- 6 Does dim gwasanaethau trên lleol yn fy ardal
- 7 Ddim yn gwybod

Showcard 102

- 1 Very satisfied
- 2 Fairly satisfied
- 3 Neither satisfied nor dissatisfied
- 4 Fairly dissatisfied
- 5 Very dissatisfied
- 6 No local train services in my area
- 7 Don't know

102

Cerdyn 103

- 1 Bodlon iawn
- 2 Gweddol fodlon
- 3 Ddim yn fodlon nac yn anfodlon
- 4 Gweddol anfodlon
- 5 Anfodlon iawn
- 6 Ddim yn gwybod

Showcard 103

- 1 Very satisfied
- 2 Fairly satisfied
- 3 Neither satisfied nor dissatisfied
- 4 Fairly dissatisfied
- 5 Very dissatisfied
- 6 Don't know

103

Cerdyn 104

Cyfleustra / cost

- 1 Cymryd gormod o amser
- 2 Dim llwybr uniongyrchol
- 3 Rhy bell o'r safle bws / gorsaf drenau
- 4 Rhy ddrud

Y gwasanaeth ei hun

- 5 Ddim digon aml / ar yr amseroedd anghywir i mi
- 6 Dim cysondeb rhwng gwasanaethau bws a/neu drên (e.e. amserlen neu gorsafoedd / safleoedd)
- 7 Ddim digon dibynadwy
- 8 Anodd gwybod os yw'n rhedeg ar amser

Showcard 104

Convenience / cost

- 1 Takes too long
- 2 No direct route
- 3 Too far to bus stop / train station
- 4 Too expensive

How services run

- 5 Not frequent enough / runs at the wrong times for me
- 6 Bus and/or train services not joined up (e.g. times or stations / stops)
- 7 Not reliable enough
- 8 Difficult to find out if it's running on time

104a

Cysur / mynediad

- 9 Ddim digon hygyrch (e.e. ar gyfer cadeiriau olwyn, cadeiriau plant)
- 10 Methu cael sedd / rhy llawn
- 11 Anghysurus
- 12 Ddim yn ddiogel

- 13 Arall (nodwch)

Does dim un o'r uchod yn berthnasol i mi

- 14 Dydw i ddim yn teithio'n gyson
- 15 Rydw i eisoes yn defnyddio bysiau / trenau mor aml ag y bo angen
- 16 Yn gyffredinol, rwy'n fodlon â phob agwedd ar fysiau / trenau

Comfort / access

- 9 Not accessible enough (e.g. for wheelchairs, pushchairs)
- 10 Can't get a seat / crowded
- 11 Uncomfortable
- 12 Not safe

- 13 Other (please specify)

None of the above apply to me

- 14 I don't do any routine travel
- 15 I already use buses / trains as often as I need to
- 16 I'm generally satisfied with all aspects of buses / trains

104b

Cerdyn 105

- 1 Dangosiad ffilm
- 2 Theatr
- 3 Digwyddiad cerddoriaeth fyw
- 4 Perfformiad dawns
- 5 Digwyddiad adrodd straeon neu ddarllen
- 6 Arall (nodwch)
- 7 Dim digwyddiad celfyddydol

Showcard 105

- 1 Film showing
- 2 Theatre
- 3 Live music
- 4 Dance performance
- 5 Storytelling or reading event
- 6 Other arts event (please specify)
- 7 No arts events

105

Cerdyn 106

- 1 Unwaith yr wythnos o leiaf
- 2 Llai nag unwaith yr wythnos ond unwaith y mis o leiaf
- 3 Llai nag unwaith y mis, ond o leiaf 3 neu 4 gwaith y flwyddyn
- 4 Dwywaith yn y 12 mis diwethaf
- 5 Unwaith yn y 12 mis diwethaf

Showcard 106

- 1 At least once a week
- 2 Less often than once a week, but at least once a month
- 3 Less often than once a month, but at least 3 or 4 times a year
- 4 Twice in the last 12 months
- 5 Once in the last 12 months

106

Cerdyn 107

- 1 Cerddoriaeth
- 2 Drama neu weithgaredd theatrig
- 3 Dawnsio
- 4 Gwneud ffilmiau neu ffotograffiaeth (heblaw lluniau teuluol, gwyliau neu barti)
- 5 Celf a chrefft gweledol, e.e. peintio, gwneud gemwaith, tecstilau
- 6 Ysgrifennu creadigol
- 7 Creu a gwneud darnau o gelf neu animeiddio gwreiddiol gan ddefnyddio technoleg ddigidol
- 8 Sgiliau syrcas, celf stryd neu weithgaredd theatr corfforol arall
- 9 Dim un o'r rhain

Showcard 107

- 1 Music
- 2 Drama or theatrical activity
- 3 Dance
- 4 Film making or photography (other than family, holiday or party snaps)
- 5 Visual arts and crafts, e.g. painting, jewellery making, textiles
- 6 Creative writing
- 7 Making art work or animation using digital technology
- 8 Circus skills, street arts or other physical theatre activity
- 9 None of these

107

Cerdyn 108

- 1 Unwaith yr wythnos o leiaf
- 2 Llai nag unwaith yr wythnos ond unwaith y mis o leiaf
- 3 Llai nag unwaith y mis, ond o leiaf 3 neu 4 gwaith y flwyddyn
- 4 Dwywaith yn y 12 mis diwethaf
- 5 Unwaith yn y 12 mis diwethaf

Showcard 108

- 1 At least once a week
- 2 Less often than once a week, but at least once a month
- 3 Less often than once a month, but at least 3 or 4 times a year
- 4 Twice in the last 12 months
- 5 Once in the last 12 months

108

Cerdyn 109

- 1 Adeilad hanesyddol agored i'r cyhoedd (heb fod yn grefyddol)
- 2 Parc neu ardd hanesyddol sy'n agored i'r cyhoedd
- 3 Man sy'n gysylltiedig â hanes diwydiannol (e.e. hen ffatri, dociau neu chwarel)
- 4 Man addoli hanesyddol fel ymwelydd (nid i addoli)
- 5 Heneb fel castell, caer neu adfail
- 6 Safle o ddiddordeb archeaolegol (e.e. Fila Rufeinig, safle claddu hynafol)
- 7 Safle hanesyddol / treftadaeth arall
- 8 Dim un o'r rhain

Showcard 109

- 1 A historic building open to the public (non-religious)
- 2 A historic park or garden open to the public
- 3 A place connected with industrial history (e.g. an old factory, dockyard or mine)
- 4 A historic place of worship attended as a visitor (not to worship)
- 5 A monument such as a castle, fort or ruin
- 6 A site of archaeological interest (e.g. Roman villa, ancient burial site)
- 7 Other historic / heritage site
- 8 None of these

109

Cerdyn 110

- 1 Unwaith yr wythnos o leiaf
- 2 Llai nag unwaith yr wythnos ond unwaith y mis o leiaf
- 3 Llai nag unwaith y mis, ond o leiaf 3 neu 4 gwaith y flwyddyn
- 4 Dwywaith yn y 12 mis diwethaf
- 5 Unwaith yn y 12 mis diwethaf

Showcard 110

- 1 At least once a week
- 2 Less often than once a week, but at least once a month
- 3 Less often than once a month, but at least 3 or 4 times a year
- 4 Twice in the last 12 months
- 5 Once in the last 12 months

110

Cerdyn 111

Rhai enghreifftiau:

Bowls

Golff

Psygota

Nofio

Cerdded

Beicio

Marchogaeth

Mynd i'r gampfa neu i ddosbarthiadau
ffitrwydd

Dawnsio

Pŵl

Showcard 111

Some examples:

Bowls

Golf

Fishing

Swimming

Rambling

Cycling

Horse riding

Gym or fitness classes

Dance

Pool



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Cerdyn 112

- 1 Pêl droed Americanaidd
- 2 Saethyddiaeth
- 3 Athletau (trac neu gae) (awyr agored)
- 4 Pêl fas
- 5 Pêl fasged (awyr agored)
- 6 Bowls (awyr agored)
- 7 Criced (awyr agored)
- 8 Deifio (awyr agored)
- 9 Pêl droed (awyr agored)
- 10 Chwaraeon Gwyddelig
- 11 Golff (gan gynnwys cwrs a phytio)
- 12 Hoci (awyr agored)
- 13 Loncian
- 14 Lacrosse
- 15 Pêl rwyd (awyr agored)
- 16 Rhedeg ffordd / traws gwlad

Showcard 112

- 1 American football
- 2 Archery
- 3 Athletics (track or field) (outdoor)
- 4 Baseball
- 5 Basketball (outdoor)
- 6 Bowls (outdoor)
- 7 Cricket (outdoor)
- 8 Diving (outdoor)
- 9 Football (outdoor)
- 10 Gaelic sports
- 11 Golf (inc. pitch and putt)
- 12 Hockey (outdoor)
- 13 Jogging
- 14 Lacrosse
- 15 Netball (outdoor)
- 16 Road running / cross country



Cerdyn 113

- 17 Rownderi
- 18 Rygbi'r gynghair
- 19 Rygbi'r undeb
- 20 Rygbi – rygbi cyffwrdd / tag
- 21 Pêl feddal
- 22 Hoci stryd
- 23 Nofio (awyr agored)
- 24 Tai Chi (awyr agored)
- 25 Saethu targedau / colomennod clai (awyr agored)
- 26 Tennis (awyr agored)
- 27 Triathlon
- 28 Tynnu rhaff
- 29 Pêl foli (awyr agored)
- 30 Gêm awyr agored arall
- 31 Dim un o'r rhain

Showcard 113

- 17 Rounders
- 18 Rugby league
- 19 Rugby union
- 20 Rugby – touch or tag rugby
- 21 Softball
- 22 Street hockey
- 23 Swimming (outdoor)
- 24 Tai Chi (outdoor)
- 25 Target / clay pigeon shooting (outdoor)
- 26 Tennis (outdoor)
- 27 Triathlon
- 28 Tug-of-war
- 29 Volleyball (outdoor)
- 30 Other outdoor game
- 31 None of these

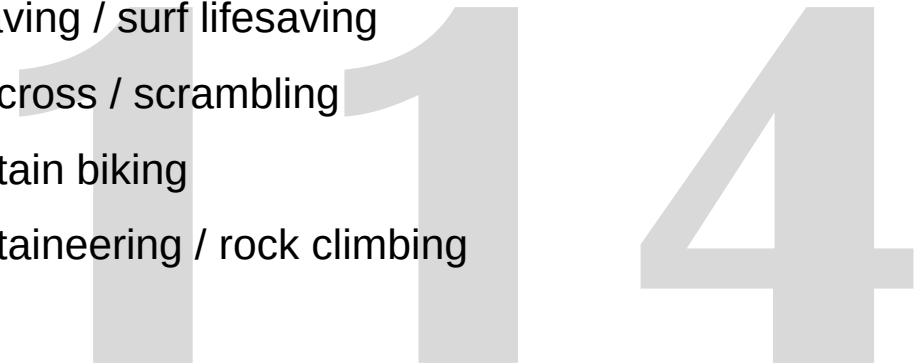


Cerdyn 114

- 1 BMX
- 2 Canŵio
- 3 Ralïo ceir
- 4 Crwydro ogofâu
- 5 Dringo (awyr agored)
- 6 Beicio
- 7 Pysgota / genweirio
- 8 Saethu adar hela
- 9 Barcuta
- 10 Marchogaeth / neidio ceffylau
- 11 Certio / rasio ceir
- 12 Caiacio
- 13 Achub bywyd / achub bywyd syrff
- 14 Beicio modur traws gwlad / sgramblo
- 15 Beicio mynydd
- 16 Mynydda / dringo creigiau

Showcard 114

- 1 BMX
- 2 Canoeing
- 3 Car rallying
- 4 Caving
- 5 Climbing (outdoor)
- 6 Cycling
- 7 Fishing / angling
- 8 Game shooting
- 9 Hang gliding
- 10 Horse riding / jumping
- 11 Karting / motor racing
- 12 Kayaking
- 13 Lifesaving / surf lifesaving
- 14 Moto cross / scrambling
- 15 Mountain biking
- 16 Mountaineering / rock climbing



Cerdyn 115

- 17 Cyfeiriannu
- 18 Crwydro / cerdded bryniau a mynyddoedd
- 19 Sglefrolio / sglefrio mewnlínell
- 20 Rhwyfo
- 21 Hwyllo
- 22 Sglefrfyrddio (awyr agored)
- 23 Sgïo
- 24 Eirafyrddio
- 25 Tanddwyr
- 26 Syrffio
- 27 Cerdded (mwy na 2 filltir)
- 28 Sgïo dŵr
- 29 Hwylfyrddio neu syrffio bwrdd
- 30 Iotio
- 31 Gweithgaredd awyr agored arall
- 32 Dim un o'r rhain

Showcard 115

- 17 Orienteering
- 18 Rambling / hill and fell walking
- 19 Rollerblading / in-line skating
- 20 Rowing
- 21 Sailing
- 22 Skateboarding (outdoor)
- 23 Skiing
- 24 Snowboarding
- 25 Sub aqua
- 26 Surfing
- 27 Walking (over 2 miles)
- 28 Water skiing
- 29 Wind surfing or boardsurfing
- 30 Yachting
- 31 Other outdoor pursuit
- 32 None of these

Cerdyn 116

- 1 Athletau (trac neu gae) (dan do)
- 2 Badminton
- 3 Pêl fasged (dan do)
- 4 Biliards
- 5 Bowls (dan do)
- 6 Bowls mat byr (dan do)
- 7 Bowlïo (deg)
- 8 Bocsïo
- 9 Codi hwyl mewn gemau
- 10 Dringo (dan do)
- 11 Codi pwysau cystadleuol
- 12 Criced (dan do)
- 13 Cyrlio
- 14 Dawnsïo
- 15 Dartïau
- 16 Deïfïo (dan do)
- 17 Ffensïo
- 18 Pêl droed – dan do
- 19 Pêl droed – futsal
- 20 Mynd i'r gampfa neu i ddosbarthïadau ffitrwydd
- 21 Gymnasteg
- 22 Pêl llaw

Showcard 116

- 1 Athletics (track or field) (indoor)
- 2 Badminton
- 3 Basketball (indoor)
- 4 Billiards
- 5 Bowls (indoor)
- 6 Short-mat bowls (indoor)
- 7 Bowling (ten pin)
- 8 Boxing
- 9 Cheerleading
- 10 Climbing (indoor)
- 11 Competitive weightlifting
- 12 Cricket (indoor)
- 13 Curling
- 14 Dance
- 15 Darts
- 16 Diving (indoor)
- 17 Fencing
- 18 Football – indoor
- 19 Football – futsal
- 20 Gym or fitness classes
- 21 Gymnastics
- 22 Handball



Cerdyn 117

- 23 Hoci (dan do)
- 24 Hoci iâ
- 25 Sglefrio iâ
- 26 Crefftau ymladd
- 27 Pêl rwyd (dan do)
- 28 Pŵl
- 29 Sglefrolio (dan do)
- 30 Sglefrfyrddio (dan do)
- 31 Sgitls
- 32 Snwcer
- 33 Sboncen
- 34 Nofio (dan do)
- 35 Tennis bwrdd
- 36 Saethu targed (dan do)
- 37 Tennis (dan do)
- 38 Trampolinio
- 39 Pêl foli (dan do)
- 40 Polo dŵr
- 41 Reslo
- 42 Gêm neu weithgaredd dan do arall
- 43 Dim un o'r rhain

Showcard 117

- 23 Hockey (indoor)
- 24 Ice hockey
- 25 Ice skating
- 26 Martial arts
- 27 Netball (indoor)
- 28 Pool
- 29 Roller skating (indoor)
- 30 Skateboarding (indoor)
- 31 Skittles
- 32 Snooker
- 33 Squash
- 34 Swimming (indoor)
- 35 Table tennis
- 36 Target shooting (indoor)
- 37 Tennis (indoor)
- 38 Trampolining
- 39 Volleyball (indoor)
- 40 Water polo
- 41 Wrestling
- 42 Other indoor game or activity
- 43 None of these



Cerdyn 118

- 1 Torddawnsio
- 2 Dawnsio disco
- 3 Dawnsio gwerin / dawnsio llinell
- 4 Hip-hop
- 5 Dawnsio stryd
- 6 Dawnsio arall

Showcard 118

- 1 Breakdancing
- 2 Disco dancing
- 3 Folk dancing / line dancing
- 4 Hip-hop
- 5 Street dance
- 6 Other dance

118

Cerdyn 119

- 1 Gweithgareddau siapio
- 2 Codi pwysau er ffitrwydd
- 3 Cryfhau'r corff
- 4 Cylchedau
- 5 Beic ymarfer / peiriant ymarfer / peiriant stepio
- 6 Cadw'n heini / ymarfer dawns / aerobics
- 7 Ioga / pilates
- 8 Sesiynau ffitrwydd eraill

Showcard 119

- 1 Toning activities
- 2 Weight training for fitness
- 3 Body building
- 4 Circuit training
- 5 Exercise bike / exercise machine / step machine
- 6 Keep fit / dance exercise / aerobics
- 7 Yoga / pilates
- 8 Other fitness sessions

119

Cerdyn 120

- 1 Jiwdo
- 2 Karate
- 3 Taekwondo
- 4 Tai Chi (dan do)
- 5 Crefftau ymladd eraill

Showcard 120

- 1 Judo
- 2 Karate
- 3 Taekwondo
- 4 Tai Chi (indoor)
- 5 Other martial arts

120

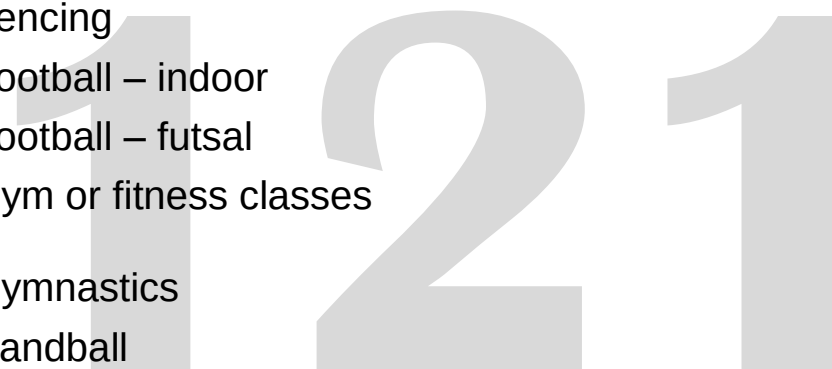
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Cerdyn 121

- 1 Athletau (trac neu gae) (dan do)
- 2 Badminton
- 3 Pêl fasged (dan do)
- 4 Biliards
- 5 Bowls (dan do)
- 6 Bowls mat byr (dan do)
- 7 Bowlïo (deg)
- 8 Bocsio
- 9 Codi hwyl mewn gemau
- 10 Dringo (dan do)
- 11 Codi pwysau cystadleuol
- 12 Criced (dan do)
- 13 Cyrlio
- 14 Dawnsio
- 15 Dartiau
- 16 Deifio (dan do)
- 17 Ffensio
- 18 Pêl droed – dan do
- 19 Pêl droed – futsal
- 20 Mynd i'r gampfa neu i ddosbarthiadau ffitrwydd
- 21 Gymnasteg
- 22 Pêl llaw

Showcard 121

- 1 Athletics (track or field) (indoor)
- 2 Badminton
- 3 Basketball (indoor)
- 4 Billiards
- 5 Bowls (indoor)
- 6 Short-mat bowls (indoor)
- 7 Bowling (ten pin)
- 8 Boxing
- 9 Cheerleading
- 10 Climbing (indoor)
- 11 Competitive weightlifting
- 12 Cricket (indoor)
- 13 Curling
- 14 Dance
- 15 Darts
- 16 Diving (indoor)
- 17 Fencing
- 18 Football – indoor
- 19 Football – futsal
- 20 Gym or fitness classes
- 21 Gymnastics
- 22 Handball



Cerdyn 122

- 23 Hoci (dan do)
- 24 Hoci iâ
- 25 Sglefrio iâ
- 26 Crefftau ymladd
- 27 Pêl rwyd (dan do)
- 28 Pŵl
- 29 Sglefrolio (dan do)
- 30 Sglefrfyreddio (dan do)
- 31 Sgitls
- 32 Snwcer
- 33 Sboncen
- 34 Nofio (dan do)
- 35 Tennis bwrdd
- 36 Saethu targed (dan do)
- 37 Tennis (dan do)
- 38 Trampolinio
- 39 Pêl foli (dan do)
- 40 Polo dŵr
- 41 Reslo
- 42 Gêm neu weithgaredd dan do arall
- 43 Dim un o'r rhain

Showcard 122

- 23 Hockey (indoor)
- 24 Ice hockey
- 25 Ice skating
- 26 Martial arts
- 27 Netball (indoor)
- 28 Pool
- 29 Roller skating (indoor)
- 30 Skateboarding (indoor)
- 31 Skittles
- 32 Snooker
- 33 Squash
- 34 Swimming (indoor)
- 35 Table tennis
- 36 Target shooting (indoor)
- 37 Tennis (indoor)
- 38 Trampolining
- 39 Volleyball (indoor)
- 40 Water polo
- 41 Wrestling
- 42 Other indoor game or activity
- 43 None of these

122

Cerdyn 123

- 1 Torddawnsio
- 2 Dawnsio disco
- 3 Dawnsio gwerin / dawnsio llinell
- 4 Hip-hop
- 5 Dawnsio stryd
- 6 Dawnsio arall

Showcard 123

- 1 Breakdancing
- 2 Disco dancing
- 3 Folk dancing / line dancing
- 4 Hip-hop
- 5 Street dance
- 6 Other dance

123

Cerdyn 124

- 1 Gweithgareddau siapio
- 2 Codi pwysau er ffitrwydd
- 3 Cryfhau'r corff
- 4 Cylchedau
- 5 Beic ymarfer / peiriant ymarfer / peiriant stepio
- 6 Cadw'n heini / ymarfer dawn / aerobics
- 7 Ioga / pilates
- 8 Sesiynau ffitrwydd eraill

Showcard 124

- 1 Toning activities
- 2 Weight training for fitness
- 3 Body building
- 4 Circuit training
- 5 Exercise bike / exercise machine / step machine
- 6 Keep fit / dance exercise / aerobics
- 7 Yoga / pilates
- 8 Other fitness sessions

124

Cerdyn 125

- 1 Jiwdo
- 2 Karate
- 3 Taekwondo
- 4 Tai Chi (dan do)
- 5 Crefftau ymladd eraill

Showcard 125

- 1 Judo
- 2 Karate
- 3 Taekwondo
- 4 Tai Chi (indoor)
- 5 Other martial arts

125

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Cerdyn 126

- 1 Athletau / marathon / traws gwlad / rhedeg ffordd
- 2 Badminton
- 3 Bowls
- 4 Bocsio
- 5 Canŵio
- 6 Criced
- 7 Beicio
- 8 Dartiau
- 9 Pysgota
- 10 Pêl droed
- 11 Golff
- 12 Hoci
- 13 Marchogaeth ceffylau
- 14 Chwaraeon modur – ralïo ceir / beicio modur traws gwlad / rasio beiciau modur
- 15 Pêl rwyd

Showcard 126

- 1 Athletics / marathon / cross country / road running
- 2 Badminton
- 3 Bowls
- 4 Boxing
- 5 Canoeing
- 6 Cricket
- 7 Cycling
- 8 Darts
- 9 Fishing
- 10 Football
- 11 Golf
- 12 Hockey
- 13 Horse riding
- 14 Motor sport – car rallying / moto cross / motor cycle racing
- 15 Netball

126a

- 16 Pŵl
- 17 Rygbi'r undeb
- 18 Hwyllo / iotio
- 19 Snwcer / biliards
- 20 Sboncen
- 21 Nofio
- 22 Tennis
- 23 Hyfforddi â phwysau neu godi pwysau
- 24 Jiwdo
- 25 Karate
- 26 Crefftau ymladd eraill
- 27 Peiriant ymarfer (e.e. peiriant stepio, peiriant rhwyfo, melin gerdded)
- 28 Unrhyw ddosbarth ffitrwydd
- 29 Arall (nodwch)

- 16 Pool
- 17 Rugby union
- 18 Sailing / yachting
- 19 Snooker / billiards
- 20 Squash
- 21 Swimming
- 22 Tennis
- 23 Weight training or weightlifting
- 24 Judo
- 25 Karate
- 26 Other martial arts
- 27 Exercise machines (e.g. step machine, rowing machine, treadmill)
- 28 Any fitness class
- 29 Other (please specify)

126b

Cerdyn 127

- 1 Dwywaith yr wythnos neu fwy
- 2 Unwaith yr wythnos o leiaf
- 3 Unwaith y mis o leiaf
- 4 Unwaith bob chwe mis o leiaf
- 5 Unwaith yn ystod y flwyddyn ddiwethaf o leiaf
- 6 Heb dderbyn hyfforddiant

Showcard 127

- 1 Twice a week or more
- 2 At least once a week
- 3 At least once a month
- 4 At least once every six months
- 5 At least once in the last year
- 6 No coaching received

127

Cerdyn 128

- 1 Pe bawn i'n iau
- 2 Pe bawn i'n fwy heini
- 3 Pe bai'n costio llai
- 4 Pe bai mwy o gyfleusterau neu glybiau yn fy ardal i
- 5 Pe bai'n haws teithio i glybiau / cyfleusterau
- 6 Pe bawn i'n fwy hyderus
- 7 Pe bawn i'n well mewn chwaraeon
- 8 Pe bai clybiau / cyfleusterau yn darparu ar gyfer fy lefel gallu
- 9 Pe bawn i'n llai prysur yn y gwaith
- 10 Pe bai gen i lai o ymrwymadau teulu
- 11 Pe bai gen i amynedd i wneud ymdrech
- 12 Pe bawn i'n gallu neilltuo amser i'w wneud
- 13 Pe bawn i'n blaenoriaethu hynny dros weithgareddau hamdden eraill

Showcard 128

- 1 If I was younger
- 2 If I was fitter
- 3 If it cost less
- 4 If there were more facilities or clubs in my area
- 5 If it was easier to travel to clubs / facilities
- 6 If I was more confident
- 7 If I was better at sport
- 8 If clubs / facilities catered for my level of ability
- 9 If I was less busy at work
- 10 If I had fewer family commitments
- 11 If I could be bothered to make the effort
- 12 If I got around to doing it
- 13 If I prioritised it over other leisure activities

128

Cerdyn 129

- 14 Pe bai gen i gwmni
- 15 Pe bai darpariaeth iaith Gymraeg yn fy ardal i
- 16 Pe bai rhywun yn gofyn i mi gymryd rhan
- 17 Pe bawn i'n gwybod i ble i fynd (a dysgu)
- 18 Pe bai hyfforddiant ar gael
- 19 Pe bai'r bobl sy'n rhedeg y clybiau'n fwy cyfeillgar
- 20 Pe bai gen i'r sgiliau / medrusrwydd gofynnol
- 21 Pe bawn i'n teimlo llai o embaras o gymryd rhan mewn chwaraeon
- 22 Pe na bai gen i anabledd, salwch neu anaf sy'n fy atal i rhag cymryd rhan
- 23 Pe bai'r cyfleusterau'n well
- 24 Byddwn yn cymryd rhan ar adeg wahanol o'r flwyddyn
- 25 Arall (nodwch)
- 26 Dim byd

Showcard 129

- 14 If I had someone to go with
- 15 If there was Welsh language activity provision in my area
- 16 If I was asked to take part
- 17 If I knew where to go (and learn)
- 18 If there was coaching available
- 19 If people who run clubs were more friendly
- 20 If I had the necessary minimum skill base / competency
- 21 If I felt less embarrassed playing sport
- 22 If I didn't have a disability, illness or injury that prevents me from taking part
- 23 If facilities were improved
- 24 I would take part at a different time of year
- 25 Other (please specify)
- 26 No reason

Cerdyn 130

- 1 Llawer iawn
- 2 Ychydig
- 3 Dim o gwbl
- 4 Es i ddim i'r ysgol uwchradd

Showcard 130

- 1 A lot
- 2 A little
- 3 Not at all
- 4 I didn't go to secondary school

130

Cerdyn 131

- 1 Mwynhau cryn dipyn
- 2 Mwynhau rhywfaint
- 3 Heb fwynhau rhyw lawer
- 4 Heb fwynhau o gwbl

Showcard 131

- 1 Very enjoyable
- 2 Fairly enjoyable
- 3 Not very enjoyable
- 4 Not at all enjoyable

131

Cerdyn 132

- 1 Cyfle i gymdeithasu
- 2 Teimlo'n gysurus, nid allan o le
- 3 Pobl yn gwneud i mi deimlo bod croeso i mi
- 4 Cyfleusterau da
- 5 Arweinwyr / hyfforddwyr da
- 6 Teimlo bod y lefel yn gywir i mi
- 7 Cystadlu gydag eraill
- 8 Cyflawni nodau
- 9 Dysgu rhywbeth newydd
- 10 Cydnabyddiaeth gan eraill
- 11 Dim un o'r rhain

Showcard 132

- 1 Opportunity to socialise
- 2 Feeling comfortable, not out of place
- 3 People making me feel welcome
- 4 Good facilities
- 5 Good coaches / instructors
- 6 Feeling it was the right level for me
- 7 Competing with others
- 8 Achieving goals
- 9 Learning something new
- 10 Recognition from others
- 11 None of these

132

Cerdyn 133

- 1 Mwy o gyfle i gymdeithasu
- 2 Teimlo'n gysurus, nid allan o le
- 3 Pobl yn gwneud i mi deimlo bod mwy o groeso i mi
- 4 Gwell cyfleusterau
- 5 Arweinwyr / hyfforddwyr da
- 6 Gosod ar y lefel gywir i mi
- 7 Cystadlu gydag eraill
- 8 Cyflawni nodau
- 9 Dysgu rhywbeth newydd
- 10 Cydnabyddiaeth gan eraill
- 11 Dim un o'r rhain

Showcard 133

- 1 More opportunity to socialise
- 2 Feeling comfortable, not out of place
- 3 People making me feel more welcome
- 4 Better facilities
- 5 Good coaches / instructors
- 6 Making it the right level for me
- 7 Competing with others
- 8 Achieving goals
- 9 Learning something new
- 10 Recognition from others
- 11 None of these

133

Cerdyn 134

- 1 Gweinyddu
- 2 Hyfforddi
- 3 Arlwyo
- 4 Cludiant
- 5 Dyfarnu / swyddog
- 6 Stiwardio
- 7 Arall (nodwch)

Showcard 134

- 1 Administration
- 2 Coaching
- 3 Catering
- 4 Transport
- 5 Officiating / refereeing
- 6 Stewarding
- 7 Other (please specify)

134

Cerdyn 135

- 1 6 ac iau
- 2 7 – 11
- 3 12 – 16
- 4 17 – 24
- 5 25 – 49
- 6 50+

Showcard 135

- 1 6 and under
- 2 7 – 11
- 3 12 – 16
- 4 17 – 24
- 5 25 – 49
- 6 50+

135

Cerdyn 136

- 1 Unwaith yr wythnos o leiaf
- 2 Llai nag unwaith yr wythnos ond unwaith y mis o leiaf
- 3 Llai nag unwaith y mis

Showcard 136

- 1 At least once a week
- 2 Less than once a week but at least once a month
- 3 Less than once a month

136

Cerdyn 137

- 1 Bob amser
- 2 Yn aml
- 3 Yn achlysurol
- 4 Prin byth
- 5 Byth

Showcard 137

- 1 Always
- 2 Often
- 3 Occasionally
- 4 Rarely
- 5 Never

137

Cerdyn 138

- 1 Ydw
- 2 Mwy neu lai
- 3 Nac ydw
- 4 Ddim yn gwybod
- 5 Mae'n well gen i beidio â dweud

Showcard 138

- 1 Yes
- 2 More or less
- 3 No
- 4 Don't know
- 5 Prefer not to say

138

Cerdyn 139

- 1 Cytuno'n gryf
- 2 Tueddu i gytuno
- 3 Ddim yn cytuno nac yn anghytuno
- 4 Tueddu i anghytuno
- 5 Anghytuno'n gryf
- 6 Ddim yn gwybod
- 7 Mae'n well gen i beidio â dweud

Showcard 139

- 1 Strongly agree
- 2 Tend to agree
- 3 Neither agree nor disagree
- 4 Tend to disagree
- 5 Strongly disagree
- 6 Don't know
- 7 Prefer not to say

139

Cerdyn 140

- 1 Ydy, pryd bynnag bo angen
- 2 Ydy, fel opsiwn olaf
- 3 Na, byth yn briodol
- 4 Ddim yn gwybod
- 5 Mae'n well gen i beidio â dweud

Showcard 140

- 1 Yes, whenever necessary
- 2 Yes, as a last resort
- 3 No, it's never appropriate
- 4 Don't know
- 5 Prefer not to say

140

Cerdyn 141 / Showcard 141

	... yr wythnos / a week	... y mis / a month	... y flwyddyn / a year
1	llai na / less than £200	llai na / less than £870	llai na / less than £10,400
2	£200 – £399	£870 – £1,729	£10,400 – £20,799
3	£400 – £599	£1,730 – £2,599	£20,800 – £31,099
4	£600 – £799	£2,600 – £3,459	£31,100 – £41,499
5	£800 neu fwy / or more	£3,460 neu fwy / or more	£41,500 neu fwy / or more
6	Ddim yn gwybod / Don't know		
7	Mae'n well gen i beidio â dweud / Prefer not to say		

141

Cerdyn 142

- L Heterorywiol neu strêr
- W Hoyw neu lesbiaidd
- C Deurywiol
- N Arall
- N Ddim yn gwybod
- T Mae'n well gen i beidio â dweud

Showcard 142

- L Heterosexual or straight
- W Gay or lesbian
- C Bisexual
- H Other
- N Don't know
- T Prefer not to say

142

Cerdyn 143

- 1 Dim crefydd
- 2 Cristnogaeth (pob enwad)
- 3 Bwdhaeth
- 4 Hindŵaeth
- 5 Iddewiaeth
- 6 Islam
- 7 Siciaeth
- 8 Unrhyw grefydd arall (disgrifiwch)
- 9 Ddim yn gwybod
- 10 Mae'n well gen i beidio â dweud

Showcard 143

- 1 No religion
- 2 Christian (all denominations)
- 3 Buddhist
- 4 Hindu
- 5 Jewish
- 6 Muslim
- 7 Sikh
- 8 Any other religion (please describe)
- 9 Don't know
- 10 Prefer not to say

143