

**Cardiau dangos**  
**Arolwg Cenedlaethol Cymru**  
**2016-17**  
**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

**Cerdyn 1a**

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

**Showcard 1a**

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

## Cerdyn 1b

### 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 Caribiaidd
- 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 / Caribiaidd / Du Prydeinig

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

### Grŵp ethnig arall

- 17 Arabaidd
- 18 Unrhyw grŵp ethnig arall, disgrifiwch
- 19 Ddim yn gwybod
- 20 Mae'n well gen i beidio â dweud

## Showcard 1b

### 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
- 19 Don't know
- 20 Prefer not to say

### **Cerdyn 1c**

- 1 Myfyriwr llawn amser (gan gynnwys ar wyliau)**
- 2 Mewn unrhyw gyflogaeth neu hunangyflogaeth (neu i ffwrdd dros dro)**
- 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 anabledd hirdymor**
- 9 Wedi ymddeol**
- 10 Yn cadw tŷ neu'n gofalu am y teulu**
- 11 Yn gwneud rhywbeth arall**

### **Showcard 1c**

- 1 Full-time student (including on holiday)**
- 2 In any paid employment or self-employment (or away temporarily)**
- 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 2

- 1 Gradd uwch / cymhwyster ôl-raddedig
- 2 Gradd gyntaf (gan gynnwys B. Ed.)  
Diploma / tystysgrif ôl-raddedig (gan gynnwys TAR)  
Cymwysterau proffesiynol ar lefel gradd (e.e. cyfrifydd neu syrfëwr siartredig)  
NVQ/SVQ Lefel 4 neu 5
- 3 Diploma mewn addysg uwch/cymwysterau addysg bellach eraill, HNC / HND / BTEC Uwch  
Cymwysterau addysgu ar gyfer ysgolion / addysg bellach (islaw lefel gradd)  
Cymwysterau nyrsio/meddygol eraill (islaw lefel gradd) RSA  
Diploma Uwch
- 4 Safon Uwch/Uwch Gyfrannol / SCE Uwch / Tystysgrif yr Alban o Astudiaethau Chweched Dosbarth NVQ / SVQ / GSVQ lefel 3 / GNVQ ONC Uwch / OND / BTEC Cenedlaethol  
City and Guilds Crefft Uwch / Lefel derfynol / Rhan III / RSA  
Diploma Uwch / Bagloriaeth Cymru Diploma Uwch
- 5 Prentisiaeth Crefft
- 6 Lefel O/TGAU graddau A-C  
SCE Safonol / Arferol graddau 1-3 CSE gradd 1  
NVQ / SVQ / GSVQ lefel 2 / GNVQ canolradd  
BTEC / SCOTVEC cyntaf / Diploma cyffredinol  
City and Guilds Crefft / Arferol / Rhan II / RSA Diploma / Bagloriaeth Cymru Diploma Canolradd
- 7 Lefel O / TGAU graddau D-G  
SCE Safonol / Arferol islaw gradd 3 CSE graddau 2-5 NVQ / SVQ / GSVQ lefel 1 / GNVQ sylfaen BTEC / SCOTVEC cyntaf / Tystysgrif Gyffredinol City and Guilds rhan 1 / RSA modiwlau Cam I-III SCOTVEC / Tystysgrif is
- 8 Cymwysterau o dramor
- 9 Cymwysterau eraill
- 10 Dim un o'r rhain / Dim cymwysterau

## Showcard 2

- 1 Higher degree / postgraduate qualifications
- 2 First degree (including B. Ed.)  
Postgraduate diplomas / certificates (inc. PGCE)  
Professional qualifications at degree level (e.g. chartered accountant/surveyor)  
NVQ / SVQ Level 4 or 5
- 3 Diplomas in higher education / other H.E. qualifications, HNC / HND / BTEC Higher  
Teaching qualifications for schools / further education (below degree level)  
Nursing/other medical qualifications (below degree level), RSA Higher Diploma
- 4 A / AS levels / SCE Higher / Scottish Certificate 6th Year Studies NVQ / SVQ / GSVQ level 3 / GNVQ Advanced ONC / OND / BTEC National  
City and Guilds Advanced Craft / Final level / Part III / RSA Advanced Diploma / Welsh Baccalaureate Advanced Diploma
- 5 Trade apprenticeships
- 6 O Level / GCSE grades A-C  
SCE Standard / Ordinary grades 1-3 CSE grade 1  
NVQ / SVQ / GSVQ level 2 / GNVQ intermediate  
BTEC / SCOTVEC first / General diploma  
City and Guilds Craft / Ordinary level / Part II / RSA Diploma / Welsh Baccalaureate Intermediate Diploma
- 7 O Level / GCSE grades D-G  
SCE Standard / Ordinary below grade 3 CSE Grades 2-5 NVQ / SVQ / GSVQ level 1 / GNVQ foundation BTEC / SCOTVEC first / General Certificate City and Guilds part 1 / RSA Stage I-III SCOTVEC modules / Junior certificate
- 8 Foreign Qualifications
- 9 Other qualifications
- 10 None of these / No qualifications

### **Cerdyn 3**

- 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 3**

- 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 4**

- 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 4**

- 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 5**

**Showcard 5**

**Ddim yn gallu  
ymddiried  
yn unrhyw un**

**Ymddiried  
yn y rhan  
fwyaf o bobl**

**0 1 2 3 4 5 6 7 8 9 10**

**Do not trust  
any other  
person**

**Most people  
can be  
trusted**

**Cerdyn 6**

**Showcard 6**

**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**

**Cerdyn 7**

- 1 Diogel iawn**
- 2 Eithaf diogel**
- 3 Ychydig yn anniogel**
- 4 Anniogel iawn**

**Showcard 7**

- 1 Very safe**
- 2 Fairly safe**
- 3 A bit unsafe**
- 4 Very unsafe**

### **Cerdyn 8**

- 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 Clwb neu sefydliad arall**
- 10 Dim un o'r rhain**

### **Showcard 8**

- 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 Other club or organisation**
- 10 None of these**

**Cerdyn 9**

- 1 Nac ydw**
- 2 Ydw, 1-19 awr yr wythnos**
- 3 Ydw, 20-49 awr yr wythnos**
- 4 Ydw, 50+ awr yr wythnos**

**Showcard 9**

- 1 No**
- 2 Yes, 1 - 19 hours a week**
- 3 Yes, 20 - 49 hours a week**
- 4 Yes, 50+ hours a week**

### **Cerdyn 10**

- 1 Car (y mae gennych ddefnydd rheolaidd ohono)**
- 2 Lifftau gan ffrindiau neu berthnasau**
- 3 Bws ysgol**
- 4 Bws lleol**
- 5 Trên**
- 6 Tacsï**
- 7 Cerdded ar eu pen eu hun / gyda phlant eraill**
- 8 Cerdded gydag oedolyn**
- 9 Beic**
- 10 Arall (rhowch fanylion)**

### **Showcard 10**

- 1 Car (that you have regular use of)**
- 2 Lifts from friends or relatives**
- 3 School bus**
- 4 Local bus**
- 5 Train**
- 6 Taxi**
- 7 Walk on their own / with other children**
- 8 Walk with an adult**
- 9 Bike**
- 10 Other (please specify)**

**Cerdyn 11**

- 1 Bob dydd**
- 2 Sawl gwaith yr wythnos**
- 3 Unwaith neu ddwywaith yr wythnos**
- 4 Unwaith neu ddwywaith y mis**
- 5 Llai aml**
- 6 Ddim o gwbl**

**Showcard 11**

- 1 Every day**
- 2 Several times a week**
- 3 Once or twice a week**
- 4 Once or twice a month**
- 5 Less often**
- 6 Not at all**



**Cerdyn 12**

- 1 Hyderus iawn**
- 2 Gweddol hyderus**
- 3 Ddim yn hyderus iawn**
- 4 Ddim yn hyderus o gwbl**

**Showcard 12**

- 1 Very confident**
- 2 Fairly confident**
- 3 Not very confident**
- 4 Not at all confident**

### **Cerdyn 13**

- 1 Car (y mae gennych ddefnydd rheolaidd ohono)**
- 2 Lifftau gan ffrindiau neu berthnasau**
- 3 Bws ysgol**
- 4 Bws lleol**
- 5 Trên**
- 6 Tacsï**
- 7 Cerdded ar eu pen eu hun / gyda phlant eraill**
- 8 Cerdded gydag oedolyn**
- 9 Beic**
- 10 Arall (rhowch fanylion)**

### **Showcard 13**

- 1 Car (that you have regular use of)**
- 2 Lifts from friends or relatives**
- 3 School bus**
- 4 Local bus**
- 5 Train**
- 6 Taxi**
- 7 Walk on their own / with other children**
- 8 Walk with an adult**
- 9 Bike**
- 10 Other (please specify)**

### **Cerdyn 14**

- 1 Teulu neu ffrindiau (am dâl)**
- 2 Teulu neu ffrindiau (di-dâl)**
- 3 Meithrinfa / crèche**
- 4 Cylch chwarae / cyn ysgol (am dâl)**
- 5 Cylch chwarae / 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**
- 9 Nani neu au pair**
- 10 Gwarchodwr (nid ffrind na theulu) sy'n dod i'ch tŷ pan fyddwch chi'n gweithio / astudio**
- 11 Cynlluniau neu glybiau yn y gwyliau**
- 12 Unrhyw fath arall o ofal plant, hynny yw, gofal plant sydd ddim yn cael ei ddarparu gan deulu na ffrindiau)**

### **Showcard 14**

- 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 Childminder**
- 9 Nanny or au pair**
- 10 Babysitter who comes to your house (not friend or family) while you work / study**
- 11 Holiday clubs or schemes**
- 12 Any other type of formal childcare (that is, childcare not provided by family or friends)**

### **Cerdyn 15**

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

### **Showcard 15**

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

**Cerdyn 16**

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

**Showcard 16**

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

**Cerdyn 17**

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

**Showcard 17**

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

**Cerdyn 18**

- 1 Twitter**
- 2 Facebook**
- 3 Flickr**
- 4 YouTube**
- 5 Dim un o'r rhain**

**Showcard 18**

- 1 Twitter**
- 2 Facebook**
- 3 Flickr**
- 4 YouTube**
- 5 None of these**

## **Cerdyn 19**

**Gwefan Llywodraeth Cymru**  
**Gwefan Cynulliad Cenedlaethol Cymru**  
**Gwefan Galw Iechyd Cymru**  
**Gwefan GIG Cymru neu feddyg teulu**  
**Gwefannau cynghorau / awdurdodau lleol**  
**Gwefannau ysgolion / colegau**  
**Hwb – platfform dysgu Cymru gyfan**  
**Gwefan Gyrfa Cymru**  
**Gwefan Traveline Cymru / Trafnidiaeth Cymru**  
**Croeso Cymru / safleoedd twristiaeth lleol**

## **Showcard 19**

**Welsh Government website**  
**National Assembly for Wales website**  
**NHS Direct Wales website**  
**NHS Wales or GP website**  
**Local authority / council websites**  
**School / college websites**  
**Hwb – the all-Wales learning platform**  
**Careers Wales website**  
**Traveline Cymru / Transport Wales website**  
**Visit Wales / local tourism sites**



## **Cerdyn 20**

**Trefnu apwyntiadau / cyfleusterau**

– e.e. mewn meddygfa deulu, canolfan hamdden

**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

**Gwasanaethau lleol eraill**

– e.e. adnewyddu llyfrau llyfrgell

## **Showcard 20**

**Book appointments / facilities**

– e.g. at GP surgery, leisure centre

**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 local services**

– e.g. renewing library books

**Cerdyn 21**

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

**Showcard 21**

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

## **Cerdyn 22**

- 1 Dim trafnidiaeth ar gael**
- 2 Cost**
- 3 Gorlenwi**
- 4 Agwedd eraill**
- 5 Oedi ac amharu ar y gwasanaeth**
- 6 Ofn troseddau**
- 7 Anhawster cyfathrebu**
- 8 Anhawster cyrraedd i'r neu o'r safle / gorsaf**
- 9 Anhawster mynd i mewn neu ddod allan**
- 10 Pryder / diffyg hyder**
- 11 Diffyg help, cymorth neu wybodaeth**
- 12 Rhy brysur / dim digon o amser**
- 13 Dim angen neu ddim eisiau**
- 14 Taith yn cymryd gormod o amser**
- 15 Rhesymau eraill (rhowch fanylion)**

## **Showcard 22**

- 1 Transport unavailable**
- 2 Cost**
- 3 Overcrowding**
- 4 Attitudes of others**
- 5 Delay and disruption to service**
- 6 Fear of crime**
- 7 Difficulty with communication**
- 8 Difficulty getting to or from stop / station**
- 9 Difficulty getting in or out of the transport**
- 10 Anxiety / lack of confidence**
- 11 Lack of help, assistance or information**
- 12 Too busy / not enough time**
- 13 Do not need or want to**
- 14 Journey takes too long**
- 15 Other reasons (please specify)**

### **Cerdyn 23**

- 1 Dim trafnidiaeth ar gael**
- 2 Cost**
- 3 Agwedd eraill**
- 4 Ofn troseddau**
- 5 Anhawster cyfathrebu**
- 6 Anhawster cyrraedd i'r neu o'r safle tacsï**
- 7 Anhawster mynd i mewn neu ddod allan o'r tacsï**
- 8 Pryder / diffyg hyder**
- 9 Diffyg help, cymorth neu wybodaeth**
- 10 Rhy brysur / dim digon o amser**
- 11 Dim angen neu ddim eisiau**
- 12 Taith yn cymryd gormod o amser**
- 13 Rhesymau eraill (rhowch fanylion)**

### **Showcard 23**

- 1 Transport unavailable**
- 2 Cost**
- 3 Attitudes of others**
- 4 Fear of crime**
- 5 Difficulty with communication**
- 6 Difficulty getting to or from taxi rank**
- 7 Difficulty getting in or out of the taxi**
- 8 Anxiety / lack of confidence**
- 9 Lack of help, assistance or information**
- 10 Too busy / not enough time**
- 11 Do not need or want to**
- 12 Journey takes too long**
- 13 Other reasons (please specify)**

**Cerdyn 24**

- 1 Bob amser**
- 2 Yn aml**
- 3 Weithiau**
- 4 Anaml**
- 5 Byth**

**Showcard 24**

- 1 Always**
- 2 Often**
- 3 Sometimes**
- 4 Rarely**
- 5 Never**

## Cerdyn 25

- 1 Gweithle
- 2 Ysgolion neu golegau
- 3 Theatrau neu sinemau
- 4 Amgueddfeydd neu orielau
- 5 Llyfrgelloedd
- 6 Tafarndai, bwytai neu westai
- 7 Lleoedd o ddiddordeb hanesyddol (plastai, cestyll ac ati)
- 8 Siopau
- 9 Cartrefi pobl eraill
- 10 Lleoliadau cerddoriaeth
- 11 Canolfannau hamdden neu chwaraeon
- 12 Banc neu gymdeithas adeiladu
- 13 Meddygfa
- 14 Ysbyty
- 15 Gorsafoedd trenau / meysydd awyr
- 16 Arall (rhowch fanylion)

## Showcard 25

- 1 Workplace
- 2 Schools or colleges
- 3 Theatres or cinemas
- 4 Museums or galleries
- 5 Libraries
- 6 Pubs, bars, restaurants or hotels
- 7 Places of historic interest (country homes, castles, etc.)
- 8 Shops
- 9 Other people's homes
- 10 Music venues
- 11 Leisure or sports centres
- 12 Bank or building society
- 13 GP surgery
- 14 Hospital
- 15 Railway stations / airports
- 16 Other (please specify)

### **Cerdyn 26**

- 1 Anhawster dod o hyd i'r adeilad**
- 2 Anhawster cael cludiant i'r adeilad**
- 3 Problemau parcio**
- 4 Gweld neu ddeall gwybodaeth ysgrifenedig**
- 5 Cynllun neu arwynebedd llwybrau troed**
- 6 Yr ardal o gwmpas (diffyg rampiau / canllawiau)**
- 7 Ardal y dderbynfa (uchder y ddesg, seddi, sŵn)**
- 8 Agwedd eraill**
- 9 Anhawster cyfathrebu**
- 10 Symud o amgylch yr adeilad (grisiau, drysau, coridorau cul)**
- 11 Toiledau (lleoliad, cynllun, maint)**
- 12 Diffyg lifftiau neu esgaladuron**
- 13 Diffyg awyru**
- 14 Diffyg help neu gymorth**
- 15 Arall (rhowch fanylion)**

### **Showcard 26**

- 1 Difficulty finding the building**
- 2 Difficulty with transport getting to the building**
- 3 Parking problems**
- 4 Seeing or understanding written information**
- 5 Footpath design and surfaces**
- 6 Approach areas (lack of ramps / handrails)**
- 7 Reception areas (inadequate desk height, seating, noise)**
- 8 Attitudes of others**
- 9 Difficulty with communication**
- 10 Moving around the building (stairs, doors, narrow corridors)**
- 11 Toilet facilities (location, layout, size)**
- 12 Inadequate lifts or escalators**
- 13 Inadequate ventilation**
- 14 Lack of help or assistance**
- 15 Other (please specify)**

### **Cerdyn 27**

- 1 Mae'n well gen i siarad Saesneg i wneud hyn**
- 2 Ansicr os yw'r staff yn siarad Cymraeg**
- 3 Rhai neu bob un o'r staff ddim yn siarad Cymraeg**

### **Showcard 27**

- 1 I prefer to speak English for this**
- 2 Not sure if staff speak Welsh**
- 3 Some or all staff don't speak Welsh**



**Cerdyn 28**

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

**Showcard 28**

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

### **Cerdyn 29**

- 1 Ydw, help i mi fyw o ddydd i ddydd (e.e. tasgau yn y tŷ fel codi o'r gwely, coginio, neu olchi dillad, neu gymorth gan dîm iechyd meddwl)**
- 2 Ydw, gofal 24 awr i mi (fel gofal preswyl)**
- 3 Ydw, help i mi fel gofalwr maeth**
- 4 Ydw, help i mi gydag offer neu newidiadau yn fy nghartref (e.e. canllaw neu lifft ar y grisiau)**
- 5 Ydw, help i mi gyda gweithgareddau y tu allan i fy nghartref (e.e. help i ddefnyddio gwasanaethau yn y gymuned)**
- 6 Ydw, help i ofalu neu drefnu gofal am rywun arall yn fy nghartref**
- 7 Ydw, help i ofalu neu drefnu gofal am rywun arall y tu allan i fy nghartref**
- 8 Dim o'r uchod**

### **Showcard 29**

- 1 Yes, help for me with everyday living (e.g. household tasks such as getting out of bed, cooking, or doing laundry, or support from a mental health team)**
- 2 Yes, 24 hour care for me (such as residential care)**
- 3 Yes, help for me as a foster carer**
- 4 Yes, help for me with equipment or changes in my home (e.g. hand rail or stair lift)**
- 5 Yes, help for me for activities outside my home (e.g. help to access services in the community)**
- 6 Yes, help to care for or arrange care for someone else in my household**
- 7 Yes, help to care for or arrange care for someone else outside my household**
- 8 None of the above**

### **Cerdyn 30**

- 1 Help i mi wrth dderbyn gofal awdurdod lleol neu ofal maeth**
- 2 Help i mi oherwydd fy mod i wedi gadael gofal awdurdod lleol neu ofal maeth**
- 3 Dim o'r uchod**

### **Showcard 30**

- 1 Help for me while I have been in local authority or foster care**
- 2 Help for me because I have left local authority or foster care**
- 3 None of the above**

### **Cerdyn 31**

- 1 Help i mi fyw o ddydd i ddydd (e.e. tasgau yn y tŷ fel codi o'r gwely, coginio, neu olchi dillad, neu gymorth gan dîm iechyd meddwl)**
- 2 Gofal 24 awr (fel gofal preswyl)**
- 3 Help fel gofalwr maeth**
- 4 Help i mi gydag offer neu newidiadau yn fy nghartref (e.e. canllaw neu lifft ar y grisiau)**
- 5 Help i ddefnyddio gwasanaethau yn y gymuned**
- 6 Ydw, help i ofalu neu drefnu gofal am rywun arall yn fy nghartref**
- 7 Ydw, help i ofalu neu drefnu am rywun arall y tu allan i fy nghartref**
- 8 Dim o'r uchod**

### **Showcard 31**

- 1 Help with everyday living (e.g. household tasks such as getting out of bed, cooking, or doing laundry, or support from a mental health team)**
- 2 24 hour care (such as residential care)**
- 3 Help as a foster carer**
- 4 Help with equipment or changes in my home (e.g. hand rail or stair lift)**
- 5 Help to access services in the community**
- 6 Help to care for or arrange care for someone else in my household**
- 7 Help to care for or arrange care for someone else outside my household**
- 8 None of the above**

**Cerdyn 32**

- 1 Ardderchog**
- 2 Da**
- 3 Gweddol**
- 4 Gwael**
- 5 Gwael iawn**

**Showcard 32**

- 1 Excellent**
- 2 Good**
- 3 Fair**
- 4 Poor**
- 5 Very poor**

**Cerdyn 33**

- 1 Dim o gwbl**
- 2 Tua hanner awr y dydd**
- 3 Tua 1 awr y dydd**
- 4 Tua 2 awr y dydd**
- 5 Tua 3 awr y dydd**
- 6 Tua 4 awr y dydd**
- 7 Tua 5 awr y dydd**
- 8 Tua 6 awr y dydd**
- 9 Tua 7 awr neu fwy y dydd**

**Showcard 33**

- 1 None at all**
- 2 About half an hour a day**
- 3 About 1 hour a day**
- 4 About 2 hours a day**
- 5 About 3 hours a day**
- 6 About 4 hours a day**
- 7 About 5 hours a day**
- 8 About 6 hours a day**
- 9 About 7 hours or more a day**

**Cerdyn 34**

- 1 Dim**
- 2 Tua hanner awr**
- 3 Tua awr**
- 4 Mwy nag awr**

**Showcard 34**

- 1 None**
- 2 About half an hour**
- 3 About an hour**
- 4 More than an hour**

### **Cerdyn 35**

- 1 Bob dydd, fwy nag unwaith**
- 2 Unwaith y dydd, bob dydd**
- 3 5 – 6 diwrnod yr wythnos**
- 4 2 – 4 diwrnod yr wythnos**
- 5 Unwaith yr wythnos**
- 6 Llai nag unwaith yr wythnos**
- 7 Anaml neu byth**

### **Showcard 35**

- 1 Every day, more than once**
- 2 Once a day, every day**
- 3 5 – 6 days a week**
- 4 2 – 4 days a week**
- 5 Once a week**
- 6 Less than once a week**
- 7 Rarely or never**



**Cerdyn 36**

- 1 Bob 6 mis**
- 2 Unwaith y flwyddyn**
- 3 Unwaith bob dwy flynedd**
- 4 Llai na bob dwy flynedd**
- 5 Byth**

**Showcard 36**

- 1 Every 6 months**
- 2 Once a year**
- 3 Once every two years**
- 4 Less than every two years**
- 5 Never**

**Cerdyn 37**

- 1 Ydw, y rhan fwyaf o'r amser**
- 2 Ydw, weithiau**
- 3 Nac ydw, ond wedi rhoi cynnig ar wisgo un**
- 4 Nac ydw**

**Showcard 37**

- 1 Yes, most of the time**
- 2 Yes, some of the time**
- 3 No, but have tried one**
- 4 No**

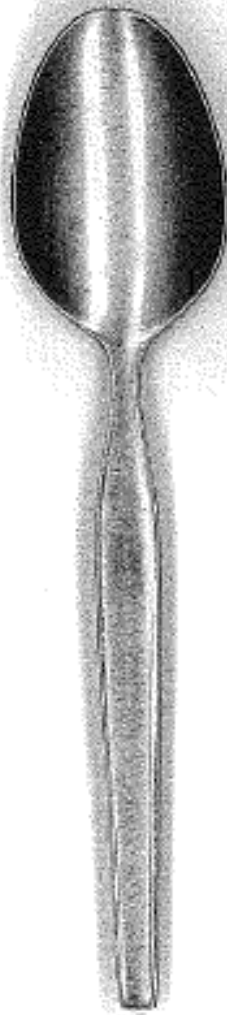
### **Cerdyn 38**

- 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 rhewi neu o dun)**
- 5 Prydau yn cynnwys ffa neu llysiau yn bennaf (e.e. stiw llysiau, cyrri llysiau, saws llysiau)**
- 6 Dim un o'r rhain**

### **Showcard 38**

- 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**

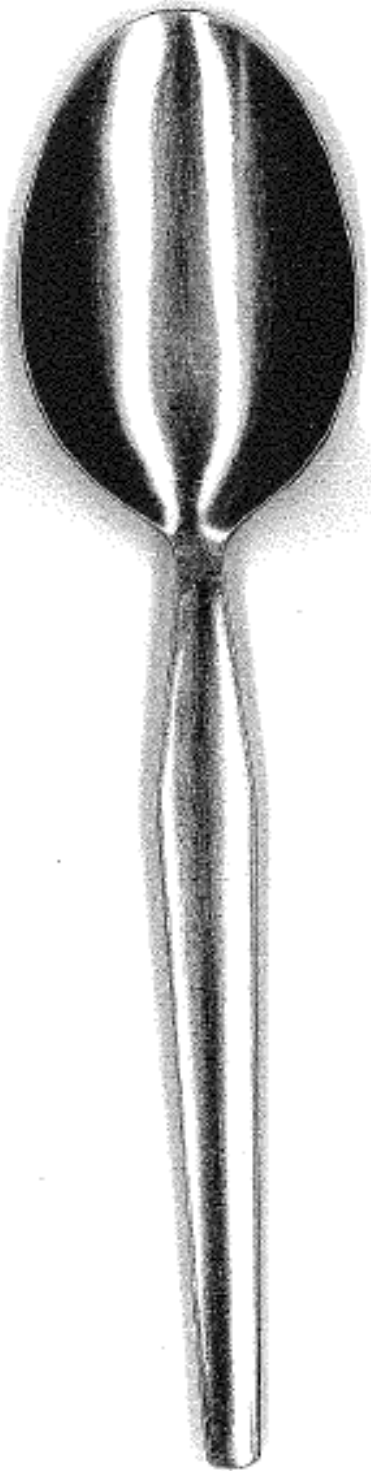
Cerdyn 39 / Showcard 39



Llwy de /  
Tea spoon



Llwy bwdin /  
Dessert spoon



Llwy fwrdd /  
Tablespoon

### **Cerdyn 40**

- 1 **Ffrwythau ffres bach iawn** e.e. grawnwin ac aeron
- 2 **Ffrwythau bach** e.e. eirin a satsumas
- 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 bastai ffrwythau
- 9 **Sudd ffrwythau**
- 10 **Dim un o'r rhain**

### **Showcard 40**

- 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**

### **Cerdyn 41**

- 1 Bron bob dydd**
- 2 Pump neu chwe diwrnod yr wythnos**
- 3 Tri neu bedwar diwrnod yr wythnos**
- 4 Unwaith neu ddwy bob wythnos**
- 5 Unwaith neu ddwy bob mis**
- 6 Unwaith bob deufis**
- 7 Unwaith neu ddwy bob blwyddyn**
- 8 Dim o gwbl yn y 12 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**

### **Cerdyn 42**

- 1 Cwrw / lager / seidr / shandi cryfder arferol**
- 2 Cwrw / lager / seidr cryf**
- 3 Gwirodydd (spirits)**
- 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**

**Cerdyn 43**



Gwydraid o  
win 250ml

Gwydraid o  
win 175ml

Gwydraid o  
win 125ml

**Showcard 43**



250ml wine  
glass

175ml wine  
glass

125ml wine  
glass



### **Cerdyn 44**

- 1 Bron bob dydd**
- 2 Pump neu chwe diwrnod yr wythnos**
- 3 Tri neu bedwar diwrnod yr wythnos**
- 4 Unwaith neu ddwy bob wythnos**
- 5 Unwaith neu ddwywaith y mis**
- 6 Unwaith bob deufis**
- 7 Unwaith neu ddwywaith y flwyddyn**
- 8 Dim o gwbl yn y 12 mis diwethaf**

### **Showcard 44**

- 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**

**Cerdyn 45**

- 1 Gwydrau bach (tua 125ml)**
- 2 Gwydrau safonol (tua 175ml)**
- 3 Gwydrau mawr (tua 250ml)**

**Showcard 45**

- 1 Small glasses (approx. 125ml)**
- 2 Standard glasses (approx. 175ml)**
- 3 Large glasses (approx. 250ml)**

### **Cerdyn 46**

- 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 Ddim o gwbl yn y deuddeg mis diwethaf**

### **Showcard 46**

- 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**

### **Cerdyn 47**

- 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 47**

- 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**

### **Cerdyn 48**

- 1 I fy helpu i roi'r gorau i smygu cynnyrch tybaco yn gyfan gwbl**
- 2 I fy ngalluogi i leihau nifer y cynnyrch tybaco y byddwn i fel arfer yn ei ddefnyddio**
- 3 Rwy'n gallu eu hysmygu dan do**
- 4 Maen nhw'n llai niweidiol na smygu cynnyrch tybaco**
- 5 Maen nhw'n rhatach na defnyddio cynnyrch tybaco**
- 6 Maen nhw'n diogelu pawb o'm cwmpas rhag dod i gysylltiad â mwg ail-law**
- 7 Cefais fy nenu gan yr hysbysebion ar gyfer e-sigaréts**
- 8 Arall (rhowch fanylion)**

### **Showcard 48**

- 1 To help me to quit smoking tobacco products completely**
- 2 To enable me to reduce the number of tobacco products I would normally use**
- 3 I can use them indoors**
- 4 They are less harmful than smoking tobacco products**
- 5 They are cheaper than using tobacco products**
- 6 They protect those around me from exposure to second hand tobacco smoke**
- 7 I was attracted by the advertisements for e-cigarettes**
- 8 Other (please specify)**

### **Cerdyn 49**

#### **Dan do**

- 1 Yn eich cartref eich hun**
- 2 Yng nghartrefi pobl eraill**
- 3 Teithio mewn car / fan**
- 4 Mewn mannau eraill sydd dan do**

#### **Yn yr awyr agored**

- 5 Y tu allan i'r cartref**
- 6 Yn ardaloedd smygu y tu allan i dafarndai / bwytai / caffis**
- 7 Ar dir ysgol / ysbyty / meysydd chwarae plant**
- 8 Mewn mannau eraill sydd yn yr awyr agored**
- 9 Dim un o'r rhain**

### **Showcard 49**

#### **Indoors**

- 1 Inside own home**
- 2 Inside other people's homes**
- 3 Travelling by car / van**
- 4 In other indoor places**

#### **Outdoors**

- 5 Outside at home**
- 6 Outdoor smoking areas of pubs / restaurants / cafés**
- 7 School grounds / hospital grounds / children's playgrounds**
- 8 In other outdoor places**
- 9 None of these**

## **Cerdyn 50**

### **Dan do**

- 1 Yn eich cartref eich hun**
- 2 Yng nghartrefi pobl eraill**
- 3 Mewn bwytai/caffis**
- 4 Mewn tafarndai**
- 5 Mewn siopau/ canolfannau siopa**
- 6 Teithio mewn car/fan**
- 7 Ar gludiant cyhoeddus**
- 8 Mewn mannau eraill sydd dan do**

### **Yn yr awyr agored**

- 9 Y tu allan i'r cartref**
- 10 Yn ardaloedd smygu y tu allan i dafarndai / bwytai / caffis**
- 11 Ar dir ysgol / ysbyty / meysydd chwarae plant**
- 12 Mewn mannau eraill sydd yn yr awyr agored**

**13 Dim un o'r rhain**

## **Showcard 50**

### **Indoors**

- 1 Inside own home**
- 2 Inside other people's homes**
- 3 Inside restaurants / cafés**
- 4 Inside pubs**
- 5 Inside shops / shopping centres**
- 6 Travelling by car / van**
- 7 On public transport**
- 8 In other indoor places**

### **Outdoors**

- 9 Outside at home**
- 10 Outdoor smoking areas of pubs / restaurants / cafes**
- 11 School grounds / hospital grounds / children's playgrounds**
- 12 In other outdoor places**

**13 None of these**

### **Cerdyn 51**

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

### **Showcard 51**

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



**Cerdyn 52**

- 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 52**

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

**Cerdyn 53**

**Showcard 53**

**Hollol anfodlon**

**Yn hollol fodlon**

**0**

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

**Extremely dissatisfied**

**Extremely satisfied**

**Cerdyn 54**

**Showcard 54**

**Eithriadol o wael**

**Eithriadol o dda**

**0**

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**

**Extremely bad**

**Extremely good**

### **Cerdyn 55**

- 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 55**

- 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**

### **Cerdyn 56**

- 1 Yn gallu ymdopi â'r holl filiau a'r 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 56**

- 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**

### **Cerdyn 57**

- 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 gwneud hyn ar hyn o bryd**

### **Showcard 57**

- 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**

### **Cerdyn 58**

- 1 Yn gallu ymdopi â'r holl filiau a'r 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 58**

- 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**

### **Cerdyn 59**

- 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**

### **Showcard 59**

- 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**



### Cerdyn 60

- 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 greddyd (e.e. cerdyn credyd neu'n cael benthyciad)
- 5 Byddwn yn cael yr arian gan ffrindiau neu deulu fel anrheg neu fenthyciad
- 6 Arall (rhowch fanylion)

### Showcard 60

- 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)

### **Cerdyn 61**

- 1 Nid oes gennyf yr arian ar gyfer hyn**
- 2 Nid yw hyn yn flaenoriaeth i mi ar fy incwm presennol**
- 3 Mae fy iechyd / anabledd yn fy rhwystro**
- 4 Mae'n ormod o drafferth / yn fy mlino gormod**
- 5 Nid oes neb i wneud hyn gyda mi neu i'm helpu**
- 6 Nid yw hyn yn rhywbeth dwi am ei wneud**
- 7 Nid yw hyn yn 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 Do not know**

### **Cerdyn 62**

- 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 62**

- 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**

**Cerdyn 63**

- 1 Ydw / ydyn**
- 2 Nac ydw / ydyn – ni allwn ei fforddio**
- 3 Nac ydw / ydyn – rheswm arall**

**Showcard 63**

- 1 Yes**
- 2 No – cannot afford**
- 3 No – other reason**

### **Cerdyn 64**

- 1 Coetir neu goedwig**
- 2 Tir fferm**
- 3 Parc lleol neu ofod lleol arall**
- 4 Palmant/trac wrth ochr y ffordd**
- 5 Bryniau, mynyddoedd neu rostir**
- 6 Afon, llyn neu gamlas**
- 7 Traeth, môr neu forlin arall**
- 8 Arall (rhowch fanylion)**
- 9 Dim un o'r rhain**

### **Showcard 64**

- 1 Woodland or forest**
- 2 Farmland**
- 3 Local park or other local space**
- 4 Roadside pavement / track**
- 5 Hills, mountains or moorland**
- 6 River, lake or canal**
- 7 Beach, sea or other coastline**
- 8 Other (please specify)**
- 9 None of these**

### **Cerdyn 65**

- 1 I dreulio amser gyda'r teulu**
- 2 I dreulio amser gyda ffrindiau**
- 3 I ddysgu rhywbeth am yr awyr agored**
- 4 Er mwyn cael awyr iach neu er mwyn mwynhau tywydd braf**
- 5 Er mwyn iechyd neu ymarfer corff**
- 6 Er mwyn cael heddwch a llonyddwch**
- 7 Er mwyn ymlacio**
- 8 Er mwyn ymarfer y ci**
- 9 Er mwyn mwynhau golygfeydd a bywyd gwylt**
- 10 Er mwyn difyrru plant**
- 11 Er mwyn gosod her i mi fy hun**
- 12 I gyflawni rhywbeth**
- 13 I fwynhau / gymryd rhan mewn gweithgaredd sy'n un o'm diddordebau**
- 14 Er mwyn pleser / mwynhad**
- 15 Er mwyn cyrraedd rhywle (e.e. cerdded i'r gwaith / siopau)**
- 16 Arall (rhowch fanylion)**

### **Showcard 65**

- 1 To spend time with family**
- 2 To spend time with friends**
- 3 To learn something about the outdoors**
- 4 For fresh air or to enjoy pleasant weather**
- 5 For health or exercise**
- 6 For peace and quiet**
- 7 To relax and unwind**
- 8 To exercise a dog**
- 9 To enjoy scenery and wildlife**
- 10 To entertain children**
- 11 To challenge myself**
- 12 To achieve something**
- 13 To enjoy / participate in my hobby**
- 14 For pleasure / enjoyment**
- 15 To get somewhere (e.g. walking to work / shops)**
- 16 Other (please specify)**

## **Cerdyn 66**

**Bwyd a diod**

**Petrol / diesel / LPG**

**Parcio ceir**

**Tocynnau bws/trên/fferi**

**Llogi offer**

**Prynu offer**

**Mapiau / tywyslyfrau / taflenni**

**Rhoddion / cofroddion**

**Taliadau mynediad**

**Eitemau eraill**

## **Showcard 66**

**Food and drink**

**Petrol / diesel / LPG**

**Car parking**

**Bus / train / ferry fares**

**Hire of equipment**

**Purchase of equipment**

**Maps / guidebooks / leaflets**

**Gifts / souvenirs**

**Admission fees**

**Other items**

**Cerdyn 67****Showcard 67**

1	Bob amser yn rhy brysur / prinder amser	1	Always too busy / lack of time
2	Neb ar gael i edrych ar ôl pethau gartref tra 'mod i ffwrdd	2	No-one to look after matters at home while I am away
3	Rhy anodd i ymweld gyda phlant	3	Too difficult with children
4	Angen help gyda ffrind / perthynas hŷn	4	Would need help for elderly friend / relative
5	Angen help gyda ffrind / perthynas anabl	5	Would need help for disabled friend / relative
6	Tywydd gwael	6	Bad / poor weather
7	Anabledd corfforol	7	Physical disability
8	Henaint	8	Old age
9	Rheswm arall yn ymwneud ag iechyd	9	Other health reason
10	Diffyg gwybodaeth ynglŷn â ble i fynd / Ddim yn gwybod ble i fynd	10	Lack of information on where to go / Don't know where to go
11	Prinder llefydd addas i fynd	11	Lack of suitable places to go
12	Dim digon o arian / methu fforddio	12	Not enough money / can't afford it
13	Neb i fod yn gwmni i fi	13	No-one to go with
14	Dim trafndiaeth addas ar gael / dim ffordd addas o gyrraedd	14	Lack of suitable means of transport / getting there
15	Arall (rhowch fanylion)	15	Other (please specify)



**Cerdyn 68**

- 1 Pryderus iawn**
- 2 Gweddol bryderus**
- 3 Ddim yn bryderus iawn**
- 4 Ddim yn bryderus o gwbl**

**Showcard 68**

- 1 Very concerned**
- 2 Fairly concerned**
- 3 Not very concerned**
- 4 Not at all concerned**

### **Cerdyn 69**

- 1 Mae'n cael ei achosi'n bennaf gan brosesau naturiol**
- 2 Mae'n cael ei achosi'n rhannol gan brosesau naturiol ac yn rhannol gan weithgarwch dynol**
- 3 Mae'n cael ei achosi'n bennaf gan weithgarwch dynol**
- 4 Nid oes ffasiwn beth â newid yn yr hinsawdd**

### **Showcard 69**

- 1 It is mainly caused by natural processes**
- 2 It is caused partly by natural processes and partly caused by human activity**
- 3 It is mainly caused by human activity**
- 4 There's no such thing as climate change**

## **Cerdyn 70**

- 1 Ailgylchu**
- 2 Lleihau faint rwy'n teithio yn y car**
- 3 Newid i gyflenwr trydan 'gwyrdd'**
- 4 Prynu offer sy'n arbed mwy o ynni**
- 5 Lleihau faint o ynni rwy'n ei ddefnyddio gartref**
- 6 Prynu bwyd a gynhyrchwyd yn lleol**
- 7 Prynu cynnyrch sy'n ecogyfeillgar**
- 8 Garddio ar gyfer bywyd gwylt (gan gynnwys bwydo adar)**
- 9 Cysylltu â'm AS neu AC lleol ynghylch materion amgylcheddol neu newid yn yr hinsawdd**
- 10 Llofnodi deiseb am y newid yn yr hinsawdd neu gadwraeth, un ai ar-lein neu ar bapur**
- 11 Mynd ati i wirfoddoli i helpu i amddiffyn yr amgylchedd**
- 12 Bod yn aelod o grŵp amgylcheddol neu'r newid yn yr hinsawdd**
- 13 Dim un o'r rhain**

## **Showcard 70**

- 1 Recycled**
- 2 Cut down the amount I travel by car**
- 3 Changed to a 'green' energy supplier**
- 4 Bought appliances which are more energy efficient**
- 5 Reduced the amount of energy I use at home**
- 6 Bought locally produced food**
- 7 Bought eco-friendly products**
- 8 Gardened for wildlife (including bird feeding)**
- 9 Contacted my local MP or AM about environmental or climate change issues**
- 10 Signed a petition about climate change or conservation, either online or in person**
- 11 Actively volunteered to help protect the environment**
- 12 Been a member of an environmental or climate change group**
- 13 None of these**

**Cerdyn 71**

- 1 Pryderus iawn**
- 2 Gweddol bryderus**
- 3 Ddim yn bryderus iawn**
- 4 Ddim yn bryderus o gwbl**

**Showcard 71**

- 1 Very concerned**
- 2 Fairly concerned**
- 3 Not very concerned**
- 4 Not at all concerned**

### **Cerdyn 72**

- 1 Ydw**
- 2 Naddo, ond dylwn i wneud hynny**
- 3 Naddo, nid oes angen i mi wneud hynny**

### **Showcard 72**

- 1 Yes**
- 2 No, should do so**
- 3 No, not necessary to do**

**Cerdyn 73**

- 1 Unwaith y mis neu ragor
- 2 Unwaith bob dau neu dri mis
- 3 Dwy neu dair gwaith y flwyddyn
- 4 Unwaith y flwyddyn
- 5 Llai aml
- 6 Byth

**Showcard 73**

- 1 Once a month or more
- 2 Once every 2 – 3 months
- 3 2 – 3 times a year
- 4 Once a year
- 5 Less often
- 6 Never

### **Cerdyn 74a**

**Drama / pantomeim / sioe gerdd**

**Digwyddiad cerddoriaeth fyw**

**Opera / perfformiad cerddoriaeth glasurol**

**Ffilm mewn canolfan gelfyddydau**

**Carnifal / celfyddydau stryd / gŵyl gelfyddydau (e.e. cerddoriaeth, dawns, Eisteddfod)**

**Arddangosfa neu gasgliad o gelf, crefft, ffotograffiaeth neu gerfluniau**

**Digwyddiad yn cynnwys celf fideo neu gelf electronig**

**Digwyddiad yn ymwneud â llyfrau neu ysgrifennu**

**Syracas (ddim gydag anifeiliaid)**

**Perfformiad dawns**

**Digwyddiad celfyddydau/cerddoriaeth/diwylliannol arall**

### **Showcard 74a**

**Play / drama / pantomime / musical**

**Live music event**

**Opera / classical music performance**

**Film at an arts centre**

**Carnival / street arts / arts festival (e.g. music, dance, Eisteddfod)**

**Exhibition or collection of art, craft, photography or sculpture**

**Event including video art or electronic art**

**Event connected with books or writing**

**Circus (not involving animals)**

**Dance performance**

**Other arts / music / cultural event**

### **Cerdyn 74b**

**Cerddoriaeth o unrhyw fath**

**Drama neu weithgaredd theatrig**

**Gweithgaredd dawn**

**Gwneud ffilmiau, fideo neu ffotograffiaeth heblaw lluniau teuluol, gwyliau neu barti**

**Celf a chrefft gweledol, e.e peintio, cerflunio, crochenwaith, turnio coed, gwneud gemwaith, gwehyddu neu decstilau**

**Ysgrifennu creadigol**

**Creu a gwneud darnau o gelf neu animeiddio gan ddefnyddio technoleg ddigidol**

**Sgiliau syrcas, celf stryd neu weithgaredd theatr corfforol arall**

### **Showcard 74b**

**Music of any kind**

**Drama or theatrical activity**

**Dance activity**

**Film or video making, or photography other than family, holiday or party snaps**

**Visual arts and crafts, e.g., painting, sculpting, pottery, wood-turning, jewellery making, weaving or textiles**

**Creative writing**

**Creating or making art work or animation using digital technology**

**Circus skills, street arts or other physical theatre activity**



### **Cerdyn 75a**

**Parc neu ardd hanesyddol sy'n agored i'r cyhoedd**

**Man addoli hanesyddol fel ymwelydd (yn hytrach nag i addoli)  
Safle fel castell, caer neu adfail**

**Safle o ddiddordeb archeolegol (e.e. tref Rufeinig, claddfa hynafol)**

**Safle hanesyddol / treftadaeth arall**

### **Showcard 75a**

**A historic park or garden open to the public**

**A historic place of worship attended as a visitor (not to worship)**

**A monument such as a castle, fort or ruin**

**A site of archaeological interest (e.g. Roman villa, ancient burial site)**

**Other historic / heritage site**

### **Cerdyn 75b**

**Ymweld ag amgueddfa**

**Wedi defnyddio caffi neu siop amgueddfa**

**Wedi clywed trafodaeth gan guradur  
Amgueddfa**

**Wedi mynd i ddigwyddiad neu weithdy  
mewn amgueddfa**

**Wedi gwneud ymholiad i amgueddfa  
ynghylch pwnc neu eitem o ddiddordeb**

**Wedi defnyddio amgueddfa ar gyfer  
ymchwil**

### **Showcard 75b**

**Visited a museum**

**Used a museum café or shop**

**Heard a talk given by a museum curator**

**Attended an event or workshop in a  
museum**

**Made an enquiry to a museum about a  
subject or item of interest**

**Used a museum for research purposes**

**Cerdyn 80**

**Bowls**

**Golff**

**Pysgota**

**Nofio**

**Cerdded**

**Beicio**

**Marchogaeth**

**Mynd i'r gampfa neu i ddosbarthiadau ffitrwydd**

**Dawnsio**

**Pŵl**

**Showcard 80**

**Bowls**

**Golf**

**Fishing**

**Swimming**

**Walking**

**Cycling**

**Horse riding**

**Gym or fitness classes**

**Dance**

**Pool**

### **Cerdyn 81 & 82**

- 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 81 & 82**

- 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**

17	Rownderi	17	Rounders
18	Rygbî'r gynghrair	18	Rugby league
19	Rygbî'r undeb	19	Rugby union
20	Rygbî - rygbî cyffwrdd / tag	20	Rugby – touch or tag rugby
21	Pêl feddal	21	Softball
22	Hoci stryd	22	Street hockey
23	Nofio (awyr agored)	23	Swimming (outdoor)
24	Tai Chi (awyr agored)	24	Tai Chi (outdoor)
25	Saethu targedau / colomennod clai (awyr agored)	25	Target / clay pigeon shooting (outdoor)
26	Tennis (awyr agored)	26	Tennis (outdoor)
27	Triathlon	27	Triathlon
28	Tynnu rhaff	28	Tug-of-war
29	Pêl foli (awyr agored)	29	Volleyball (outdoor)
30	Gêm awyr agored arall	30	Other outdoor game
31	Dim un o'r uchod	31	None of these

## **Cerdyn 83 & 84**

- 1 BMX**
- 2 Canŵio**
- 3 Ralio 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 83 & 84**

- 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**

- 17 Cyfeiriannu
- 18 Crwydro / Cerdded bryniau a mynyddoedd
- 19 Sglefrolio / Sglefrio mewnlinell
- 20 Rhwyfo
- 21 Hwyllo
- 22 Sglefrfyreddio (Awyr Agored)
- 23 Sgïo
- 24 Eirafyreddio
- 25 Tanddwr
- 26 Syrffio
- 27 Cerdded (mwy na 2 filltir)
- 28 Sgïo dŵr
- 29 Gwyntsyrrffio neu Fwrddsyrrffio
- 30 Iotio
- 31 Gweithgaredd awyr agored arall
- 32 Dim un o'r rhain

- 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 85 & 86**

- 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 Bowlio (Deg)**
- 8 Bocsio**
- 9 Codi Hwyl Mewn Gemau**
- 10 Dringo (Dan do)**
- 11 Codi Pwysau Cystadleuol**
- 12 Criced (Dan do)**
- 13 Cyrlio**
- 14 Dawns**
- 15 Dartiau**
- 16 Deifio (dan do)**
- 17 Ffensio**
- 18 Pêl droed - Dan do**
- 19 Pêl droed - futsal**
- 20 Campfa neu ddosbarthiadau ffitrwydd**
- 21 Gymnasteg**
- 22 Pêl llaw**

### **Showcard 85 & 86**

- 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 weight lifting**
- 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**



23	Hoci (Dan do)	23	Hockey (indoor)
24	Hoci lâ	24	Ice hockey
25	Sglefrio lâ	25	Ice skating
26	Crefftau ymladd	26	Martial arts
27	Pêl rwyd (Dan do)	27	Netball (indoor)
28	Pŵl	28	Pool
29	Sglefrolio (Dan do)	29	Roller skating (indoor)
30	Sglefrfyreddio (Dan do)	30	Skateboarding (indoor)
31	Sgitls	31	Skittles
32	Snwcer	32	Snooker
33	Sboncen	33	Squash
34	Nofio (Dan do)	34	Swimming (indoor)
35	Tennis Bwrdd	35	Table tennis
36	Saethu Targed (Dan do)	36	Target Shooting (indoor)
37	Tennis (Dan do)	37	Tennis (indoor)
38	Trampolinio	38	Trampolining
39	Pêl foli (Dan do)	39	Volleyball (indoor)
40	Polo dŵr	40	Water polo
41	Reslo	41	Wrestling
42	Gêm dan do arall	42	Other indoor game or activity
43	Dim un o'r rhain	43	None of these

**Cerdyn 87**

- 1 Torddawnsio**
- 2 Dawnsio disgo**
- 3 Dawnsio Gwerin / Dawnsio Llinell**
- 4 Hip-hop**
- 5 Dawnsio stryd**
- 6 Dawnsio arall**

**Showcard 87**

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

### **Cerdyn 88**

- 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 88**

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

**Cerdyn 89**

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

**Showcard 89**

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

## **Cerdyn 90 & 91**

- 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 Bowlio (Deg)**
- 8 Bocsio**
- 9 Codi Hwyl Mewn Gemau**
- 10 Dringo (Dan do)**
- 11 Codi Pwysau Cystadleuol**
- 12 Criced (Dan do)**
- 13 Cyrlio**
- 14 Dawns**
- 15 Dartiau**
- 16 Deifio (dan do)**
- 17 Ffensio**
- 18 Pêl droed - Dan do**
- 19 Pêl droed - futsal**
- 20 Campfa neu ddosbarthiadau ffitrwydd**
- 21 Gymnasteg**
- 22 Pêl llaw**

## **Showcard 90 & 91**

- 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 weight lifting**
- 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**

23 Hoci (Dan do)  
24 Hoci lâ  
25 Sglefrio lâ  
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 dan do arall  
43 Dim un o'r rhain

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  
43 None of these

**Cerdyn 92**

- 1 Torddawnsio**
- 2 Dawnsio disgo**
- 3 Dawnsio Gwerin / Dawnsio Llinell**
- 4 Hip-hop**
- 5 Dawnsio stryd**
- 6 Dawnsio arall**

**Showcard 92**

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

### **Cerdyn 93**

- 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 93**

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



**Cerdyn 94**

- 1 Jiwdo**
- 2 Karate**
- 3 Taekwondo**
- 4 Tai Chi (Dan do)**
- 5 Crefftau Ymladd Eraill**

**Showcard 94**

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

### **Cerdyn 95 & 96**

- 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 – raliö ceir / beicio modur traws gwlad / rasio beiciau modur**
- 15 Pêl rwyd**

### **Showcard 95 & 96**

- 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**

- 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 (rhowch fanylion)

- 16 Pool
- 17 Rugby Union
- 18 Sailing / yachting
- 19 Snooker / billiards
- 20 Squash
- 21 Swimming
- 22 Tennis
- 23 Weight training or weight lifting
- 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)

### **Cerdyn 97 & 98**

- 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 97 & 98**

- 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**

14	Pe bai gen i gwmni	14	If I had someone to go with
15	Pe bai darpariaeth iaith Gymraeg yn fy ardal i	15	If there was Welsh language activity provision in my area
16	Pe bai rhywun yn gofyn i mi gymryd rhan	16	If I was asked to take part
17	Pe bawn i'n gwybod i ble i fynd (a dysgu)	17	If I knew where to go (and learn)
18	Pe bai hyfforddiant ar gael	18	If there was coaching available
19	Pe bai'r bobl sy'n rhedeg y clybiau'n fwy cyfeillgar	19	If people who run clubs were more friendly
20	Pe bai gen i'r sgiliau / medrusrwydd gofynnol	20	If I had the necessary minimum skill base / competency
21	Pe bawn i'n teimlo llai o embaras o gymryd rhan mewn chwaraeon	21	If I felt less embarrassed playing sport
22	Pe na bai gen i anabledd, salwch neu anaf sy'n fy atal i rhag cymryd rhan	22	If I didn't have a disability, illness or injury that prevents me from taking part
23	Pe bai'r cyfleusterau'n well	23	If facilities were improved
24	Byddwn yn cymryd rhan ar adeg wahanol o'r flwyddyn	24	I would take part at a different time of year
25	Arall (rhowch fanylion)	25	Other (please specify)
26	Dim byd	26	No reason

**Cerdyn 99**

- 1 Dim o gwbl**
- 2 Anaml**
- 3 Rhywfaint o'r amser**
- 4 Yn aml**
- 5 Trwy'r amser**
- 6 Ddim yn gwybod**
- 7 Mae'n well gen i beidio â dweud**

**Showcard 99**

- 1 None of the time**
- 2 Rarely**
- 3 Some of the time**
- 4 Often**
- 5 All of the time**
- 6 Don't know**
- 7 Prefer not to say**

**Cerdyn 100**

- 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 100**

- 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**

### **Cerdyn 101**

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

### **Showcard 101**

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



**Cerdyn 102**

- L Heterorywiol neu strê**
- W Hoyw neu lesbiaid**
- C Deurywiol**
- H Arall**

**Showcard 102**

- L Heterosexual or Straight**
- W Gay or Lesbian**
- C Bisexual**
- H Other**

### **Cerdyn 103**

- 1 Dim crefydd**
- 2 Cristnogaeth (pob enwad)**
- 3 Bwdhaeth**
- 4 Hindwâeth**
- 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 103**

- 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**