

**Cardiau dangos**  
**Arolwg Cenedlaethol Cymru**  
**2018-19**  
**National Survey for Wales**  
**showcards**

# Core Showcard A

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

**Mae'r ddogfen yma hefyd ar gael yn Gymraeg / This document is also available in Welsh**

# Core Showcard B

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

**Mae'r ddogfen yma hefyd ar gael yn Gymraeg / This document is also available in Welsh**

### 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 / Caribiaidd 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)
- 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 3

- 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 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 forgoais)
- 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)

Sample



### **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

Sample/Sample

6

### Cerdyn 7

- 1 Ydw – gyda phob un
- 2 Ydw – gyda'r rhan fwyaf
- 3 Ydw – gyda rhai
- 4 Nac ydw

### Showcard 7

- 1 Yes – with all
- 2 Yes – with most
- 3 Yes – with some
- 4 No

Sample/Sample

7

### Cerdyn 8

- 1 Ydw – gyda phob un neu gyda'r rhan fwyaf
- 2 Ydw – gyda rhai
- 3 Nac ydw

### Showcard 8

- 1 Yes – with all or most
- 2 Yes – with some
- 3 No

Sample/Sample

8

### **Cerdyn 9**

- 1 Yn y cartref, fel plentyn ifanc
- 2 Yn y feithrinfa (3-4 oed)
- 3 Yn yr ysgol gynradd (5-10 oed)
- 4 Yn yr ysgol uwchradd (11+ oed)
- 5 Yn y coleg neu brifysgol
- 6 Rhywle arall

### **Showcard 9**

- 1 At home, as a young child
- 2 At nursery (aged 3-4)
- 3 At primary school (aged 5-10)
- 4 At secondary school (11+)
- 5 At college or university
- 6 Somewhere else

Sample/Showcard

### Cerdyn 10

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

### Showcard 10

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

Sample/Samples

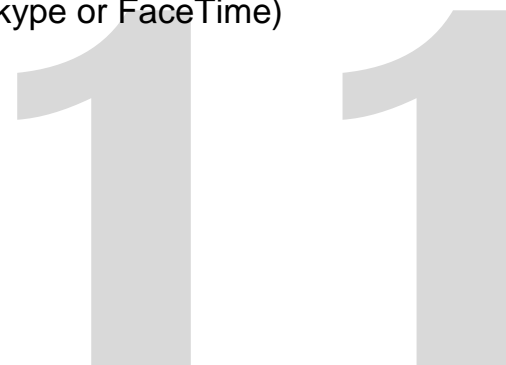
10

## Cerdyn 11

- 1 Defnyddio chwilotwr (e.e. Google)
- 2 Lawrlwytho neu arbed llun y daethoch o hyd iddo ar-lein
- 3 Anfon neges drwy e-bost neu negeseua gwib
- 4 Prynu nwyddau neu wasanaethau ar-lein
- 5 Gosod apiau ar ffôn clyfar neu lechen
- 6 Defnyddio gwasanaethau cymorth ar-lein (e.e. gwasanaeth sgwrsio, fforwm trafod ar y rhyngwyd)
- 7 Gwyllo clip 'sut i wneud' ar-lein (e.e. ar YouTube)
- 8 Cwblhau ffurflenni cais ar-lein a oedd yn gofyn am fanylion personol (e.e. cyfeiriad, dyddiad geni)
- 9 Defnyddio gwasanaethau bancio ar-lein
- 10 Sgwrsio ar fideo (e.e. Skype neu FaceTime)
- 11 Dim un o'r rhain

## Showcard 11

- 1 Used a search engine (e.g. Google)
- 2 Downloaded or saved a photograph you found online
- 3 Sent a message via email or instant messaging
- 4 Bought goods or services online
- 5 Installed apps on a smartphone or tablet
- 6 Used online help services (e.g. chat service, internet forum)
- 7 Watched an online 'how to' clip (e.g. on YouTube)
- 8 Completed online application forms which asked for personal details (e.g. address, date of birth)
- 9 Used online banking
- 10 Used video chat (e.g. Skype or FaceTime)
- 11 None of these



### Cerdyn 12

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

### Showcard 12

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

Sample/Sample

12

### Cerdyn 13

- 1 Siopau
- 2 Tafarn / bwyty
- 3 Sinema
- 4 Parc
- 5 Llyfrgell
- 6 Canolfan gymunedol
- 7 Canolfan / clwb chwaraeon
- 8 Clwb ieuenctid
- 9 Canolfan iechyd / meddygfa
- 10 Fferyllfa
- 11 Swyddfa'r Post
- 12 Ysgol gynradd
- 13 Ysgol uwchradd
- 14 Man addoli (e.e. eglwys)
- 15 Peiriant twll yn y wal
- 16 Cysylltiadau trafnidiaeth gyhoeddus (e.e. gorsaf drenau neu lwybr bysiau)
- 17 Dim un o'r uchod

### Showcard 13

- 1 Shops
- 2 Pub / restaurant
- 3 Cinema
- 4 Park
- 5 Library
- 6 Community centre
- 7 Sports centre / club
- 8 Youth club
- 9 Health centre / GP surgery
- 10 Chemist
- 11 Post office
- 12 Primary school
- 13 Secondary school
- 14 Place of worship (e.g. church)
- 15 Cash machine
- 16 Public transport links (e.g. train station or bus route)
- 17 None of the above

13



### Cerdyn 14

- 1 TGAU
- 2 Safon Uwch / UG
- 3 Diploma BTEC (Lefel 3)
- 4 Prentisiaeth
- 5 Cymhwyster mynediad at Addysg Uwch
- 6 Gradd sylfaen / Tystysgrif Genedlaethol Uwch / Diploma Cenedlaethol Uwch (Lefel 4 neu 5)
- 7 Gradd gyntaf (e.e. BA, BSc, B.Ed.)
- 8 Gradd ôl-raddedig (e.e. MA, MSc, PhD)
- 9 Cymhwyster galwedigaethol arall
- 10 Arall (nodwch)

### Showcard 14

- 1 GCSE
- 2 A / AS level
- 3 BTEC diploma (Level 3)
- 4 Apprenticeship
- 5 Access to Higher Education qualification
- 6 Foundation degree / HNC / HND (Level 4 or 5)
- 7 First degree (e.g. BA, BSc, B.Ed.)
- 8 Postgraduate degree (e.g. MA, MSc, PhD)
- 9 Other vocational qualification
- 10 Other (please specify)

14

### **Cerdyn 15**

- 1 Er mwyn fy helpu i gael swydd / swydd wahanol
- 2 Er mwyn fy helpu gyda'm swydd bresennol
- 3 Er diddordeb (nid ar gyfer fy swydd / gyrfa)
- 4 Arall (nodwch)

### **Showcard 15**

- 1 To help me get a job / different job
- 2 To help me with my current job
- 3 For interest (not jobs / career)
- 4 Other (please specify)

Sample/Samples

15

### Cerdyn 16

- 1 Llawn amser
- 2 Rhan amser, yn ystod y dydd
- 3 Rhan amser, gyda'r hwyr neu benwythnosau
- 4 Yn achlysurol (bob ychydig wythnosau neu fisoedd)

### Showcard 16

- 1 Full time
- 2 Part time, during the day
- 3 Part time, evenings or weekends
- 4 Occasionally (every few weeks or months)

Sample Sample

16

### Cerdyn 17

- 1 Coleg
- 2 Prifysgol
- 3 Sefydliad dysgu arall
- 4 Yn y gweithle
- 5 Ar-lein, naill ai yn y cartref neu rhywle arall

### Showcard 17

- 1 At college
- 2 At university
- 3 At another learning institution
- 4 In the workplace
- 5 On-line, either at home or elsewhere

Sample Sample

17

**Cerdyn 18**

- 1 Tebygol iawn
- 2 Gweddol debygol
- 3 Ddim yn debygol iawn
- 4 Ddim yn debygol o gwbl

**Showcard 18**

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

Sample/Sample

18

### Cerdyn 19

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

### Showcard 19

- 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)

19

### **Cerdyn 20**

- 1 Datganiad anghenion addysgol arbennig
- 2 Cynllun addysg unigol
- 3 Cynllun datblygu unigol
- 4 Cynllun Gweithredu yn y Blynyddoedd Cynnar a Mwy / Gweithredu yn y Blynyddoedd Cynnar
- 5 Cynllun Gweithredu gan yr Ysgol a Mwy / Gweithredu gan yr Ysgol
- 6 Arall (nodwch)
- 7 Dim un o'r rhain

### **Showcard 20**

- 1 Statement of special educational needs
- 2 Individual education plan
- 3 Individual development plan
- 4 Early Years Action Plus / Early Years Action plan
- 5 School Action Plus / School Action plan
- 6 Other (please specify)
- 7 None of these

Sample

20

### Cerdyn 21

- 1 Car (y mae gennych ddefnydd rheolaidd ohono)
- 2 Liffiau 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 (nodwch)

### Showcard 21

- 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)

21



### **Cerdyn 22**

- 1 Datganiad anghenion addysgol arbennig
- 2 Cynllun addysg unigol
- 3 Cynllun datblygu unigol
- 4 Cynllun Gweithredu gan yr Ysgol a Mwy /  
Gweithredu gan yr Ysgol
- 5 Arall (nodwch)
- 6 Dim un o'r rhain

### **Showcard 22**

- 1 Statement of special educational needs
- 2 Individual education plan
- 3 Individual development plan
- 4 School Action Plus / School Action plan
- 5 Other (please specify)
- 6 None of these

Sample

22

### Cerdyn 23

- 1 Parhau i dderbyn addysg lawn-amser
- 2 Dilyn cwrs hyfforddi neu ddechrau prentisiaeth
- 3 Cychwyn swydd lawn-amser gyda thâl
- 4 Dechrau interniaeth neu weithio fel gwirfoddolwr llawn-amser
- 5 Cyfuno addysg / hyfforddiant rhan-amser gyda gwaith rhan-amser
- 6 Cychwyn teulu
- 7 Ymuno a'r lluoedd arfog
- 8 Arall (nodwch)

### Showcard 23

- 1 Continue in full time education
- 2 Go on a training course or start an apprenticeship
- 3 Start a full-time paid job
- 4 Start an internship or work as a volunteer full-time
- 5 Combine part-time education / training and part-time work
- 6 Start a family
- 7 Join the armed forces
- 8 Other (please specify)

Sample

23

### Cerdyn 24

- 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 24

- 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)

Sample

24

## Cerdyn 25

- 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 brechwast (am dâl)
- 7 Clwb ar ôl ysgol neu glwb brechwast (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 25

- 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)

25

### **Cerdyn 26**

- 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 ond llai na 10 awr yr wythnos
- 5 Llai nag un awr yr wythnos

### **Showcard 26**

- 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

Sample/Samples

26

### Cerdyn 27

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

### Showcard 27

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

Sample/Sample

27

### **Cerdyn 28**

- 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 28**

- 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)

Sample/Showcard

28

### **Cerdyn 29**

- 1 Cymraeg yn bennaf neu'n unig
- 2 Cymraeg a Saesneg yn gyfartal
- 3 Saesneg yn bennaf neu'n unig
- 4 Unrhyw iaith arall

### **Showcard 29**

- 1 Mainly or all Welsh
- 2 Welsh and English equally
- 3 Mainly or all English
- 4 Any other language

Sample/Samples

29



### Cerdyn 30

- 1 Prinder mannau cyhoeddus addas yn yr awyr agored
- 2 Prinder mannau cyhoeddus addas dan do
- 3 Prinder clybiau / gweithgareddau addas
- 4 Gormod o droseddu / ymddygiad anghymdeithasol
- 5 Pryderon ynghylch traffig
- 6 Pryderon ynghylch dieithriaid
- 7 Agweddau negyddol cymdogion neu oedolion eraill
- 8 Prinder trafndiaeth addas
- 9 Costau
- 10 Arall (nodwch)

### Showcard 30

- 1 A lack of suitable outdoor public places
- 2 A lack of suitable indoor public places
- 3 A lack of suitable clubs / activities
- 4 Too much crime / antisocial behaviour
- 5 Concerns about traffic
- 6 Concerns about strangers
- 7 Negative views from neighbours or other adults
- 8 Lack of suitable transport
- 9 Cost
- 10 Other (please specify)

Sample

30

### Cerdyn 31

- 1 Teledu
- 2 Llechen / tabled (e.e. iPad / Kindle)
- 3 Cyfrifiadur
- 4 Gliniadur (laptop)
- 5 Ffôn clyfar
- 6 Consol gemau
- 7 Dyfais llaw i chwarae gemau cyfrifiadurol (e.e. DS neu PSP)
- 8 Arall (nodwch)

### Showcard 31

- 1 Television
- 2 Tablet (e.g. iPad / Kindle)
- 3 Computer
- 4 Laptop
- 5 Smartphone
- 6 Games console
- 7 Hand held games player (e.g. a DS or PSP)
- 8 Other (please specify)

31

### Cerdyn 32

- 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 y dydd neu fwy

### Showcard 32

- 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

32

### Cerdyn 33

- 1 Yr amser i gyd (neu bron i gyd)
- 2 Y rhan fwyaf o'r amser
- 3 Rhywfaint o'r amser
- 4 Ychydig iawn o'r amser neu ddim o gwbl

### Showcard 33

- 1 All (or almost all) of that time
- 2 Most of that time
- 3 Some of that time
- 4 A little or none of that time

Sample Sample

33

### Cerdyn 34

- 1 Pori ar wefannau
- 2 Chwarae gemau
- 3 Tynnu lluniau neu ffotograffau
- 4 Gwrando ar gerddoriaeth
- 5 Gwylio cartwnau neu fideos eraill
- 6 Chwilio am wybodaeth
- 7 Darllen straeon
- 8 Arall (nodwch)
- 9 Ddim yn gwybod

### Showcard 34

- 1 Browses on websites
- 2 Plays games
- 3 Draws / makes images or photos
- 4 Listens to music
- 5 Watches cartoons or other videos
- 6 Finds out information
- 7 Reads stories
- 8 Other (please specify)
- 9 Don't know

34

### Cerdyn 35

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

### Showcard 35

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

Sample/Sample

35

### **Cerdyn 36**

- 1 Galwad ffôn gyda Meddyg Teulu
- 2 Galwad ffôn gyda gweithiwr iechyd arall
- 3 Gweld Meddyg Teulu
- 4 Gweld gweithiwr iechyd arall
- 5 Heb gael cyngor meddygol

### **Showcard 36**

- 1 Phonecall with GP
- 2 Phonecall with other health worker
- 3 Saw a GP
- 4 Saw other health worker
- 5 I didn't get medical advice

Sample/Showcard

36

### Cerdyn 37

- 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 37

- 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

37



### **Cerdyn 38**

- 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 38**

- 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

Sample/Samples

38

### Cerdyn 39

- 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 39

- 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 for me 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

39

**Cerdyn 40**

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

**Showcard 40**

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

Sample/Sample

40

### Cerdyn 41

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

### Showcard 41

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

Sample Sample

41

### Cerdyn 42

- 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 42

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

Sample/Sample

42

**Cerdyn 43**

- 1 Dim o gwbl
- 2 Ychydig
- 3 Yn gymedrol
- 4 Yn ddifrifol

**Showcard 43**

- 1 Not at all
- 2 Slightly
- 3 Moderately
- 4 Severely

Sample/Sample

43

### Cerdyn 44

- 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. stiw llysiau, cyrri llysiau, saws llysiau)
- 6 Dim un o'r rhain

### Showcard 44

- 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

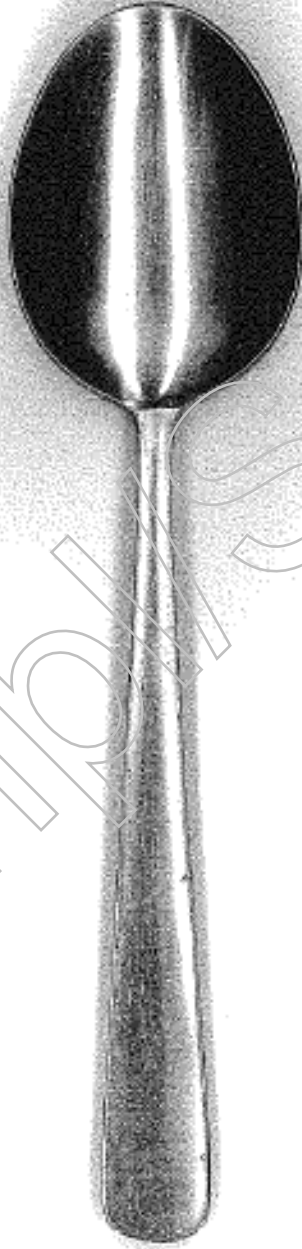
44

**Cerdyn 45**

**Showcard 45**



**Llwy de /  
Teaspoon**



**Llwy bwddin /  
Dessert spoon**



**Llwy fwrdd /  
Tablespoon**



### Cerdyn 46

- 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

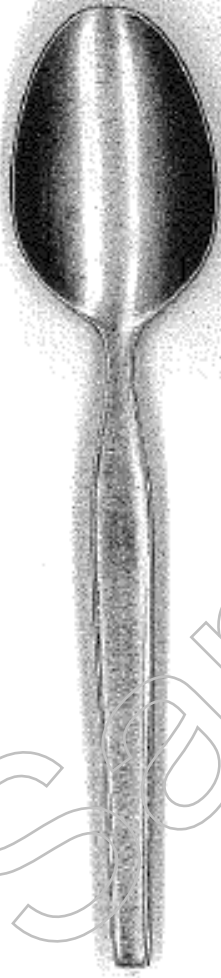
### Showcard 46

- 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

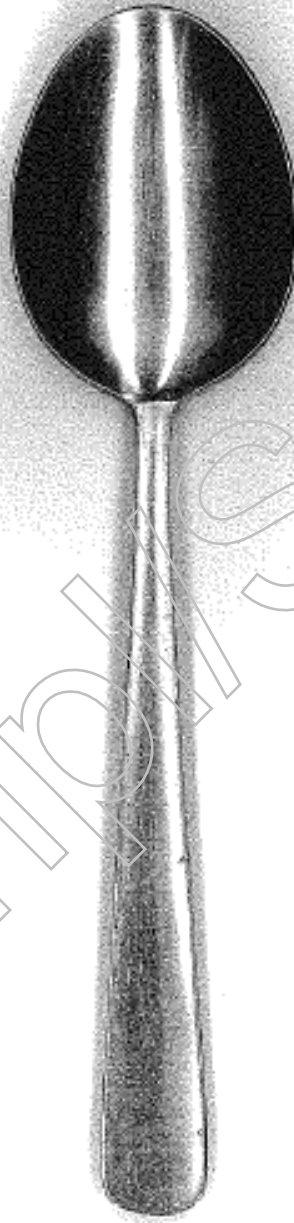
46

**Cerdyn 47**

**Showcard 47**



**Llwy de /  
Teaspoon**



**Llwy bwdin /  
Dessert spoon**



**Llwy fwrdd /  
Tablespoon**

### Cerdyn 48

- 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 48

- 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

Sample

48

### Cerdyn 49

- 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 49

- 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

49

### **Cerdyn 50**

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

### **Showcard 50**

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

Sample/Samples

50

**Cerdyn 51**

**Showcard 51**



**Gwydraid o win  
250ml /**

**250ml wine glass**

**Gwydraid o win  
175ml /**

**175ml wine glass**

**Gwydraid o win  
125ml /**

**125ml wine glass**

**51**

### Cerdyn 52

- 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 52

- 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

52

**Cerdyn 53**

**Showcard 53**



**Gwydraid o win  
250ml /  
250ml wine glass**

**Gwydraid o win  
175ml /  
175ml wine glass**

**Gwydraid o win  
125ml /  
125ml wine glass**

**53**



### Cerdyn 54

- 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 54

- 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

Sample

54

### Cerdyn 55

- 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 55

- 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

Sample

55

### Cerdyn 56

- 1 Patshys / anadlydd / gwm nicotin
- 2 Meddyginiaeth arall ar bresgripsiwn (e.e. Zyban, Champix)
- 3 e-sigaréts
- 4 Sigarét cynhesu heb losgi (e.e. IQOS, heatsticks)
- 5 Mynychu grŵp
- 6 Ffonio llinell gymorth ar smygu (e.e. Helpa Fi i Stopio)
- 7 Cefnogaeth gan fferyllfa
- 8 Darllen llyfr neu lyfryn
- 9 Defnyddio gwefan neu ap
- 10 Hypnotherapi
- 11 Aciwbigo
- 12 Arall (nodwch)
- 13 Dim un o'r rhain

### Showcard 56

- 1 Nicotine patches / inhaler / gum
- 2 Other prescription medicine (e.g. Zyban, Champix)
- 3 e-cigarettes
- 4 Heat-not-burn cigarette (e.g. IQOS, heatsticks)
- 5 Attended a group
- 6 Phoned a smoking helpline (e.g. Help Me Quit)
- 7 Got support from a pharmacy
- 8 Read a book or booklet
- 9 Used a website or app
- 10 Hypnotherapy
- 11 Acupuncture
- 12 Other (please specify)
- 13 None of these

56

### Cerdyn 57

- 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 (nodwch)

### Showcard 57

- 1 To help me quit smoking tobacco products completely
- 2 To enable me to reduce the number of tobacco products I would normally use
- 3 They can be used 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)

57

## Cerdyn 58

### 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 58

### 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

58

### **Cerdyn 59**

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

### **Showcard 59**

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

Sample Sample

59

### Cerdyn 60

- 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 60

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

Sample

60

**Cerdyn 61**

**Showcard 61**

Eithriadol o wael

Eithriadol o dda

0 1 2 3 4 5 6 7 8 9 10

Extremely bad

Extremely good

0 1 2 3 4 5 6 7 8 9 10

Sample Sample

61



**Cerdyn 62**

**Showcard 62**

Hollol anfodlon

Yn 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

Sample Sample

62

### Cerdyn 63

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

### Showcard 63

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

Sample/Sample

63

### Cerdyn 64

- 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 mhris 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 64

- 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

64

### Cerdyn 65

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

### Showcard 65

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

Sample/Sample

65

### Cerdyn 66

- 1 Treth incwm
- 2 TAW (Treth ar Werth)
- 3 Treth Gyngor
- 4 Treth Stamp, hynny yw y dreth 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 mhris tocyn awyren)
- 7 Treth ar y gwastraff a anfonir i safleoedd tirlenwi
- 8 Dim un o'r uchod
- 9 Ddim yn gwybod

### Showcard 66

- 1 Income tax
- 2 VAT (Value Added Tax)
- 3 Council Tax
- 4 Stamp duty, that's the 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 None of the above
- 9 Don't know

66

### **Cerdyn 67**

- 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 67**

- 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

Sample/Samples

67

### Cerdyn 68

- 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 68

- 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

68

### Cerdyn 69

- 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 69

- 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

Sample/Samples

69



### Cerdyn 70

- 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 70

- 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

Sample/Samples

70

## Cerdyn 71

- 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 71

- 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

71

## Cerdyn 72

- 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 72

- 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

72

### Cerdyn 73

- 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 73

- 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)

Sample

73

### Cerdyn 74

- 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 74

- 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

Sample

74

### Cerdyn 75

- 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 75

- 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

Sample/Samples

75

**Cerdyn 76**

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

**Showcard 76**

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

Sample/Sample

76

## Cerdyn 77

- 1 Pwy all dderbyn budd-daliadau
- 2 Sut i hawlio neu newid hawliad
- 3 Cosbau budd-daliadau
- 4 Apelio yn erbyn penderfyniadau
- 5 Camgymeriadau gweinyddol
- 6 Sut mae'ch budd-daliadau'n cael eu talu
- 7 Sicrhau eich bod yn cael yr holl fudd-daliadau y gallwch eu derbyn
- 8 Angen mwy o gymorth ariannol
- 9 Arall (nodwch)
- 10 Dim un o'r rhain

## Showcard 77

- 1 Who can receive benefits
- 2 How to make or change a claim
- 3 Benefit sanctions
- 4 Appeals against decisions
- 5 Administration errors
- 6 How your benefits are paid
- 7 Making sure you can get all the benefits you can receive
- 8 Need for more financial support
- 9 Other (please specify)
- 10 None of these

77



### Cerdyn 78

- 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 (nodwch)
- 9 Dim un o'r rhain

### Showcard 78

- 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

Sample

78

## Cerdyn 79

- 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 gwyllt
- 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 (nodwch)

## Showcard 79

- 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)

79

## Cerdyn 80

Bwyd a diod  
Petrol / disel / LPG  
Parcio ceir  
Tocynnau bws / trêrn / fferi  
Llogi offer  
Prynu offer  
Mapiau / tywyslyfrau / taflenni  
Rhoddion / cofroddion  
Taliadau mynediad  
Eitemau eraill

## Showcard 80

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

80

## Cerdyn 81

- 1 Bob amser yn rhy brysur / prinder amser
- 2 Neb ar gael i edrych ar ôl pethau gartref tra 'mod i ffwrdd
- 3 Rhy anodd i ymweld gyda phlant
- 4 Angen help gyda ffrind / perthynas hŷn
- 5 Angen help gyda ffrind / perthynas anabl
- 6 Tywydd gwael
- 7 Anabledd corfforol
- 8 Henaint
- 9 Rheswm arall yn ymwneud ag iechyd
- 10 Diffyg gwybodaeth ynglŷn â ble i fynd / ddim yn gwybod ble i fynd
- 11 Prinder llefydd addas i fynd
- 12 Dim digon o arian / methu fforddio
- 13 Neb i fod yn gwmni i fi
- 14 Dim trafnidiaeth addas ar gael / dim ffordd addas o gyrraedd
- 15 Arall (nodwch)

## Showcard 81

- 1 Always too busy / lack of time
- 2 No one to look after matters at home while I am away
- 3 Too difficult with children
- 4 Would need help for elderly friend / relative
- 5 Would need help for disabled friend / relative
- 6 Bad / poor weather
- 7 Physical disability
- 8 Old age
- 9 Other health reason
- 10 Lack of information on where to go / don't know where to go
- 11 Lack of suitable places to go
- 12 Not enough money / can't afford it
- 13 No one to go with
- 14 Lack of suitable means of transport / getting there
- 15 Other (please specify)

81

### Cerdyn 82

- 1 Mae gen i fynediad at fy ngardd fy hun
- 2 Mae gen i fynediad at ardd gymunedol
- 3 Mae gen i fynediad at ofod awyr agored preifat ond nid gardd (e.e. balconi, iard, patio)
- 4 Nid oes gen i fynediad at ardd

### Showcard 82

- 1 I have access to my own garden
- 2 I have access to a communal garden
- 3 I have access to a private outdoor space but not a garden (e.g. balcony, yard, patio area)
- 4 I don't have access to a garden

Sample/Showcard

82

**Cerdyn 83**

- 1 Mwy nag unwaith y dydd
- 2 Bob dydd
- 3 Sawl gwaith y dydd
- 4 Unwaith yr wythnos
- 5 Unwaith neu ddwywaith yn y 4 wythnos ddiwethaf
- 6 Dim o gwbl

**Showcard 83**

- 1 More than once a day
- 2 Every day
- 3 Several times a week
- 4 Once a week
- 5 Once or twice in the last 4 weeks
- 6 Not at all

Sample Sample

83

### Cerdyn 84

- 1 Eich gardd
- 2 Gardd rhywun arall
- 3 Parc
- 4 Maes chwarae
- 5 Maes chwaraeon
- 6 Coetir neu goedwig
- 7 Tir fferm
- 8 Bryniau, mynyddoedd neu rostir
- 9 Afon, llyn neu gamlas
- 10 Traeth, môr neu arfordir
- 11 Arall (nodwch)

### Showcard 84

- 1 Your garden
- 2 Someone else's garden
- 3 Park
- 4 Playground
- 5 Sports ground
- 6 Woodland or forest
- 7 Farmland
- 8 Hills, mountains or moorland
- 9 River, lakes or canal
- 10 Beach, sea, or other coastline
- 11 Other (please specify)

84

### **Cerdyn 85**

- 1 Chi a / neu oedolion eraill
- 2 Plant eraill (gan gynnwys brodyr a chwiorydd)
- 3 Oedolion a phlant eraill (gan gynnwys brodyr a chwiorydd)
- 4 Wrth ei hun

### **Showcard 85**

- 1 You and / or other adults
- 2 Other children (including brothers and sisters)
- 3 Both adults and other children (including brothers and sisters)
- 4 Alone

Sample/Showcard

85



### Cerdyn 86

- 1 Chwarae yn yr awyr agored
- 2 Mynd am dro (plentyn yn cerdded)
- 3 Mynd am dro (plentyn mewn pram / bygi neu'n cael ei gario / chario)
- 4 Rhedeg
- 5 Reidio beic (oddi ar y ffordd)
- 6 Reidio beic (ar y ffordd)
- 7 Marchogaeth ceffyl
- 8 Pysgota
- 9 Dringo creigiau neu ogofa
- 10 Nofio awyr agored
- 11 Chwaraeon dŵr
- 12 Gwyllo bywyd gwylt
- 13 Cael picnic neu farbeciw
- 14 Arall (nodwch)

### Showcard 86

- 1 Playing outdoors
- 2 Going for a walk (child walking)
- 3 Going for a walk (child in a pram / pushchair or being carried)
- 4 Running
- 5 Riding a bike (off road)
- 6 Riding a bike (on road)
- 7 Horse riding
- 8 Fishing
- 9 Rock climbing or caving
- 10 Swimming outdoors
- 11 Watersports
- 12 Wildlife watching
- 13 Having a picnic or barbecue
- 14 Other (please specify)

86

**Cerdyn 87**

- 1 Hawdd iawn
- 2 Gweddol hawdd
- 3 Gweddol anodd
- 4 Anodd iawn
- 5 Dim gofod gwyrdd ar gael

**Showcard 87**

- 1 Very easy
- 2 Fairly easy
- 3 Fairly difficult
- 4 Very difficult
- 5 No green spaces available

Sample Sample

87

**Cerdyn 88**

- 1 Diogel iawn
- 2 Gweddol ddiogel
- 3 Ychydig yn anniogel
- 4 Anniogel iawn

**Showcard 88**

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

Sample/Sample

88

### Cerdyn 89

- 1 Wedi gwella
- 2 Aros yr un fath
- 3 Wedi gwaethygu

### Showcard 89

- 1 Got better
- 2 Stayed the same
- 3 Got worse

Sample/Sample

89

**Cerdyn 90**

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

**Showcard 90**

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

Sample/Sample

90

### **Cerdyn 91**

- 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

### **Showcard 91**

- 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

Sample Sample

# 91

## Cerdyn 92

- 1 Trethi uwch ar betrol
- 2 Trethi uwch ar geir llai ecogyfeillgar
- 3 Gwario mwy ar wella trafndiaeth gyhoeddus
- 4 Codi tâl ar yrwyr am ddod i drefi a dinasoedd
- 5 Mwy o lwybrau beicio
- 6 Mwy o lwybrau diogel i blant gerdded i'r ysgol
- 7 Grantiau i helpu i dalu am inswleiddio cartrefi
- 8 Gwahardd gwerthu nwyddau cartref nad ydynt yn effeithlon o ran ynni
- 9 Mwy o ddefnydd o ynni adnewyddadwy (e.e. gwynt, solar)
- 10 Mwy / gwell gwybodaeth am arbed ynni

## Showcard 92

- 1 Higher taxes on petrol
- 2 Higher taxes on less environmentally friendly cars
- 3 Spending more on improving public transport
- 4 Charging drivers for coming into towns and cities
- 5 More cycle routes
- 6 More safe routes for children to walk to schools
- 7 Grants to help fund insulation of homes
- 8 Banning the sale of household goods that are not energy efficient
- 9 More use of renewable energy (e.g. wind, solar)
- 10 More / better information on reducing energy use

92

### Cerdyn 93

- 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 93

- 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

93



**Cerdyn 94**

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

**Showcard 94**

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

Sample/Sample

94

### Cerdyn 95

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

### Showcard 95

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

Sample/Sample

95

### **Cerdyn 96**

- 1 Bwyd a nwyddau eraill, mwy na dau lond bag o siopa mewn un trip
- 2 Bwyd a nwyddau eraill, hyd at ddau lond bag o siopa mewn un trip
- 3 Siopa o fath arall (nid siopa bwyd)
- 4 Dim un o'r rhain

### **Showcard 96**

- 1 Food and groceries, more than two full carrier bags of shopping in one trip
- 2 Food and groceries, up to two full carrier bags of shopping in one trip
- 3 Other shopping trip (not food or groceries)
- 4 None of these

Sample/Showcard

96

**Cerdyn 97**

- 1 Dydd Llun
- 2 Dydd Mawrth
- 3 Dydd Mercher
- 4 Dydd Iau
- 5 Dydd Gwener
- 6 Dydd Sadwrn
- 7 Dydd Sul

**Showcard 97**

- 1 Monday
- 2 Tuesday
- 3 Wednesday
- 4 Thursday
- 5 Friday
- 6 Saturday
- 7 Sunday

Sample Sample

97

### Cerdyn 98

- 1 Bag papur
- 2 Bag plastig tenau
- 3 Bag plastig trwchus y gellir ei aildefnyddio
- 4 Bag siopa nad yw'n blastig y gellir ei aildefnyddio (e.e. lliain, cynfas, jiw)
- 5 Math arall o fag (e.e. sach ar y cefn, ysgrepan)
- 6 Bocs cardfwrdd, bocs plastig neu grât
- 7 Cario heb fag
- 8 Arall

### Showcard 98

- 1 Paper bag
- 2 Thin plastic carrier bag
- 3 Thick plastic reusable carrier bag
- 4 Non-plastic reusable shopping bag (e.g. cloth, canvas, jute)
- 5 Other kind of bag (e.g. rucksack, holdall)
- 6 Cardboard box, plastic box or crate
- 7 Carried it without a bag
- 8 Other

98

### **Cerdyn 99**

- 1 Eu cymryd o'r cartref / eu cadw yn y car
- 2 Bagiau newydd wrth dalu
- 3 Cymryd rhai o'r cartref a rhai newydd wrth dalu

### **Showcard 99**

- 1 Took them from home / they are kept in the car
- 2 New bags provided at the checkout
- 3 Took some from home and some provided at checkout

Sample/Samples

99

## Cerdyn 100

- 1 Dydd Llun
- 2 Dydd Mawrth
- 3 Dydd Mercher
- 4 Dydd Iau
- 5 Dydd Gwener
- 6 Dydd Sadwrn
- 7 Dydd Sul

## Showcard 100

- 1 Monday
- 2 Tuesday
- 3 Wednesday
- 4 Thursday
- 5 Friday
- 6 Saturday
- 7 Sunday

Sample Sample

# 1000

### Cerdyn 101

- 1 Bag papur
- 2 Bag plastig tenau
- 3 Bag plastig trwchus y gellir ei aildefnyddio
- 4 Bag siopa nad yw'n blastig y gellir ei aildefnyddio (e.e. lliain, cynfas, jiw)
- 5 Math arall o fag (e.e. sach ar y cefn, ysgrepan)
- 6 Bocs cardfwrdd, bocs plastig neu grât
- 7 Cario heb fag
- 8 Arall

### Showcard 101

- 1 Paper bag
- 2 Thin plastic carrier bag
- 3 Thick plastic reusable carrier bag
- 4 Non-plastic reusable shopping bag (e.g. cloth, canvas, jute)
- 5 Other kind of bag (e.g. rucksack, holdall)
- 6 Cardboard box, plastic box or crate
- 7 Carried it without a bag
- 8 Other

101



### Cerdyn 102

- 1 Eu cymryd o'r cartref / eu cadw yn y car
- 2 Bagiau newydd wrth dalu
- 3 Cymryd rhai o'r cartref a rhai newydd wrth dalu

### Showcard 102

- 1 Took them from home / they are kept in the car
- 2 New bags provided at the checkout
- 3 Took some from home and some provided at checkout

Sample/Sample

102

### Cerdyn 103

- 1 Dydw i byth yn defnyddio fy magiau fy hun
- 2 Prin iawn ydw i'n defnyddio fy magiau fy hun
- 3 Weithiau rwy'n defnyddio fy magiau fy hun
- 4 Rwy'n defnyddio fy magiau fy hun gan amlaf / bob tro
- 5 Dydw i ddim yn mynd i siop i brynu bwyd a nwyddau eraill

### Showcard 103

- 1 I never use my own bags
- 2 I rarely use my own bags
- 3 I sometimes use my own bags
- 4 I use my own bags most of the time / always
- 5 I don't shop in store for food and groceries

103

**Cerdyn 104**

- 1 Dydd Llun
- 2 Dydd Mawrth
- 3 Dydd Mercher
- 4 Dydd Iau
- 5 Dydd Gwener
- 6 Dydd Sadwrn
- 7 Dydd Sul

**Showcard 104**

- 1 Monday
- 2 Tuesday
- 3 Wednesday
- 4 Thursday
- 5 Friday
- 6 Saturday
- 7 Sunday

Sample Sample

104

### Cerdyn 105

- 1 Bag papur
- 2 Bag plastig tenau
- 3 Bag plastig trwchus y gellir ei aildefnyddio
- 4 Bag siopa nad yw'n blastig y gellir ei aildefnyddio (e.e. lliain, cynfas, jiw)
- 5 Math arall o fag (e.e. sach ar y cefn, ysgrepan)
- 6 Bocs cardfwrdd, bocs plastig neu grât
- 7 Cario heb fag
- 8 Arall

### Showcard 105

- 1 Paper bag
- 2 Thin plastic carrier bag
- 3 Thick plastic reusable carrier bag
- 4 Non-plastic reusable shopping bag (e.g. cloth, canvas, jute)
- 5 Other kind of bag (e.g. rucksack, holdall)
- 6 Cardboard box, plastic box or crate
- 7 Carried it without a bag
- 8 Other

105

### **Cerdyn 106**

- 1 Eu cymryd o'r cartref / eu cadw yn y car
- 2 Bagiau newydd wrth dalu
- 3 Cymryd rhai o'r cartref a rhai newydd wrth dalu

### **Showcard 106**

- 1 Took them from home / they are kept in the car
- 2 New bags provided at the checkout
- 3 Took some from home and some provided at checkout

Sample/Samples

106

### Cerdyn 107

- 1 Dydw i byth yn defnyddio fy magiau fy hun
- 2 Prin iawn ydw i'n defnyddio fy magiau fy hun
- 3 Weithiau rwy'n defnyddio fy magiau fy hun
- 4 Rwy'n defnyddio fy magiau fy hun gan amlaf / bob tro
- 5 Dydw i ddim yn mynd i siop i brynu bwyd a nwyddau eraill

### Showcard 107

- 1 I never use my own bags
- 2 I rarely use my own bags
- 3 I sometimes use my own bags
- 4 I use my own bags most of the time / always
- 5 I don't shop in store for food and groceries

107

### Cerdyn 108

- 1 Unwaith yn unig
- 2 2 – 10 gwaith
- 3 11 – 50 gwaith
- 4 Mwy na 50 gwaith

### Showcard 108

- 1 Single use only
- 2 2 – 10 times
- 3 11 – 50 times
- 4 More than 50 times

Sample/Sample

# 108

### Cerdyn 109

- 1 Wedi rhoi nwyddau neu eitemau i siopau elusen
- 2 Wedi gwerthu eitemau ail law drwy arwerthiant cist car
- 3 Wedi gwerthu eitemau ail law drwy wefannau fel eBay neu Gumtree
- 4 Wedi gwerthu eitemau ail law drwy hysbysebion mewn papurau newydd lleol, ffenestri siopau ac ati
- 5 Wedi defnyddio Freecycle, Freegle, Furniture Reuse Network ac ati i roi eitemau ail law i bobl
- 6 Wedi rhoi neu werthu nwyddau neu eitemau ail law i ffrindiau / teulu / cymdogion
- 7 Wedi gwerthu neu roi eitemau ail law mewn ffordd arall
- 8 Dim un o'r rhain

### Showcard 109

- 1 Donated goods or items to charity shops
- 2 Sold items secondhand through a car boot sale
- 3 Sold items secondhand through websites such as eBay or Gumtree
- 4 Sold items secondhand through ads in local newspapers, shop windows, etc.
- 5 Used organisations like Freecycle, Freegle, Furniture Reuse Network, etc to give away items secondhand
- 6 Given away or sold secondhand goods or items to friends / family / neighbours
- 7 Sold or given away secondhand items in another way
- 8 None of these

109



### Cerdyn 110

- 1 Wedi prynu nwyddau neu eitemau ail law o siopau elusen
- 2 Wedi prynu eitemau ail law drwy arwerthiant cist car
- 3 Wedi prynu eitemau ail law drwy wefannau fel eBay neu Gumtree
- 4 Wedi prynu eitemau ail law drwy hysbysebion mewn papurau newydd lleol, ffenestri siopau ac ati
- 5 Wedi defnyddio Freecycle, Freegle, Furniture Reuse Network ac ati i roi eitemau ail law i bobl
- 6 Wedi prynu neu dderbyn nwyddau neu eitemau ail law oddi wrth ffrindiau / teulu / cymdogion
- 7 Wedi prynu neu dderbyn eitemau ail law mewn ffordd arall
- 8 Dim un o'r rhain

### Showcard 110

- 1 Bought secondhand goods or items from charity shops
- 2 Bought secondhand items through a car boot sale
- 3 Bought secondhand items through websites such as eBay or Gumtree
- 4 Bought secondhand items through ads in local newspapers, shop windows, etc.
- 5 Used organisations like Freecycle, Freegle, Furniture Reuse Network, etc to get items secondhand
- 6 Bought or received secondhand goods or items to friends / family / neighbours
- 7 Bought or received secondhand items in another way
- 8 None of these

110

## Cerdyn 111

Wedi ymweld ag amgueddfa

Wedi mynd i gaffi neu siop amgueddfa

Wedi gwrandio ar sgwrs gan guradur amgueddfaol

Wedi mynychu digwyddiad neu weithdy mewn amgueddfa

Wedi gwneud ymholiad i amgueddfa am bwnc neu eitem o ddiddordeb

Wedi defnyddio amgueddfa at ddibenion ymchwil

## Showcard 111

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

1 1 1

## Cerdyn 112

- 1 Ffilm yn y sinema
- 2 Sioe gerdd (nid opera)
- 3 Opera
- 4 Ballet
- 5 Perfformiad dawnys gyfoes
- 6 Drama
- 7 Perfformiad neu ddigwyddiad cerddoriaeth glasurol
- 8 Perfformiad neu ddigwyddiad jazz
- 9 Perfformiad neu ddigwyddiad cerddoriaeth gwerin, traddodiadol neu'r byd
- 10 Perfformiad neu ddigwyddiad cerddoriaeth fyw arall
- 11 Oriel neu arddangosfa gelf a chrefft
- 12 Darlleniad, adrodd straeon neu ddigwyddiad llenyddol arall
- 13 Carnifal neu berfformiad celfyddydau'r stryd
- 14 Syrcas (heb fod yn cynnwys anifeiliaid)
- 15 Gŵyl gelfyddydol (e.e. cerddoriaeth, llenyddiaeth, drama, dawnys neu Eisteddfod)
- 16 Pantomeim
- 17 Dim un o'r rhain

## Showcard 112

- 1 A film at the cinema
- 2 A musical (not an opera)
- 3 An opera
- 4 A ballet
- 5 A contemporary dance performance
- 6 A play
- 7 A classical music performance or event
- 8 A jazz performance or event
- 9 A folk, traditional or world music performance or event
- 10 Other live music performance or event
- 11 An art or craft gallery or exhibition
- 12 A reading, storytelling or other literary event
- 13 A carnival or street arts performance
- 14 A circus (not involving animals)
- 15 An arts festival (e.g. music, literature, drama, dance or an Eisteddfod)
- 16 A pantomime
- 17 None of the above

### Cerdyn 113

- 1 Unwaith y mis neu fwy
- 2 Unwaith bob 2 – 3 mis
- 3 Unwaith bob 4 – 6 mis
- 4 Unwaith yn y 12 mis diwethaf

### Showcard 113

- 1 Once a month or more
- 2 Once every 2 – 3 months
- 3 Once every 4 – 6 months
- 4 Once in the last 12 months

Sample/Sample

1 1 3

## Cerdyn 114

- 1 Ffilm yn y sinema
- 2 Sioe gerdd (nid opera)
- 3 Opera
- 4 Ballet
- 5 Perfformiad dawnys gyfoes
- 6 Drama
- 7 Perfformiad neu ddigwyddiad cerddoriaeth glasurol
- 8 Perfformiad neu ddigwyddiad jazz
- 9 Perfformiad neu ddigwyddiad cerddoriaeth gwerin, traddodiadol neu'r byd
- 10 Perfformiad neu ddigwyddiad cerddoriaeth fyw arall
- 11 Oriel neu arddangosfa gelf a chrefft
- 12 Darlleniad, adrodd straeon neu ddigwyddiad llenyddol arall
- 13 Carnifal neu berfformiad celfyddydau'r stryd
- 14 Syrcas (heb fod yn cynnwys anifeiliaid)
- 15 Gŵyl gelfyddydol (e.e. cerddoriaeth, llenyddiaeth, drama, dawnys neu Eisteddfod)
- 16 Pantomeim

## Showcard 114

- 1 A film at the cinema
- 2 A musical (not an opera)
- 3 An opera
- 4 A ballet
- 5 A contemporary dance performance
- 6 A play
- 7 A classical music performance or event
- 8 A jazz performance or event
- 9 A folk, traditional or world music performance or event
- 10 Other live music performance or event
- 11 An art or craft gallery or exhibition
- 12 A reading, storytelling or other literary event
- 13 A carnival or street arts performance
- 14 A circus (not involving animals)
- 15 An arts festival (e.g. music, literature, drama, dance or an Eisteddfod)
- 16 A pantomime

### **Cerdyn 115**

- 1 Rhywle yn eich ardal leol
- 2 Rhywle arall yn eich awdurdod lleol
- 3 Rhywle arall yng Nghymru
- 4 Gweddill y Deyrnas Unedig
- 5 Dramor

### **Showcard 115**

- 1 Somewhere in your local neighbourhood
- 2 Somewhere else in your local authority
- 3 Elsewhere in Wales
- 4 Rest of UK
- 5 Abroad

Sample/Samples

# 115

### Cerdyn 116

- 1 Gweld perfformiwr, artist neu gwmni penodol
- 2 Gweld sioe neu ddigwyddiad penodol
- 3 Perthynas neu ffrind yn cymryd rhan yn y digwyddiad
- 4 Hoffi mynd i'r math yna o ddigwyddiad
- 5 Achlysur arbennig / dathliad
- 6 Digwyddiad cymdeithasol neu noson allan
- 7 Rhywun arall wedi fy ngwahodd i fynd
- 8 Ffrind neu berthynas wedi argymhell
- 9 Mynd gyda'r plant
- 10 Digwydd bod yn mynd heibio
- 11 Cysylltiedig gyda gwaith neu astudiaethau
- 12 Ar gyfer adloniant / mwynhad
- 13 Arall (nodwch)

### Showcard 116

- 1 To see a specific performer, artist or company
- 2 To see a specific show or event
- 3 A relative or friend was involved in the event
- 4 Like going to that type of event
- 5 Special occasion / celebration
- 6 Social event or night out
- 7 Invited to go by someone else
- 8 Recommended by a friend or relative
- 9 Accompanying children
- 10 Happened to be passing by
- 11 Connected with work or studies
- 12 For entertainment / enjoyment
- 13 Other (please specify)

116

## Cerdyn 117

- 1 Cerddoriaeth o unrhyw fath yn cynnwys canu offeryn, canu, helpu mewn côr, band pres, cerddorfa, grŵp gwerin, roc neu jazz
- 2 Drama neu weithgaredd theatrig o unrhyw fath
- 3 Gweithgaredd dawns o unrhyw fath
- 4 Gwneud ffilmiau neu ffotograffiaeth (heblaw am luniau teuluol, gwyliau neu barti)
- 5 Celf a chrefft gweledol (e.e. peintio, cerflunio, graffeg gyfrifiadurol, crochenwaith, turnio troi coed, gwneud gemwaith, gwehyddu neu decstilau)
- 6 Ysgrifennu creadigol (e.e. barddoniaeth neu straeon)
- 7 Sgiliau syrcas, celfyddydau'r stryd neu weithgaredd arall theatr corfforol
- 8 Dim un o'r rhain

## Showcard 117

- 1 Music of any kind including playing an instrument, singing, helping out in a choir, brass band, orchestra, folk, rock or jazz group
- 2 Drama or theatrical activity of any kind
- 3 Dance activity of any kind
- 4 Film making or photography (other than family, holiday or party snaps)
- 5 Visual arts and crafts (e.g. painting, sculpting, computer graphics, pottery, wood turning, jewellery making, weaving or textiles)
- 6 Creative writing (e.g. poetry or writing stories)
- 7 Circus skills, street arts or other physical theatre activity
- 8 None of the above

117



### **Cerdyn 118**

- 1 Unwaith yr wythnos neu fwy
- 2 2 – 3 gwaith y mis
- 3 Unwaith y mis
- 4 Unwaith bob 2 – 3 mis
- 5 Unwaith bob 4 – 6 mis
- 6 Unwaith yn y 12 mis diwethaf

### **Showcard 118**

- 1 Once a week or more
- 2 2 – 3 times a month
- 3 Once a month
- 4 Once every 2 – 3 months
- 5 Once every 4 – 6 months
- 6 Once in the last 12 months

Sample/Showcard

118

## Cerdyn 119

- 1 Cerddoriaeth o unrhyw fath yn cynnwys canu offeryn, canu, helpu mewn côr, band pres, cerddorfa, grŵp gwerin, roc neu jazz
- 2 Drama neu weithgaredd theatrig o unrhyw fath
- 3 Gweithgaredd dawns o unrhyw fath
- 4 Gwneud ffilmiau neu ffotograffiaeth (heblaw am luniau teuluol, gwyliau neu barti)
- 5 Celf a chrefft gweledol (e.e. peintio, cerflunio, graffeg gyfrifiadurol, crochenwaith, turnio troi coed, gwneud gemwaith, gwehyddu neu decstilau)
- 6 Ysgrifennu creadigol (e.e. barddoniaeth neu straeon)
- 7 Sgiliau syrcas, celfyddydau'r stryd neu weithgaredd arall theatr corfforol
- 8 Dim un o'r rhain

## Showcard 119

- 1 Music of any kind including playing an instrument, singing, helping out in a choir, brass band, orchestra, folk, rock or jazz group
- 2 Drama or theatrical activity of any kind
- 3 Dance activity of any kind
- 4 Film making or photography (other than family, holiday or party snaps)
- 5 Visual arts and crafts (e.g. painting, sculpting, computer graphics, pottery, wood turning, jewellery making, weaving or textiles)
- 6 Creative writing (e.g. poetry or writing stories)
- 7 Circus skills, street arts or other physical theatre activity
- 8 None of the above

119

### Cerdyn 120

- 1 Yn eich cartref eich hun
- 2 Rhywle yn eich ardal leol
- 3 Rhywle arall yn eich awdurdod lleol
- 4 Rhywle arall yng Nghymru
- 5 Gweddill y Deyrnas Unedig
- 6 Dramor

### Showcard 120

- 1 In your own home
- 2 Somewhere in your local neighbourhood
- 3 Somewhere else in your local authority
- 4 Somewhere else in Wales
- 5 Rest of UK
- 6 Abroad

Sample

120

### Cerdyn 121

- 1 I ddysgu sgiliau newydd
- 2 Mwynhad / pleser
- 3 Mae'n gwella fy hyder
- 4 Ffrindiau'n cymryd rhan
- 5 Yn fy nghael allan o'r tŷ
- 6 Mae'n gwella fy iechyd
- 7 Mae'n gwella fy ansawdd bywyd / lles
- 8 Datblygu fy nghreadigrwydd a hunan-fynegiant
- 9 Arall (nodwch)

### Showcard 121

- 1 To learn new skills
- 2 Enjoyment / pleasure
- 3 Improves my confidence
- 4 Friends take part
- 5 Gets me out of the house
- 6 Improves my health
- 7 Improves my quality of life / well-being
- 8 Develops my creativity and self-expression
- 9 Other (please specify)

121

### Cerdyn 122

- 1 Unwaith y mis neu fwy
- 2 Unwaith bob 2 – 3 mis
- 3 Unwaith bob 4 – 6 mis
- 4 Unwaith yn y 12 mis diwethaf
- 5 Dim o gwbl yn y 12 mis diwethaf

### Showcard 122

- 1 Once a month or more
- 2 Once every 2 – 3 months
- 3 Once every 4 – 6 months
- 4 Once in the last 12 months
- 5 Not at all in the last 12 months

Sample/Showcard

122

### Cerdyn 123

- 1 Mae'n anodd dod o hyd i amser
- 2 Mae'n rhy ddrud
- 3 Ymrwymadau teuluol / gofal plant
- 4 Nid yw fy iechyd yn ddigon da
- 5 Diffyg mynediad / cyfleusterau ar gyfer pobl anabl
- 6 Cefais brofiad gwael y tro diwethaf i mi fynd
- 7 Dim diddordeb mewn gwneud y pethau hyn
- 8 Eisioes yn mynd / cymryd rhan mor aml ag yr wyf yn dymuno
- 9 Arall (nodwch)

### Showcard 123

- 1 It is difficult to find the time
- 2 It costs too much
- 3 Family commitments / childcare
- 4 My health is not good enough
- 5 Lack of access / facilities for disabled people
- 6 I had a bad experience the last time I went
- 7 I'm not interested in doing these things
- 8 I already go / take part as often as I want to
- 9 Other (please specify)

1 2 3

## Cerdyn 124

Rhai enghreifftiau:

Bowls

Golff

Psygota

Nofio

Cerdded

Beicio

Marchogaeth

Mynd i'r gampfa neu i ddosbarthiadau  
ffitrwydd

Dawnsio

Pŵl

## Showcard 124

Some examples:

Bowls

Golf

Fishing

Swimming

Rambling

Cycling

Horse riding

Gym or fitness classes

Dance

Pool

124

## Cerdyn 125

- 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 125

- 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 126

- 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 126

- 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

125 & 126

## Cerdyn 127

- 1 BMX
- 2 Canŵio
- 3 Raliŵ 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 127

- 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 128

- 17 Cyfeiriannu
- 18 Crwydro / cerdded bryniau a mynyddoedd
- 19 Sglefrolio / sglefrio mewnlínell
- 20 Rhwyfo
- 21 Hwylío
- 22 Sglefrfyrrddio (awyr agored)
- 23 Sgío
- 24 Eirafyrrddio
- 25 Tanddwr
- 26 Syrffio
- 27 Cerdded (mwy na 2 filltir)
- 28 Sgío dŵr
- 29 Hwylfyrrddio neu syrffio bwrdd
- 30 Iotío
- 31 Gweithgaredd awyr agored arall
- 32 Dim un o'r rhain

## Showcard 128

- 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

127 & 128

### Cerdyn 129

- 1 Athletau (trac neu gae) (dan do)
- 2 Badminton
- 3 Pêl fased (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 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 ddisbarthiadau ffitrwydd
- 21 Gymnasteg
- 22 Pêl llaw

### Showcard 129

- 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

## Cerdyn 130

- 23 Hoci (dan do)
- 24 Hoci iâ
- 25 Sglefrio iâ
- 26 Crefftau ymladd
- 27 Pêl rwyd (dan do)
- 28 Pwl
- 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 130

- 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 131**

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

### **Showcard 131**

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

Sample Sample

131

### **Cerdyn 132**

- 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 132**

- 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

132

### Cerdyn 133

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

### Showcard 133

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

Sample/Sample

133



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Sample/Sample

### Cerdyn 134

- 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 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 ddsbarthiadau ffitrwydd
- 21 Gymnasteg
- 22 Pêl llaw

### Showcard 134

- 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

## Cerdyn 135

- 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 135

- 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

134 & 135

### **Cerdyn 136**

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

### **Showcard 136**

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

Sample/Showcard

136

### **Cerdyn 137**

- 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 137**

- 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

137

### **Cerdyn 138**

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

### **Showcard 138**

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

Sample/Sample

# 138

### Cerdyn 139

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

### Showcard 139

- 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

139

### Cerdyn 140

- 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 140

- 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

140



**Cerdyn 141**

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

**Showcard 141**

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

Sample/Sample

141

## Cerdyn 142 / Showcard 142

	... 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		

142

### Cerdyn 143

- 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 143

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

Sample/Showcard

143

### Cerdyn 144

- 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 144

- 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

144