

UN Sung HEROES — THE CURSE OF THE DOUGHNUT

**Wedi'i ddyfeisio a'i berfformio gan
Flight Wings Creative Group
Devised and performed by Flight
Wings Creative Group**
Jonathan Bush, Samantha Delaitre,
Rachel Evans, Emma Garwood,
William Lanciotti, Shannon Owen

**Ysgrifennwyd gan
Written by**
Bethan Marlow

**Cyfarwyddwr
Director**
Gemma Fraser-Jones

**Dylunydd
Designer**
Sandra Gustafsson

**Dylunydd Sain
Sound Designer**
Chris "AcouChristo" Young

**Sain ychwanegol
Additional sound**
Deri Roberts

**Cefnogaeth gweithdai
Workshop support**
Hannah Lad
Ian McAndrew
Tom Stupple

**Diolch Arbennig
Special Thanks**
Beth Caudle
Cwmni Dawns Cenedlaethol Cymru
National Dance Company Wales

PENCIL BREAKERS

Dymunai'r awduron aros yn ddi-enw
The writers wish to remain anonymous

**Arweiniwyd y grŵp gan
Group led by**
Bethan Marlow

**Artist Llais
Voice Over Artist**
Mali Ann Rees

**Cyfarwyddwr Sain
Audio Director**
Jain Boon

**Cynhyrchydd Sain
Audio Producer**
Molly Palmer

**Artist gweledol
Visual artist**
Becky Davies

**Cefnogaeth gweithdai
Workshop support**
Miranda Ballin

DIM MWY / NO MORE

**Cyd-grëwyd y gân gyda
Song co-created with**
Sahara Camilleri
Tia Camilleri
Tia Davies
Osian Dowsett
Hope Spencer
Liam Thomas,
Niamh Wedlake

**Geiriau a cherddoriaeth
Lyrics and music**
Amy Jenkins
Ndidi John
Bethan Marlow
Deri Roberts

**Perfformwyr fideo'r gerddoriaeth
Music Video performers**
Amy Jenkins
Ndidi John
Nikita Gill
Tia Camilleri

**Cyfarwyddwraig y fideo
Music Video director**
Ndidi John

**Cynhyrchydd Sain
Audio Producer**
Deri Roberts

**Ffilmiwyd gan
Filmed by**
Like an Egg Productions

**Diolch arbennig
Special Thanks**
Jason Camilleri
Coralanne Evans

DISRUPTION

Dyfeisiwyd a chrëwyd gan Theatr Ieuenticid Rhydyfelin
Devised and created by Rhydyfelin Youth Theatre

Jack Bishop
Dan Jarrett
Kiera Lacey,
Kaidy Lacey
Ellie Lawrence

**Diolch arbennig i'r bobl ifanc
a gymerodd rhan yn y broses ddyfeisio
Special thanks to the young people
who were involved in the devising process**

Gethin Baker
Rhianydd Crockford
Finley Dowsett
Farrah Earl
Crystal Evans
Jade Evans
Maisee D Furr
Logan Henning
Jarred Hopkins
Hollie Rose Jones
Olivia Jones
Aneurin Mahoney
Suzie Anne Webb
Caitlin Williams

**Cyfarwyddwraig
Director**
Rachel Clement

**Cyd-grëwyd gan
Co-created with**
Jain Boon

**Crëwr ffilm
Filmmaker**
Jorge Lizalde

**Cyfansoddwr
Composer**
Sam Jones

**Cefnogaeth Dechnegol a Grŵp
Technical and Group Support**
Tom Stupple

**Diolch Arbennig
Special Thanks**
Michelle Hall
Hannah Lad
Jack Philp
Erika Taylor
Claire Weston

ROARING TWENTIES

Coreograffwyd a pherfformiwyd gan
Choreographed and performed by

Coralanne Evans
Nikita Gill

**Sain
Sound**
Guy Evans

Mae dawns Coral a Nikita er cof am eu Nain prydferth a fu farw'n ddiweddar. Roedd hi bob tro wedi'u hannog i ddilyn eu breuddwydion ac yn gefnogol o'r cychwyn cyntaf. Roedd hi'n edrych ymlaen i'w gwyllo'n perfformio gyda'i gilydd. Ond gwyddon ei bod dal yn eu gwyllo a'u cefnogi o'r nen.

Coral and Nikita's dance is dedicated to their beautiful Nan who passed away recently. She always encouraged them to follow their dreams and supported them from day one. She was looking forward to watching them perform together. But we all know she's still watching them and cheering them on from above.

Dyma un i Nanny Joan.

This one's for you our beautiful Nanny Joan.

THE STORM

Dyfeisiwyd a pherfformiwyd gan Theatr Ieuenticid Penygraig
Devised and performed by Penygraig Youth Theatre

Jake Lewis
Luke McGrath
Kiel Rimer
Liam Thomas
Yasmin Williams
Jain Boon
Ian McAndrew

**Diolch arbennig i'r bobl ifanc a gymerodd
rhan yn y broses ddyfeisio
Special thanks to the young people who were
involved in the devising process**

Malia Blossom
Courtney Griffiths
Levi Phillips

**Cyfarwyddwr
Director**
Jain Boon

**Awdur
Writer**
Claire Hathway

**Cyfansoddwr
Composer**
Lucy Rivers

**Dylunydd
Designer**
Georgina Miles

**Dylunydd Sain
Sound Designer**
Guy Evans

**Adeiladwr Setiau
Set Builder**
Gary Dapper

**Cyfieithydd BSL
BSL Interpreter**
Sami Dunn

**Effeithiau sain gan
Sound effects from**
Freesound.org

**Diolch arbennig
Special thanks**

Penny Simcock a Chanolfan Celfyddydau'r Melville, Y Fenni
Penny Simcock and the Melville Centre for the Arts Abergavenny
Debra Jone

LEANNE

Ysgrifennwyd a pherfformiwyd gan
Written and performed by

Hannah Lad

Cyfarwyddwr

Director

Jain Boon

Dramawriaeth

Dramaturgy

Bethan Marlow

Cyfieithydd BSL

BSL Interpreter

Sami Dunn

VOICES OF THE RHONDDA

Dyfeisiwyd a pherfformiwyd gan Weithdy Ddrama Penynglyn
Devised and performed by Penynglyn Drama Workshop
Charlee Bundy, Maddison Evans, Brianna Griffiths,
Libby Lewis, Robyn Lewis, Jenson Thomas, Phoebe Williams

Diolch arbennig i'r bobl ifanc a gymerodd rhan
yn y broses ddyfeisio

Special thanks to the young people who
were involved in the devising process

Tyra Evans, Ella Jones, Seren Llewellyn, Cady Lloyd, Naomi Pool,
Logan Rees, Robyn Salsby, Noah Warner, Bryony Williams, Krystal
Williams, Layla Williams, Mackenzie Williams

Diolch arbennig i'r gymuned a fu'n cyfrannu eu hanesion
Special thanks to the community who contributed their stories

Anne, Brian, Iestyn, Jean, Jonathan, Rachel
Trina, ac i rieni'r grŵp

Cyfarwyddwyd gan

Directed by

Rachel Clement a Bethan Marlow

Ysgrifennwyd gan

Written by

Rachel Clement a Bethan Marlow

Dylunydd

Designer

Constance Canavarro

Dylunydd Sain

Sound Designer

Chris "AcouChristo" Young

Cyfieithydd BSL

BSL Interpreter

Sami Dunn

Cefnogwyd gan

Supported by

Gemma Fraser-Jones

Diolch arbennig

Special thanks

Jonathan Bundy, Beth Caudle, Anne Culverhouse-Evans, Guy Evans,
Caroline Jones, Hannah Lad a Tom Stuppel, Coleg Brenhinol Cerdd
a Drama Cymru, Theatr y Sherman, Opera Cenedlaethol Cymru

GRŴP LLYWIO YN GRYFACH **YNGHYD / TOGETHER** **STRONGER STEERING GROUP**

Sahara Camilleri

Caerdydd

Cardiff

Tia Camilleri

Caerdydd

Cardiff

Samantha Delaitre

Flight Wings

Maisee D Furr

Rhydyfelin

Kaidy Lacey

Rhydyfelin

Kiera Lacey

Rhydyfelin

Edward Lee

Caerdydd

Cardiff

Luke McGrath

Penygraig

Levi Phillips

Penygraig

Mackenzie Williams

Penynglyn

Phoebe Williams

Penynglyn

Diolch arbennig

Special thanks

Tegan Davies, Courtney Griffiths,
Chelsea Jones, Leanne Lemonleigh, Seren Llewellyn,
Cady Lloyd, Leah Marker, Ioan Morris,
Nathan Morris, Karl Peachy, Ashley Williams,
Mackenzie Williams, Mike Williams

Prif Artist a Chyfarwyddwraig Creadigol
Lead Artist and Creative Director
Bethan Marlow

Cyfarwyddwr Cyswllt
Associate Director
Jain Boon

Cynhyrchydd
Producer
Alan Humphreys

Cynorthwydd Cynhyrchu
Production Assistant
Kiara Sullivan

Rheolwr Cynhyrchu
Production Manager
Nick Allsop

Cyfarwyddwraig Artistig Sparc
Sparc Artistic Director
Miranda Ballin

Diolch arbennig
Special thanks
Beth Caudle

Diolch i / Thanks to
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