

## Help gyda chostau pan fydd gennych chi ganser

Mae'r wybodaeth hon ynghylch help gyda chostau os oes gennych chi ganser. Os oes gennych unrhyw gwestiynau ynghylch y wybodaeth hon, gallwch ffonio Cymorth Canser Macmillan ar **0808 808 00 00**, 7 diwrnod yr wythnos rhwng 8am a 8pm. Mae gennym gyfieithwyr, fel y gallwch siarad â ni yn eich iaith eich hun. Pan fyddwch yn ein ffonio, dywedwch wrthym yn Saesneg pa iaith yr ydych ei hangen.

Mae yna ragor o wybodaeth ar ganser mewn ieithoedd eraill ar [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

### Mae'r wybodaeth hon yn trafod:

- Help gyda chostau trafndiaeth
- Help gyda phresgripsiynau a chostau iechyd eraill
- Cymorth i rieni
- Grantiau a benthyciadau
- Sut y gall Macmillan eich helpu chi
- Mwy o wybodaeth yn Gymraeg
- Cyfeiriadau a diolchiadau

### Help gyda chostau trafndiaeth

Os ydych chi ar incwm isel, mae'n bosibl y bydd modd i chi gael help gyda chostau teithio i'r ysbyty ar gyfer eich triniaeth. Gallech gael ad-daliad ar eich costau bws, trên neu dacsï. Neu gallech gael arian i helpu gyda rhywfaint o'ch costau petrol. Mae pobl sydd â chanser yn cael parcio am ddim mewn llawer o ysbytai'r DU. Siaradwch â'r staff yn yr ysbyty am ragor o wybodaeth.

Gall rhai pobl hŷn a phobl anabl brynu tocynnau bws a thrên ar gyfradd arbennig. I gael rhagor o wybodaeth, ewch i [gov.uk](http://gov.uk) neu [nidirect.gov.uk](http://nidirect.gov.uk)

Os ydych chi'n cael trafferth symud, mae'n bosibl y bydd modd i chi gael Bathodyn Glas. Mae hyn yn eich galluogi i barcio mewn llefydd parcio sy'n nes at ble rydych chi eisiau bod, fel ysbytai neu archfarchnadoedd. I gael rhagor o wybodaeth, ewch i [gov.uk](http://gov.uk) neu [nidirect.gov.uk](http://nidirect.gov.uk)

## Help gyda phresgripsiynau a chostau iechyd eraill

- **Presgripsiynau** - Yng Nghymru, yr Alban a Gogledd Iwerddon, mae presgripsiynau yn rhad ac am ddim i bawb. Yn Lloegr, mae presgripsiynau am ddim ar gyfer unrhyw beth sy'n gysylltiedig â chanser a'i effeithiau. Bydd angen i chi lenwi ffurflen, y mae modd i chi ei chael gan eich Meddyg Teulu, fferyllfa neu rai ysbytai.
- **Wigiau a chymhorthion ffabrig** - Yng Nghymru, yr Alban a Gogledd Iwerddon, mae wigiau a chymhorthion ffabrig ar gael am ddim gan y GIG. Yn Lloegr, maent am ddim i rai pobl, yn cynnwys plant dan 16 oed a phobl ar incwm isel. Siaradwch â'ch nyrs neu feddyg canser i gael rhagor o wybodaeth.

Mae **Cynllun Incwm Isel y GIG** yn helpu pobl ar incwm isel i dalu eu costau iechyd. Mae hyn yn cynnwys help gyda thriniaethau deintyddol, profion golwg a'r teithio i gael triniaeth. Mae'n cael ei redeg gan y GIG, neu'r Gwasanaeth Iechyd yng Ngogledd Iwerddon.

## Cymorth i rieni

Efallai y byddwch yn gallu cael rhywfaint o gymorth gan y llywodraeth tuag at gostau gofal plant. Gallai hyn gynnwys cael rhywfaint o ofal plant am ddim neu gael rhywfaint o arian i helpu i dalu am ofal plant. Gallwch gael rhagor o wybodaeth am y gwahanol fathau o gymorth sydd ar gael yn [childcarechoices.gov.uk](http://childcarechoices.gov.uk)

Mae'n bosibl y bydd modd i chi gael help gyda chostau gofal plant hefyd gan elusen neu eich cyngor lleol.

Os oes gennych chi blentyn yn yr ysgol, mae'n bosibl y bydd modd iddo/i gael prydau ysgol am ddim. Os ydych chi ar incwm isel, mae'n bosibl hefyd y gallwch gael cymorth i dalu am wisg ysgol a theithio i'r ysgol ac oddi yno. Holwch eich cyngor lleol am ragor o wybodaeth.

## Grantiau a benthyciadau

**Mae Grantiau Macmillan** yn daliadau bychan, untro ar gyfer pobl sydd angen cymorth gyda'r costau ychwanegol sy'n gallu codi gyda chanser. Gallai hyn gynnwys dillad ychwanegol neu help i dalu biliau gwresogi. Mae Grantiau Macmillan ar gyfer pobl sy'n cael ychydig iawn o incwm ac sydd ag ychydig iawn o gynilion. Rhaid i bob un o'r canlynol fod yn berthnasol:

- Nid oes gennych fwy na £1,000 o gynilion ar gyfer eich cartref.
- Mae gennych incwm wythnosol o ddim mwy na £323 yr wythnos ar gyfer cartref o 1 person neu ddim mwy na £442 yr wythnos ar gyfer cartref o 2 neu fwy o bobl.
- Nid ydych eisoes wedi cael Grant Macmillan yn y 2 flynedd diwethaf.

Mae'n bosibl y bydd modd i chi hefyd gael grantiau neu fenthyciadau o sefydliadau eraill. Er enghraifft, efallai y bydd elusennau neu'ch cyngor lleol yn gallu'ch helpu.

## Cael y gofal a'r cymorth cywir i chi

Os oes gennych ganser a ddim yn siarad Saesneg, efallai eich bod yn poeni y bydd hyn yn effeithio ar eich triniaeth a'ch gofal canser. Ond dylai eich tîm gofal iechyd gynnig gofal, cymorth a gwybodaeth i chi sy'n bodloni'ch anghenion.

Gwyddom y gall pobl wynebu heriau ychwanegol weithiau wrth gael y cymorth cywir. Er enghraifft, os ydych yn gweithio neu os oes gennych deulu, gall fod yn anodd dod o hyd i amser i fynd i apwyntiadau ysbyty. Efallai y bydd gennych bryderon hefyd am arian a chostau cludiant. Gall hyn i gyd fod yn straen ac yn anodd ymdopi ag ef.

Rydym hefyd yn cynnig Grantiau Macmillan i bobl â chanser. Mae'r rhain yn daliadau untro y gellir eu defnyddio ar gyfer pethau fel parcio mewn ysbyty, costau teithio, gofal plant neu filiau gwresogi.

Gall ein llinell gymorth rhad ac am ddim **0808 808 00 00** gynnig cyngor, yn eich iaith, am eich sefyllfa. Gallwch siarad â nyrsys, pobl sy'n cynnig canllawiau ariannol, cynghorwyr hawliau lles a chynghorwyr cymorth gwaith. **Sut y gall**

### Macmillan eich helpu chi

Yn Macmillan, rydym yn gwybod sut y gall diagnosis canser effeithio ar bopeth, ac rydym yma i'ch cefnogi.

#### Llinell Gymorth Macmillan

Mae gennym ni gyfieithwyr, felly gallwch chi siarad â ni yn eich iaith. Dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio. Gallwn helpu gyda chwestiynau meddygol, rhoi gwybodaeth i chi am gymorth ariannol, neu fod yno i wrando os oes angen rhywun i siarad â chi. Mae'r llinell ffôn gyfrinachol am ddim ar agor 7 diwrnod yr wythnos, 8am i 8pm. Ffoniwch ni ar **0808 808 00 00**.

#### Gwefan Macmillan

Mae ein gwefan yn cynnwys llawer o wybodaeth yn Saesneg am ganser. Mae mwy o wybodaeth hefyd mewn ieithoedd eraill ar [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

Gallwn hefyd drefnu cyfieithiadau ar eich cyfer chi yn unig. E-bostiwch ni ar [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) a dywedwch beth rydych ei angen.

#### Canolfannau gwybodaeth

Mae ein canolfannau gwybodaeth a chymorth wedi eu lleoli mewn ysbytai, llyfrgelloedd a chanolfannau cymunedol. Ymwelwch ag un i gael y wybodaeth sydd ei hangen arnoch a siaradwch â rhywun wyneb yn wyneb. Cewch hyd i'ch canolfan agosaf ar [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) neu ffoniwch ni ar **0808 808 00 00**.

#### Grwpiau cefnogaeth lleol

Mewn grŵp cefnogaeth, gallwch siarad â phobl eraill wedi'u heffeithio gan ganser. Gallwch ddysgu am grwpiau cefnogaeth yn eich ardal ar [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) neu ffoniwch ni ar **0808 808 00 00**.

## Cymuned Ar-lein Macmillan

Gallwch hefyd siarad â phobl eraill sydd wedi'u heffeithio gan ganser ar-lein ar [macmillan.org.uk/community](https://macmillan.org.uk/community) Gallwch gael mynediad iddo ar unrhyw adeg o'r dydd neu'r nos. Gallwch rannu'ch profiadau, gofyn cwestiynau, neu ddarllen yr hyn mae pobl wedi eu postio.

## Mwy o wybodaeth yn Gymraeg

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

- Ymdopi â chanser
- Canser a'r coronafeirws
- Gofal Canser yn y DU
- Hawlio budd-daliadau pan mae gennych chi ganser
- Problemau bwyta a chanser
- Diwedd oes
- Gofal iechyd ar gyfer ffoaduriaid a phobl sy'n ceisio lloches
- Bwyta'n iach
- Help gyda chostau pan fydd gennych chi ganser
- Os cewch ddiagnosis o ganser
- Pobl LHDTTC+ a chanser
- Sepsis a chanser
- Sgîl-ffeithiau triniaeth canser
- Blinder (lludded) a chanser
- **Mathau o ganser**
- Canser y fron
- Canser ceg y groth
- Canser y coluddyn mawr
- Canser yr ysgyfaint
- Canser y brostad
- **Triniaethau**
- Cemotherapi
- Radiotherapi
- Llawfeddygaeth

I weld y wybodaeth hon, ewch i [macmillan.org.uk/translations](https://macmillan.org.uk/translations)

## Cyfeiriadau a diolchiadau

Mae'r wybodaeth hon wedi ei hysgrifennu a'i golygu gan dîm Datblygu Gwybodaeth Canser Cymorth Canser Macmillan. Mae Cymorth Canser Macmillan wedi talu am gyfieithu'r wybodaeth hon i'r Gymraeg gan gwmni cyfieithu.

Mae'r wybodaeth a gynhwysir yn seiliedig ar lyfryn Macmillan Help with the cost of cancer.

Mae'r wybodaeth hon wedi ei hadolygu gan yr arbenigwyr perthnasol a'i chymeradwyo gan Dîm Hawliau Lles Macmillan.

Diolch hefyd i'r bobl sydd wedi eu heffeithio gan ganser a adolygodd y wybodaeth hon.

Mae'n holl wybodaeth yn seiliedig ar y dystiolaeth orau sydd ar gael. Am ragor o wybodaeth am y ffynonellau a ddefnyddiwn, cysylltwch â ni yn [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

**Cynnwys wedi'i adolygu: 2022 Adolygiad arfaethedig nesaf: 2025**

## MAC17423\_Welsh

Rydym yn gwneud pob ymdrech i sicrhau bod y wybodaeth a ddarparwn yn gywir ac yn gyfredol ond ni ddylid dibynnu arni yn lle cyngor proffesiynol arbenigol sydd wedi'i deilwra i'ch sefyllfa. Cyn belled ag y caniateir gan y gyfraith, nid yw Macmillan yn derbyn atebolrwydd mewn perthynas â defnyddio unrhyw wybodaeth a gynhwysir yn y cyhoeddiad hwn neu wybodaeth trydydd parti neu wefannau a gynhwysir neu y cyfeirir atynt ynddo.

© Cymorth Canser Macmillan 2022, elusen gofrestrdig yng Nghymru a Lloegr (261017), Yr Alban (SC039907) ac Ynys Manaw (604). Hefyd yn gweithredu yng Ngogledd Iwerddon. Cwmni cyfyngedig trwy warant, wedi ei gofrestru yng Nghymru a Lloegr rhif cwmni 2400969. Rhif cwmni Ynys Manaw 4694F. Swyddfa gofrestrdig: 89 Albert Embankment, Llundain, SE1 7UQ. Rhif TAW: 668265007



*Patient Information Forum*

## Help with costs when you have cancer

This information is about help with costs if you have cancer. If you have any questions about this information, you can call Macmillan Cancer Support on **0808 808 00 00**, 7 days a week, 8am to 8pm. We have interpreters, so you can speak to us in your own language. When you call us, please tell us in English which language you need.

There is more cancer information in other languages at [macmillan.org.uk/translations](http://macmillan.org.uk/translations)

### This information is about:

- Help with transport costs
- Help with prescriptions and other health costs
- Support for parents
- Grants and loans
- How Macmillan can help you
- More information in your language
- References and thanks

### Help with transport costs

If you are on a low income, you may be able to get help with the cost of travelling to hospital for your treatment. You could get a refund on your bus, train or taxi fares. Or you could get money to help with some of your petrol costs. People with cancer get free or discounted parking at many UK hospitals. Speak to the staff at the hospital for more information.

There are special rates for bus, coach and train tickets for some older people and people with disabilities. For more information visit [gov.uk](http://gov.uk) or [nidirect.gov.uk](http://nidirect.gov.uk)

If you have problems moving around, you may be able to get a Blue Badge. This allows you to park in parking spaces that are closer to where you need to go, such as hospitals or supermarkets. To find out more, visit [gov.uk](http://gov.uk) or [nidirect.gov.uk](http://nidirect.gov.uk)

## Help with prescriptions and other health costs

- **Prescriptions** - In Scotland, Wales and Northern Ireland, prescriptions are free for everyone. In England, prescriptions are free for anything related to cancer or its effects. You will need to fill in a form, which you can get from your GP surgery, pharmacy or some hospitals.
- **Wigs and fabric supports** - In Scotland, Wales and Northern Ireland, wigs and fabric supports are free on the NHS. In England, they are free for some people, including children under the age of 16 and people on a low income. Speak to your cancer nurse or doctor for more information.

The **NHS Low Income Scheme** helps people on a low income to pay for health costs. This includes help with dental treatment, sight tests and travel to receive treatment. It is run by the NHS, or the Health Service in Northern Ireland.

## Support for parents

You might be able to get some help from the government towards childcare costs. This might include some free childcare, or some money to help pay for childcare. You can find out about the different types of support available at [childcarechoices.gov.uk](http://childcarechoices.gov.uk)

You might also be able to get help with childcare costs from a charity or your local council.

If you have a child at school, they might be able to get free school meals. If you have a low income, you might also be able to get help with paying for school clothing, and travel to and from school. Ask your local council for more information.

## Grants and loans

**Macmillan Grants** are small, one-off payments for people who need help with the extra costs that cancer can cause. This might be extra clothing or help to pay heating bills. Macmillan Grants are for people who have a low level of income and savings. All of the following must apply:

- You have no more than £1,000 in savings for your household.
- You have a weekly income of no more than £323 per week for a household of 1 person or no more than £442 per week for a household of 2 or more people.
- You have not already had a Macmillan Grant in the last 2 years.

You may also be able to get grants or loans from other organisations. For example, charities or your local council might be able to help.

## Getting the right care and support for you

If you have cancer and do not speak English, you may be worried that this will affect your cancer treatment and care. But your healthcare team should offer you care, support and information that meets your needs.

We know that sometimes people may face extra challenges in getting the right support. For example, if you work or have a family it can be hard to find time to go to hospital appointments. You might also have worries about money and transport costs. All of this can be stressful and hard to cope with.

We also offer Macmillan Grants to people with cancer. These are one-off payments that can be used for things like hospital parking, travel costs, childcare or heating bills.

Our free support line **0808 808 00 00** can offer advice, in your language, about your situation. You can speak to nurses, financial guides, welfare rights advisers and work support advisers. **How Macmillan can help you**

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

### Macmillan Support Line

We have interpreters, so you can speak to us in your language. Just tell us, in English, the language you want to use. We can help with medical questions, give you information about financial support, or be there to listen if you need someone to talk to. The free, confidential phone line is open 7 days a week, 8am to 8pm. Call us on **0808 808 00 00**.

### Macmillan website

Our website has lots of information in English about cancer. There is also more information in other languages at [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

We can also arrange translations just for you. Email us at [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk) to tell us what you need.

### Information centres

Our information and support centres are based in hospitals, libraries and community centres. Visit one to get the information you need and speak with someone face to face. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us on **0808 808 00 00**.

### Local support groups

At a support group, you can talk to other people affected by cancer. Find out about support groups in your area at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us on **0808 808 00 00**.

### Macmillan Online Community

You can also talk to other people affected by cancer online at [macmillan.org.uk/community](https://www.macmillan.org.uk/community). You can access it at any time of day or night. You can share your experiences, ask questions, or just read through people's posts.



## More information in your language

We have information in your language about these topics:

- Coping with cancer
- Cancer and coronavirus
- Cancer care in the UK
- Claiming benefits when you have cancer
- Eating problems and cancer
- End of life
- Healthcare for refugees and people seeking asylum
- Healthy eating
- Help with costs when you have cancer
- If you are diagnosed with cancer
- LGBTQ+ people and cancer
- Sepsis and cancer
- Side effects of cancer treatment
- Tiredness (fatigue) and cancer
- **Types of cancer**
- Breast cancer
- Cervical cancer
- Large bowel cancer
- Lung cancer
- Prostate cancer
- **Treatments**
- Chemotherapy
- Radiotherapy
- Surgery

To see this information, go to [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## References and thanks

This information has been written and edited by Macmillan Cancer Support's Cancer Information Development team. Macmillan Cancer Support has paid for this information to be translated into your language by a translation company.

The information included is based on the Macmillan booklet Help with the cost of cancer.

This information has been reviewed by relevant experts and approved by Macmillan's Welfare Rights team.

Thanks also to the people affected by cancer who reviewed this information.

All our information is based on the best evidence available. For more information about the sources we use, please contact us at [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)

**Content reviewed: 2022 Next planned review: 2025**

## MAC17423\_English

We make every effort to ensure that the information we provide is accurate and up-to-date but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication or third party information or websites included or referred to in it.

© Macmillan Cancer Support 2022, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. A company limited by guarantee, registered in England and Wales company number 2400969. Isle of Man company number 4694F. Registered office: 89 Albert Embankment, London SE1 7UQ. VAT no: 668265007



*Patient Information Forum*