

## Help gyda chostau pan fydd gennych chi ganser

Mae'r wybodaeth hon ynghylch help gyda chostau os oes gennych chi ganser. Mae'n cynnwys:

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

Gobeithiwn y bydd y daflen ffeithiau hon yn ateb eich cwestiynau.

Gallwch hefyd ffonio Cymorth Canser Macmillan ar **0808 808 00 00**, 7 diwrnod yr wythnos rhwng 8am a 8pm. Mae gennym gyfieithwyr felly, gallwch siarad â ni yn eich iaith eich hun. Pan fyddwch yn ein ffonio, dywedwch wrthym yn Saesneg pa iaith yr ydych ei hangen (dywedwch "Welsh").

Mae mwy o wybodaeth am ganser yn Gymraeg yn [macmillan.org.uk/translations](https://www.macmillan.org.uk/translations)

## 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 dacsî. Neu gallech gael arian i helpu gyda rhywfaint o'ch costau petrol. Bydd pobl sydd â chanser yn cael parcio am ddim yn y rhan fwyaf o ysbytai. 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](https://www.gov.uk) neu [nidirect.gov.uk](https://www.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](https://www.gov.uk) neu [nidirect.gov.uk](https://www.nidirect.gov.uk)

## Help gyda phresgripsiynau a chostau iechyd eraill

- 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.
- Yng Nghymru, yr Alban a Gogledd Iwerddon, mae gwallt gosod 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 gwybodaeth am y mathau gwahanol o gymorth sydd ar gael yn **[childcarechoices.gov.uk](http://childcarechoices.gov.uk)** Efallai y byddwch hefyd yn gallu cael cymorth i dalu costau gofal plant gan elusen neu'ch cyngor lleol.
- Os oes gennych chi blentyn yn yr ysgol, mae'n bosibl y bydd modd iddo 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. Mae hyn yn golygu:
  - Mae gennych lai na £6,000 mewn cynilion os ydych chi'n sengl, neu lai na £8,000 fel cwpl neu deulu.
  - Mae cyfanswm eich incwm yn isel ar ôl talu rhent, morgais a'r dreth gyngor. Mae hyn yn golygu incwm wythnosol o £323 ar gyfer rhywun sengl neu £442 i gwpwl neu gartref gyda dau o bobl.
- 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.

## Sut y gall Macmillan eich helpu chi

Mae Macmillan yma i'ch helpu chi a'ch teulu. Gallwch gael cymorth gan:

- **Llinell Gymorth Macmillan.** Mae gennym gyfieithwyr, felly gallwch siarad gyda ni yn eich iaith. Dywedwch wrthym, yn Saesneg, yr iaith rydych am ei defnyddio. Gallwn ateb cwestiynau meddygol, rhoi gwybodaeth am gymorth ariannol i chi neu siarad gyda chi am eich teimladau. Ffoniwch **0808 808 00 00** (7 niwrnod yr wythnos, 8am tan 8pm).
- **Gwefan Macmillan.** Ewch i [macmillan.org.uk](http://macmillan.org.uk) am lawer o wybodaeth yn Saesneg am ganser a byw gyda chanser. Mae mwy o wybodaeth mewn ieithoedd eraill yn [macmillan.org.uk/translations](http://macmillan.org.uk/translations)
- **Gwasanaethau gwybodaeth a chefnogaeth.** Mewn gwasanaeth gwybodaeth a chefnogaeth, gallwch siarad ag arbenigwr canser a chael gwybodaeth ysgrifenedig. Chwiliwch am eich canolfan agosaf yn [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) neu ffoniwch ni. Efallai y bydd gan eich ysbyty ganolfan.
- **Grwpiau cefnogaeth lleol.** Mewn grŵp cefnogaeth, gallwch siarad â phobl eraill wedi'u heffeithio gan ganser. Dewch o hyd i grŵp gerllaw ar [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) neu ffoniwch ni.
- **Cymuned Ar-lein Macmillan** – Gallwch hefyd siarad â phobl eraill y mae canser wedi effeithio arnynt ar-lein yn [macmillan.org.uk/community](http://macmillan.org.uk/community)

## Rhagor o wybodaeth yn eich iaith

Mae gennym wybodaeth yn Gymraeg am y pynciau hyn:

<p><b>Mathau o ganser</b></p> <ul style="list-style-type: none"><li>• Canser y fron</li><li>• Canser y coluddyn mawr</li><li>• Canser yr ysgyfaint</li><li>• Canser y brostad</li></ul> <p><b>Triniaethau</b></p> <ul style="list-style-type: none"><li>• Cemotherapi</li><li>• Radiotherapi</li><li>• Llawfeddygaeth</li></ul>	<p><b>Ymdopi â chanser</b></p> <ul style="list-style-type: none"><li>• Os cewch ddiagnosis o ganser – Canllaw cyflym</li><li>• Canser a'r coronafeirws</li><li>• Hawlio budd-daliadau pan mae gennych chi ganser</li><li>• Problemau bwyta a chanser</li><li>• Diwedd oes</li><li>• Bwyta'n iach</li><li>• Sgîl-ffeithiau triniaeth canser</li><li>• Blinder gyda chanser</li><li>• Yr hyn y gallwch ei wneud i helpu'ch hun</li></ul>
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I weld yr wybodaeth hon, ewch i [macmillan.org.uk/translations](https://www.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 wedi cael ei chyfieithu i'r Gymraeg gan gwmni cyfieithu.

Mae'r wybodaeth a gynhwysir yn seiliedig ar lyfryn Macmillan Help with the cost of cancer. Gallwn anfon copi atoch chi, ond mae'r llyfryn llawn ar gael yn Saesneg yn unig.

Mae'r wybodaeth hon wedi ei hadolygu gan yr arbenigwyr perthnasol a'i chymeradwyo gan Sean Conroy, Rheolwr Gwasanaeth Tîm Hawliau Lles a Chyngor Ynni Macmillan.

Diolch hefyd i'r bobl y mae cancer wedi effeithio arnynt a adolygodd yr wybodaeth hon.

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

Adolygwyd y cynnwys: 2021

Adolygiad arfaethedig

Rydym yn gwneud pob ymdrech i sicrhau bod yr wybodaeth a ddarperir gennym yn gywir, ond ni ddylid dibynnu arni i adlewyrchu cyflwr presennol ymchwil feddygol, sy'n newid o hyd. Os ydych chi'n poeni am eich iechyd, siaradwch â'ch meddyg. Ni all Macmillan fod yn gyfrifol am unrhyw golled neu ddifrod sy'n deillio o unrhyw gamgymeriad yn yr wybodaeth hon na gwybodaeth trydydd parti fel gwybodaeth ar wefannau rydym yn rhoi dolenni atyn nhw.

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Patient Information Forum

## Help with costs when you have cancer

This information is about help with costs if you have cancer. It covers:

- 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

We hope this fact sheet answers your questions.

You can also 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 (say “Welsh”).

There is more cancer information in your language at [macmillan.org.uk/translations](https://macmillan.org.uk/translations)

## 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 will get free parking at most 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](https://gov.uk) or [nidirect.gov.uk](https://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](https://gov.uk) or [nidirect.gov.uk](https://nidirect.gov.uk)

## Help with prescriptions and other health costs

- 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.
- 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](https://www.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. This means:
  - You have less than £6,000 in savings if you are single, or less than £8,000 as a couple or family.
  - You have a low total income after you have paid rent, mortgage and council tax. This means a weekly income of £323 for a single person or £442 for a couple or household of two people.
- 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.

**Tudalen 7 o 10** Dalen ffeithiau Macmillan 2021: Help gyda chostau pan fydd gennych chi ganser

## How Macmillan can help you

Macmillan is here to help you and your family. You can get support from:

- **The 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 answer medical questions, give you information about financial support, or talk to you about your feelings. Just call **0808 808 00 00** (7 days a week, 8am to 8pm).
- **The Macmillan website.** Visit **macmillan.org.uk** for lots of English information about cancer and living with cancer. There is more information in other languages at **macmillan.org.uk/translations**
- **Information and support services.** At an information and support service, you can talk to a cancer support specialist and get written information. Find your nearest centre at **macmillan.org.uk/informationcentres** or call us. Your hospital might have a centre.
- **Local support groups.** At a support group you can talk to other people affected by cancer. Find a group near you at **macmillan.org.uk/supportgroups** or call us.
- **Macmillan Online Community** – You can also talk to other people affected by cancer online at **macmillan.org.uk/community**



## More information in your language

We have information in your language about these topics:

<p><b>Types of cancer</b></p> <ul style="list-style-type: none"><li>• Breast cancer</li><li>• Large bowel cancer</li><li>• Lung cancer</li><li>• Prostate cancer</li></ul> <p><b>Treatments</b></p> <ul style="list-style-type: none"><li>• Chemotherapy</li><li>• Radiotherapy</li><li>• Surgery</li></ul>	<p><b>Coping with cancer</b></p> <ul style="list-style-type: none"><li>• If you are diagnosed with cancer – A quick guide</li><li>• Cancer and coronavirus</li><li>• Claiming benefits when you have cancer</li><li>• Eating problems and cancer</li><li>• End of life</li><li>• Healthy eating</li><li>• Side effects of cancer treatment</li><li>• Tiredness (fatigue) and cancer</li><li>• What you can do to help yourself</li></ul>
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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. It has been translated into your language by a translation company.

The information included is based on the Macmillan booklet Help with the cost of cancer. We can send you a copy, but the full booklet is only available in English.

This information has been reviewed by relevant experts and approved by Sean Conroy, Macmillan Welfare Rights and Energy Advice Team Service Manager.

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 [bookletfeedback@macmillan.org.uk](mailto:bookletfeedback@macmillan.org.uk)

Content reviewed: 2021

Next planned review: 2024

We make every effort to ensure that the information we provide is accurate but it should not be relied upon to reflect the current state of medical research, which is constantly changing. If you are concerned about your health, you should consult your doctor. Macmillan cannot accept liability for any loss or damage resulting from any inaccuracy in this information or third-party information such as information on websites to which we link.

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