

Symposiwm Adrodd Storiâu ar gyfer Iechyd a Lles 2026



22 a 23 Mehefin 2026

'Lleisiau Heb eu Clywed'

Prifysgol De Cymru, Caerdydd, CF24 2FN

Pecyn Cynrychiolydd



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CYNNWYS

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Croeso

Mae Iechyd Cyhoeddus Cymru, Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg, Prifysgol De Cymru a'u partneriaid yn falch iawn i'ch croesawu i gasgliad eleni o 'Adrodd Storiâu ar Gyfer Iechyd a Lles', a gynhelir ar ddydd Llun 22 a dydd Mawrth 23 Mehefin 2026 yn yr Atriwm, Prifysgol De Cymru, Caerdydd, CF24 2FN. Y ffocws ar gyfer y digwyddiad hwn yw "Lleisiau Heb eu Clywed".

Yn y gynhadledd hon byddwn yn cydnabod ac yn dathlu adrodd storiâu ar gyfer iechyd a lles, rhannu a deall arfer da, ac yn dysgu gan gymunedau Cymreig a Rhyngwladol trwy drafodaeth a chyfnewid. Rydym mor falch o allu dod â grŵp mor amrywiol a pharchus o siaradwyr a threfnwyr ynghyd yma yng Nghaerdydd i rannu rhywfaint o'r gwaith rhagorol sydd wedi bod yn adeiladu ar y dystiolaeth sefydledig ar adrodd storiâu ar gyfer iechyd a lles. Mae'r gwaith a rennir yn y gynhadledd hon gan siaradwyr a dirprwyon yn arloesol, creadigol, moesegol, ac, yn fwy na dim, yn chwalu'r cydbwysedd pŵer ac yn hyrwyddo lleisiau'r rhai na fyddai fel arall yn cael eu clywed mewn lleoliadau iechyd a lles.

Tra byddwch yma, rydym yn gobeithio y byddwch chi'n gwneud cysylltiadau gwerthfawr ac yn gadael gyda theimlad o ysbrydoliaeth ar gyfer eich gwaith adrodd storiâu iechyd a lles yn y dyfodol.

Thania, Amy, Leah, Roiyah, Emily, ac Emily

Thania Acarón, Amy Davis, Leah Salter, Roiyah Saltus, Emily Underwood-Lee, ac Emily Van de Venter

Cynullwyr Cynhadledd

Cadw'n ddiogel

Gall adrodd storiâu amdano ac ar gyfer iechyd a lles, yn aml, fel y dylai, achosi ymatebion emosiynol cryf i rheini sy'n adrodd a'r gwrandawyr. Mae hyn yn rhywbeth rydyn ni wedi'i ddysgu dros ein gyrfaoedd ac wedi'i brofi mewn cynadleddau blaenorol. O fewn y rhaglen, rydym wedi ceisio ymgorffori digon o amser ar gyfer gorffwys ac i rannu a chymdeithasu'n anffurfiol gyda chynrychiolwyr eraill. Os ydych chi'n teimlo bod angen seibiant byr neu gymorth ychwanegol, cyfeiriwch at ddesg y gynhadledd a all eich cyfeirio at adnoddau. Mae gennym hefyd nifer o ymarferwyr therapiwtig yn bresennol yn y gynhadledd a fydd yn hapus i helpu os oes angen ymyrraeth bellach - unwaith eto, gofynnwch i'r dderbynfa a gallant eich cyfeirio at rywun a all eich cefnogi.

Amserlen

Dydd Llun 22 Mehefin

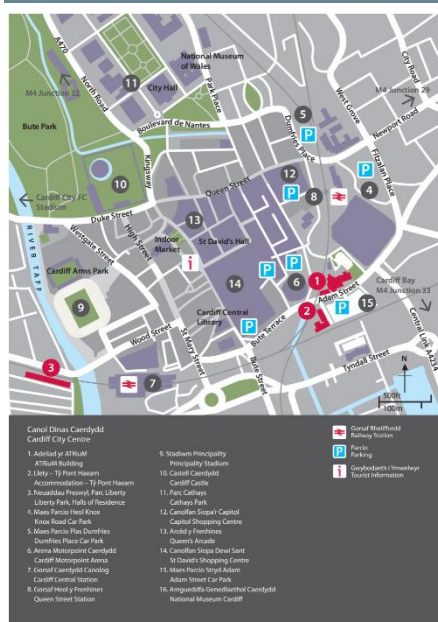
9.30am	Cofrestru a choffi (Cyntedd)			Arddangosfeydd (Cyntedd) WAHWN a Chyngor Celfyddydau Cymru, Arlunydd – Pauline Le Britton, MA Celfyddydau Iechyd a Lles, Age Cymru – Jon Pountney a Kelly Barr
10am	Perfformiad agoriadol – House of Deviant (Cyntedd)			
10.45am	Croeso – Martin Steggall, Dirprwy Is-Ganghellor Ymchwil ac Arloesi Prifysgol De Cymru Agoriad – Derek Walker, Comisiynydd Cenedlaethau'r Dyfodol i Gymru (Sinema, CAB205)			
11.30am	Prif siaradwr – Lesley Goodburn, Pennaeth Cyfranogiad ac Ymgysylltu Cyhoeddus, Sefydliad Cenedlaethol dros Iechyd a Gofal Rhagnodedig Cadeirydd: Leah Salter (Sinema, CAB205)			
12.20pm	Cinio (Cyntedd)			
1.15pm	Comisiynu Rhaglen Hapus – Iechyd Cyhoeddus Cymru Cadeirydd: Emily van de Venter (Sinema, CAB205)	Gweithdy House of Deviant (Stiwedio Dawns, CAD006)		
2pm	Egwyl			
2.15pm	Gweithdy Adrodd Storiâu Trwy Symud Paula Jardim, Ymarferydd Celf gyda ffocws ar fywyd (Ystafell Zen, CAB403)	Storiâu yn Siarad am Brofiad Gofal Iechyd Anna Suschitzky, Hwylusydd Adrodd Storiâu Katie Henderson, Ymarferydd Celf Gofal Iechyd Cadeirydd: Roiyah Saltus (Ystafell Seminar, CAD302)	Gwneud Storiâu Cymunedol yn Weladwy Gemma Jolly, Pennaeth Iechyd a Lles, The Reading Agency Marsha O'Mahony, Ysgrifennydd ac Hanesydd Llafar Anne Holloway, Bardd ac Argraffydd Annibynnol, Big White Shed Cadeirydd: Sophia Kier-Byfield (Ystafell Seminar, CAD308)	
3.15pm	Egwyl (Cyntedd)			
3.30pm	Storiâu Cleifion- Rhwydwaith Stori Ddigidol GIG Cymru Cadeirydd (Sinema, CAB205)	MenoMove: Symud Lles Menopos - Thania Acarón, The Body Hotel CIC (Stiwedio Dawns, CAD006)		
4.45pm	Adlewyrchiadau- Jessica Jones, Cyfarwyddwr Ysbyty Aberbeeg, Elysium, Emily van de Venter, Ymgynghorydd Iechyd Cyhoeddus / Cyfarwyddwr Dros Dro Gwella Iechyd, Iechyd Cyhoeddus Cymru, Prue Thimbleby, Ymarferydd Celf ac Iechyd, a Cathy Dowling, Cynorthwydd Cyfarwyddwr Sicrhau Ansawdd a Diogelwch, Gweithredwr GIG. Chair: Roiyah Saltus (Sinema, CAB205)			
5.15pm	Gorffen			

Dydd Mawrth 23 Mehefin

9.30am	Cofrestru a choffi (Cyntedd)			Arddangosfeydd (Cyntedd) WAHWN a Chyngor Celfyddydau Cymru, Arlunydd – Pauline Le Britton, MA Celfyddydau Iechyd a Lles, Age Cymru – Jon Pountney a Kelly Barr
9.45am	Croeso: Emily Underwood-Lee, Yr Athro Astudiaethau Perfformio a Chyfarwyddwr, Canolfan Adrodd Storiâu Agoriad - Ciara Rogers, Cyfarwyddwr Cenedlaethol ar gyfer Iechyd Meddwl, Anabledd Dysgu a Niwroamrywiaeth, GIG Cymru (Sinema, CAB205)			
10.15am	Egwyl			
10.30am	Gwrthsefyll, Protestio a Newid Emma Bevan-Henderson, Hwylusydd Prosiect Cymunedol, Prosiect y Sial Gymunedol, William Powell, Ymarferydd Theatr Gymhwysol, Daiva Ivanauskaitė-Brown a Trinidad Cabezón Droguett, The Village Storytelling Centre Cadeirydd: Leonie Sharrock (Ystafell Zen, CAB403)	Doethineb Henoed a Chreu Ystyr mewn Gofal Dementia Liz Morrison, Gofalwr ac Ysgrifennydd, Eleanor Glover, Arlunydd ac Athro, Leah Salter a Thelma Rees, Prif Ymarferydd Seicotherapi Systemig a Theulu ac Ymarferydd Seicotherapi, BIPCTM Cadeirydd: Eileen Little (Ystafell Seminar, CAD308)	Cyflwyniad i Ymarfer Theatr Agored Richard Hayhow (Cyfarwyddwr Cwmni) a Holly Bateman (Arweinydd Addysgu'n Wahanol ac Ymarferydd), Open Theatre Company (Stiwdio, CAB414)	
11.30am	Egwyl			
11.45am	Cymuned ac Asiantaeth Michael Brown, Yr Athro, Prifysgol De Cymru Eva Ritter, Ymchwilydd Annibynnol, Sefydlydd ac Arweinydd Sabwyntiau Nordig Nina Worthington a Jacqueline Tallent, Prif Gymrawd Ymchwil ac Cymrawd Ymchwil, Prifysgol Canterbury Christ Church Cadeirydd: Roiyah Saltus (Ystafell Seminar, CAD302)	Cyd-Gynhyrchu a Phrofiad Byw Sophia Kier-Byfield Uwch Cynorthwydd Ymchwil, Prifysgol De Cymru Antonia Liguori, Athro mewn Adrodd Storiâu Cydweithredol a Pholisi Cyhoeddus, Prifysgol Teesside. Glenn Miles (Ystafell Seminar, CAD308) Cadeirydd: Leah Salter		
12.45pm	Cinio (Cyntedd)			
1.45pm	Panel WAHWN - Rosie Dow, Pennaeth Iechyd a Lles Celfyddydau, Cyngor Celfyddydau Cymru, Dr Helen Munro, Ymgynghorydd Gofal Iechyd Rhywiol ac Atgynhyrchiol Gymunedol ac Arweinydd Clinigol Rhwydwaith Iechyd Menywod, Sarah Goodey, Arweinydd Celfyddydau, Bwrdd Iechyd Prifysgol Aneurin Bevan, Claire Furlong, Cyfarwyddwr Gweithredol, Llenyddiaeth Cymru. Cadeirydd: Angela Rogers, Cyfarwyddwr Gweithredol, WAHWN. (Sinema, CAB205)			
2.45pm	Egwyl (Cyntedd)			

3.00pm	Perfformio'r Hun - Leah Salter a Emily Underwood-Lee (Stiwidio, CAB414)	Rhwydwaith Ymarfer Myfyrio Adrodd Storiâu Hilary Dyer a Anna Suschitzky (Ystafell Zen, CAB403)	
3.45pm	Adlewyrchiadau - Jessica Jones, Cyfarwyddwr Ysbyty Aberbig, Elysium, Amy Davies, Ymarferydd Egwyddorol Iechyd Cyhoeddus, Iechyd Cyhoeddus Cymru, Prue Thimbleby, Ymarferydd Celf a Iechyd. Cadeirydd: Roiyah Saltus (Sinema, CAB205)		
4.15pm	Perfformiad Cau – Sparky Samba (Cyntedd)		
5.00pm	Gorffen		

Cyrraedd yma



[Dolen Google Maps](#)

Y cod post yw CF24 2FN.

Cyrraedd ar drên

Mae campws Caerdydd Prifysgol De Cymru, 10 munud ar droed o Orsaf Caerdydd Canolog a 5 munud ar droed o Orsaf Heol y Frenhines.

Cyrraedd yn y Car

O gyffordd 29, 32 neu 33 o'r M4:

Mae maes parcio mawr cyferbyn ag adeilad y Brifysgol ar Stryd Adam, gellir dod o hyd i lefydd parcio arall ar Heol Knox. Mae angen i chi droi i'r chwith oddi ar

Fitzalan Place i gyrraedd maes parcio Heol Knox os ydych chi'n dod o adeilad y Brifysgol.

Cyrraedd ar fws

Mae Caerdydd yn cael ei gwasanaethu'n rheolaidd gan wasanaethau National Express o Gerddi Sophia a bysiau Megabus o Kingsway. Mae Gerddi Sophia 25 munud i ffwrdd ar droed o'r Atriwm tra bod Kingsway yn 15 munud i ffwrdd ar droed.

Cyrraedd mewn awyren

Mae Maes Awyr Rhyngwladol Caerdydd yn 11 milltir yn unig o ganol y ddinas ac mae'n cael ei wasanaethu gan gysylltiadau bws a rheilffordd rheolaidd. Mae Maes Awyr Heathrow Llundain tua dwy awr a hanner i ffwrdd mewn car. Mae maes awyr hefyd ym Mryste.

Ble i aros

Chwiliwch am ac archebwch lety trwy: <https://www.croesocaerdydd.com/aros/>

Bwyd, Diod a Siopau

Mae adeilad y Brifysgol tua 5 munud ar droed o'r canolfannau bwyd a siopa yng nghanol dinas Caerdydd, gydag amrywiaeth o siopau annibynnol a chadwyni. Gadewch trwy gefn yr adeilad a cherddwch allan o'r maes parcio i fyny i Crescent Guildford ac yna ymlaen i Churchill Way. O'r fan hon gallwch fynd ar hyd i naill ai Heol y Frenhines neu Ganolfan Dewi Sant ac ymlaen i ganol y ddinas.

Storytelling for Health Conference Manifesto

Written by Prue Thimbleby and Emily Underwood-Lee, January 2021

We **AIM** to embed storytelling within healthcare settings through:

- creating cross disciplinary conversations and collaborations between artists and health practitioners
- showcasing good practice
- building evidence for the impact and outcomes of storytelling for health

STORYTELLING FOR HEALTH

Storytelling might include traditional tales, performance telling, first person narratives conveyed digitally, or through literary, visual, performance, or other creative means. Central to our understanding of Storytelling for Health is that it places the experience of the teller at the centre of the tale - through listening to subjective experience we can develop empathy and knowledge. Storytelling is not a case history but will enable us to understand how another person experiences a particular situation - the truth of emotion and consequence. Storytelling is a way of understanding our current situation and imagining how things might be different.

PRINCIPLES

1. Storytelling for Health is **INTERACTIVE**

We include performance, dance, art exhibitions, films, poetry, and boat trips, as well as short talks, provocations, interviews, workshops, and panels. All sessions include a large element of audience dialogue. We believe that conversations and activities are key to generating ideas and insights.

2. Storytelling for Health is **INCLUSIVE**

We work hard to make the conference truly cross disciplinary with artists, academics, healthcare staff and patients all equally valued and welcomed. The conference is open to new ideas; embraces a variety of perspectives; recognises that storytelling and health are different but equal; and explores what we can learn by listening to one another, exchanging ideas, and working together.

We believe that a broad range of presentations from a diverse group of people creates energy and commitment. We actively include people of all races, backgrounds, genders and abilities.

3. Storytelling for Health is **AFFORDABLE**

Most conferences are not affordable by individual artists or health professionals. We waive conference fees whenever possible through a bursary scheme that anyone can apply for in exchange for volunteering either to run an activity or write a reflection. The bursary scheme is not means-tested or dependent on professional or educational status – anyone who feels they can benefit from a bursary can apply.

4. Storytelling for Health is **ACCESSIBLE**

We strive for accessibility in all aspects of the conference from the venue to using simple, plain, language to present, advertise, document, and to disseminate the content of the conference. We ask all participants what they need as part of our booking process and attempt to meet those needs whenever possible. We recognise that increasing access benefits everyone.

5. Storytelling for Health is **RIGOROUS**

We recognise our expertise and the limitations of our expertise. We value the expertise of others. Claims made at the conference must be backed by evidence. We acknowledge that evidence will take many forms. Submissions are selected through a peer-review process. Space for critical conversations is provided after each presentation. We create an environment of supportive questioning that helps to develop the discipline, rather than combative examination that seeks to catch people out.

6. Storytelling for Health is **HOSPITABLE**

We believe that a welcoming, hospitable environment where care is taken and shown will generate a community and enable us to think deeper and in more challenging ways. We provide: good food; plenty of space for conversation, breaks, and reflection; lots of performance storytelling and music; staff on hand to help, lend an ear, locate people, and show care.

7. Storytelling for Health has **WELSH ROOTS AND AN INTERNATIONAL PERSPECTIVE**

We recognise the origins of the conference without retaining ownership in one organisation or individual. We welcome international contributors to Wales and take Wales out into the world. We let go of the conference so that it can spread to where it is needed, all the while paying respect to where it has come from.

FUTURE

The original conference conveners hope that Storytelling for Health can become a social movement that draws together practitioners from storytelling, health, the arts and academia. This will place stories at the heart of improving health care provision and enable first person narratives shared through story to inform all that we do. Our ambition is that the conference becomes peripatetic, with individuals and organisations able to create their own storytelling for health conferences and events guided by these principles.

BACKGROUND

The first Storytelling for Health conference was initiated by Prue Thimbleby, Arts coordinator at Swansea Bay Health Board, and convened in partnership with Emily Underwood-Lee, Associate Professor at the George Ewart Evans Centre for Storytelling at the University of South Wales. It took place on 15th – 17th June 2017 at the National Waterfront Museum in Swansea. We created a conference that considered the particular role that storytelling might have in relation to health and well-being. The second Storytelling for Health conference took place on 27th – 29th June 2019 at the National Waterfront Museum in Swansea and the University of South Wales in Cardiff. The conferences drew together a community of over 400 practitioners from across the globe.

A variety of Storytelling for Health events have since been planned. We have created this manifesto to promote the growth of this community whilst acknowledging its roots and keeping faithful to the original ethos.