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Cathryn Ings
Cyswllt Contact
Ffôn Phone
03305 880450

**Erthygl i'r Wasg** **Press Release**

# James Hook yn rhoi cynnig ar ddysgu Cymraeg

Mae'r cyn-chwaraewr rygbi James Hook wedi ennill 81 cap i Gymru ac wedi chwarae rygbi yn broffesiynol ar y lefel uchaf i dimau Castell Nedd, Y Gweilch, Caerloyw a Perpignan yn Ffrainc.

Felly mae'n un sydd wedi arfer â heriau a delio gyda phwysau i berfformio'n dda - tybed a allai ddangos yr un sgiliau wrth ddysgu Cymraeg?

Wel, cawn weld gan mai James Hook yw'r seleb nesaf i fynd ar siwrnai i ddysgu Cymraeg ar **Iaith ar Daith**, 21 Mawrth ar S4C.

"Ces i fy magu ym Mhort Talbot a does dim llawer o Gymraeg yn cael ei siarad yna," meddai James. "Dwi'n cofio mynd ar fy nhaith rygbi gyntaf i'r Ariannin. Aethom ni i Batagonia lle maen nhw'n siarad Cymraeg a dwi'n cofio rhywun yn dod ataf fi ac yn siarad Cymraeg ac oni methu deall nhw - roedd e braidd yn *embarassing!*"

Felly mae James yn awyddus iawn i ddysgu siarad Cymraeg ac i'w helpu ar ei daith bydd neb llai na'r dyfarnwr rygbi Nigel Owens.

Meddai James: "Dwi wedi cael fy nyfarnu gan Nigel am ran helaeth o fy ngyrfa. Mae e wedi dangos y garden felen i mi sawl gwaith! Ond mae hyn yn wahanol - dwi'n edrych ymlaen at ddod i'w nabod o'n well."

Felly mae taith James yn dechrau ar fferm Nigel Owens yng Nghwm Gwendraeth, Sir Gâr - ac mae James yn palu mewn yn syth - i ddysgu Cymraeg a charthu!

Yn ystod eu taith mae James a Nigel yn helpu ym manc bwyd Llandeilo a dysgu mwy am fragu cwrw yn Ninbych-y-pysgod.

Mae'r ddau yn teithio i le sy'n arbennig iawn i James sef Y Gnoll, cartref i dîm rygbi Castell Nedd - mae hyn yn dod ag atgofion melys iawn yn ôl iddo wrth iddo gofio ei gêm gyntaf yna yn erbyn Abertawe.

Mae'r daith yn dod i ben yn Aberafan lle mae James yn gwneud ei her olaf gyda help rhywun sy'n gyfarwydd iawn i ffans rygbi S4C.

Meddai James ar ddiwedd ei daith: "Dwi wedi joio. Mae e wedi bod yn anodd ond dwi'n gwybod mwy nawr. Mae dal ishe i fi wella a dwi moyn ymarfer mwy."

Mae Nigel yn cael ei synnu ar yr ochr orau â'r hyn mae James wedi cyflawni yn ystod **Iaith ar Daith**.

"Mae e wedi bod yn agoriad llygad i ddweud y gwir ond hefyd yn ddiddorol ac yn braf iawn i weld yr ymdrech mae James yn gwneud heb unrhyw Gymraeg o gwbl cyn yr amser hwn."

Dewch i glywed mwy am anturiaethau James a Nigel ar **Iaith ar Daith**, Nos Sul, 21 Mawrth. Gallwch ddal i fyny gyda'r teithiau eraill yn y gyfres sef taith Steve Backshall ac Iolo Williams a thaith Rakie Ayola ac Eiry Thomas ar S4C Clic.

**Iaith ar Daith**
**Nos Sul 21 Mawrth 8.00, S4C**
**Isdeitlau Saesneg**
**Ar alw: S4C Clic, iPlayer a llwyfannau eraill**
**Cynhyrchiad Boom ar gyfer S4C**

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# James Hook gives Welsh a try!

Former Wales International rugby player James Hook has won 81 caps for Wales and played professional rugby at the highest level for Neath, Ospreys, Gloucester and Perpignan in France.

So he's used to challenges and performing under pressure – but will he show the same skill and determination as he learns to speak Welsh?

Well, we'll soon find out because James is the next celebrity to go on a journey to learn Welsh on **Iaith ar Daith** (Welsh Road-trip) on S4C, 21 March.

"I was brought up in Port Talbot and not a lot of Welsh is spoken there," said James. "I remember going on my first rugby tour to Argentina. We went to Patagonia where they speak Welsh and I remember somebody coming up to me and speaking in Welsh and I couldn't understand them. It was quite embarrassing really!"

So James is very keen to learn Welsh and to help him on his journey is none other than the rugby referee Nigel Owens.

James said: "I have been refereed by Nigel for the majority of my career. He has yellow-carded me a bit! But this is different – I'm looking forward to getting to know him better."

So, James's journey begins on Nigel Owens's farm in the Gwendraeth Valley, Carmarthenshire and James gets stuck in straight away – to learning Welsh and mucking-out Nigel's cattle!

During their journey, James and Nigel help out at a food bank in Llandeilo and learn more about brewing beer in Tenby.

The two travel to a place that is very special to James – The Gnoll, home to Neath Rugby Club. This brings back some fond memories as he remembers his first game there against Swansea.

The journey comes to an end in Aberafan where James faces his last Welsh-language task with the help of someone who is a very familiar face with rugby fans on S4C.

James said at the end of his journey: "I have enjoyed the experience. It has been difficult but I know more Welsh now. I still need to improve and I want to practise more."

Nigel is pleasantly surprised at how much James has achieved during the **Iaith ar Daith** trip.

"It has been an eye-opener, to be honest, but also it's been really nice to see the effort that James has put in considering he didn't have any Welsh at all when he started."

Find out more about James and Nigel's adventures on **Iaith ar Daith**, Sunday, 21 March. You can catch up with other road-trips in the series including Steve Backshall and Iolo Williams and Rakie Ayola and Eiry Thomas on S4C Clic.

**Iaith ar Daith**
**Sunday 21 March 8.00, S4C**
**English subtitles available**
**On demand: S4C Clic, iPlayer and other platforms**
**A Boom production for S4C**