25.03.2021

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Erthygl i'r Wasg Press Release

O Love Island i ynysoedd Cymru – ymunwch ar daith gyda Connagh a'i dad, Wayne

Bydd Connagh Howard, seren y gyfres Love Island, a'i dad Wayne yn ein tywys ar daith unigryw ar hyd ynysoedd Cymru mewn cyfres deledu newydd.

Yn y gyfres **Cymru, Dad a Fi**, bydd y tad a'r mab yn crwydro'r ynysoedd, cilfachau a chreigiau ar hyd arfordir Cymru; o Sir Fôn a Phen Llŷn yn y gogledd, i lawr at Sir Benfro ac arfordir de Cymru, cyn dychwelyd adref i Gaerdydd.

Bydd y ddau yn mynd ar daith o hunan ddarganfod, gan wynebu ambell i her, cwrdd â phobl newydd ac ymweld â rhannau anghyfarwydd o Gymru. Fe gawn hefyd ddysgu mwy am hanes eu teulu ac am eu hetifeddiaeth o Gymru, Jamaica ac Iwerddon.

Ond cyn i'r gyfres gychwyn ar nos Fawrth 6 Ebrill, cawsom sgwrs gyda'r ddau i ddod i'w nabod ychydig yn well...

Helo Connagh a Wayne. Sut fyddech chi'n disgrifio'ch gilydd?
Connagh: Faint o amser sydd gen ti?! Mae dad yn berson lliwgar iawn. Mae'n hoffi bod yn *entertainer,* hoffi gwneud pobl i deimlo'n hapus, a rhannu positifrwydd gyda phawb. Mae e'n gymeriad mawr ac yn gallu codi ysbryd yr ystafell, ble bynnag mae e.
Wayne: Mae Connagh yn berson sensitif a charedig. Mae e'n gryf, athletaidd ac yn gyfforddus o flaen y camera, ond dyw e ddim yn hoff o ddawnsio o flaen pobl eraill fel finnau. Dw i'n siŵr y daw hynny rhyw ddydd!

Allan o'r ddau ohonoch, pwy yw'r person mwyaf anturus?
Wayne: Mae'r ddau ohonom yn anturus, yn ein ffyrdd ein hunain. Mae Connagh yn fwy ifanc na fi ac yn gallu gwneud pethau gwahanol i mi, ond ar y llaw arall, dw i'n berson sydd yn hoffi derbyn her.
Connagh: Dad, fyddwn i'n dweud. Dw i ychydig bach mwy *reserved* na fe.

Fwyaf direidus?
Connagh: Dad yn sicr! Mae ganddo fe tipyn bach o'r diafol ar ei ysgwydd!
Wayne: Fi! Dw i dal yn 16 oed yn fy mhen!

Pwy sy'n treulio'r mwyaf o amser o flaen y drych??
Connagh: Fi, fyswn i'n dweud. S'dim ots gan dad beth mae e'n edrych fel rili, dyw e ddim yn becso beth mae pobl eraill yn meddwl. Ond mae mwy o ots 'da fi!
Wayne: Connagh. Yn enwedig ar ôl Love Island, mae'n bwysig iddo fe gael delwedd dda. Mae ffasiwn yn bwysig iawn i Connagh, ond nid i fi...s'dim ots gen i o gwbl!

Trefnus?
Wayne: Fi, heb amheuaeth o gwbl! Mae e'n cadw popeth tan y funud olaf. A fydd Connagh ddim yn gwadu hynny chwaith.
Connagh: Dad fyswn i'n dweud. Pan mae e'n mynd i rywle, mae e yno ar amser bob tro ac yn gadael awr cyn sydd rhaid iddo fod yno! Mae o'n fwy trefnus na fi!

Dawnsiwr gorau?
Connagh: Ha! Wel fyswn i ddim yn dweud fod e'n well na fi, ond mae ganddo fwy o hyder! Fyswn i'n dweud fod y ddau ohonom ni ddim yn dda o gwbl yn dawnsio!
Wayne: Fi! Mae dawnsio yn rhywbeth naturiol i fi, a dw i ddim angen alcohol i ddawnsio. Dw i'n mwynhau dawnsio ac yn hoffi mynegi fy hun.

Sut berthynas sydd ganddoch chi gyda'ch gilydd?
Wayne: Mae gennym berthynas da iawn, dwi'n gyfforddus iawn yn ei gwmni ac mi ydyn ni'n bownsio i ffwrdd o'n gilydd, fel petai ni ar yr un *wavelength.* Pan ti'n gweld ni ar y sgrin, mae'r egni rhyngom ni yn hollol naturiol. Mi ydyn ni'n cael lot o hwyl gyda'n gilydd.
Connagh: Mae gennym ni berthynas rili agos. Ry'n ni wastad 'di bod yn agos ond yn enwedig ers ffilmio'r gyfres. Da ni'n sicr yn cael lot o hwyl gyda'n gilydd. Dwi yn lwcus iawn i gael perthynas mor dda gyda fy nhad.

Cymru, Dad a Fi
Nos Fawrth 6 Ebrill, 8.25
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Cwmni Da ar gyfer S4C

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From Love Island to the Welsh islands – join Connagh and Wayne's unique journey

Love Island star Connagh Howard and his father Wayne will take viewers on an unique island-hopping journey around Wales in a new television series.

Cymru, Dad a Fi (Wales, Dad and Me) follows the father and son as they explore the islands, inlets and rocks dotted along the Welsh coastline; the journey will take them from Anglesey and the Llŷn Peninsula in the north, down to Pembrokeshire and the dramatic South Wales coast, before they return home to Cardiff.

In this light-hearted programme, the pair go on a journey of self-discovery as they meet new people, take part in a host of exciting challenges and visit parts of Wales they have never been to before. We will also learn more about their family history and about their Welsh, Jamaican and Irish heritage.

Before the series begins on Tuesday 6 April, we caught up with Connagh and Wayne to get to know them a bit better...

Hi Connagh and Wayne. How would you describe each other?
Connagh: How much time have you got?! Dad is a very colourful person. He enjoys being the entertainer, making people happy and sharing the positivity. He's a big character and he can lift the spirits in any room, wherever he is.
Wayne: Connagh is a sensitive and caring person. He's strong, athletic and comfortable in front of the camera, but unlike me, he doesn't like to dance in front of people. I'm sure that will come in time!

Out of the both of you, who is the most adventurous person?
Wayne: We're both adventurous, in our own ways. Connagh is younger than me and can do different things, but on the other hand, I do enjoy a challenge.
Connagh: Dad, I would say. I'm a bit more reserved.

Most mischievous?
Connagh: Dad, definitely! He has a bit of the devil on his shoulder!
Wayne: Me! I'm still 16 in my head!

Who spends the most time in front of a mirror?
Connagh: Me, I would say. Dad doesn't mind how he looks really, he doesn't care what other people think. But I do mind!

Wayne: Connagh. Having a good image is important to him, especially after Love Island. Fashion is very important to Connagh, but not me...I don't care at all!

Most organised?
Wayne: Me, without any doubt. He always leaves everything until the last minute. And Connagh would not deny that either.
Connagh: Dad, I would say. When he goes somewhere, he's always there on time and leaves the house an hour before he has to be there! He is more organised than I am!

Best dancer?
Connagh: Ha! Well, I wouldn't say he was better than me, but he has more confidence! I wouldn't say that either of us were good dancers though!
Wayne: Me! Dancing is something that comes naturally to me, and I don't need alcohol to dance. I enjoy dancing and expressing myself.

What kind of relationship do you have with each other?
Wayne: We have a very good relationship, I am very comfortable in his company and we bounce off each other, as if we're on the same wavelength. When you see us together on screen, that energy is completely natural. We have a lot of fun together.
Connagh: We have a really close relationship. We've always been close but especially since we filmed the series. We certainly have a lot of fun together. I am very lucky to have such a good relationship with my dad.

Cymru, Dad a Fi
Tuesday, 6 April, 8.25pm
English subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Cwmni Da production for S4C