

02.07.2020

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**Erthygl i'r Wasg Press Release**

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## Dysgu gwersi o bandemig dinistriol can mlynedd yn ôl

Wrth i Gymru ddechrau dod allan o gyfnod y clo, bydd rhaglen ddogfen drawiadol ar S4C yn edrych yn ôl ar 1918 pan gafodd y byd ei fwrw gan y Ffiliw Sbaeneg - un o'r pandemigs mwyaf angheuol erioed lle bu miliynau o bobl golli eu bywydau.

Yn y rhaglen **PANDEMIC: 1918/2020** ar nos Fawrth, Gorffennaf 14, mae Dr Llinos Roberts, meddyg teuluol yng Nghwm Gwendraeth, yn ystyried yr effaith a gafodd y Ffiliw Sbaeneg ar Gymru a sut gall y stori yma ein helpu ni heddiw.

Dyweddodd Dr Roberts bod cyfnod Covid-19 wedi bod yr amser mwyaf anodd a heriol yn ei gyrrfa. "Yn y dechrau, o'n i'n breuddwydio am Covid-19 pob nos. Roedd e mor newydd i mi. O'n i'n teimlo mor ansicr o'r sefyllfa ac yn amlwg fe aeth o i mewn i fy isymwybod," meddai Dr Roberts sy'n byw yng Nghaerfyrddin ac yn gweithio yn y feddygfa yn Y Tymbli.

"Ond roedd llawer o beth o'n i'n teimlo yn rhyfedd o gyfarwydd oherwydd mae gen i ddiddordeb yn y gorffennol. Nid Covid-19 oedd y pandemig cyntaf i fwrw Cymru. Ym 1918 wnaeth firws arall ymosod ar Gymru - y Ffiliw Sbaeneg."

"Dyma un o'r pandemigs mwyaf angheuol erioed. Heddiw, mae bron wedi mynd yn angof. Felly dw i eisiau ei ail-ddarganfod a gweld os yw profiadau ein hen deidiau a neiniau yn cynnig gwersi i ni heddiw. Rydw i eisiau gwybod am yr hyn wnaethon nhw ddioddef, y camgymeriadau gwnaethpwyd, ac yn lle darganfuwyd yr atebion. Dyma un o'r prif straeon yn hanes Cymru sydd heb gael ei hadrodd, a nawr mae'n fwy pwysig nac erioed."

Oherwydd ei swydd fel meddyg, mae rhaid i Dr Roberts fod yn ofalus iawn wrth ynysu o'i theulu ifanc, felly mae hi'n defnyddio gwesty'r Mansion House ger Caerfyrddin fel canolfan i'w hastudiaethau. Ond mae **PANDEMIC: 1918/2020** yn mynd a ni ar daith ar draws Cymru.

Rydym yn clywed gan sawl arbenigwr ar hyd y ffordd fel Dr Elin Jones a Gareth Thomas sy'n edrych ar effaith y Ffiliw Sbaeneg ar drefi diwydiannol Cymru gan gynnwys Ystrad Mynach ac Abertawe.

"Doedd dim modd i'r trefi hyn gloi lawr," meddai Dr Roberts. "Roedd diwydiant yn angenrheidiol i'r economi a'r Rhyfel Byd Cyntaf, roedd dal yn parhau yn ei fis oedd diwethaf, pan ysgubodd y Ffiliw Sbaeneg mewn i Gymru.

Mae Dr Roberts yn siarad â'r rhai a golloedd anwyliaid oherwydd y Ffiliw Sbaeneg.

Mae Iris Thomas o Bontarddulais (sydd bellach yn ei hwythdegau) yn sôn yn deimladwy am golled drasig ei theulu hi. Ar ôl iddi fod yn gofalu am ei hewythr, a oedd wedi dychwelyd o'r Rhyfel Byd Cyntaf gyda Ffliw Sbaeneg, fe ddaliodd ei modryb y clefyd a bu farw ohono.

Mae Dr Roberts yn palu trwy'r stori hynod am sut cafodd tref Aberystwyth ei chau lawr er mwyn atal y pandemig rhag gwasgaru a'r dylanwad cafodd y weithred hon ar ffyrdd i ymdrin â phandemigs i'r dyfodol.

Mae Aled Morgan-Hughes o Aberystwyth wrth ei foddy gyda hanes lleol ac fe dreuliodd gyfnod y clo yn astudio papurau newydd o 1918. "Er waetha'r ffaith taw cyngor y llywodraeth oedd i 'fwrw ymlaen' yn wyneb y firws, mae Aberystwyth yn cau lawr. Mewn cytsain ryfedd o'r presennol, caewyd siopau, sinemâu a hyd yn oed capeli."

"Wnaeth y penderfyniad gynddeiriogi'r trigolion lleol," meddai Alun. "Ond o ganlyniad i'r ymateb brys i'r sefyllfa, achubwyd llawer o fywydau."

Er bod canrif rhwng y ddau bandemig, mae Dr Roberts yn datgelu sawl tebygrwydd rhyngddynt. Mae hi hefyd yn darganfod ein bod ni mewn sefyllfa llawer gwell i ddelio gyda phandemig, yn rhannol oherwydd y gwersi ddysgwyt gan genhedlaeth ei hen deidiau a neiniau.

"Gwelwyd sawl canlyniad cadarnhaol yn sgil Ffliw Sbaen 1918," meddai Dr Roberts. "Dysgom ni am bwysigrwydd cadw pellter cymdeithasol a chyfyngu ar deithiau rhwng cymunedau yn ystod pandemig. Yn ogystal, sefydlwyd nifer dirifedi o ganolfannau ledled y byd ar gyfer astudio firysau. Amser a ddengys pa ganlyniadau cadarnhaol - os o gwbl - daw yn sgil y pandemig presennol."

**Cafodd PANDEMIG: 1918/2020 ei ffilmio dros gyfnod o 10 diwrnod gan griw ffilmio bach, gan gyfyngu gymaint â phosibl ar unrhyw deithio. Glynwyd yn gaeth at y rheolau ar gyfer cadw pellter cymdeithasol a'r canllawiau arfer gorau ar gyfer ffilmio yn ystod COVID-19.**

#### **PANDEMIG: 1918/2020**

**Nos Fawrth 14 Gorffennaf 9.00, S4C**

**Isdeitlau Saesneg**

**Ar alw: S4C Clic, iPlayer a llwyfannau eraill**

**Cynhyrchiad Hall of Mirrors ar gyfer S4C**

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## Learning lessons from devastating pandemic 100 years ago

As Wales begins to emerge from lock-down, a fascinating documentary on S4C takes a look back to 1918 when the world was hit by the Spanish Flu - one of the deadliest pandemics ever known in which millions of people lost their lives.

In **PANDEMIG: 1918/2020** which will be broadcast on Tuesday, July 14, Dr Llinos Roberts, a GP in the Gwendraeth Valley, explores how Spanish Flu swept Wales 100 years ago, and discovers how that story can help us today.

Dr Roberts said that Covid-19 was the most daunting and challenging chapter of her career. "At the beginning I was dreaming about Covid-19 every night. It was so new to me. I felt so unsure of the situation that it obviously got into my subconscious," said Dr Roberts who works at the surgery in Tumble and lives in Carmarthen.

"But a lot of what I was feeling seemed strangely familiar, because I am interested in the past. Covid-19 was not the first pandemic to hit Wales. In 1918 a different virus swept across Wales – the Spanish Flu."

"This was one of the most deadly pandemics ever. Today, it is all but forgotten. So I want to rediscover it to see if the experience of our great grandparents have lessons for us today. I want to know what they went through, where mistakes were made, where answers were found. This is one of the great untold stories of Wales and it matters to us now more than ever."

Because she is a GP, Dr Roberts has to take extra care when it comes to isolating from her young family, so she makes the Mansion House Hotel just outside Carmarthen the base for her studies. However, **PANDEMIG: 1918/2020** takes us across Wales and we speak to many experts along the way including Dr Elin Jones and Gareth Thomas who look at the impact of the Spanish Flu in industrial towns such as Ystrad Mynach and Swansea.

"For these towns, it wasn't an option to lock down," explained Dr Roberts. "Industry was vital for the economy and the First World War, still in its final months when the Spanish Flu swept into Wales."

Dr Roberts speaks to those who suffered losses from the Spanish Flu. Iris Thomas of Pontarddulais (now in her 80s) tells movingly of her family's tragic loss. Her aunt cared for her uncle, who returned from the First World War with Spanish Flu, only to catch it and die from it herself.

Dr Roberts also digs into an extraordinary story of how Aberystwyth shut down in order to try and halt the spread of the pandemic and how this shaped future thinking about pandemics.

Aled Morgan-Hughes from Aberystwyth has a passion for local history and spent lockdown studying newspapers from 1918. He explains: "Although government advice is to "carry on" in the face of the virus, Aberystwyth shuts down. In a strange echo of the present, shops, cinemas and even chapels all closed. "This decision outraged local residents," said Aled. "But as a result of quick action, many lives were saved."

Dr Roberts reveals many parallels between two pandemics 100 years apart. But she also discovers that we are better placed to deal with a pandemic, in part because of lessons learned by our great grandparents' generation.

"The Spanish Flu of 1918 did have some positive consequences," said Dr Roberts. "We learnt the importance of social distancing and restricting travel between communities during a pandemic. Plus, countless centres for studying viruses sprung up all over the world. Time will tell what positives – if any – the current pandemic will bring."

**PANDEMIG: 1918/2020 was filmed over 10 days, with travel kept to a minimum and using a skeleton film crew. Social distancing rules and best practice guidelines for filming during COVID-19 were rigorously followed.**

**PANDEMIG: 1918/2020**

**Tuesday 14 July 9.00, S4C**

**English subtitles available**

**On demand: S4C Clic, iPlayer and other platforms**

**A Hall of Mirrors production for S4C**