

Ti

Ti yw'r un sy'n dweud 'mae'n iawn',  
yn tynnu coes i basio'r p'nawn.

Ti yw'r un sy'n sychu'r gwaed,  
yn gosod baglau wrth fy nhraed.

Ti yw'r llenni lliwgar braf  
sy'n lliwio oriau hir yr haf.

Ti yw'r tiwb sy'n cario aer  
i mi gael sgwrsio gyda'm chwaer.

Ti yw bîp y peiriant mawr  
sydd wrth fy ngwely bach bob awr.

Ti yw'r un sy'n canu cân  
pan fyddai wedi blino'n lân.

Ti yw'r un sy'n creu cast gwych  
ac aros nes bod dagrau'n sych.

Ti yw'r doctor ddaw â gwên  
a llygaid doeth a geiriau clên.

Ti yw'r nyrs sy'n 'nabod Mam,  
yn 'nabod fi, yn gwybod pam.

Ti yw'r un sy'n gwagio'r pot,  
yn gwagio'r bin, yn chwerthin lot.

Ti yw'r dwylo, meddal, mud,  
sy'n dod â chysur, cynnes, clyd.

Ti yw'r curiad, cyson, iach  
sy'n dawnsio lond fy nghalon fach.

Ti yw'r ffrind sydd fyth ymhell,  
yn ffrind am oes pan fyddai'n well.

Casia Wiliam (Bardd Plant Cymru 2017-2019)

Presented to the children's wards of Wales' hospitals to celebrate 70 years of the NHS in Wales in 2018.

## Have a go writing your own poem...

"We're all ill sometimes, and every now and again we may have to see the doctor or go to the hospital for treatment, care or medicine. We may be ill for a long time, and we may be better in no time at all, but whatever the situation we're very lucky here in Wales to have the National Health Service. The NHS means that each of us can access free health care, which is very special. In some parts of the world you have to pay to see a doctor or to get medicine, and in some of the world's poorest countries it can be difficult to access health care at all sometimes. So we should be very grateful and proud of our National Health Service."

In my poem 'Ti', I think of all the different elements of the NHS in Wales, and the things that come to mind when I think of visiting the doctor or going to hospital. Why don't you have a go?

1. Make a **list** of all the things that come to your **mind's eye** when you think about a hospital.
  - What can you **see** at a hospital?
  - What do hospitals **smell** of?
  - What **colours** can you see there?
  - What can you **hear**?
  - What kind of **people** will you find at a hospital?
  - How do you **feel** there?
2. Then, try and **think** of a word to rhyme with each of your ideas. Rhyming is when two words sound the same, like hug and mug.



3. Once your **list of rhymes** is ready, you're ready to start your poem.
4. You could start each sentence like I have, saying 'Ti yw'r...', which translates as 'You are the...'.  
*Ti yw'r llyfr...*
5. Don't forget that you can list things other than people, like I've done here:

*"Ti yw'r llenni lliwgar braf  
sy'n lliwio oriau hir yr haf."*

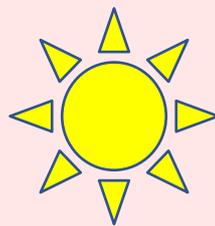
Which translates as:

*You are the curtains dancing by my bed,  
like a sea of colours, swishing in my head.*

And don't forget to use **adjectives** to bring your images to life for the reader. Adjectives are words we use to describe things such as loud, colourful, big, smelly and so on.



I hope you enjoy writing your poem! And if you're in hospital or visiting the doctors when you're reading this, I hope you feel better soon.



Best wishes,

Casia

Bardd Plant Cymru (Children's Poet of Wales)

P.S Did you know that it was a **Welshman** who first established the National Health Service? He was a **Welshman** called **Aneurin Bevan**, from **Tredegar** in the **Welsh Valleys**.