

PROUD

FOR Cardiff presents PROUD, an audio-visual trail celebrating people from the LGBTQIA+ community in Cardiff. Curated by Heard Storytelling.

Work your way around the city's shopping streets and discover eight beautiful living portraits telling true stories from two different perspectives. Scan the QR code next to their image to hear their true story.

From the streets of Pakistan, clubs of Cardiff, hospital waiting rooms, and funfairs on Barry Island, these stories take listeners on personal and candid journeys, all focused on the theme of 'Proud', with the importance of representation at their core.

For further information and to download the trail map, head to: forcardiff.com/proud

Mae Caerdydd AM BYTH yn cyflwyno PROUD, llwybr clyweledol sy'n dathlu pobl o'r gymuned LHDTQIA+ yng Nghaerdydd. Curadwyd gan Heard Storytelling.

Gweithiuch eich ffordd o amgylch strydoedd siopa'r ddinas a darganfyddwch wyth portread byw hardd sy'n adrodd straeon gwir o ddau safbwynt gwahanol. Sganiwch y cod QR wrth ymyl eu delwedd i glywed eu stori.

O strydoedd Pacistan, clybiau Caerdydd, ystafelloedd aros ysbytai, a ffeiriau hwyl ar Ynys y Barri, mae'r straeon hyn yn mynd â gwrandawyr ar deithiau personol a didwyl, i gyd yn canolbwyntio ar y thema 'Balch', gyda phwysigrwydd cynrychiolaeth yn greiddiol iddo.

I gael rhagor o wybodaeth ac i lawrlwytho map y llwybr, ewch i: forcardiff.com/proud

BROUGHT TO YOU BY:



1 JIA WEI & SAMMIE

Parkour is more than a sport. Whether we are navigating physical barriers or societal norms, the spirit of parkour reminds us that with determination, community and creativity, anything is possible.

Mae Parcwr yn fwy na chwaraeon. P'un a ydym yn dod dros rhwystrau corfforol neu normau cymdeithasol, mae ysbryd parcwr yn ein hatgoffa bod unrhyw beth yn bosibl gyda phenderfyniad, cymuned a chreadigrwydd.

OUTSIDE CAPITOL SHOPPING CENTRE



2 COCO & LARA

Coco lies in a hospital bed, struggling to know how to carry on. Little does she know that the most beautiful moments of her life are just around the corner, waiting for her to discover them.

Mae Coco yn gorwedd mewn gwely ysbyty, yn cael trafferth gwybod sut i barhau. Dydi hi ddim yn gwybod bod amserau mwyaf prydferth ei bywyd rownd y gornel, yn aros iddi eu darganfod.

LUSH, 59-61 QUEEN ST



3 NUMAIR & SHAHBANO

Can love bridge any distance? For Numair, this question is put to the test when he makes a difficult and life-changing decision.

Gall cariad bara unrhyw belter? I Numair, rhoddir y cwestiwn hwn ar brawf pan fydd yn gwneud penderfyniad anodd sy'n newid ei fywyd.

MONMOUTHSHIRE BUILDING SOCIETY, 33-35 QUEEN STREET



4 NATHAN & WAYNE

Nathan's dream of becoming an artist was almost shattered by a harsh critique from his teacher and his own self-doubt. A story of struggle and perseverance and the transformative influence of friendship.

Bu bron i freuddwyd Nathan o ddod yn artist gael ei chwalu gan feimadaeth cras gan ei athro a'i hunamheuaeth ei hun. Stori am frwydr a dyfalbarhad a dylanwad trawsnewidiol cyfeillgarwch.

HIGH STREET ARCADE (ST JOHN STREET ENTRANCE)



5 TONY & STEVE

Waking up in the hospital operating theatre Tony reads a Mark Twain quote "The two most important days in your life are the day you are born and the day you find out why." Suddenly he knows his 'why'.

Deffro yn theatr llawdriniaethau'r ysbyty mae Tony'n darllen dyfyniad gan Mark Twain "Y ddau ddiwrnod pwysicaf yn eich bywyd yw'r diwrnod y cewch eich geni a'r diwrnod y byddwch yn darganfod pam." Yn sydyn mae'n gwybod ei 'pam'!

CASTLE ARCADE (OPPOSITE TROUTMARK BOOKS)



6 SAB / AIDA H DEE & THEO

Award winning author and founder of Drag Queen Story Hour UK, Aida H Dee is showing the world that being different is to be celebrated. But when they become the target of hate crime, their partner Theo fears for their life.

Mae'r awdur arobryn a sylfaenydd Drag Queen Story Hour UK, Aida H Dee yn dangos i'r Byd fod bod yn wahanol yn rhywbeth i'w ddathlu. Ond pan mae yn darged i troseddau casineb, mae eu partner Theo yn ofni am eu bywyd.

CASTLE ARCADE (NEXT TO HOBOS)



7 ALISHA & RAVEN

Coming from two very different backgrounds, Alisha and Raven forge their own path, creating new traditions and rewriting the script on what it means to be a family.

Yn dod o ddau gefndir gwahanol iawn, mae Alisha a Raven yn creu eu llwybr eu hunain, gan greu traddodiadau newydd ac aillysgrifennu'r sgript ar yr hyn y mae'n ei olygu i fod yn deulu.

ROYAL ARCADE (OPPOSITE QUEER EMPORIUM)



8 RICHARD & ANDREW

Richard takes us on a journey from the stage to an important speech. There were no dress rehearsals for what came in between.

Mae Richard yn mynd â ni ar daith o'r llwyfan i araith bwysig. Nid oedd unrhyw ymarferion gwisg ar gyfer yr hyn a ddaeth yn y canol.

ST DAVID'S DEWI SANT (OPPOSITE RITUALS)