

WHAT'S ON AT MERMAID QUAY

Fire exit
Keep clear

<p>The Poetry Project</p> <p>Mae James McInerney wedi cynnal The Poetry Project ers 2008. Y nod yw defnyddio barddoniaeth i godi ymwybyddiaeth a seilid ar ffordd meddal ar wegru cello helpu rhai sy'n doddef a dangos na'i ydym niw ar eu pen eu hysbys.</p> <p>Ar ôl ymddangos yn gynffwrdd ar hyd ydyfodolau gwahanol, rhwydwyd hysbysu Llundain, mae'r project wedi tynnu sylweddol a hefyd i'w weld mewn canolfannau sepa, parciau ac ysgolion ar hyd a lled y byd.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p> <p>The Poetry Project</p> <p>MERMAID QUAY</p>		<p>The Poetry Project</p> <p>James McInerney has run The Poetry Project since 2008. The aim is to use poetry to raise awareness of depression and mental health in an attempt to help those who are suffering and show them that they are not alone.</p> <p>Initially appearing on service information boards across the London Underground, it has grown significantly and is now appearing in shopping centres, parks and schools across the world.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p> <p>The Poetry Project</p> <p>MERMAID QUAY</p>		<p>The Poetry Project</p> <p>Mae James McInerney wedi cynnal The Poetry Project ers 2008. Y nod yw defnyddio barddoniaeth i godi ymwybyddiaeth a seilid ar ffordd meddal ar wegru cello helpu rhai sy'n doddef a dangos na'i ydym niw ar eu pen eu hysbys.</p> <p>Ar ôl ymddangos yn gynffwrdd ar hyd ydyfodolau gwahanol, rhwydwyd hysbysu Llundain, mae'r project wedi tynnu sylweddol a hefyd i'w weld mewn canolfannau sepa, parciau ac ysgolion ar hyd a lled y byd.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p> <p>The Poetry Project</p> <p>MERMAID QUAY</p>		<p>The Poetry Project</p> <p>James McInerney has run The Poetry Project since 2008. The aim is to use poetry to raise awareness of depression and mental health in an attempt to help those who are suffering and show them that they are not alone.</p> <p>Initially appearing on service information boards across the London Underground, it has grown significantly and is now appearing in shopping centres, parks and schools across the world.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p> <p>The Poetry Project</p> <p>MERMAID QUAY</p>	
<p>Embrace the things that scare you. You should never fear the unknown, even strangers can end up becoming the best of friends.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>lidia i'r llif, ni ddaw lles o arys yn llonydd, fe'n ganwyd i symud, nid.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>You are mighty, a force unknown. Your heart needs no one to feel complete. Inhale. Exhale. Rinse. Repeat.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>Mina i'w bywiad i'w bob amser, ei dro i'n up, ddiol i'w ddiol, ei lawel a thynhau o'w a cherdonorth, a ddiol i'w ddiol, ei lawel a thynhau o'w.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>The kind of people that are stood before the storm understand the need for change, quicker than those that hide from it.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>Ddoe, fe oeddwn i. Yfory, fe fyddaf i. Heddiw, ymlacaf a mwynhau bod yn fy hun.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>You will never be able to fly if you remain tied to the things that keep you grounded.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>Mae dy gariad yn gariad calon rwy'n dyheu amdano.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>
<p>Caffinai'r pethau sy'n gori dychym. Paid ag ofni'r amniradwy, daw'r diatrym rhywaf yn ffrind mynnesol.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>Go with the flow. We were not born to stand still, those that do will always ache for places they'll never visit.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>Rwy i'n bwrws, yn rym arddryfus, dy galon sy'n gylan ar ei phen ei human. Anafia i newn, anafia allan, yn allw ddiolad.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>Always live your life to the fullest like it's a never ending parade. Fill it with every kind of colour and music that has you dancing amongst strangers as though they were Meeting Friends.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>Mae'r sawd sy'n sffyll ac yn hennu stormydd yn deall yr angen am newid o'r newydd yn gynt na'r sawd sy'n crwydli o'r tynydd.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>Yesterday I was, tomorrow I will be. Today I'll take my time and enjoy being me.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>Hedfani di byth i uchelderau'r adar heb darri'n rhydd, heb godi th.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>	<p>Your love is a heartbeat that I long to own.</p> <p>JAMES MCINERNEY @jamesmcin www.jamesmcin.com</p>