

# BRIGHTER JOURNEYS

We're hoping to brighten up everyone's journey by bringing the power of nature into our stations.

Rydyn ni'n gobeithio goleuo taith pawb trwy ddod â phŵer natur i'n gorsafoedd.



If you're finding lately that nothing lifts your mood, download the Hub of Hope app at [hubofhope.co.uk](https://hubofhope.co.uk) for help and support with your mental health.



Os ydych wedi teimlo'n ddiweddar nad oes unrhyw beth yn codi'ch calon, lawrlwythwch yr ap Hub of Hope ar [hubofhope.co.uk](https://hubofhope.co.uk) i gael cymorth a chefnogaeth gyda'ch iechyd meddwl.