



## Supporting People with Swallowing Difficulties

ENGLISH

I suffer from swallowing difficulties. As a result of this, it can be difficult for me to eat and drink.

To make my meal with you easier and more enjoyable, the following simple adjustments would help me.

After I have chosen a meal from your menu, I may ask:

For a smaller portion
For a jug of extra sauce or gravy to make the meal less dry
For some parts of the meal to be omitted or changed
For a child's meal or to share a meal
For there to be a large jug of tap water on the table and for it to be refilled as requested
For my food to be cooked for longer so that it is softer
For my food to be blended

I do hope that you will be able to make the adjustments I need to help me to enjoy my meal. Thank you!

*Note to holder: If you require more personalised detail to show to a restaurant, please use this sheet as an introduction. A basic translation of your more detailed needs can be made using 'Google Translate'.*



## Cefnogi Pobl ag Anawsterau Llyncu

CYMRAEG (WELSH)

Rwy'n dioddef o anawsterau llyncu. O ganlyniad i hyn, gall fod yn anodd i mi fwyta ac yfed.

I wneud fy mhryd gyda chi yn haws ac yn fwy pleserus, byddai'r addasiadau syml canlynol yn fy helpu.

Ar ôl i mi ddewis pryd o fwyd o'ch bwydlen, efallai y byddaf yn gofyn

Am ddogn llai
Am jwg o saws neu grefi ychwanegol i wneud y pryd yn llai sych
I rai rhannau o'r pryd gael eu hepgor neu eu newid
Ar gyfer pryd o fwyd plentyn neu i rannu pryd o fwyd
I gael jwg fawr o ddŵr tap ar y bwrdd ac iddo gael ei ail-lenwi yn ôl y gofyn
I'm bwyd gael ei goginio'n hirach fel ei fod yn feddalach
I'm bwyd gael ei gymysgu

Rwy'n gobeithio y byddwch yn gallu gwneud yr addasiadau sydd eu hangen arnaf i'm helpu i fwynhau fy mhryd. Diolch!

*Nodyn i'r deiliad: Os oes angen mwy o fanylion personol arnoch i'w dangos i fwyty, defnyddiwch y daflen hon fel cyflwyniad. Gellir gwneud cyfieithiad sylfaenol o'ch anghenion manylach gan ddefnyddio 'Google Translate'.*

Many thanks to our wonderful volunteers across the world for giving their time to translate this document to help dysphagia sufferers.

Produced by The Swallows Head & Neck Cancer Charity, Blackpool, UK – [www.theswallows.org.uk](http://www.theswallows.org.uk)