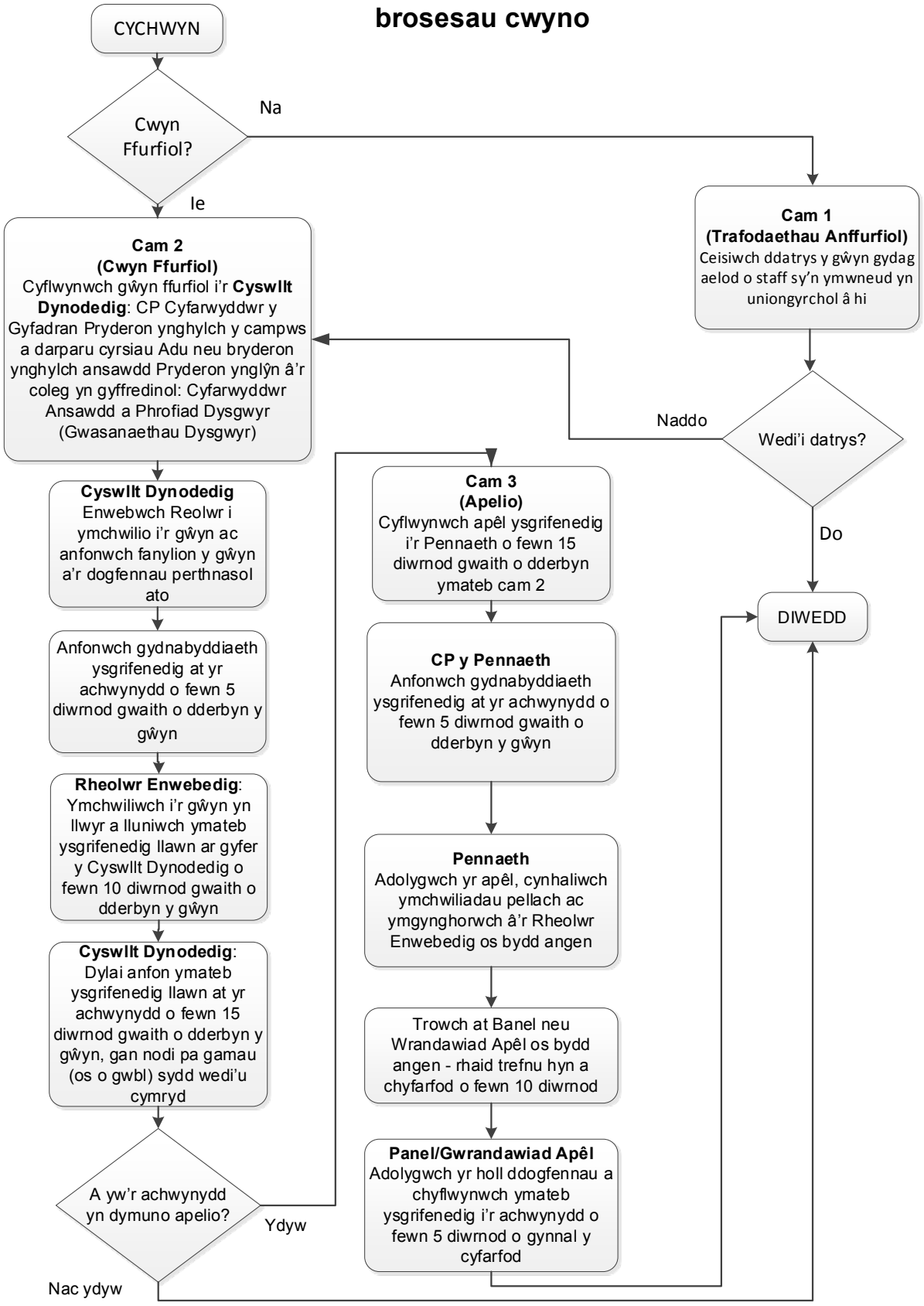Siart Lif Gryno o brosesau cwyno