

DATGANIADAU BARN YSGRIFENEDIG /  
WRITTEN STATEMENTS OF OPINION

A GYFLWYNWYD / TABLED ON  
8/03/2006

R Yn dynodi bod yr Aelod wedi datgan buddiant  
R Signifies the Member has declared an interest

**OPIN-2006- 0023 - Diwrnod Dim Smygu / No Smoking Day**

**Codwyd gan / Raised By:**

Jeff Cuthbert

**Tanysgrifwyr / Subscribers:**

Peter Black

**Diwrnod Dim Smygu**

Mae Cynulliad Cenedlaethol Cymru'n cefnogi'r trydydd Diwrnod Dim Ysmygu ar hugain ar 8<sup>fed</sup> Mawrth – *O ddifrif am roi'r gorau iddi?...Gallwch wneud hynny!*

Mae'r Cynulliad Cenedlaethol yn annog ysmygwyr sydd o ddifrif am roi'r gorau iddi i ymweld â'u fferyllfa leol fel cam cyntaf ymlaen at ddyfodol heb dybaco. Mae pob fferyllfa yng Nghymru yn cynnig cyngor hwylus ac arbenigol, cefnogaeth a thriniaeth i roi'r gorau i ysmegu, a hynny heb apwyntiad.

Mae'r Cynulliad Cenedlaethol hefyd yn croesawu gwaith saith grŵp Breathe Easy Sefydliad Prydeinig yr Ysgyfaint yng Nghymru sy'n cefnogi'r rheiny (1 person o bob 5) yng Nghymru sy'n byw gyda chlefyd ar yr ysgyfaint, eu ffrindiau, eu teulu a'u gofalwyr.

**No Smoking Day**

The National Assembly for Wales supports the twenty third No Smoking Day on the 8<sup>th</sup> March - *Serious about stopping?... You can do it!*

The National Assembly urges smokers who are serious about stopping to visit their local pharmacy as the first step towards a tobacco-free future. Every pharmacy in Wales offers convenient and expert advice, support and treatment to quit smoking, without an appointment.

The National Assembly also welcomes the work of the British Lung Foundation's seven Breathe Easy groups in Wales who support those (1 in 5 people) in Wales living with lung disease, their friends, family and carers.