

CARTREFI DI-FWG

SMOKEFREE HOMES



Yn y DU, mae rhywun yn marw o dân a achoswyd gan sigarét pob 3 diwrnod. Yng Nghymru, roedd 163 o danau wedi'u achosi gan ddeunydd ysmegu (2014/15).

In the UK, someone dies from a fire caused by a cigarette every 3 days. In Wales, 163 fires were caused by smoking materials (2014/15)



ash.wales



[@SmokefreeWales](https://www.facebook.com/SmokefreeWales)



Helpa fi i Stopio/Help Me Quit
(FREE NHS service):
0808 250 6061



ash wales
cymru
action on smoking and health

 **CHOOSE
SMOKEFREE**

Sadiwch i... Gadw'n **SAFF**



Cryfder



A Chydbwysedd



Hanes
o gwmpo



Amgylchedd



Steady on... Stay **SAFE**



Strength



And Balance



Falls History



Environment

Nid yw cwmpo yn rhan anochel o heneiddio

- Cadwch yn heini, cadwch yn gryf
- Os ydych yn cwmpo, dywedwch wrth rywun
- Gwylwch eich cam - byddwch yn ymwybodol o beryglon baglu

Am ragor o wybodaeth, ewch i
www.ageingwellinwales.com/wl/atal

Gwnewch wahaniaeth – rhannwch y neges hon

Falls are not an inevitable part of growing older

Reduce your risk of falls:

- Stay active and stay strong
- If you fall, tell someone
- Watch your step – be aware of trip hazards

For more information, go to
www.ageingwellinwales.com/falls

Make a difference – please share this message



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Heneiddio'n Dda
yng Nghymru
Ageing Well
in Wales





QUIT SMOKING WITH FREE NHS SUPPORT

HELP ME QUIT ARE WITH YOU EVERY STEP OF THE WAY ON YOUR SMOKEFREE JOURNEY.

HELPA FFI STOPIO - HELP ME QUIT

**Dewiswch fod yn Ddi-fwg
Choose Smokefree**

SUPPORT IS AVAILABLE IN:



Meetings with other smokers (the best way to stop smoking)



1:2:1 appointments, face-to-face or over the telephone



Community venues



Hospitals



Pharmacies

INCREASE YOUR CHANCES OF SUCCESS BY:

300%*

*With help from the NHS compared to quitting on your own

MOST SUCCESSFUL



Alone



With medication



With NHS support

HELP ME QUIT IS THE BEST CHOICE YOU CAN MAKE TO STOP SMOKING

WE UNDERSTAND HOW HARD IT CAN BE TO QUIT. WE ARE FRIENDLY AND NOT HERE TO JUDGE YOU.

We will offer you confidential support each week, talking about:

- The steps involved in quitting
- How to set a quit date that works
- How to use stop smoking medication
- How you are getting on

DID YOU KNOW?

If you use a Help Me Quit service you will receive stop smoking medication worth around £250 for free

CONGRATULATIONS

on taking the first step to becoming smokefree by making a stop smoking appointment with Help Me Quit.

EVERY YEAR WE HELP OVER 15,000 SMOKERS IN WALES

Take the first step to become smokefree and contact Help Me Quit to find the support that's right for you:

Call us: **0800 085 2219**

Text*: **HMQ TO 80818**

or visit: **HELPMEQUIT.WALES**

*standard rate message



I GOT HELP FROM THE NHS. I COULDN'T HAVE MANAGED TO GIVE UP WITHOUT THE SUPPORT I HAD.



PAUL,
South Wales