











"Nid yn y Cenhedloedd Unedig y bydd Nodau Datblygu'r Mileniwm yn cael eu cyflawni. Rhaid eu cyflawni ym mhob un o'r Aelod Wladwriaethau, yn sgil ymdrechion eu llywodraethau a'u pobl."

Kofi Annan, cyn Ysgrifennydd Cyffredinol y Cenhedloedd Unedig

7. Hwb ar gyfer 2015: Beth fedrwch chi ei wneud?

Os yw Nodau Datblygu'r Mileniwm i'w cyflawni erbyn 2015 – y dyddiad a gytunwyd yn fyd-eang yn 1999 i haneru tlodi byd-eang – bydd yn gofyn am newid enfawr yn ymrwymiad llywodraethau, yn arbennig yn y gogledd, i gyflawni eu haddewidion mileniwm o ran masnach, cymhorthdal a lleddfu dyledion. Fodd bynnag, tra bod angen strategaeth a buddsoddiad byd-eang i gyflawni NDM yn fyd-eang, **cymunedau unigol a phobl unigol fydd yn gwreiddu'r NDM**. Felly gall pob un ohonom wneud gwahaniaeth, a gall mudiadau cymdeithas sifil ledled Cymru wneud gwahaniaeth, drwy fabwysiadu ein 'Datganiadau Mileniwm' ein hunain.

Deg Cam y gallwch eu cymryd...

	Fel Unigolyn...	Fel Mudiad...
 Bywoliaethau	Prynu cynnyrch masnach deg wrth siopa'n ddyddiol. Gofyn am fasnach deg mewn bwytai a chaffis. Cefnogi masnachu moesegol a mentrau crefft. Rhoi benthygiad sy'n newid bywydau drwy KIVA .	Cofrestru gyda Chymru Masnach Deg er mwyn gweithio tuag at statws masnach deg - o weithleoedd, ysgolion ac eglwysi i drefi a siroedd masnach deg.
 Addysg	Cefnogi addysg plentyn drwy gyfraniadau rheolaidd i fudiad o'ch dewis. Nodwch eich cefnogaeth i ymgyrch Addysg Fyd-eang 1 GOAL .	Cefnogi eich ysgol leol i ddatblygu 'partneriaeth ysgol fyd-eang' gyda'r de.
 Menywod	Drwy grŵp Sefydliad y Merched lleol, cyfranogi yn yr ymgyrch 'Women Reaching Women'	Cynnal noson i ddangos ffilm 'Chwiorydd ar y Blaned' gyda thrafodaeth yn eich cymuned neu gyda'ch partneriaid.
 Iechyd Plant	Cyfrannu at ymgyrch 'iechyd plant nawr' . Cyfrannu at eich Cyswllt Iechyd Cymru Affrica agosaf.	Bod yn bartner cefnogol i un o'r Cysylltiadau Iechyd neu Gyswllt Cymunedol Cymru Affrica sy'n gweithio i wella iechyd plant.
 Iechyd Mamau	Blogio, ymuno a gweithredu gydag ymgyrch Marwolaeth Mamau Mumsnet .	Ymrwymo eich mudiad at y Gynghrair Rhuban Wen a gweithredu.
 Afiechydon	Gwisgo rhuban coch i ddangos eich cefnogaeth ar Ddiwrnod Rhyngwladol AIDS , 1 Rhagfyr.	Noddi neu gyfrannu tuag at rwydi malaria a gyflenwir drwy un o'r nifer o Gysylltiadau Iechyd Cymru Affrica.
 Amgylcheddol	Gostwng eich ôl troed carbon yn y cartref, mewn gwaith ac wrth deithio	Mabwysiadu prosiect coedwig 'Maint Cymru' i'w gefnogi yn Affrica, neu fod yn 'bartner cefnogi'. Gall busnesau ymrwymo '1% dros y Blaned' - gan droi gwerthiant ac elw at weithredu gwyrdd.
 Partneriaeth	Cyfranogi yn un o'ch grwpiau Cyswllt Cymunedol Cymru Affrica lleol - neu ymweld gyda'ch partneriaid Affricanaidd hyd yn oed!	Datblygu neu dechrau cyswllt cymunedol rhwng eich mudiad / grŵp lleol a grŵp partner tebyg yn Affrica.
 Byd	Gwisgo breichled wen i ddangos eich cefnogaeth dros 'Roi Terfyn ar Dlodi'. Tanysgrifio a chefnogi yr Alwad Fyd-eang i Weithredu yn erbyn Tlodi .	Fel mudiad, nodwch Ddiwrnod Rhyngwladol Tlodi y CU ar 16 Hydref drwy 'Sefyll yn Erbyn Tlodi'
 Cymru	Gwirfoddoli gyda mudiad, mawr neu fach, sy'n gwneud gwahaniaeth i NDM: Rhowch gefnogaeth ariannol...i gynnal gwaith da Rhowch eich amser...cynigiwch eich sgiliau Rhowch eich llais...i wthio am newid	Cyfranogi neu danysgrifio am y newyddion diweddaraf oddi wrth Tasglu NDM Cymdeithas Sifil Cymru'r WCVA.

"It is not in the United Nations that the Millennium Development Goals will be achieved. They have to be achieved in each of its Member States, by the joint efforts of their governments and their people."

Kofi Annan, ex-UN Secretary General

7. Push for 2015: What Can You Do?

If the Millennium Development Goals are to be met by 2015 – the benchmark globally agreed in 1999 for halving global poverty – it will require a huge step change in the commitments of governments, particularly in the north, to meet their millennium promises around trade, aid and debt relief, to enable the MDGs to be realised. However, while the MDGs require global strategy and investment to achieve global delivery, **it is in individual communities and with individual people that the MDGs will be made real**. And so every one of us can make a difference, and civil society organisations across Wales can make a difference, by adopting our own 'Millennium Declarations':

Ten Actions you can take...

	As an Individual...	As an Organisation...
 Livelihoods	Buy fairtrade products in your daily shopping. Ask for fairtrade in cafes and restaurants. Support ethical trading and craft initiatives. Give a loan that changes lives through KIVA .	Register with Fairtrade Wales to work towards fairtrade status – from workplaces, schools and churches to fairtrade towns and counties.
 Education	Support a child's education through regular donations to an organisation of your choice. Sign up in support of the Global Campaign for Education's 1GOAL campaign.	Support your local school to develop a 'global school partnership' with the south.
 Women	Through a local WI group, get involved with the 'Women Reaching Women' campaign.	Host a 'Sisters on the Planet' film and discussion evening with your community or partners.
 Child Health	Support the 'child health now' campaign. Donate to your nearest Wales Africa Health Link .	Become a support partner to one of the Wales Africa Community Link or Health Links working to improve child health.
 Mothers Health	Blog, join and take action with the Mumsnet Maternal Mortality campaign.	Sign your organisation up to the White Ribbon Alliance and get active.
 AIDS & Disease	Wear a red ribbon to show your support on World AIDS Day , Dec 1 st .	Sponsor or donate towards malaria nets supplied through one of many Wales Africa Health Links .
 Environment	Reduce your Carbon footprint at home, in work and travelling	Adopt a 'Size of Wales' forest project to support in Africa, or become a 'supporting partner'. Businesses can commit '1% for the Planet' – turning sales and profits to green action.
 Partnership	Get involved in one of your nearby Wales Africa Community Link groups – even visit your African partners!	Develop or start a community link between your organisation / local group and a similar partner group in the Africa
 World	Wear a white band to show your support for 'Making Poverty History' Sign up and support the Global Call to Action Against Poverty	As an organisation, mark UN World Poverty Day October 16 th by making a 'Stand Against Poverty'
 Wales	Volunteer with an organisation, large or small, who are making a difference to the MDGs: Give financial support... to resource good work Give your time... offer your skills Give your voice... to press for change	Get involved with or sign up for updates from WCVA's Wales Civil Society MDGs Task Force .

Making Poverty History: the UN Millennium Development Goals

1



DILEU TLODI A
NEWYN EITHAFOL

ERADICATE EXTREME
POVERTY AND HUNGER

2



SICRHAU ADDYSG
GYNRADD YN FYD-EANG

ACHIEVE UNIVERSAL
PRIMARY EDUCATION

3



HYRWYDDO CYDRADDOLDEB
RHWNG Y RHYWIAU A
GRYMUSO MENYWOD

PROMOTE GENDER
EQUALITY AND
EMPOWER WOMEN

4



LLEIHAU
MARWOLAETHAU PLANT

REDUCE
CHILD MORTALITY


5



GWELLA
IECHYD MAMAU

IMPROVE
MATERNAL HEALTH

6



TRECHU HIV/AIDS, MALARIA
AC AFIECHYDON ERAILL

COMBAT HIV/AIDS,
MALARIA AND OTHER
DISEASES

7



SICRHAU CYNALIADWYEDD
AMGULCHEDDOL

ENSURE
ENVIRONMENTAL
SUSTAINABILITY

8



PARTNERIAETH FYD-EANG
AR GYFER DATBLYGU

GLOBAL PARTNERSHIP
FOR DEVELOPMENT

Rhown Derfyn ar Diodi: at Nodau Datblygu'r Mileniwm y CU



Supporting civil society and communities to contribute towards the UN Millennium Development Goals for poverty reduction

Cefnogi cymdeithas sifil ac cymunedau i gyfrannu tuag at Nodau Datblygu'r Mileniwm y CU ar gyfer lleihau tlodi

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