



# Mick Antoniw

**Yr Aelod Cynulliad dros Bontypridd**  
***Assembly Member for Pontypridd***



@mick.antoniw

Welsh Labour Llafur Cymru

# About my role

## *Ynghlyn â fy rôl*

I've been the Assembly Member for Pontypridd since 2011. Here's a typical day for me both in and outside of the Assembly.

Rydw i wedi bod yn Aelod Cynulliad dros Bontypridd ers 2011. Dyma ddiwrnod arferol i mi yn y Cynulliad a thu hwnt.

### In the constituency Yn yr etholaeth

**08:00** My work in the constituency is different every day. My key priority is visiting schools, businesses and local groups to see how I can help them and to help promote their successes. I also offer home visits to those constituents who cannot come in to see me at my office.

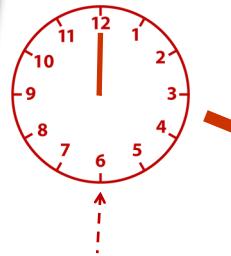
**08:00** Mae fy ngwaith yn yr etholaeth yn amrywio o ddydd i ddydd. Fy mlaenoriaeth allweddol yw ymweld ag ysgolion, busnesau a grwpiau lleol i weld sut alla i eu helpu nhw a helpu i hyrwyddo eu llwyddiannau. Rwy'n ymweld hefyd â'r etholwyr hynny na allant ddod i'm gweld i yn fy swyddfa yn eu cartref.



### In the Assembly Yn y Cynulliad

**07:00** I usually spend around four hours each morning on constituency and Assembly work. This can involve meeting with Ministers, Constituents or other AMs.

**07:00** Fel arfer, rwy'n treulio tua phedair awr bob bore yn gwneud gwaith etholaeth a Chynulliad. Gall hyn gynnwys cyfarfod â Gweinidogion, Etholwyr neu ACau eraill.



**09:00** I sit on a number of committees, which are made up of AMs from all parties. Our job is to scrutinise the Welsh Government to make sure their policies are as good as they can be.

**09:00** Rwy'n aelod o sawl pwylgor sy'n cynnwys ACau o bob plaid. Ein rôl yw craffu ar Lywodraeth Cymru i sicrhau bod ei pholisïau cystal ag y gallant fod.



**12:00** Hosting visits and others is my favourite part of my job. I enjoy answering questions from students.

**12:00** Cynnal ymwestysion ysgolion ac eraill yw swydd. Rwy'n mwynhau cwestiynau myfyrwyr.

www

You  
Tube

### Find out more / Dysgwch fwy

Watch my 'Day in the Life' video on YouTube or at [mickantoniw.wales](http://mickantoniw.wales)  
*Gwylchi fideo 'Day in the Life' ar YouTube neu yn [mickantoniw.wales](http://mickantoniw.wales)*



Community media is letting happenings nationwide on important issues via social newspapers at any time

Mae cyfarfod yn ffodol bobl bellach hardal o ymgrych Gall cyfleoedd cymdeithasol papurau ddiwydiant



## MEDIA

Communicating through the media is an important way of letting people know what is happening in their area and locally, and for campaigning on important issues. Interviews on social media, radio, newspapers and TV can happen at any time.

### Y CYFRYNGAU

Athrebu trwy'r cyfryngau d bwyseg o roi gwybod i'r cyhoedd sy'n digwydd yn eu hanes ac yn genedlaethol ac i'w dros faterion pwysig. Gweliadau trwy gyfryngau masol, ar y radio, mewn newyddion ac ar y teledu d unrhyw bryd.



**16:00** Twice a month I hold a surgery to help people with any issues they have. These are held at my Pontypridd office or at locations around the constituency.

**16:00 Ddwyaith y mis, rwy'n cynnal cymhorthfa i helpu pobl gydag unrhyw broblemâu sydd ganddynt. Cynhelir y rhain yn fy swyddfa ym Mhontypridd neu mewn lleoliadau**



**19:00** I am often invited to evening events by local organisations, including helping with funding for projects, discussing specific policies or celebration events, such as presenting awards.

**19:00 Yn aml, rwy'n cael fy ngwahodd i ddigwyddiadau gyda'r nos gan sefydliau lleol, gan gynnwys helpu i ariannu prosiectau, trafod polisiau penodol neu ddigwyddiadau dathlu megis cyflwyno gwobrau.**



As from schools is my favourite part of answering the questions put to me.  
Gweliadau gan fy hoff ran o'r llofftiau ateb iwr.



**14:00** Plenary sessions are held on Tuesdays and Wednesdays. This is where Ministers answer questions and Welsh law is made. If selected to ask a question I focus on issues that are important to people in Pontypridd.

**14:00 Cynhelir cyfarfodydd llawn bob dydd Mawrth a dydd Mercher. Dyma lle mae Gweinidogion yn ateb cwestiynau a lle mae cyfraith Cymru'n cael ei gwneud. Os ydw i'n cael fy newis i ofyn cwestiwn, rwy'n canolbwytio ar fater sy'n bwysig i bobl ym Mhontypridd.**



## Find out more / Dysgwch fwy

Like my Facebook page to get regular updates on my work [@MickAntoniw](#)

Hoffwch fy nhudelan Facebook i gael diweddarriadu rheolaidd am fy ngwaith [@MickAntoniw](#)

# About the Pontypridd constituency

## *Ynglŷn ag etholaeth Pontypridd*

The Pontypridd constituency is based around the ancient town of Llantrisant and Pontypridd, Rhondda Cynon Taff's principle town. It is home to around 80,000 people, with around 65,000 being of voting age.

The Assembly constituency follows the Westminster boundaries (with the exception of approximately 300 properties which are in the Ogmore constituency for Westminster elections).

The Assembly Member is Mick Antoniw who was elected in 2011 and re-elected in 2016. At Westminster the constituency has been represented by Owen Smith MP since 2010.

Mae etholaeth Pontypridd wedi'i lleoli o gwmpas tref hynafol Llantrisant a Phontypridd, sef prif dref Rhondda Cynon Taf. Mae'n gartref i oddeutu 80,000 people, with 65,000 o bobl o oedran pleidleisio.

Mae etholaeth y Cynulliad yn dilyn ffiniau San bounStefSteffan (ac eithrio tua 300 o adeiladau yn etholaeth Ogwr ar gyfer etholiadau San Steffan).

Yr Aelod Cynulliad yw Mick Antoniw a gafodd ei ethol yn 2011 a'i ailethol yn 2016. Yn San Steffan, mae'r etholaeth wedi'i chynrychioli gan Owen Smith AS ers 2010.



## Contact Mick / Cysylltu â Mick



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