

Model Heneiddio'n Dda Age Cymru Gwynedd a Môn Ageing Well Model

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Model Heneiddio'n Dda

The Ageing Well Model



- Cyflwyniad
- Y stori hyd yma
- Ble nesaf
- Effaith ar strategaethau / polisiau
- Esiampl ymarferol o'r fodel 'Pum ffordd at les'
- Introduction
- Story so far
- Where next
- Impact on strategies / policies
- Practical example of the '5 Ways to Wellbeing' model

Canlyniadau / Outcomes



- Mynediad at wasanaethau a gwybodaeth
- Hyrwyddo iechyd meddwl a lles
- Cyfrannu at fywyd cymunedol
- Cyfrannu at benderfyniadau
- Cymeryd rhan mewn ymarfer corff addas
- Access to information and services
- Promote Mental Health and Wellbeing
- Contribute to community life
- Contribute to decision making
- Participate in appropriate physical activities

Cyd-gynhyrchu / Co-production



- Strategaeth pobl hŷn
- Cyngorau sir /
Bwrdd iechyd / 3ydd
sector / grwpiau
cymunedol / ACGM /
POBL HŷN EU
HUNAIN
- Cysylltu / Bod yn
fywiog / Cymryd
sylw / Dal ati i
ddysgu / Rhoi....
- GWIRFODOLI
- Older people's strategy
- Local authorities /
Health board / 3rd
sector / community
groups / ACGM /
OLDER PEOPLE
THEMSELVES
- Connect / Be active /
Take notice / Keep
learning / Give....
- VOLUNTEER

Sefydlu canolfan - Sut mae gwneud hyn / Centre set up / How this is done



- **Lleoliad /
ymgysylltu / angen /
cyfleuoedd / cyllid**
- **Rhwydweithio / creu
partneriaethau /
osgoi dyblygu**
- **Llwyfan ar gyfer llais
a dewis**
- **Perchnogaeth**
- **Hunan gynaliadwy**
- **Location /
engagement / need /
opportunity / finance**
- **Networking / forming
partnerships /
avoiding duplication**
- **Platform for voice &
choice**
- **Ownership**
- **Self sustainable**

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