

EICH ANGHENION IECHYD



GWASANAETHAU IECHYD

- Pa wasanaethau iechyd hoffech chi gael mwy ohonynt?
- Ydych chi'n gallu cael gfael ar wasanaethau iechyd yn lleol?



EICH BARN CHI

- Hoffem gasglu eich barn ar anghenion iechyd lleol.....
- Beth yw'r materion iechyd mwyaf yn yn eich ardal chi?



POBL HŶN

- Pa wasanaethau fyddai o fudd i'n poblogaeth sy'n heneiddio?
- Sut allwn ni gyrraedd ein poblogaeth hŷn?



DIABETES

- Ydych chi'n ymwybodol o'r cynnydd mewn Diabetes yn ein cymuned?
- Ydych chi'n ymwybodol o ganlyniad posibl dewisiadau ffordd o fyw?



LLESIANT

- Sut allwn ni weithio'n well gyda chymunedau a'n gilydd?
- Sut allwn ni gymryd agwedd fwy cydgysylltiedig?



IECHYD MEDDWL

- A yw Iechyd Meddwl yn fater sy'n achosi pryder yn eich cymuned?
- Ble fydddech chi'n mynd am gefnogaeth gyda materion Iechyd Meddwl?



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PLANNING FOR WELLNESS TOGETHER

YOUR HEALTH NEEDS



HEALTH SERVICES

- What health services would you like more of?
- Are you able to access health services locally?



YOUR VIEWS

- We would like to gather your views on local health needs...
- What are the biggest health issues in your area?



OLDER PEOPLE

- What services would benefit our aging population?
- How can we reach our older population?



DIABETES

- Are you aware of the increase in Diabetes in our community?
- Are you aware of the possible consequence of lifestyle choices?



WELLBEING

- How can we work better with communities and each other?
- How can we take a more joined-up approach?



MENTAL HEALTH

- Is Mental Health a growing issue in your community?
- Where would you go for support with Mental Health issues?



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