



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Hey Beavers!

We want to help everyone in Wales to get healthy and we need you and your fellow Beavers to help spread the healthy message.

Health Challenge Wales has 6 main goals:

- Helping people not to start smoking or to quit
- Helping people eat better and do more exercise
- Helping people to avoid accidents and injuries
- Helping people to avoid drug and alcohol misuse
- Helping people to avoid infections
- Helping people to be happy.

So as part of Health Challenge Wales, Beavers are being asked to get active and help others get active too.



In return for your hard work, we will reward you with your very own Health Challenge Wales badge.

To earn this special award you need to complete 1 badge from each of the following sections:

Section 1
Activity Badges

Section 2
Staged Activity Badges

Section 3
Challenge Badges

OR

Have completed the Fitness, Outdoor, and Friendship challenges.

In order to qualify for the award, Beavers need to complete one badge from each section, or complete all of section 3.

Section 1
Activity Badges

Section 2
Staged Activity Badges

Section 3
Challenge Badges

Adventure

Emergency Aid

Fitness

Explore

Nights Away

Outdoor

Safety

Swimmer

Friendship

Health and Fitness

Hikes Away

Healthy Eating

Notes

In section 2, Beavers need to achieve a minimum requirement of stage 1 in the activity badge.

Only sections completed from 1st January 2008 onwards can be counted towards the award.



Health Challenge Wales

Badge for Beaver Scouts



Her Iechyd Cymru



Health Challenge Wales





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Helo Afancod!

Rydym eisiau helpu pawb yng Nghymru i fod yn iach, ac rydym angen eich help chi i ledaenu'r neges am fyw'n iach.

Mae gan Her Iechyd Cymru 6 phrif nod:

- Helpu pobl i beidio â dechrau smygu neu i roi'r gorau i smygu
- Helpu pobl i fwyta'n fwy iach a gwneud mwy o ymarfer corff
- Helpu pobl i osgoi damweiniau ac anafiadau
- Helpu pobl i osgoi camddefnyddio cyffuriau ac alcohol
- Helpu pobl i osgoi heintiau
- Helpu pobl i fod yn hapus

Felly, fel rhan o Her Iechyd Cymru, rydym yn gofyn i chi'r Afancod fynd ati i fod yn heini a helpu eraill i fod yn heini hefyd.



Yn gyfnewid am eich gwaith caled, gwnawn eich gwobrwo â bathodyn arbennig Her Iechyd Cymru.

I gael y bathodyn arbennig hwn bydd angen i chi gwblhau 1 bathodyn o'r holl adrannau canlynol:

- Adran 1**
Bathodynnau Gweithgaredd
 - Adran 2**
Bathodynnau Gweithgaredd wedi'i drefnu
 - Adran 3**
Bathodynnau Her
- NEU**
Mae'n rhaid eich bod wedi cwblhau'r heriau Ffitrwydd, Awyr Agored a Chyfeillgarwch.

Er mwyn gallu ennill y bathodyn arbennig hwn bydd angen i Afancod gwblhau un bathodyn o bob adran, neu gwblhau pob rhan o adran 3.

Adran 1
Bathodynnau gweithgaredd

Adran 2
Bathodynnau gweithgaredd wedi'i drefnu

Adran 3
Bathodynnau her

Antur

Cymorth cyntaf

Ffitrwydd

Chwilota

Aros dros nos

Awyr Agored

Diogelwch

Nofio

Cyfeillgarwch

Iechyd a ffitrwydd

Mynd ar grwydr

Bwyta'n iach

Nodiadau

Yn adran 2, bydd angen i Afancod gyflawni o leiaf cam 1 yn y bathodyn gweithgaredd.

Dim ond adrannau sy'n cael eu cwblhau ar ôl 1 Ionawr 2008 fydd yn cyfrif tuag at y bathodyn.



Her Iechyd Cymru

Bathodyn ar gyfer Afancod

Her Iechyd Cymru
Health Challenge Wales

