



NETWORK ←



# Health Challenge Wales

## Badge for Explorer Scouts and Scout Network



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

### What is Health Challenge Wales all about?

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.



Health Challenge Wales is essentially about helping people live much healthier lives and we need your help in our mission to get people healthy!

### So if you want to join in the challenge, how do you go about it?

Well you need to get out and get active!

To earn the Health Challenge Wales Badge you need to complete challenges relating to each of the goals listed above.

To help you along, we are going to give you credit for some of the sections you may have covered since the start of 2008, whilst completing parts of your Chief Scouts or Queen Scout Award, or any activity badges that you might have gained.



In order to qualify for the award, you need to complete one activity from each section.

#### Helping people to avoid accidents and injuries

- How safe is your meeting place, campsite, route to work/college? Put into action ways to reduce this risk.
- Obtain a first aid qualification (1st response, Emergency Aid badge etc)
- Obtain a lifesaving qualification (Lifesaver badge etc)

#### Helping people not to start or to quit smoking and helping people to avoid drug and alcohol misuse

- Plan and make a poster or video campaign.
- Arrange a talk by a doctor or pharmacist.
- Visit a drug addiction clinic.

#### Helping people to avoid infections

- Visit the Family Planning Association.
- Research the ways in which 'minor' diseases of developed nations can have devastating effects on the developing nations.

#### Helping people improve their mental health

- Find out which things are known to enhance your mental health and which things are detrimental.
- Find out about mental health problems and their prevalence.

#### Helping people eat better and do more exercise

- Have a food tasting night. Determine your salt, sugar and fat intake over week.
- Then do something about it!!!
- Arrange for a visit from a dietician or a sports scientist
- Take up a new skill to get you out and about.

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



NETWORK



## Her Iechyd Cymru

# Bathodyn ar gyfer Sgowtiaid Chwilota a Rhwydwaith y Sgowtiaid



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government

## Beth yw diben Her Iechyd Cymru?

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.



Diben Her Iechyd Cymru yw helpu pobl i fyw bywydau mwy iach ac mae arnom angen eich cymorth yn ein hymgyrch i wneud pobl yn fwy iach!

## Felly os hoffech ymuno â'r her, sut y gallwch wneud hynny?

Bydd angen i chi fynd ati i fod yn fwy heini!

Er mwyn ennill bathodyn Her Iechyd Cymru bydd angen i chi gwblhau heriau sy'n gysylltiedig â'r holl nodau a restrir uchod.

Er mwyn eich helpu, byddwn yn cyfrif rhai o'r adrannau y gallech fod wedi'u cwblhau ers dechrau 2008, tra'n cwblhau rhannau o'ch Gwobr Prif Sgowtiaid neu Wobr y Frenhines ar gyfer Sgowtiaid, neu unrhyw fathodynau gweithgaredd y gallech fod wedi'u hennill.



Er mwyn gallu ennill y bathodyn, bydd angen i chi gwblhau un gweithgaredd o bob adran.

### Helpu pobl i osgoi damweiniau ac anafiadau

- Pa mor ddiogel yw eich man cyfarfod, gwersyllfa, llwybr i'r gwaith/coleg? Ewch ati i leihau'r risg.
- Ennill cymhwyster cymorth cyntaf (ymatebydd cyntaf, bathodyn cymorth mewn argyfwng ac ati).
- Ennill cymhwyster achub bywyd (bathodyn achub bywyd ac ati).

### Helpu pobl i beidio â dechrau smygu neu i roi'r gorau i smygu a helpu pobl i osgoi camddefnyddio cyffuriau ac alcohol

- Cynllunio a threfnu ymgyrch drwy ddefnyddio posteri neu fideos.
- Trefnu bod meddyg neu fferylllydd yn cynnal sgwrs.
- Ymweld â chlinig sy'n trin pobl sy'n gaeth i gyffuriau.

### Helpu pobl i osgoi heintiau

- Ymweld â'r Gymdeithas Cynllunio Teulu.
- Ymchwilio i'r effaith andwyol y gall 'mân' glefydau gwledydd datblygedig ei chael ar wledydd datblygol.

### Helpu pobl i wella eu hiechyd meddwl

- Dysgu pa bethau sy'n gwella eich iechyd meddwl a pha bethau sy'n cael effaith andwyol arnoch.
- Dysgu am broblemau iechyd meddwl a pha mor gyffredin ydynt.

### Helpu pobl i fwyta'n fwy iach a gwneud mwy o ymarfer corff

- Cynnal noson blasu bwyd. Mesur faint o halen, siwgr a braster rydych yn eu bwyta dros gyfnod o wythnos.
- Wedyn gwneud rhywbeth i'w leihau!!!
- Trefnu ymweliad gan ddeietegydd neu wyddonydd chwaraeon.
- Meithrin sgil newydd a fydd yn eich annog i fynd allan i'r awyr agored.

Dim ond yr adrannau a fydd yn cael eu cwblhau o 1 Ionawr 2008 ymlaen fydd yn cyfrif tuag at y bathodyn!