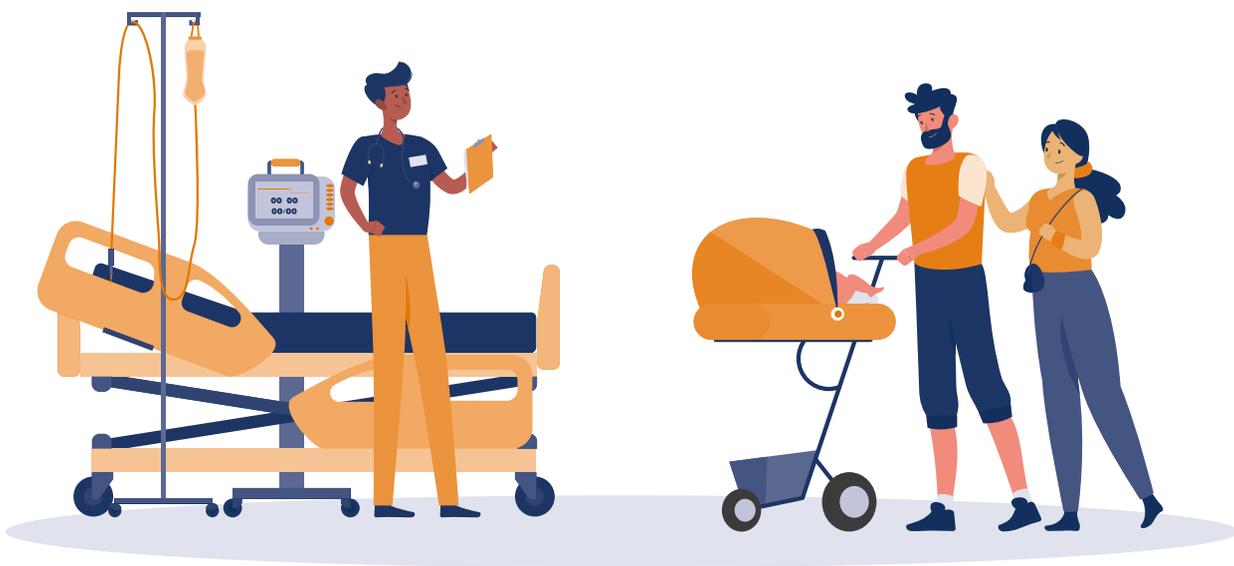


Making Manifestos: Health, sport and wellbeing

Here's a list of ideas. You may want to discuss some of them in your group, and use them to develop your own vows for your manifesto.

Remember that you have to include more details in your manifesto about why you have chosen the policy, and full details of how it will work.

- Keep the current policy of free prescription for everyone.
 - Increased CCTV and security in hospitals.
 - Smokers to pay for treatment for smoking-related illnesses.
 - More drug rehab centres.
 - Add an extra 10p to the cost of high-fat foods to pay for obesity treatment.
 - Ban smoking in cars.
 - Keep swimming free for people under 16 and over 60.
- More sports equipment in schools and in community centres.
 - Educate young people about healthy eating and how to prepare healthy meals.
 - Increased education on drug abuse and its impact.
 - Free sports activities in leisure centres for young people under the age of 16.
 - More education on eating and living healthy.



Creu Maniffesto: Iechyd, chwaraeon a lles

Dyma restr o syniadau. Efallai y byddwch am drafod rhai ohonynt yn eich grŵp, a'u defnyddio i ddatblygu eich addunedau eich hun ar gyfer eich maniffesto.

Cofiwch fod yn rhaid i chi gynnwys mwy o fanylion yn eich maniffesto ynghylch pam rydych wedi dewis y polisi, a manylion llawn ar sut y bydd yn gweithio.

- Cadwch y polisi presennol o bresgripsiwn am ddim i bawb.
 - Mwy o deledu cylch cyfyng a diogelwch mewn ysbytai.
 - Ysmygwyr i dalu am driniaeth ar gyfer salwch sy'n gysylltiedig ag ysmegu.
 - Mwy o ganolfannau adsefydlu cyffuriau.
 - Ychwanegwch 10c ychwanegol at gost bwydydd sy'n uchel mewn braster i dalu am drin gordewdra.
 - Gwahardd ysmegu mewn ceir.
- Cadwch nofio am ddim i bobl dan 16 oed a thros 60 oed.
 - Mwy o offer chwaraeon mewn ysgolion ac mewn canolfannau cymunedol.
 - Addysgu pobl ifanc am fwyta'n iach a sut i baratoi prydau iach.
 - Mwy o addysg ar gamddefnyddio cyffuriau a'i effaith.
 - Gweithgareddau chwaraeon am ddim mewn canolfannau hamdden i bobl ifanc dan 16 oed.
 - Mwy o addysg ar bwyta a byw yn iach

