



**Fframwaith Iach a Gynaliadwy
Uwch Addysg/Addysg Bellach**
**Healthy and Sustainable
Higher Education/
Further Education Framework**



How to use this document

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Introduction

“A Healthy University and a Healthy College aspires to create a learning environment and organisational culture that enhances health, wellbeing and sustainability” UK Healthy Universities Network

This framework seeks to cohere a network of like-minded individuals and groups from across the further and higher education spectrum in Wales to develop and implement ‘whole university’ approaches to health, wellbeing and sustainability. Attuned in Wales with the principles of the Well-being of Future Generations Act and working in harmony with the UK Healthy Universities Network, this framework will be part of a global movement calling upon colleges and universities to:

- incorporate health and sustainability into their mission, vision and strategic plans
- lead and drive change in society by modelling, testing and transferring innovative approaches.

It recognises six health topics that should be covered across four aspects of college and university life. These are:

Health topics

- Mental and emotional health and wellbeing.
- Physical activity.
- Healthy and sustainable food.
- Substance use and misuse.
- Personal and sexual health and relationships.
- Sustainable environment.

Aspects of college and university life

- Governance, leadership and management.
- Facilities, environment and service provision.
- Community and communication.
- Academic, personal, social and professional development.

The criteria are applicable to all aspects of the life in college and university communities and is supported by other programmes such as the Corporate Health Standard, which is the Welsh Government quality mark for staff health and wellbeing in Wales.

The criteria are underpinned by a range of core principles, which have been developed from the values that characterise further and higher education and public health. These are:

- Equality and diversity.
- Participation and empowerment.
- Partnership.
- Whole system approach.
- Applies to students, staff and wider community.
- Use of evidence, learning and sharing.

This document sets out the criteria for colleges and universities to carry out a self-assessment and identify which health topics and aspect of life and work, to further focus on.



Mental and emotional health and wellbeing

A1 Aspect of College and University Life: **Governance, leadership and management**

Criteria	Evidence of things we have done / Actions
<p>Concern for the mental and emotional health and wellbeing of staff and students informs strategic planning and policy development at the highest level and is included in published strategy documents.</p>	
<p>There is a cross-setting working group, which includes representation from staff, students and external stakeholders, which coordinates health and wellbeing strategic planning and delivery, including mental and emotional health and wellbeing, within the setting.</p>	
<p>There is management support for active engagement between the setting and the wider community in planning and consultation to support the mental and emotional health and wellbeing of staff, students and the wider community.</p>	
<p>Staff are aware of the importance of good mental well-being and are provided with access to training on recognising the early signs of mental and emotional health issues and methods of dealing with these issues</p>	
<p>Measures are in place to identify needs, develop evidence based approaches and monitor effectiveness of initiatives in relation to mental and emotional health and wellbeing</p>	

Mental and emotional health and wellbeing

A2 Aspect of College and University Life: **Facilities, environment and service provision**

Criteria	Evidence of things we have done / Actions
<p>The management team is committed to supporting the development of service provision which supports the positive mental and emotional health and wellbeing of staff and students.</p>	
<p>The setting is actively engaged with staff, student bodies and external partners to ensure access to a range of mental and emotional health and wellbeing services within the setting and in the wider community e.g. financial; social; and welfare.</p>	
<p>Measures are in place to facilitate early access to a range of health and wellbeing support in relation to mental and emotional health and wellbeing e.g. website information; counselling services; occupational health and student services; induction programmes for staff and students.</p>	
<p>The setting has a strategy for facilities and the environment which supports positive mental and emotional health and wellbeing of staff and students.</p>	
<p>The development of facilities and the environment supports the positive mental and emotional health and wellbeing of all users.</p>	
<p>The setting, in collaboration with staff, students and external partners, provides social and recreational facilities that are accessible and inclusive and address the diverse needs of users</p>	



Mental and emotional health and wellbeing

A3 Aspect of College and University Life: **Community and communication**

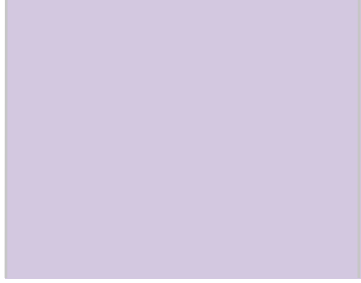
Criteria	Evidence of things we have done / Actions
<p>The setting has systems in place for seeking the views of students and staff in developing and delivering mental and emotional health and wellbeing information and campaigns.</p>	
<p>The setting uses a variety of easily accessible communication routes through which policy, decisions, good practice and opportunities relating to mental and emotional health and wellbeing can be disseminated to students and staff e.g. social networking sites, college/ university website, intranet and staff/student notice boards.</p>	
<p>The setting engages with a variety of stakeholders e.g. Mental Wealth UK, Mind Cymru, to support staff and students with a range of mental and emotional health and wellbeing issues e.g. bullying, bereavement, stress management.</p>	
<p>Services ensure their mental and emotional health and wellbeing messaging, information and campaigns are drawn from reliable evidence-informed sources.</p>	



Mental and emotional health and wellbeing

A4 Aspect of College and University Life: **Academic, personal, social and professional development**

Criteria	Evidence of things we have done / Actions
<p>The setting has mechanisms for disseminating learning from mental and emotional health and wellbeing-related research so that it informs policy, practice and service delivery.</p>	
<p>Mental and emotional health and wellbeing are embedded within courses and modules.</p>	
<p>The setting has systems and structures in place to actively support the mental and emotional health and wellbeing of staff and students by providing opportunities for their academic and professional development.</p>	
<p>The setting provides opportunities for staff and students to be involved in activities which enhance their personal and social lives and development e.g volunteering opportunities in the community, participation in/support for charity fund raising events.</p>	
<p>The setting engages with a variety of stakeholders to identify and create opportunities for the academic, personal, social and professional development of its staff and students.</p>	



Useful resources

Physical Activity

B1 Aspect of College and University Life: **Governance, leadership and management**

Criteria	Evidence of things we have done / Actions
Concern for the physical activity of staff and students informs strategic planning and policy development at the highest level and is included in published strategy documents.	
There is a cross-setting working group, which includes representation from staff, students and external stakeholders, which coordinates health and wellbeing strategic planning and delivery, including physical activity, within the setting.	
There is management support for active engagement between the setting and the wider community in planning and consultation to support the physical activity of staff, students and the wider community.	
The setting provides an annual programme of promotional events to highlight options for physical activity.	
The setting supports a travel plan which promotes informed transport choices, including active and sustainable travel e.g. walking, cycling; and raises awareness of the economic, environmental and social implications of car use.	
Measures are in place to identify needs, develop evidence based approaches and monitor effectiveness of initiatives in relation to physical activity.	

Physical Activity

B2 Aspect of College and University Life: **Facilities, environment and service provision**

Criteria	Evidence of things we have done / Actions
<p>The management team is committed to supporting the development of service provision which supports positive physical activity for staff and students.</p>	
<p>The setting is actively engaged with staff, student bodies and external partners to ensure access to a range of physical activity services and opportunities within the setting and the wider community.</p>	
<p>Measures are in place to facilitate early access to a range of health and wellbeing support in relation to physical activity e.g. website information; induction programmes for staff and students.</p>	
<p>The setting has a strategy for facilities and the environment which supports physical activity for staff and students e.g. providing facilities to encourage commuting by cycle.</p>	
<p>The development of facilities and the environment supports physical activity opportunities for all users.</p>	
<p>The setting, in collaboration with staff, students and external partners, provides social and recreational facilities that are accessible and inclusive and address the diverse needs of all users.</p>	

Physical Activity

B3 Aspect of College and University Life: **Community and communication**

Criteria	Evidence of things we have done / Actions
<p>The setting has systems in place for seeking the views of students and staff in developing and delivering physical activity information and campaigns.</p>	
<p>The setting uses a variety of easily accessible communication routes through which policy, decisions, good practice and opportunities relating to physical activity can be disseminated to students and staff e.g. social networking sites, college/university website, intranet and staff/student notice boards.</p>	
<p>The setting engages with a variety of stakeholders e.g. Sustrans to support staff and students to be physically active.</p>	
<p>Services ensure their physical activity messaging, information and campaigns are drawn from reliable evidence-informed sources</p>	

Physical Activity

B4 Aspect of College and University Life: **Academic, personal, social and professional development**

Criteria	Evidence of things we have done / Actions
<p>The setting has mechanisms for disseminating learning from physical activity-related research and best practice so that it informs policy, practice and service delivery.</p>	
<p>Positive physical activity messages are embedded within courses and modules.</p>	
<p>The setting supports the development of staff and students in relation to physical activity.</p>	



Useful resources

Healthy and sustainable food

C1 Aspect of College and University Life: **Governance, leadership and management**

Criteria	Evidence of things we have done / Actions
<p>Concern for providing healthy and sustainable food for staff and students informs strategic planning and policy development at the highest level and is included in published strategy documents.</p>	
<p>There is a cross-setting working group, which includes representation from staff, students and external stakeholders, which coordinates health and wellbeing strategic planning and delivery, including healthy and sustainable food, within the setting.</p>	
<p>There is management support for active engagement between the setting and the wider community in planning and consultation to support the nutritional health of staff, students and wider community.</p>	
<p>Measures are in place to identify needs, develop evidence based approaches and monitor effectiveness of initiatives in relation to healthy and sustainable food</p>	

Healthy and sustainable food

C2 Aspect of College and University Life: **Facilities and environment and service provision**

Criteria	Evidence of things we have done / Actions
<p>The management team is committed to supporting the development of service provision which supports healthy and sustainable food.</p>	
<p>The setting is actively engaged with staff, student bodies and external partners to ensure access to a range of healthy and sustainable food services within the setting and in the wider community.</p>	
<p>The setting has a strategy for facilities (including retail facilities, vending machines and catering outlets) and the environment which supports healthy and sustainable food.</p>	
<p>The setting, in collaboration with staff, students and external partners, provides social and recreational facilities that are accessible and inclusive and address the diverse needs of users and encourages healthy eating.</p>	

Healthy and sustainable food

C3

Aspect of College and University Life: **Community and communication**

Criteria	Evidence of things we have done / Actions
<p>The setting has systems in place for seeking the views of students and staff in developing and delivering healthy and sustainable food.</p>	
<p>The setting uses a variety of easily accessible communication routes through which policy, decisions, good practice and opportunities relating to healthy and sustainable food can be disseminated to students and staff e.g. social networking sites, college/university websites, intranet and staff/student notice boards.</p>	
<p>The setting engages with a variety of stakeholders to support staff and students on issues surrounding healthy and sustainable food.</p>	
<p>Services ensure their healthy and sustainable food messaging, information and campaigns are drawn from reliable evidence-informed sources</p>	

Healthy and sustainable food

C4 Aspect of College and University Life: **Academic, personal, social and professional development**

Criteria	Evidence of things we have done / Actions
<p>The setting has mechanisms for disseminating learning from healthy and sustainable food related research and best practice so that it informs policy, practice and service delivery.</p>	
<p>Healthy and sustainable food is embedded within courses and modules.</p>	
<p>The setting supports the professional development of relevant staff in relation to healthy and sustainable food.</p>	



Useful resources

Substance Use and Misuse

D1 Aspect of College and University Life: **Governance, leadership and management**

Criteria	Evidence of things we have done / Actions
Issues related to substance use and misuse, including smoking (and consideration of e-cigarettes), illegal drugs, licit, illicit and psychoactive substances, alcohol and use of medicines, inform strategic planning and policy development at the highest level and is included in published strategy documents.	
There is a cross-setting working group, which includes representation from staff, students and external stakeholders, which coordinates health and wellbeing strategic planning and delivery, including substance use and misuse, within the setting.	
There is management support for active engagement between the setting and the wider community in planning and consultation to address issues around substance use and misuse and provide support for those involved.	
Staff are provided with access to training on awareness and recognition of signs of substance misuse, and how to respond; and have the relevant links to local providers to signpost students to the appropriate services.	
Measures are in place to identify needs, develop evidence based approaches and monitor effectiveness of interventions in relation to substance use and misuse.	

Substance Use and Misuse

D2 Aspect of College and University Life: **Facilities, environment and service provision**

Criteria	Evidence of things we have done / Actions
The management team is committed to supporting the development of service provision which addresses substance use and misuse issues, such as smoking (including consideration of e-cigarettes), illegal drugs, recreational drugs, alcohol and use of medicines.	
The setting is actively engaged with staff, student bodies and external partners to ensure access to a range of services within the setting and in the wider community relating to substance use and misuse e.g. website information, induction programmes for staff and students, smoking cessation groups.	
Measures are in place to facilitate early access to a range of health and wellbeing support in relation to substance use and misuse e.g. website information, counselling services, student services, induction programmes for staff and students.	
The setting has a strategy for the facilities and environment which addresses substance use and misuse issues, such as smoking (including the consideration of e-cigarettes), illegal and recreational drugs, alcohol and use of medicines.	
The setting, in collaboration with staff, students, and external partners, provides social and recreational facilities that are accessible and inclusive and address the diverse needs of users.	
The setting complies with the smoke-free law and actively promotes a smoke-free environment throughout the campus.	
The setting is committed to linking to, signposting and/or providing out-of-hours support for incidents linked to substance use/misuse.	

Substance Use and Misuse

D3 Aspect of College and University Life: **Community and communication**

Criteria	Evidence of things we have done / Actions
The setting has systems in place for seeking the views of students and staff in developing and delivering substance use and misuse information and campaigns.	
The setting uses a variety of easily accessible communication routes through which policy, decisions, good practice and support relating to substance use and misuse can be disseminated to students and staff e.g. social networking sites, college/university websites, intranet and staff/student notice boards.	
The setting engages with a variety of stakeholders e.g. Help Me Quit, Alcohol Concern Cymru, ASH Wales, DAN 24/7, and links to local substance misuse services, to support staff and students with a range of substance use and misuse issues.	
Services ensure their substance use and misuse messaging, information and campaigns are drawn from reliable evidence-informed sources	

Substance Use and Misuse

D4 Aspect of College and University Life: **Academic, personal, social and professional development**

Criteria	Evidence of things we have done / Actions
<p>The setting has mechanisms for disseminating learning from substance use and misuse work so that it informs policy, practice and service delivery.</p>	
<p>Information on substance use and misuse is embedded within relevant courses and modules.</p>	
<p>The setting supports the development of staff and students in relation to substance use and misuse e.g. volunteering with third sector organisations.</p>	



Useful resources

Personal and sexual health and relationships

E1 Aspect of College and University Life: **Governance, leadership and management**

Criteria	Evidence of things we have done / Actions
Concern for the personal and sexual health of the university/college community informs strategic planning and policy development at the highest level and is included in published strategy documents.	
There is a cross-setting working group, which includes representation from staff, students and external stakeholders, which coordinates health and wellbeing strategic planning and delivery, including personal and sexual health, within the setting.	
There is management support for active engagement between the setting and the wider community in planning and consultation to support the personal and sexual health of its community.	
Measures are in place to identify needs, develop evidence based approaches and monitor effectiveness of initiatives in relation to sexual health including the safe use of ICT.	
Existing national policy/guidance is incorporated in any locally developed policies	

Personal and sexual health and relationships

E2 Aspect of College and University Life: **Facilities, environment and service provision**

Criteria	Evidence of things we have done / Actions
The management team is committed to supporting the development of sexual health services which support its students (and staff, if appropriate).	
The setting is actively engaged with staff, student bodies and external partners to ensure access to a range of sexual health services within the setting and in the wider community e.g. access to sexual health advice services, vaccination clinics	
Measures are in place to facilitate early access to a range of health and wellbeing support in relation to sexual health.	
The setting, in collaboration with staff, students and external partners, provides sexual health, information and support which is easily accessible, inclusive and addresses the diverse needs of users.	
The setting provides access and signposting to facilities to support sexual health need e.g. integrated sexual health services.	
The setting liaises with external partners to provide support to pupils and staff in response to notifiable disease outbreaks e.g. meningococcal, measles.	

Personal and sexual health and relationships

E3 Aspect of College and University Life: **Community and communication**

Criteria	Evidence of things we have done / Actions
Where appropriate students are actively encouraged to register with a GP as part of enrolment.	
The setting has systems in place for engaging stakeholders, students and staff in ensuring the delivery of sexual health services, information and campaigns.	
The setting uses a variety of easily accessible communication routes, through which policy, decisions, and sharing of good practice related to personal and sexual health e.g. social networking sites, college/university website, intranet and staff/student notice boards.	
Services ensure their sexual health messaging, information and campaigns are drawn from reliable evidence-informed sources.	
The setting has mechanisms in place to ensure that the whole community is aware of relevant health issues e.g. vaccination, organ donation, hygiene, infectious diseases.	

Personal and sexual health and relationships

E4 Aspect of College and University Life: **Governance, leadership and management**

Criteria	Evidence of things we have done / Actions
<p>The setting has mechanisms for disseminating learning from personal health, sexual health and relationship research so that it informs policy, practice and service delivery.</p>	
<p>Safe and positive personal sexual health messages are embedded within courses and modules e.g. active citizenship, personal values, safe use of ICT.</p>	
<p>The setting has systems and structures in place for providing staff and students with opportunities for development in relation to personal and sexual health e.g. volunteering with third sector organisations, work placements.</p>	
<p>The setting engages with partners to ensure students are up to date with any relevant vaccinations as part of occupational placements.</p>	



Useful resources

Sustainable environment

F1 Aspect of College and University Life: **Governance, leadership and management**

Criteria	Evidence of things we have done / Actions
Concern for providing a sustainable environment informs strategic planning and policy development at the highest level and is included in published strategy documents.	
There is a cross-setting working group, which includes representation from staff, students and external stakeholders, which coordinates health and wellbeing strategic planning and delivery, including the development of a sustainable environment, within the setting.	
The setting supports active engagement with the wider community in planning and consultation to support sustainable development.	
Measures are in place to identify needs, develop evidence based approaches and monitor effectiveness in relation to the development of a sustainable environment.	

Sustainable environment

F2 Aspect of College and University Life: **Facilities, environment and service provision**

Criteria	Evidence of things we have done / Actions
<p>The management team is committed to supporting the development of service provision relating to sustainability and sustainable environment.</p>	
<p>The management team is committed to providing induction and ongoing training and engagement with students and staff to ensure they understand and can access a range of activities that support sustainable development.</p>	
<p>The setting has a Sustainability Strategy for the facilities and environment.</p>	
<p>The facilities and environment are developed sustainably incorporating sustainable decision making techniques and whole life costing (considering the financial, environmental and social costs accrued by the product or service across its whole life).</p>	

Sustainable environment

F3 Aspect of College and University Life: **Community and communication**

Criteria	Evidence of things we have done / Actions
<p>The setting has systems in place for seeking the views of students and staff and encouraging participation in developing and delivering sustainable development information and campaigns.</p>	
<p>The setting uses a variety of easily accessible communication routes through which policy, decisions, good practice and opportunities relating to sustainable development can be disseminated to students and staff e.g. social networking sites, college/university websites, intranet and staff/student notice boards to encourage collective action.</p>	
<p>Services ensure their messaging, information and campaigns on sustainable development are drawn from reliable evidence-informed sources</p>	

Sustainable environment

F4 Aspect of College and University Life: **Academic, personal, social and professional development**

Criteria	Evidence of things we have done / Actions
<p>The setting has mechanisms for disseminating learning from sustainable development related research so that it informs policy, practice and service delivery.</p>	
<p>Issues relating to sustainable development are embedded within courses and modules.</p>	
<p>The setting has systems and structures in place providing staff and students opportunities for their academic and professional development in relation to a sustainable environment e.g. volunteering with third sector organisations, environmental coordinator roles, employability awards and other informal recognition relating to sustainable development</p>	

Useful resources



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Sut i ddefnyddio y dogfen yma

Mae'r dogfen yma wedi eu ddylinio i lawrlwytho ar eich cyfrifiadur.

Mae angen arnoch chi Adobe Acrobat neu Adobe Acrobat Reader a rydych yn gallu lawrlwytho am ddim o <https://get.adobe.com/uk/reader/>

Unwaith mae wedi eu safio ar eich cyfrifiadur gallwch gofnodi gwybodaeth eich hyn yn yr colofn **'Tystiolaeth beth ni wedi gwneud/gweithredoedd'**.

Heb Acrobat, fyddde chi yn gallu edrych ar y dogfen ond ddim yn gallu safio gwybodaeth neu ffeiliau eich hyn.

Defnyddiwch y tab llwytho ar ben y dudalen i symud trwy y dogfen.



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Cynnwys

**Llywodraethu,
arwain
a rheoli**

**Cyfleusterau, yr
amgylchedd a
gwasanaethau**

**Cymuned a
chyfathrebu**

**Datblygiad
academaidd, personol,
cymdeithasol a
phroffesiynol**

Cyflwyniad

“Mae Prifysgol a Choleg Iach yn dyheu am greu amgylchedd dysgu a diwylliant sefydliadol sy'n gwella iechyd, lles a chynaliadwyedd”

Rhwydwaith Prifysgolion Iach y DU

Nod y fframwaith yw cydlynu rhwydwaith o unigolion a grwpiau sydd o'r un farn ar draws y sbectrwm addysg bellach ac addysg uwch yng Nghymru i ddatblygu a gweithredu dulliau 'prifysgol gyfan' o ran iechyd, lles a chynaliadwyedd. Wedi'i addasu yng Nghymru gan ddilyn egwyddorion Deddf Cenedlaethau'r Dyfodol, a chan weithio'n unol â Rhwydwaith Prifysgolion Iach y DU, bydd y fframwaith hwn yn rhan o fudiad byd-eang sy'n galw ar golegau a phrifysgolion i:

- ymgorffori iechyd a chynaliadwyedd fel rhan o'i genhadaeth, ei weledigaeth, a'i gynlluniau strategol
- arwain ac ysgogi newid yn y gymdeithas drwy fodelu, profi, a throsglwyddo dulliau arloesol.

Mae'n cydnabod chwe phwnc iechyd y dylid ymdrin â nhw ar draws pedair agwedd ar fywyd y coleg a'r brifysgol, sef:

Pynciau iechyd

- Iechyd a lles meddyliol ac emosiynol.
- Gweithgarwch corfforol.
- Bwyd iach a chynaliadwy.
- Defnyddio a chamddefnyddio sylweddau.
- Iechyd a pherthnasau personol a rhywiol.
- Amgylchedd cynaliadwy.

Agweddau ar fywyd y coleg a'r brifysgol

- Llywodraethu, arwain a rheoli.
- Cyfleusterau, yr amgylchedd, a darparu gwasanaethau.
- Cymuned a chyfathrebu.
- Datblygiad academiaidd, personol, cymdeithasol a phroffesiynol.

Mae'r meini prawf hyn yn berthnasol i bob agwedd ar fywyd yn y coleg a chymunedau'r brifysgol, ac fe'u cefnogir gan raglenni eraill megis y Safon Iechyd Corfforaethol, sef marc ansawdd Llywodraeth Cymru ar gyfer iechyd a lles staff yng Nghymru.

Ategir y meini prawf gan amrywiaeth o egwyddorion craidd, a ddatblygwyd o'r gwerthoedd sy'n nodweddu addysg uwch ac addysg bellach ac iechyd cyhoeddus, sef:

- Cydraddoldeb ac amrywiaeth.
- Cyfranogiad a grymuso.
- Partneriaeth.
- Dull system gyfan.
- Perthnasol i fyfyrwyr, aelodau staff, a'r gymuned ehangach.
- Defnyddio tystiolaeth, dysgu a rhannu.

Mae'r ddogfen hon yn amlinellu'r meini prawf er mwyn caniatáu i golegau a phrifysgolion gynnal hunanasesiad a nodi pa bynciau iechyd ac agweddau ar fywyd a gwaith y dylid canolbwyntio arnynt ymhellach.

Iechyd a lles meddyliol ac emosiynol

A1 Agwedd o fywyd Colege a Brifysgol: **Llywodraethu, arwain a rheoli**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Mae pryder dros iechyd a lles meddyliol ac emosiynol staff a myfyrwyr yn sail i'r gwaith o gynllunio'n strategol a datblygu polisiau ar y lefel uchaf a chaiff ei gynnwys yn y dogfennau strategol a gyhoeddir.	
Mae gweithgor sy'n cynnwys staff a myfyrwyr, o wahanol rannau o'r lleoliad, a rhanddeiliaid allanol yn cydgysylltu cynlluniau iechyd a lles strategol ac yn eu rhoi ar waith, gan gynnwys iechyd a lles meddyliol ac emosiynol.	
Mae'r tîm rheoli'n helpu'r lleoliad i ymgysylltu â'r gymuned ehangach wrth gynllunio ac ymgynghori i hybu iechyd a lles meddyliol ac emosiynol staff, myfyrwyr a'r gymuned ehangach.	
Mae'r staff yn ymwybodol o bwysigrwydd lles meddyliol da ac maent yn cael mynediad at hyfforddiant o ran sut i nodi'r arwyddion cynnar o broblemau meddyliol ac emosiynol a dulliau o ymdrin â'r problemau hyn.	
Mae mesurau ar waith i nodi anghenion, datblygu dulliau o weithredu sy'n seiliedig ar dystiolaeth a monitro pa mor effeithiol yw mentrau'n ymwneud ag iechyd a lles meddyliol ac emosiynol.	

Iechyd a lles meddyliol ac emosiynol

A2 Agwedd o fywyd Colege a Brifysgol: **Cyfleusterau, yr amgylchedd a gwasanaethau**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae'r tîm rheoli wedi ymrwymo i gynorthwyo i ddatblygu gwasanaethau sy'n hybu iechyd a lles meddyliol ac emosiynol staff a myfyrwyr.</p>	
<p>Mae'r lleoliad yn cymryd camau pendant i ymgysylltu â staff, cyrff myfyrwyr a phartneriaid allanol i sicrhau bod amrywiaeth o wasanaethau iechyd a lles meddyliol ac emosiynol ar gael yn y lleoliad ac yn y gymuned ehangach e.e. gwasanaethau ariannol; gwasanaethau cymdeithasol; gwasanaethau lles.</p>	
<p>Mae mesurau ar waith i sicrhau ei bod yn hawdd manteisio ar amrywiaeth o wasanaethau iechyd a lles yn ymwneud ag iechyd a lles meddyliol ac emosiynol e.e. gwybodaeth ar y wefan, gwasanaethau cwnsela; iechyd galwedigaethol a gwasanaethau i fyfyrwyr; rhaglenni cynefino i staff a myfyrwyr.</p>	
<p>Mae gan y lleoliad strategaeth i greu cyfleusterau ac amgylchedd sy'n hybu iechyd a lles meddyliol ac emosiynol staff a myfyrwyr.</p>	
<p>Caiff y cyfleusterau a'r amgylchedd eu datblygu mewn modd sy'n hybu iechyd a lles meddyliol ac emosiynol pawb sy'n eu defnyddio.</p>	
<p>Mae'r lleoliad, mewn cydweithrediad â staff, myfyrwyr a phartneriaid allanol, yn darparu cyfleusterau cymdeithasol a chyfleusterau hamdden hygrych a chynhwysol ac sy'n diwallu anghenion amrywiol y rhai sy'n eu defnyddio.</p>	

Iechyd a lles meddyliol ac emosiynol

A3 Agwedd o fywyd Colege a Brifysgol: **Y gymuned a chyfathrebu**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae systemau ar waith yn y lleoliad i geisio barn myfyrwyr a staff wrth ddatblygu gwybodaeth ac ymgyrchoedd i hybu iechyd a lles meddyliol ac emosiynol, a'u rhoi ar waith.</p>	
<p>Mae'r lleoliad yn defnyddio dulliau cyfathrebu amrywiol a hygyrch i roi gwybod i fyfyrwyr a staff am bolisiau, penderfyniadau, arfer da a chyfleoedd yn ymwneud ag iechyd a lles meddyliol ac emosiynol e.e. safleoedd rhwydweithio cymdeithasol, gwefan y coleg/y brifysgol, y rhyngrwyd a hysbysfyrddau staff/myfyrwyr.</p>	
<p>Mae'r lleoliad yn ymgysylltu ag amrywiaeth o randdeiliaid e.e. Mental Wealth UK, Mind Cymru, i helpu staff a myfyrwyr i ymdopi ag amrywiaeth o broblemau iechyd a lles meddyliol ac emosiynol e.e. bwlio, profedigaeth, rheoli straen.</p>	
<p>Mae gwasanaethau yn defnyddio gwybodaeth, negeseuon am iechyd a lles meddyliol ac emosiynol o tystiolaeth gwybodus a dibyniadwy.</p>	

Iechyd a lles meddyliol ac emosiynol

A4 Agwedd o fywyd Colege a Brifysgol: **Datblygiad academiaidd, personol, cymdeithasol a phroffesiynol**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Mae gan y lleoliad ddulliau o rannu darganfyddiadau ymchwil yn ymwneud ag iechyd a lles meddyliol ac emosiynol er mwyn iddynt gyfrannu at bolisiau, arfer a gwasanaethau.	
Mae iechyd a lles meddyliol ac emosiynol yn rhan annatod o'r cyrsiau a'r modiwlau.	
Mae systemau a strwythurau ar waith yn y lleoliad sy'n hybu iechyd a lles meddyliol ac emosiynol staff a myfyrwyr drwy roi cyfleoedd iddynt ddatblygu'n academiaidd ac yn broffesiynol.	
Mae'r lleoliad yn rhoi cyfleoedd i staff a myfyrwyr gymryd rhan mewn gweithgareddau sy'n gwella'u bywydau a'u datblygiad personol a chymdeithasol e.e. cyfleoedd i wirfoddoli yn y gymuned, i gymryd rhan/cefnogi digwyddiadau i godi arian at elusennau.	
Mae'r lleoliad yn ymgysylltu ag amrywiaeth o randdeiliaid i chwilio am gyfleoedd i staff a myfyrwyr ddatblygu'n academiaidd, yn bersonol, yn gymdeithasol ac yn broffesiynol.	



Dolenni defnyddiol

Gweithgaredd corfforol

B1 Agwedd o fywyd Colege a Brifysgol: **Llywodraethu, arwain a rheoli**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Mae pryder dros weithgaredd corfforol staff a myfyrwyr yn sail i'r gwaith o gynllunio'n strategol a datblygu polisiau ar y lefel uchaf a chaiff ei gynnwys yn y dogfennau strategol a gyhoeddir.	
Mae gweithgor sy'n cynnwys staff a myfyrwyr, o wahanol rannau o'r lleoliad, a rhanddeiliaid allanol yn cydgysylltu cynlluniau iechyd a lles strategol ac yn eu rhoi ar waith, gan gynnwys gweithgaredd corfforol.	
Mae'r tîm rheoli'n helpu'r lleoliad i ymgysylltu â'r gymuned ehangach wrth gynllunio ac ymgynghori i hybu gweithgaredd corfforol ymhlith staff, myfyrwyr a'r gymuned ehangach.	
Mae'r lleoliad yn darparu rhaglen flynyddol o ddigwyddiadau i hyrwyddo a thynnu sylw at y gwahanol weithgareddau corfforol sydd ar gael.	
Mae'r lleoliad yn cefnogi cynlluniau sy'n hyrwyddo dulliau cynaliadwy ac egniïol o deithio e.e. cerdded, beicio; ac sy'n codi ymwybyddiaeth o'r goblygiadau economaidd, amgylcheddol a chymdeithasol sydd ynghlwm wrth ddefnyddio ceir.	
Mae mesurau ar waith i nodi anghenion, datblygu dulliau o weithredu sy'n seiliedig ar dystiolaeth a monitro pa mor effeithiol yw mentrau'n ymwneud â gweithgaredd corfforol.	

Gweithgaredd corfforol

B2 Agwedd o fywyd Colege a Brifysgol: **Cyfleusterau, yr amgylchedd a gwasanaethau**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Mae'r tîm rheoli wedi ymrwymo i ddatblygu gwasanaethau sy'n hybu gweithgaredd corfforol ymhlith staff a myfyrwyr.	
Mae'r lleoliad yn cymryd camau pendant i ymgysylltu â staff, cyrff myfyrwyr a phartneriaid allanol i sicrhau bod gwasanaethau a chyfleoedd i gymryd rhan mewn amrywiaeth o weithgareddau corfforol ar gael yn y lleoliad a'r gymuned ehangach.	
Mae mesurau ar waith i sicrhau ei bod yn hawdd manteisio ar amrywiaeth o wasanaethau iechyd a lles yn ymwneud â gweithgaredd corfforol e.e. gwybodaeth ar y wefan, rhaglenni cynefino i staff a myfyrwyr	
Mae gan y lleoliad strategaeth i ddatblygu cyfleusterau a'r amgylchedd i hybu gweithgaredd corfforol ymhlith staff a myfyrwyr e.e. darparu cyfleusterau sy'n eu hannog i ddefnyddio beic.	
Mae'r modd y caiff cyfleusterau a'r amgylchedd eu datblygu'n hybu cyfleoedd i bob defnyddiwr gymryd rhan mewn gweithgaredd corfforol.	
Mae'r lleoliad, mewn cydweithrediad â'r staff, y myfyrwyr a phartneriaid allanol yn darparu cyfleusterau cymdeithasol a chyfleusterau hamdden sy'n hygyrch ac yn gynhwysol ac sy'n diwallu anghenion amrywiol y rhai sy'n eu defnyddio.	

Gweithgaredd corfforol

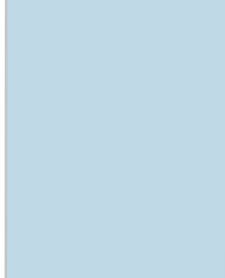
B3 Agwedd o fywyd Colege a Brifysgol: **Y gymuned a chyfathrebu**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae systemau ar waith yn y lleoliad i geisio barn myfyrwyr a staff wrth ddatblygu gwybodaeth ac ymgyrchoedd i hybu gweithgaredd corfforol, a'u rhoi ar waith.</p>	
<p>Mae'r lleoliad yn defnyddio dulliau cyfathrebu amrywiol a hygyrch i roi gwybod i fyfyrwyr a staff am bolisiau, penderfyniadau, arfer da a chyfleoedd yn ymwneud â gweithgaredd corfforol e.e. safleoedd rhwydweithio cymdeithasol, gwefan y coleg/y brifysgol, y rhyngrwyd a hysbysfyrddau staff/myfyrwyr.</p>	
<p>Mae'r lleoliad yn ymgysylltu ag amrywiaeth o randdeiliaid e.e. Sustrans, i helpu staff a myfyrwyr i fod yn gorfforol egnïol.</p>	
<p>Mae gwasanaethau'n sicrhau bod negeseuon, gwybodaeth ac ymgyrchoedd yn seiliedig ar dystiolaeth o ffynonellau dibynadwy.</p>	

Gweithgaredd corfforol

B4 Agwedd o fywyd Colege a Brifysgol: **Datblygiad academaidd, personol, cymdeithasol a phroffesiynol**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae gan y lleoliad ddulliau o rannu darganfyddiadau ymchwil ac arfer da'n ymwneud â gweithgaredd corfforol er mwyn iddynt gyfrannu at bolisiau, arfer a gwasanaethau.</p>	
<p>Mae negeseuon sy'n hybu gweithgaredd corfforol yn rhan annatod o'r cyrsiau a'r modiwlau.</p>	
<p>Mae'r lleoliad yn helpu staff a myfyrwyr i ddatblygu o ran gweithgaredd corfforol</p>	



Dolenni defnyddiol

Bwyd iach a chynaliadwy

C1 Agwedd o fywyd Colege a Brifysgol: **Llywodraethu, arwain a rheoli**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae pryder dros ddarparu bwyd iach a chynaliadwy i staff a myfyrwyr yn sail i'r gwaith o gynllunio'n strategol a datblygu polisiau ar y lefel uchaf a chaiff ei gynnwys yn y dogfennau strategol a gyhoeddir.</p>	
<p>Mae gweithgor sy'n cynnwys staff a myfyrwyr, o wahanol rannau o'r lleoliad, a rhanddeiliaid allanol yn cydgysylltu cynlluniau iechyd a lles strategol ac yn eu rhoi ar waith, gan gynnwys bwyd iach a chynaliadwy</p>	
<p>Mae cefnogaeth i reolwyr ar gyfer sicrhau ymgysylltu gweithredol rhwng y lleoliad a'r gymuned ehangach wrth gynllunio a sesiynau ymgynghori i gefnogi iechyd maethol iechyd, myfyrwyr, a'r gymuned ehangach.</p>	
<p>Mae mesurau ar waith i nodi anghenion, datblygu dulliau o weithredu sy'n seiliedig ar dystiolaeth a monitro pa mor effeithiol yw mentrau'n ymwneud â bwyd iach a chynaliadwy.</p>	

Bwyd iach a chynaliadwy

C2 Agwedd o fywyd Colege a Brifysgol: **Cyfleusterau, yr amgylchedd a gwasanaethau**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Mae'r tîm rheoli wedi ymrwymo i ddatblygu gwasanaethau sy'n hybu bwyd iach a chynaliadwy.	
Mae'r lleoliad yn cymryd camau pendant i ymgysylltu â staff, cyrff myfyrwyr a phartneriaid allanol i sicrhau bod gwasanaethau bwyd iach a chynaliadwy ar gael yn y lleoliad a'r gymuned ehangach.	
Mae gan y lleoliad strategaeth i ddatblygu cyfleusterau (gan gynnwys cyfleusterau manwerthu, peiriannau gwerthu a gwasanaethau arlwyo) ac amgylchedd sy'n hybu bwyd iach a chynaliadwy.	
Mae'r lleoliad, mewn cydweithrediad â'r staff, y myfyrwyr a phartneriaid allanol yn darparu cyfleusterau cymdeithasol a chyfleusterau hamdden sy'n hygyrch ac yn gynhwysol ac sy'n diwallu anghenion amrywiol y rhai'n sy'n eu defnyddio ac yn eu hannog i fwyta'n iach.	

Bwyd iach a chynaliadwy

C3 Agwedd o fywyd Colege a Brifysgol: **Y gymuned a chyfathrebu**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae systemau ar waith yn y lleoliad i geisio barn myfyrwyr a staff wrth ddatblygu cynlluniau bwyd iach a chynaliadwy, a'u rhoi ar waith.</p>	
<p>Mae'r lleoliad yn defnyddio dulliau cyfathrebu amrywiol a hygyrch i roi gwybod i fyfyrwyr a staff am bolisiau, penderfyniadau, arfer da a chyfleoedd yn ymwneud â bwyd iach a chynaliadwy e.e. safleoedd rhwydweithio cymdeithasol, gwefan y coleg/y brifysgol, y rhyngwrwyd a hysbysfyrddau staff/myfyrwyr.</p>	
<p>Mae'r lleoliad yn ymgysylltu ag amrywiaeth o randdeiliaid i helpu staff a myfyrwyr ym maes bwyd iach a chynaliadwy.</p>	
<p>Mae gwasanaethau'n sicrhau bod negeseuon, gwybodaeth ac ymgyrchoedd i hybu bwyd iach a chynaliadwy'n seiliedig ar dystiolaeth o ffynonellau dibynadwy.</p>	

Bwyd iach a chynaliadwy

C4 Agwedd o fywyd Colege a Brifysgol: **Datblygiad academaidd, personol, cymdeithasol a phroffesiynol**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae gan y lleoliad ddulliau o rannu darganfyddiadau ymchwil ac arfer da ym maes bwyd iach a chynaliadwy er mwyn iddynt gyfrannu at bolisiau, arfer a gwasanaethau.</p>	
<p>Mae negeseuon sy'n hybu bwyd iach a chynaliadwy'n rhan annatod o'r cyrsiau a'r modiwlau.</p>	
<p>Mae'r lleoliad yn helpu'r staff perthnasol i ddatblygu ym maes bwyd iach a chynaliadwy.</p>	



Dolenni defnyddiol

Defnyddio a chamddefnyddio sylweddau

D1 Agwedd o fywyd Colege a Brifysgol: **Llywodraethu, arwain a rheoli**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Mae problemau'n ymwneud â defnyddio a chamddefnyddio sylweddau, gan gynnwys ysmegu (ac e-sigaréts o bosibl), cyffuriau anghyfreithlon, sylweddau seicoweithredol cyfreithlon ac anghyfreithlon, alcohol a defnyddio meddyginiaethau, yn cyfrannu at y gwaith o gynllunio'n strategol a datblygu polisiau ar y lefel uchaf a chaiff ei gynnwys yn y dogfennau strategol a gyhoeddir.	
Mae gweithgor sy'n cynnwys staff a myfyrwyr, o wahanol rannau o'r lleoliad, a rhanddeiliaid allanol yn cydgysylltu cynlluniau iechyd a lles strategol ac yn eu rhoi ar waith, gan gynnwys defnyddio a chamddefnyddio sylweddau.	
Mae'r tîm rheoli'n helpu'r lleoliad i ymgysylltu â'r gymuned ehangach wrth gynllunio ac ymgynghori i fynd i'r afael â defnyddio a chamddefnyddio sylweddau ac mae'n yn rhoi cymorth yn y cyswllt hwn.	
Mae hyfforddiant ar gael i staff i'w dysgu i fod yn ymwybodol o arwyddion camddefnyddio sylweddau ac mae cysylltiadau perthnasol â darparwyr lleol i gyfeirio myfyrwyr at y gwasanaethau priodol.	
Mae mesurau ar waith i nodi anghenion, datblygu dulliau o weithredu sy'n seiliedig ar dystiolaeth a monitro pa mor effeithiol yw mentrau'n ymwneud â defnyddio a chamddefnyddio sylweddau.	

Defnyddio a chamddefnyddio sylweddau

D2 Agwedd o fywyd Colege a Brifysgol: **Cyfleusterau, yr amgylchedd a gwasanaethau**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Mae'r tîm rheoli wedi ymrwymo i ddatblygu gwasanaethau sy'n ymdrin â phroblemau'n ymwneud â defnyddio a chamddefnyddio sylweddau, gan gynnwys ysmegu (ac e-sigarêts o bosibl), cyffuriau anghyfreithlon, sylweddau seicoweithredol cyfreithlon ac anghyfreithlon, alcohol a defnyddio meddyginiaethau.	
Mae'r lleoliad yn cymryd camau pendant i ymgysylltu â staff, cyrff myfyrwyr a phartneriaid allanol i sicrhau bod amrywiaeth o wasanaethau yn y lleoliad a'r gymuned ehangach yn ymwneud â defnyddio a chamddefnyddio sylweddau e.e. gwybodaeth ar y wefan, rhaglenni cynefino i staff a myfyrwyr, grwpiau rhoi'r gorau i ysmegu.	
Mae mesurau ar waith i sicrhau ei bod yn hawdd manteisio ar amrywiaeth o wasanaethau iechyd a lles yn ymwneud â defnyddio a chamddefnyddio sylweddau e.e. gwybodaeth ar y wefan, gwasanaethau cwnsela; gwasanaethau i fyfyrwyr; rhaglenni cynefino i staff a myfyrwyr.	
Mae gan y lleoliad strategaeth i greu cyfleusterau ac amgylchedd sy'n ymdrin â phroblemau'n ymwneud â defnyddio a chamddefnyddio sylweddau, gan gynnwys ysmegu (ac e-sigarêts o bosibl), cyffuriau anghyfreithlon, sylweddau seicoweithredol cyfreithlon ac anghyfreithlon, alcohol a defnyddio meddyginiaethau.	
Mae'r lleoliad, mewn cydweithrediad â staff, myfyrwyr a phartneriaid allanol, yn darparu cyfleusterau cymdeithasol a chyfleusterau hamdden hygyrch a chynhwysol ac sy'n diwallu anghenion amrywiol y rhai sy'n eu defnyddio.	
Mae'r lleoliad yn cydymffurfio â'r gyfraith ar gyfer lleoliadau di-fwg ac yn cymryd camau pendant i hybu amgylchedd di-fwg drwy'r campws.	
Mae'r lleoliad wedi ymrwymo i gydweithio â gwasanaethau'r tu allan i oriau arferol, ac i gyfeirio myfyrwyr atynt pan fydd achosion yn gysylltiedig â defnyddio/camddefnyddio sylweddau.	

Defnyddio a chamddefnyddio sylweddau

D3 Agwedd o fywyd Colege a Brifysgol: **Y gymuned a chyfathrebu**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae systemau ar waith yn y lleoliad i geisio barn myfyrwyr a staff wrth ddatblygu gwybodaeth ac ymgyrchoedd yn ymwneud â defnyddio a chamddefnyddio sylweddau, a'u rhoi ar waith.</p>	
<p>Mae'r lleoliad yn defnyddio dulliau cyfathrebu amrywiol a hygyrch i roi gwybod i fyfyrwyr a staff am bolisiau, penderfyniadau, arfer da a chyfleoedd yn ymwneud â defnyddio a chamddefnyddio sylweddau e.e. safleoedd rhwydweithio cymdeithasol, gwefan y coleg/y brifysgol, y rhyngrwyd a hysbysfyrddau staff/myfyrwyr.</p>	
<p>Mae'r lleoliad yn ymgysylltu ag amrywiaeth o randdeiliaid e.e. Helpa fi stopio, Alcohol Concern Cymru, ASH Cymru, DAN 24/7, ac yn creu cysylltiadau â gwasanaethau lleol sy'n gallu helpu staff a myfyrwyr sydd â phroblemau'n ymwneud â defnyddio a chamddefnyddio sylweddau.</p>	
<p>Mae gwasanaethau'n sicrhau bod negeseuon, gwybodaeth ac ymgyrchoedd yn seiliedig ar dystiolaeth o ffynonellau dibynadwy.</p>	

Defnyddio a chamdefnyddio sylweddau

D4 Agwedd o fywyd Colege a Brifysgol: **Datblygiad academaidd, personol, cymdeithasol a phroffesiynol**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae gan y lleoliad ddulliau o rannu darganfyddiadau ymchwil ac arfer da yn defnyddio a camdefnyddio sylweddau a chynaliadwy er mwyn iddynt gyfrannu at bolisiau, arfer a gwasanaethau.</p>	
<p>Mae gwybodaeth am defnyddio a camdefnyddio sylwadau yn rhan annatod o'r cyrsiau a'r modiwlau.</p>	
<p>Mae'r lleoliad yn helpu'r staff perthnasol i ddatblygu ym maes defnyddio a camdefnyddio sylweddau e.g.gwirfoddoli gyda cyfliniant y trydydd sector</p>	



Dolenni defnyddiol

Iechyd a chysylltiadau personol a rhywiol

E1 Agwedd o fywyd Colege a Brifysgol Life: **Llywodraethu, arwain a rheoli**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Mae pryder ynghylch iechyd a chysylltiadau personol a rhywiol yng nghymuned y coleg/y brifysgol yn cyfrannu at y gwaith o gynllunio'n strategol a datblygu polisiau ar y lefel uchaf a chaiff ei gynnwys yn y dogfennau strategol a gyhoeddir.	
Mae gweithgor sy'n cynnwys staff a myfyrwyr, o wahanol rannau o'r lleoliad, a rhanddeiliaid allanol yn cydgysylltu cynlluniau strategol ar gyfer iechyd a chysylltiadau personol a rhywiol ac yn eu rhoi ar waith, gan gynnwys iechyd personol a rhywiol.	
Mae'r tîm rheoli'n helpu'r lleoliad i ymgysylltu â'r gymuned ehangach wrth gynllunio ac ymgynghori i hybu iechyd a chysylltiadau personol a rhywiol.	
Mae mesurau ar waith i nodi anghenion, datblygu dulliau o weithredu sy'n seiliedig ar dystiolaeth a monitro pa mor effeithiol yw mentrau'n ymwneud ag iechyd rhywiol a defnyddio TGCh yn ddiogel	
Mae'r polisi/canllawiau cenedlaethol presennol yn cael eu hymgorffori yn unrhyw bolisiau a ddatblygir yn lleol	

Iechyd a chysylltiadau personol a rhywiol

E2 Agwedd o fywyd Colege a Brifysgol Life: **Cyfleusterau, yr amgylchedd a gwasanaethau**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Mae'r tîm rheoli wedi ymrwymo i ddatblygu gwasanaethau iechyd rhywiol i helpu myfyrwyr (a staff, os yw hynny'n briodol).	
Mae'r lleoliad yn cymryd camau pendant i ymgysylltu â staff, cyrff myfyrwyr a phartneriaid allanol i sicrhau bod amrywiaeth o wasanaethau iechyd rhywiol ar gael yn y lleoliad a'r gymuned ehangach e.e. gwasanaethau sy'n rhoi cyngor ynghylch iechyd rhywiol, clinigau brechiad	
Mae mesurau ar waith i sicrhau ei bod yn hawdd manteisio ar amrywiaeth o wasanaethau iechyd a lles yn ymwneud ag iechyd rhywiol.	
Mae'r lleoliad, mewn cydweithrediad â staff, myfyrwyr a phartneriaid allanol, yn darparu cymorth a gwybodaeth am iechyd rhywiol sy'n hygyrch a chynhwysol ac sy'n diwallu anghenion amrywiol y rhai sy'n eu defnyddio.	
Mae'r lleoliad yn cyfeirio'r rhai sydd ag anghenion iechyd rhywiol at y cyfleusterau priodol e.e. gwasanaethau iechyd rhywiol integredig.	
Mae'r lleoliad yn cysylltu â phartneriaid allanol i ddarparu cymorth i ddisgyblion a staff mewn ymateb i achosion o glfydau hysbysadwy e.e. meningococcal, y frech goch	

Iechyd a chysylltiadau personol a rhywiol

E3 Agwedd o fywyd Colege a Brifysgol Life: **Y gymuned a chyfathrebu**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Lle bo'n briodol, caiff myfyrwyr eu hannog yn weithredol i gofrestru â meddyg teulu fel rhan o'r broses ymrestru.	
Mae systemau ar waith yn y lleoliad i geisio barn myfyrwyr a staff wrth ddatblygu gwasanaethau, gwybodaeth ac ymgyrchoedd iechyd rhywiol.	
Mae'r lleoliad yn defnyddio dulliau cyfathrebu amrywiol a hygyrch i roi gwybod i fyfyrwyr a staff am bolisiau, penderfyniadau, arfer da a chyfleoedd yn ymwneud ag iechyd personol a rhywiol e.e. safleoedd rhwydweithio cymdeithasol, gwefan y coleg/y brifysgol, y rhyngrwyd a hysbysfyrddau staff/myfyrwyr.	
Mae gwasanaethau'n sicrhau bod negeseuon, gwybodaeth ac ymgyrchoedd yn seiliedig ar dystiolaeth o ffynonellau dibynadwy.	
Mae gan y lleoliad systemau ar waith i sicrhau bod y gymuned gyfan yn ymwybodol o faterion iechyd perthnasol e.e. brechiadau, rhoi organau, hylendid, afiechydon heintus	

Iechyd a chysylltiadau personol a rhywiol

E4 Agwedd o fywyd Colege a Brifysgol Life: **Datblygiad academiaidd, personol, cymdeithasol a phroffesiynol**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Mae gan y lleoliad ddulliau o rannu darganfyddiadau ymchwil yn ymwneud ag iechyd personol, iechyd a chysylltiadau rhywiol er mwyn iddynt gyfrannu at bolisiau, arfer a gwasanaethau.	
Mae negeseuon sy'n hybu iechyd personol a rhywiol diogel yn rhan annatod o'r cyrsiau a'r modiwlau e.e. dinasyddiaeth weithredol, gwerthoedd personol, defnyddio TGCh yn ddiogel.	
Mae gan y lleoliad systemau a strwythurau ar waith i roi cyfleoedd i staff a myfyrwyr ddatblygu mewn perthynas ag iechyd personol a rhywiol e.e. gwirfoddoli â mudiadau yn y trydydd sector, lleoliadau gwaith.	
Mae'r lleoliad yn ymgysylltu â phartneriaid i sicrhau bod myfyrwyr wedi cael y brechiadau perthnasol diweddaraf fel rhan o leoliadau galwedigaethol.	



Dolenni defnyddiol

Amgylchedd cynaliadwy

F1 Agwedd o fywyd Colege a Brifysgol: **Llywodraethu, arwain a rheoli**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae pryder ynghylch darparu amgylchedd cynaliadwy'n cyfrannu at y gwaith o gynllunio'n strategol a datblygu polisiau ar y lefel uchaf a chaiff ei gynnwys yn y dogfennau strategol a gyhoeddir.</p>	
<p>Mae gweithgor sy'n cynnwys staff a myfyrwyr, o wahanol rannau o'r lleoliad, a rhanddeiliaid allanol yn cydgysylltu cynlluniau strategol ar gyfer iechyd a lles, ac yn eu rhoi ar waith, gan gynnwys datblygu amgylchedd cynaliadwy.</p>	
<p>Mae'r lleoliad yn cymryd camau pendant i ymgysylltu â'r gymuned ehangach wrth gynllunio ac ymgynghori i hybu amgylchedd cynaliadwy.</p>	
<p>Mae mesurau ar waith i nodi anghenion, datblygu dulliau o weithredu sy'n seiliedig ar dystiolaeth a monitro pa mor effeithiol yw mentrau'n ymwneud â datblygu amgylchedd cynaliadwy</p>	

Amgylchedd cynaliadwy

F2 Agwedd o fywyd Colege a Brifysgol: **Cyfleusterau, yr amgylchedd a gwasanaethau**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
Mae'r tîm rheoli wedi ymrwymo i ddatblygu gwasanaethau'n ymwneud â chynaliadwyedd ac amgylchedd cynaliadwy.	
Mae'r tîm rheoli wedi ymrwymo i ddarparu sesiynau cynefino a hyfforddiant parhaus i fyfyrwyr a staff i sicrhau eu bod yn deall beth yw datblygu cynaliadwy ac y gallant gymryd rhan mewn amrywiaeth o weithgareddau sy'n ei hybu.	
Mae gan y lleoliad strategaeth cynaliadwyedd ar gyfer y cyfleusterau a'r amgylchedd.	
Caiff y cyfleusterau a'r amgylchedd eu datblygu'n gynaliadwy gan ymgorffori penderfyniadau'n ymwneud â chynaliadwyedd a phennu cost eitemau a gwasanaethau dros eu hoes gyfan (gan ystyried y gost ariannol, amgylcheddol a chymdeithasol dros eu hoes gyfan).	

Amgylchedd cynaliadwy

F3 Agwedd o fywyd Colege a Brifysgol: **Y gymuned a chyfathrebu**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae systemau ar waith yn y lleoliad i geisio barn myfyrwyr a staff, a'u hannog i gymryd rhan yn y broses o ddatblygu gwybodaeth ac ymgyrchoedd i hybu datblygiadau cynaliadwy, a'u rhoi ar waith.</p>	
<p>Mae'r lleoliad yn defnyddio dulliau cyfathrebu amrywiol a hygyrch i roi gwybod i fyfyrwyr a staff am bolisiau, penderfyniadau, arfer da a chyfleoedd yn ymwneud â datblygu cynaliadwy e.e. safleoedd rhwydweithio cymdeithasol, gwefan y coleg/y brifysgol, y rhyngrwyd a hysbysfyrddau staff/myfyrwyr i'w hannog i weithredu ar y cyd.</p>	
<p>Mae gwasanaethau'n sicrhau bod negeseuon, gwybodaeth ac ymgyrchoedd yn seiliedig ar dystiolaeth o ffynonellau dibynadwy.</p>	

Amgylchedd cynaliadwy

F4 Agwedd o fywyd Colege a Brifysgol: **Datblygiad academaidd, personol, cymdeithasol a phroffesiynol**

Meini prawf	Tystiolaeth beth ni wedi gwneud / Gweithredoedd
<p>Mae gan y lleoliad dulliau o rannu darganfyddiadau ymchwil ym maes datblygu cynaliadwy er mwyn iddynt gyfrannu at bolisiau, arfer a gwasanaethau.</p>	
<p>Mae materion yn ymwneud â datblygu cynaliadwy'n rhan annatod o'r cyrsiau a'r modiwlau.</p>	
<p>Mae gan y lleoliad systemau a strwythurau ar waith i roi cyfleoedd i staff a myfyrwyr ddatblygu'n academaidd ac yn broffesiynol mewn perthynas â datblygu cynaliadwy e.e. gwirfoddoli â mudiadau yn y trydydd sector, ymgymryd â rôl cydgysylltwyr amgylcheddol, gwobrau cyflogadwyedd a dulliau eraill o sicrhau cydnabyddiaeth anffurfiol ym maes datblygu cynaliadwy.</p>	

Dolenni defnyddiol