



Cyfoeth Naturiol Cymru
Natural Resources Wales



Noddir gan
Lywodraeth Cymru
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Welsh Government



Natur a Ni
Nature and Us

Cynulliad Dinasyddion Natur a Ni

Atodiad 3: Cynnwys y sesiynau

Awduron: Centre for Deliberative Research

Wedi'i baratoi ar gyfer: Cyfoeth Naturiol Cymru

Dyddiad: Mai 2023



Natur a Ni

Nature and Us

Cynulliad y Dinasyddion: Sesiwn 1
Citizens' Assembly Session 1

11 Chwefror 2023
11 February 2023

www.naturani.cymru
www.natureandus.wales



Noddir gan
Lywodraeth Cymru
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Croeso a Chyflwyniadau

Welcome and Introductions



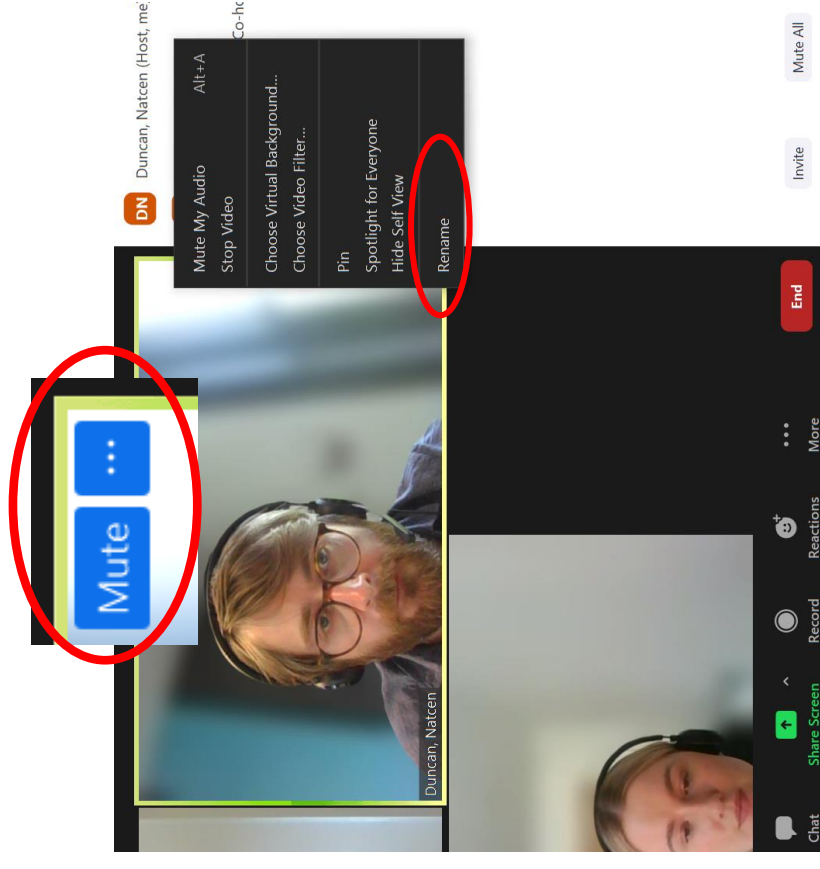
Newidiwch eich enw

Please re-name yourself

Enw, llythren gyntaf eich cyfenw Name, first letter of surname

Duncan G

- Wrth ymyl y botwm 'mute', mae yna dri dot
- Next to the mute button, there are three dots
- Cliciwch y tri dot a bydd dewislen o opsiynau'n ymddangos
- Click the three dots and a menu of options will appear
- Ar waelod y rhestr hon, fe welwch opsiwn o'r enw 'Rename'
- At the bottom of this list, you will see an option called 'Rename'
- Byddwch nawr yn gallu teipio eich enw (e.e. Duncan G)
- You will now be able to type in your name (e.g. Duncan G)



Pwy sydd yma heddiw? Who is here today?



- **Y Ganolfan Genedlaethol ar gyfer Ymchwil Gymdeithasol ('NatCen')**: sefydliad ymchwil gymdeithasol annibynnol, dielw mwyaf Prydain.
- **Datblygiadau Egni Gwledig (DEG)**: menter gymdeithasol sy'n cefnogi camau gweithredu dan arweiniad y gymuned ledled gogledd-orllewin Cymru i gefnogi'r amgylchedd naturiol.
- **Cyfoeth Naturiol Cymru**: prif gynghorydd Llywodraeth Cymru ar faterion sy'n ymwneud ag amgylchedd ac adnoddau naturiol Cymru, ar lefel leol, genedlaethol a byd-eang.
- **50 aelod o'r cyhoedd o bob cwr o Gymru** a fydd yn llunio'r weledigaeth ar gyfer dyfodol amgylchedd naturiol Cymru.
- **The National Centre for Social Research ('NatCen')**: Britain's largest, independent, not-for-profit social research organisation.
- **Datblygiadau Egni Gwledig (DEG)**: a social enterprise supporting community led action across northwest Wales to support the natural environment.
- **Natural Resources Wales**: the principal adviser to the Welsh Government about issues relating to the Welsh environment and natural resources, at a local, national, and global level.
- **50 members of the public from across Wales** who will be shaping the vision for the future of the natural environment of Wales

Pwy sydd yma heddiw?

Who's here today?



- I hwyluso'r sesiwn:
 - Zoe, Anna, Ciaran, Yasmin, Ellie, Sara (dwyieithog), Chris (dwyieithog), Eva
- I gynnig unrhyw gymorth technegol:
 - John Evans — gofynnwch os ydych chi angen unrhyw gymorth ar unrhyw adeg
- I arsylwi, o Cyfoeth Naturiol Cymru
 - Serinde
- I nodi syniadau a gwersi defnyddiol trwy gymryd nodiadau gweledol:
 - Laura Sorvala
- To facilitate the session:
 - Zoe, Anna, Ciaran, Yasmin, Ellie, Sara (bilingual), Chris (bilingual), Eva
- To offer any technical support:
 - John Evans – reach out if you need any help at any point
- To observe from Natural Resources Wales
 - Serinde
- To capture insights and learning as we go through visual note-taking:
 - Laura Sorvala

Cadw eich gwybodaeth yn ddiogel

Keeping your information secure



- Byddwn yn cymryd nodiadau, gan ddefnyddio teclyn bwrdd gwyn ar-lein ac ymarferion eraill i gofnodi'r hyn sydd wedi codi yn y sesiwn.
- Bydd hyn yn cael ei ddefnyddio mewn sesiynau yn y dyfodol ac i ysgrifennu ein hadroddiad i rannu'r broses a'r weledigaeth, ynghyd ag unrhyw allbynnau eraill, ond ni fydd yn defnyddio unrhyw enwau na gwybodaeth bersonol.
- Byddwn yn storio'r data hwn yn ddiogel, a dim ond ein tîm ymchwil fydd yn gallu cyrraedd ato. Ac, unwaith eto - ni fydd unrhyw ddata ymchwil y byddwn yn ei rannu yn eich datgelu chi fel unigolyn.
- We will take notes, use an online whiteboard tool and other exercises to record what has come up in the session
- This will be used in future sessions and to write our report sharing the process and vision, along with any other outputs, but will not use any names or identifying information.
- We'll store this data securely, accessible only by our research team. And, again - any research data we share will not identify you.

Pethau i'w cadw mewn cof

Things to keep in mind



- Nid oes disgwyl i unrhyw un fod yn arbenigwr.
- Mae llais pawb yn cyftri.
- Camu ymlaen a chamu yn ôl.
- Rydyn ni yma i wrando arnoch chi, ond byddwn ni'n ymyrryd i gadw llygad ar yr amser, i lynu at y pwnc, ac i sicrhau bod gwahanol bobl yn cael gwrandawriad.
- Nid oes angen consensws.
- Egwyl ar gyfer cinio ond mae croeso i chi wneud paned neu bicio i'r toiled.

- No one is expected to be an expert.
- Everyone's voice counts.
- Step forward and step back.
- We're here to hear you, but we will intervene to keep an eye on the time, to stay on topic, and to make sure different people get heard.
- No consensus is needed.
- Break for lunch but do feel free to make a cuppa or pop to the loo.

Trosolwg o'r sesiynau

Overview of sessions



Date Dyddiad	Format and time Fformat ac amser	Theme Thema
11 th February 2023 11 Chwefror 2023	Online, 12-5pm Ar-lein, 12-5pm	Session 1: Priorities for a Greener Lifestyle Sesiwn 1: Blaenoriaethau ar gyfer Ffordd Wyrddach o Fyw
4 th March in Swansea Bay or 5 th March in Wrexham 4 Mawrth ym Mae Abertawe neu 5 Mawrth yn Wrecsam	In-person, 12-5pm Wyneb yn wyneb, 12-5pm	Session 2: Living with nature and paths forwards Sesiwn 2: Byw gyda natur a llwybrau ymlaen
18 th March 2023 18 Mawrth 2023	Online, 1-4pm Ar-lein, 1-4pm	Session 3: Building a shared vision Sesiwn 3: Creu gweledigaeth a rennir

Agenda



- Croeso a thorri'r garw (12:00-12:30)
 - Planed Iach a Phobl Iach (12:30-12:50)
 - Deddf Cenedlaethau'r Dyfodol (12:50-1:15)
 - Cinio (1:15-2:00)*
 - Cymru'r Dyfodol (2:00-2:30)
 - Sefyllfa Byd Natur yng Nghymru (2:30-2:50)
 - Sefyllfa Adnoddau Naturiol yng Nghymru (2:50-3:10)
 - Egwyf (3:10-3:25)*
 - Myfyrdodau (3:35-3:40)
 - Natur ac Iechyd y Cyhoedd (3:40-4:10)
 - Cyfarfod llawn a grwpiau trafod (4:10-4:45)
 - Natur a Ni (4:45-4:55)
 - Cwestiynau terfynol a chloi'r sesiwn (4:55-5:00)
- Welcome and icebreaker (12:00-12:30)
 - Healthy Planet and Healthy People (12:30-12:50)
 - Future Generations Act (12:50-1:15)
 - Lunch (1:15-2:00)*
 - Future Wales (2:00-2:30)
 - The State of Nature in Wales (2:30-2:50)
 - The State of Natural Resources in Wales (2:50-3:10)
 - Break (3:10-3:25)*
 - Reflections (3:35-3:40)
 - Nature and Public Health (3:40-4:10)
 - Plenary and breakout activities (4:10-4:45)
 - **Nature and Us (4:45-4:55)**
 - Final questions and close (4:55-5:00)

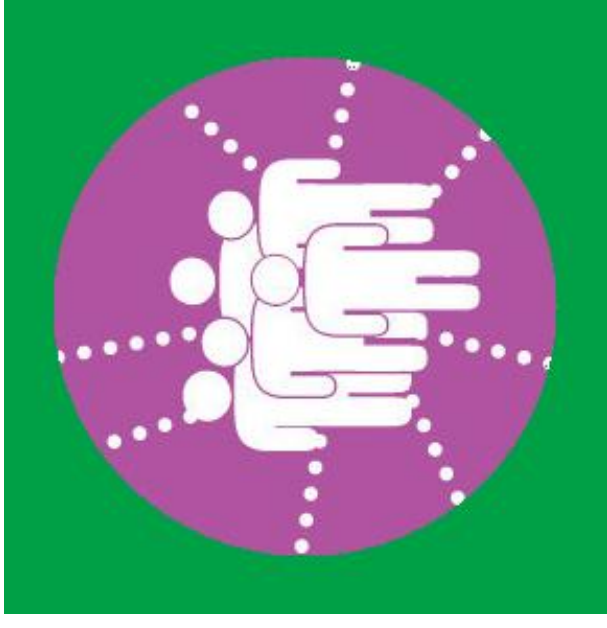
**Torri'r garw
(10 munud)**

**Icebreaker
(10 mins)**



Cyflwyniad i'r Cynulliad

Introduction to the Assembly



Cyflwyniad i'r Cynulliad

Introduction to the Assembly



Beth ydym ni ei eisiau gan y cynulliad dinasyddion? What do we want from the citizens' assembly?

- Clywed eich argymhellion o ran gweledigaeth ar gyfer yr amgylchedd naturiol yng Nghymru
- Cynnig profiad cadarnhaol i chi ddarganfod gwybodaeth newydd
- Sicrhau y bydd y weledigaeth ar gyfer yr amgylchedd naturiol yn weledigaeth a rennir
- To hear your recommendations for a vision for the natural environment in Wales
- To offer a positive experience for you to discover new information
- To make sure the vision for the natural environment will be a shared vision

Pam mae angen gweledigaeth ar y cyd arnom? Why do we need a shared vision?

- Fel ei bod yn gallu arwain a sbarduno camau gweithredu ledled Cymru
 - Fel y gallwn weithio gyda'n gilydd i'w gwireddu
 - So that it can guide and drive action across Wales
 - So we can work together to achieve it
-

Planned Iach a Phobl Iach Healthy Planet and Healthy People



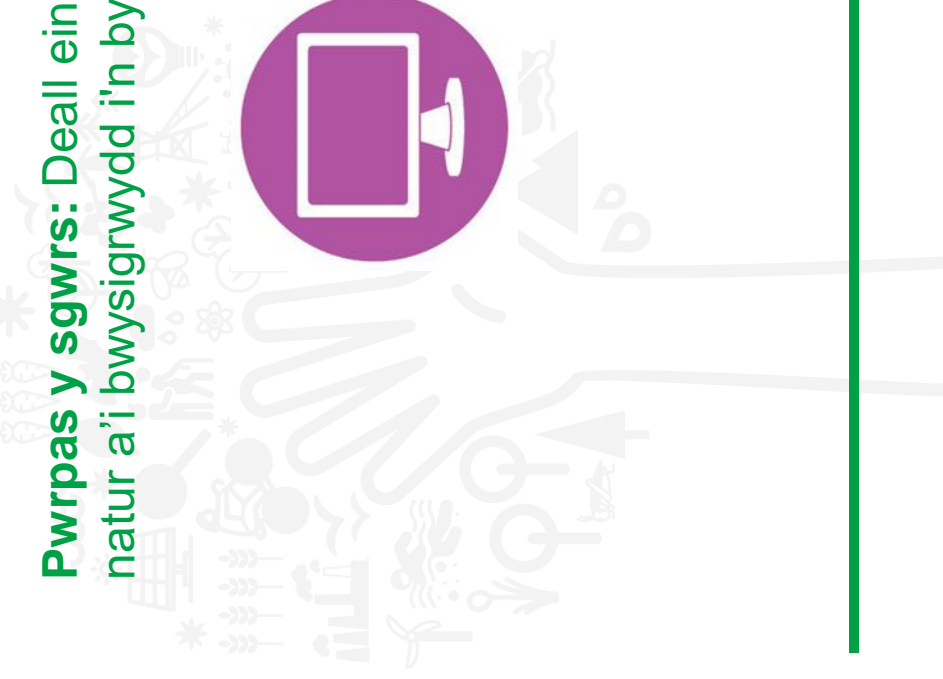
Siaradwr: Steve Ormerod

Pwrpas y sgwrs: Deall ein cysylltiad â byd natur a'i bwysigrwydd i'n bywydau bob dydd



Speaker: Steve Ormerod

Purpose of talk: To understand the importance of nature for our everyday lives and our connection to it





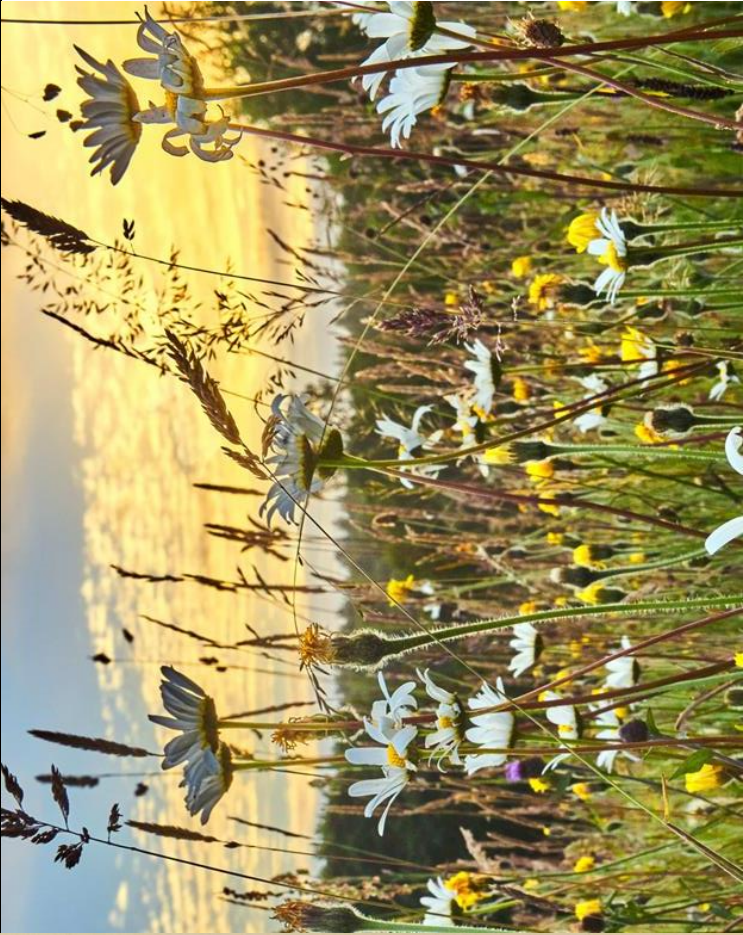
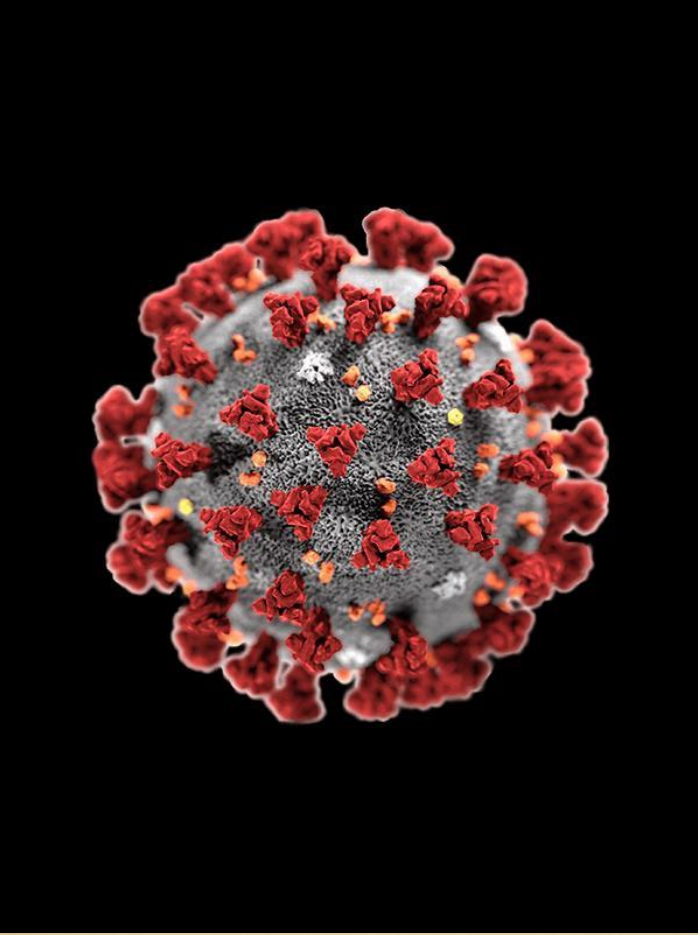
Andrew Whitworth





National Trust/John Miller

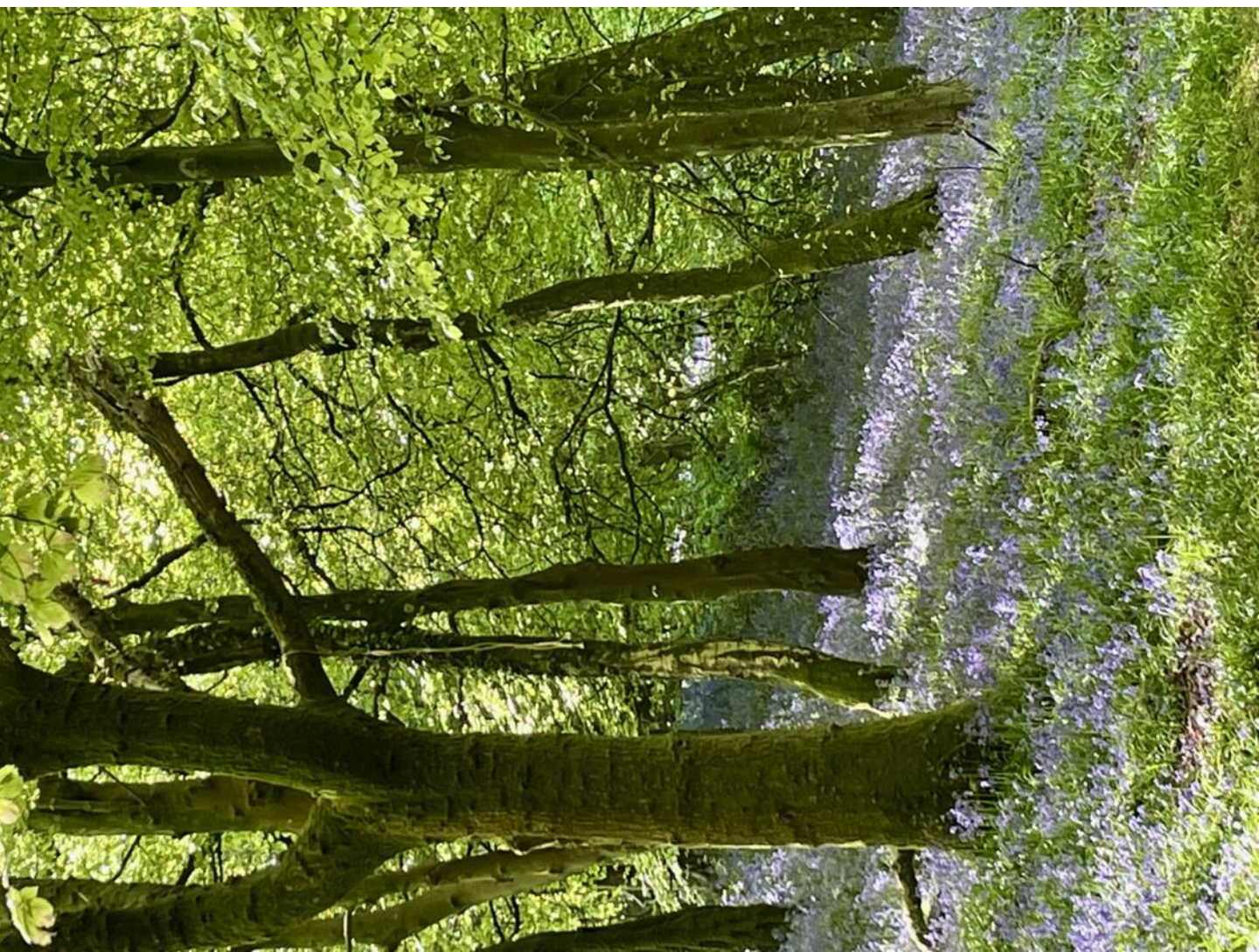


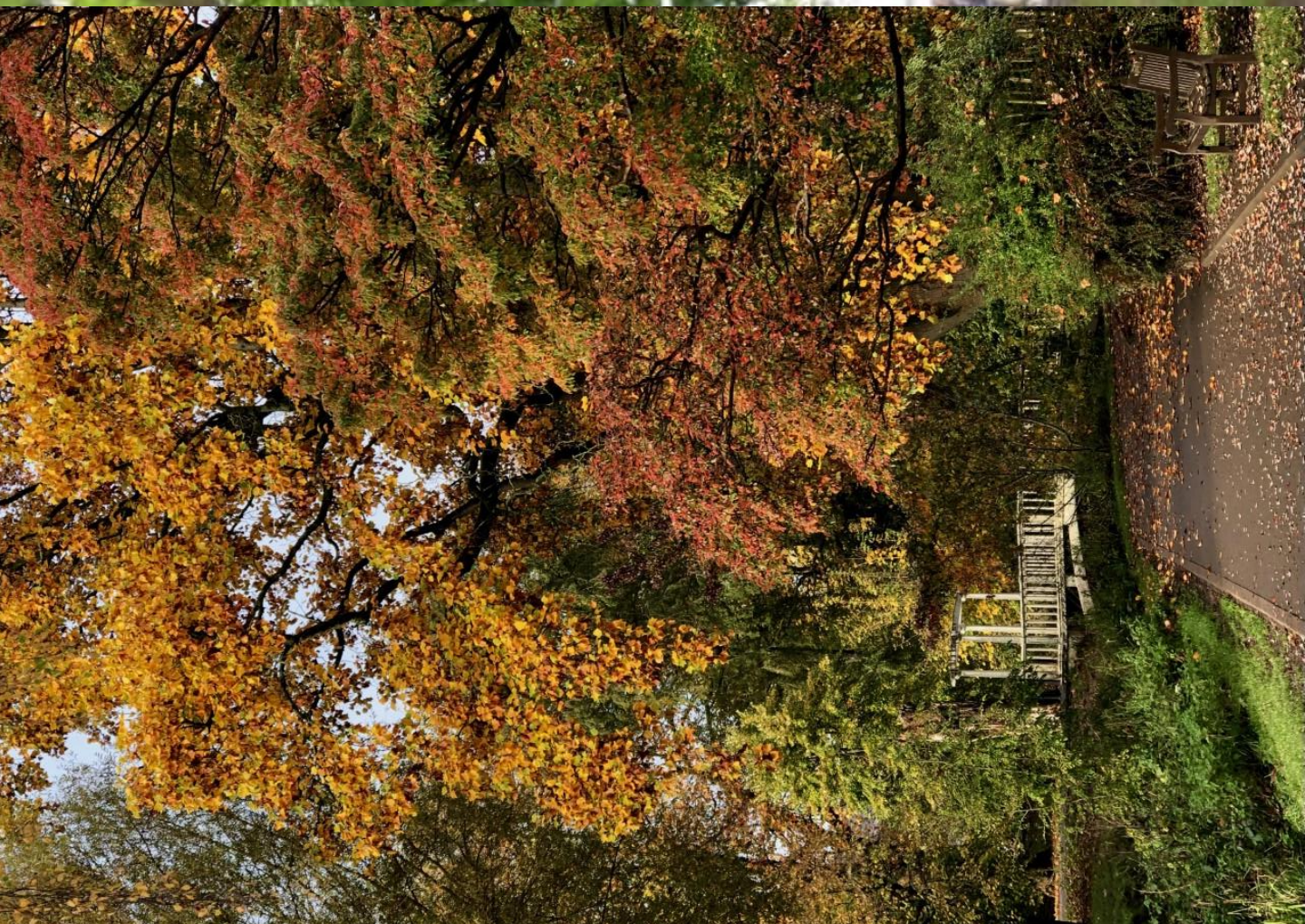


M. Papaveraceae.

Mill. A.

259. *Papaver somniferum* L. Schnaf oder Saatmohn.









Eglurhad (10 munud) Clarifications (10 mins)



Deddf Cenedlaethau'r Dyfodol

The Future Generations Act

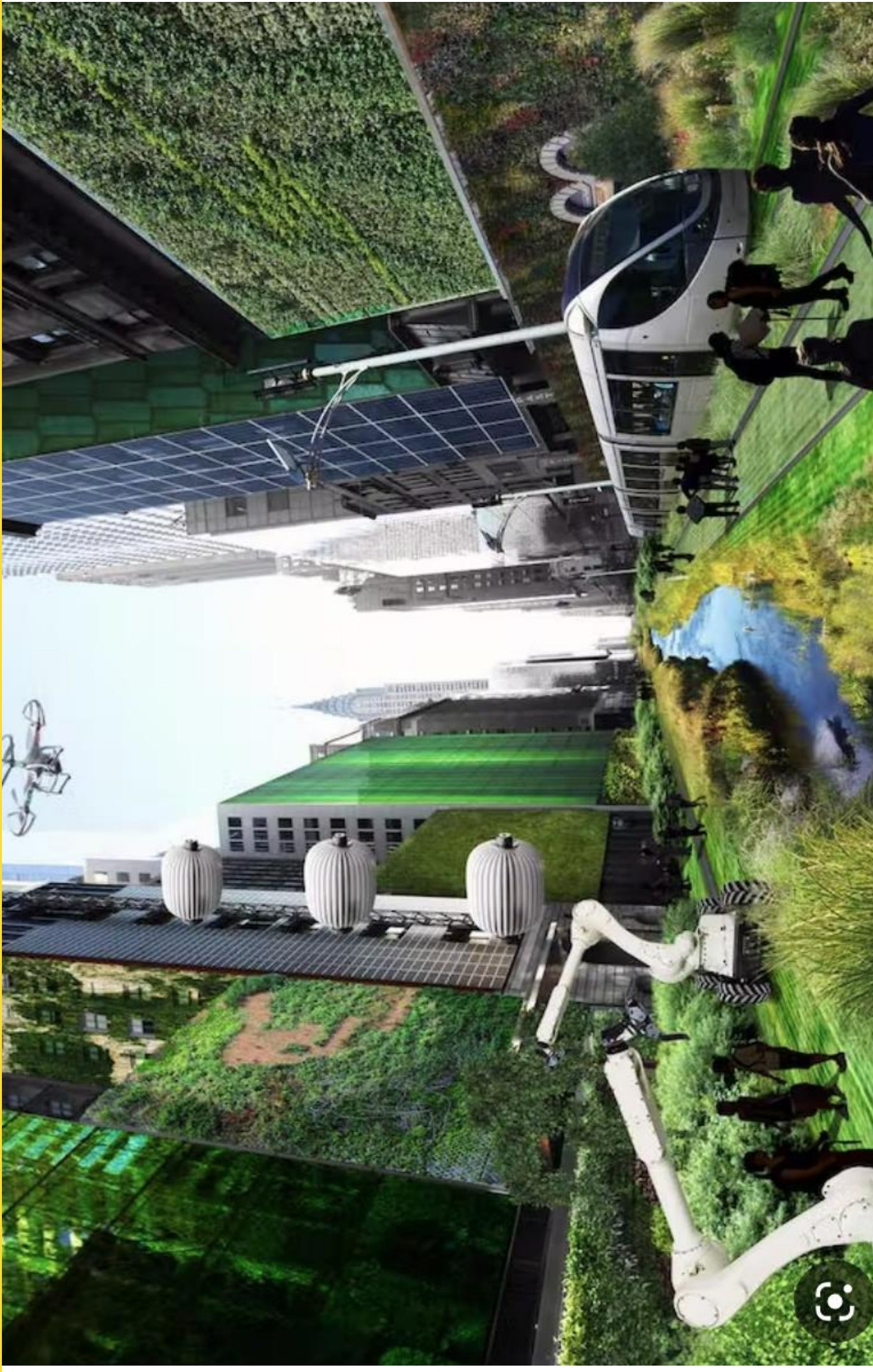


Heddiw ar gyfer Yfory Today for Tomorrow

Marie Brousseau-Navarro
Chief Operating Officer and Deputy Commissioner
Prif Swyddog Gweithredol a Dirprwy Gomisiynydd

ONE DAY, SON,
THIS WILL ALL
BE YOURS...





LIFE



Throwaway Living

DISPOSABLE ITEMS CUT DOWN HOUSEHOLD CHORES



How will our actions today affect the future?

Sut bydd gweithredoedd heddiw yn effeithio ar y dyfodol?



Comisiynydd
Cenedlaethau'r
Dyfodol
Cymru

Future
Generations
Commissioner
for Wales

Beth fydd cenedlaethau'r dyfodol eisiau?

What will future generations want?



Cynheswyr Coesau o'r 1980au?

Dychweliad o'r *Walkman*?

1980s leg warmers?



A return of the Walkman?

Tanau Coedwig?

Forest Fires?



Llifogydd?
Floods?



Sustainable Development Principle / Egwyddor Datblygu Cynaliadwy

"act in a manner which seeks to ensure that the needs of the present are met **without compromising the ability of future generations to meet their own needs.**"

"i'r corff weithredu mewn modd sy'n ceisio sicrhau bod anghenion y presennol yn cael eu **diwallu heb beryglu gallu cenedlaethau'r dyfodol i ddiwallu eu hanghenion hwythau.**"

Ffyrdd o weithio / Ways of Working

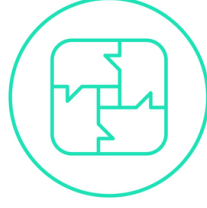
Nodau Llesaint / Well-being goals



Atal / Prevention



Cydweithio / Collaboration



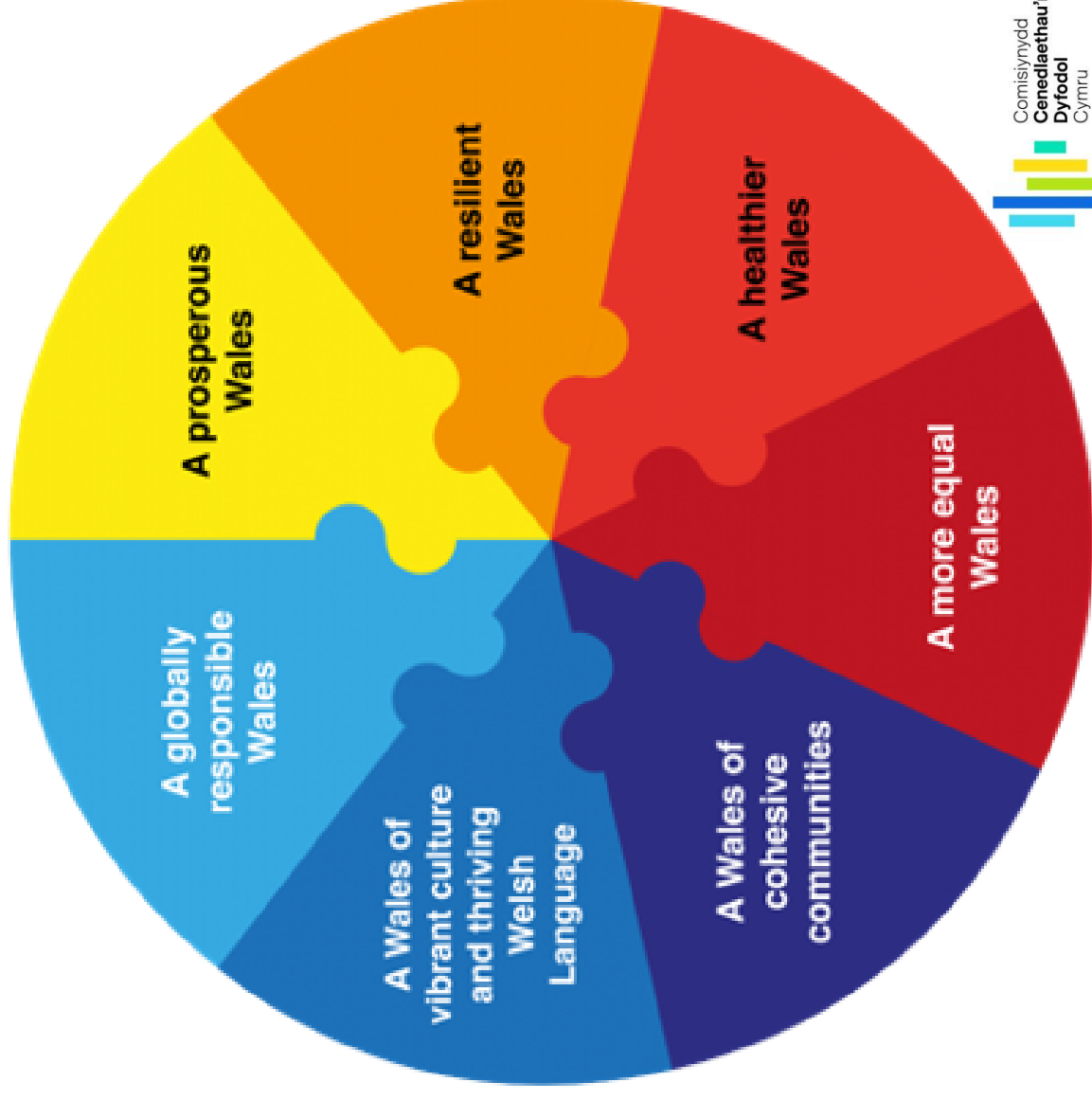
Integreiddio / Integration



Cynnwys / Involvement



Hir dymor / Long Term



Comisiynydd
Cenedlaethau'r
Dyfodol
Cymru

Future
Generations
Commissioner
for Wales

Y Ddeddf ar waith – Trafnidiaeth

Teithio llesol wedi'i dargedu at y cymunedau sydd â'r iechyd gwaethaf

Cydweithio gyda Arup, Dŵr Cymru a Cyfoeth Naturiol Cymru

System ddraenio gynaliadwy yn cael ei defnyddio i wella llwybrau beicio glan yr afon presennol

Mannau concrit digroeso wedi'u glanhau a'u gwyrddu

tynnu 40,000m³ o ddŵr glaw y flwyddyn o'r rhwydwaith carthffosydd



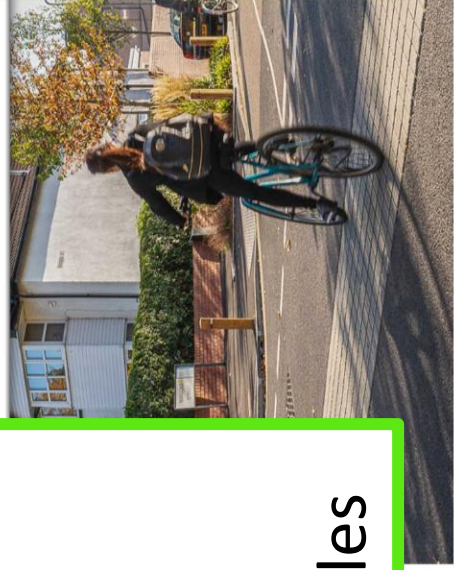
The Act in Action - Transport

Targeted active travel at communities in poorest health

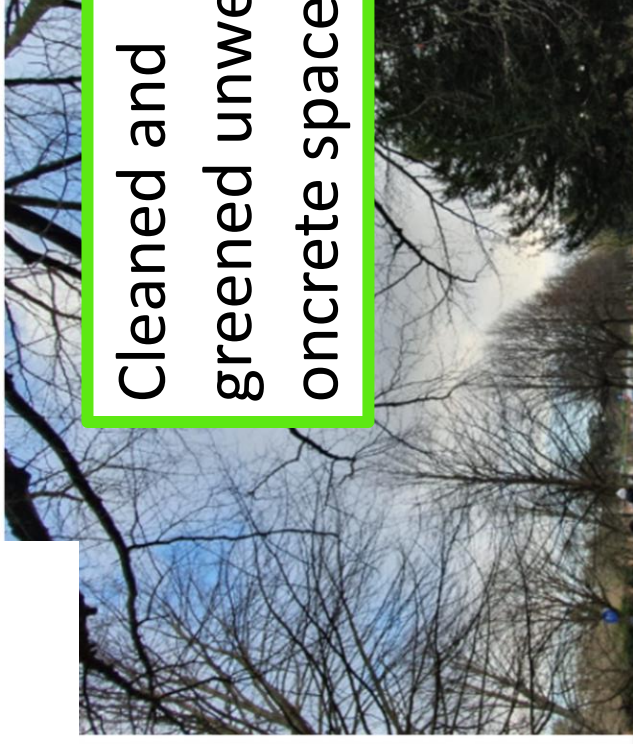


Collaboration with Arup, Dŵr Cymru and Natural Resources Wales

Sustainable drainage system used to improve existing riverside cycle footpaths



Cleaned and greened unwelcoming concrete spaces



Removes 40,000 m³ of rainwater/year from the sewer network



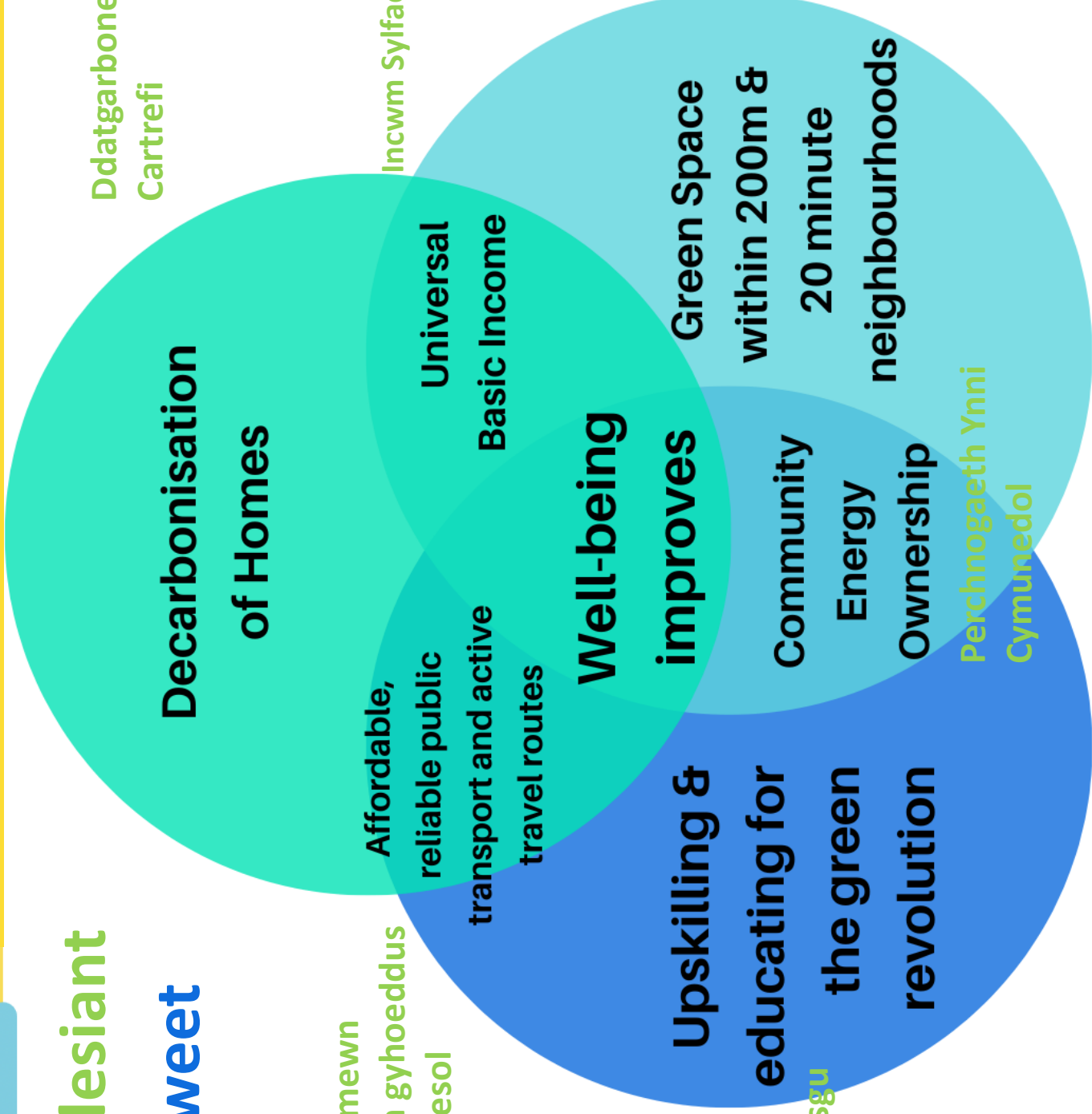
Man Melys Llesiant Well-being Sweet

Spot

Buddsoddi mewn
trafnidiaeth gyhoeddus
a theithio llesol

Ddatgarboneiddio
Cartrefi

Incwm Sylfaenol Cyffredinol



man gwyrdd o fewn 200
metr i'w
cartref & cymdogaethau
20-munud

Uwchsgilio ac addysgu
ar gyfer y chwyldro
gwyrdd

The scale of unborn generations

Looking 50,000 years into the past and 50,000 into the future – assuming that the twenty-first century's birth rate remains constant – all human lives ever lived are far outweighed by all those yet to come



Unborn
generations
6.75 trillion

Based on UN estimate that average births per year in the twenty-first century will stabilise at 135 million

Graphic: Nigel Hawtin



From *The Good Ancestor: How to Think Long Term in a Short-Term World* by Roman Krznaric. Graphic design by Nigel Hawtin.

Mae'r dyfodol yn ansefydlog i 6.75 triliwn o bobl

The future is unstable for 6.75 trillion people



ALLOW
ME TO HAVE
A FUTURE

WATER
LIFE

Grwpiau trafod: Myfyrdodau

Breakout: Reflections



**Cinio o 45 munud
(tan 2pm)**

**45 min Lunch
(until 2pm)**





Grwpiau trafod: Cymru'r Dyfodol (30 munud)

Breakout: Future Wales (30 mins)



Sefyllfa Byd Natur yng Nghymru

The State of Nature in Wales



Siaradwr: Sharon Thompson, Y Gymdeithas Frenhinol er Gwarchod Adar (RSPB)

Pwrpas y sgwrs: Datblygu dealltwriaeth o'r heriau presennol sy'n wynebu Cymru a sefyllfa byd natur heddiw

Speaker: Sharon Thompson, The Royal Society for the Protection of Birds (RSPB)

Purpose of talk: To develop an understanding of the current challenges facing Wales and the state of nature today



Sefyllfa Byd Natur 2019 Cymru State of Nature 2019 Wales



Dr Sharon Thompson
Pennaeth Polisi ac Eiriolaeth |
Head of Policy & Advocacy
RSPB Cymru





**Grwpiau trafod:Eglurhad
(10 munud)**

**Breakout: Clarifications
(10 mins)**





Sefyllfa Adnoddau Naturiol yng Nghymru

The State of Natural Resources in Wales

Alex Ioannou - **Cyfoeth Naturiol Cymru** Natural Resources Wales

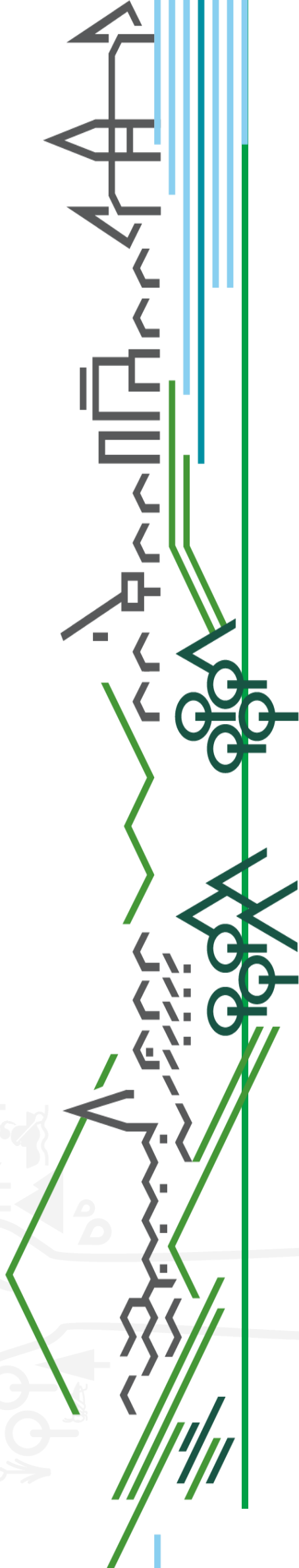




The State of Natural Resources Report

Adroddiad o Gyflwr Adnoddau Naturiol

Alex Ioannou
Swyddog Adroddiad o Gyflwr Adnoddau Naturiol
State of Natural Resources Reporting Officer

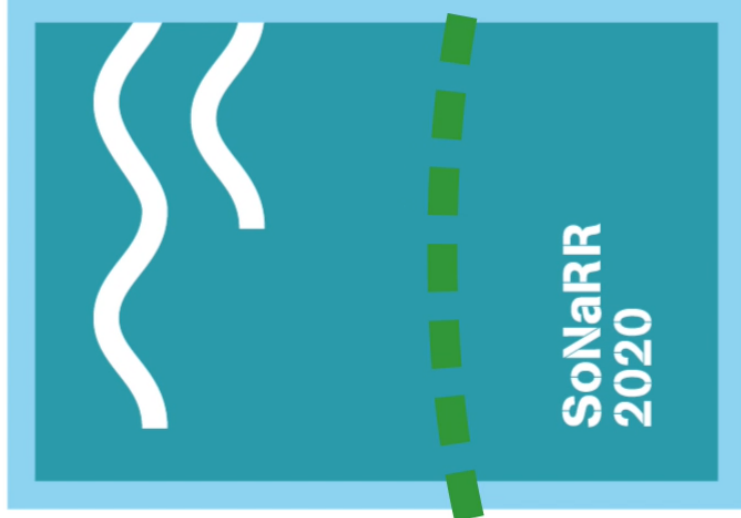


Bridges to the future *Pontydd i'r dyfodol*



**Ein sefyllfa
ar hyn o bryd**

**Where we
are currently**



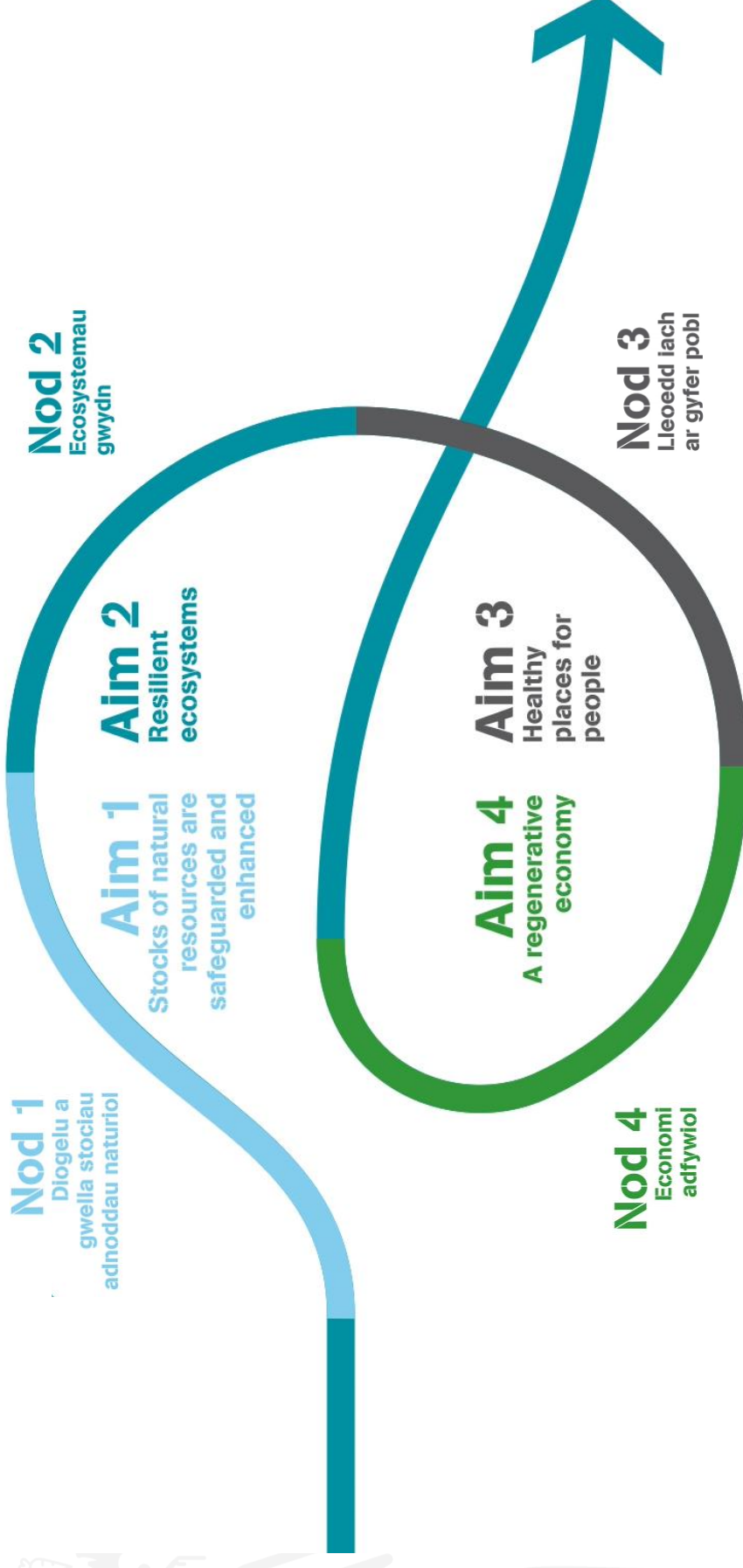
**Lle mae angen
inni fod**

**Where we
need to be**



The four aims of the sustainable management of natural resources

Y pedwar nod o reoli adnoddau naturiol gynaliadwy



Key messages of the report

Negeseuon allweddol yr adroddiad



Food

The global food system has a significant impact on the environment.

Bwyd

Mae'r system fwyd fyd-eang yn cael effaith sylweddol ar yr amgylchedd.

Energy

The current energy production and consumption in Wales creates many pressures for ecosystems and public health, here and across the planet.

Ynni

Mae'r ffordd y mae ynni'n cael ei gynhyrchu a'i ddefnyddio yng Nghymru ar hyn o bryd yn creu llawer o bwysau ar ecosystemau ac iechyd y cyhoedd, yma ac ar draws y blaned.

Transport

The transport system has an impact on ecosystems and health.

Trafnidiaeth

Mae'r system drafnidiaeth yn cael effaith ar ecosystemau ac iechyd.

Opportunities for action Cyfleoedd ar gyfer gweithredu



Alphabetical list

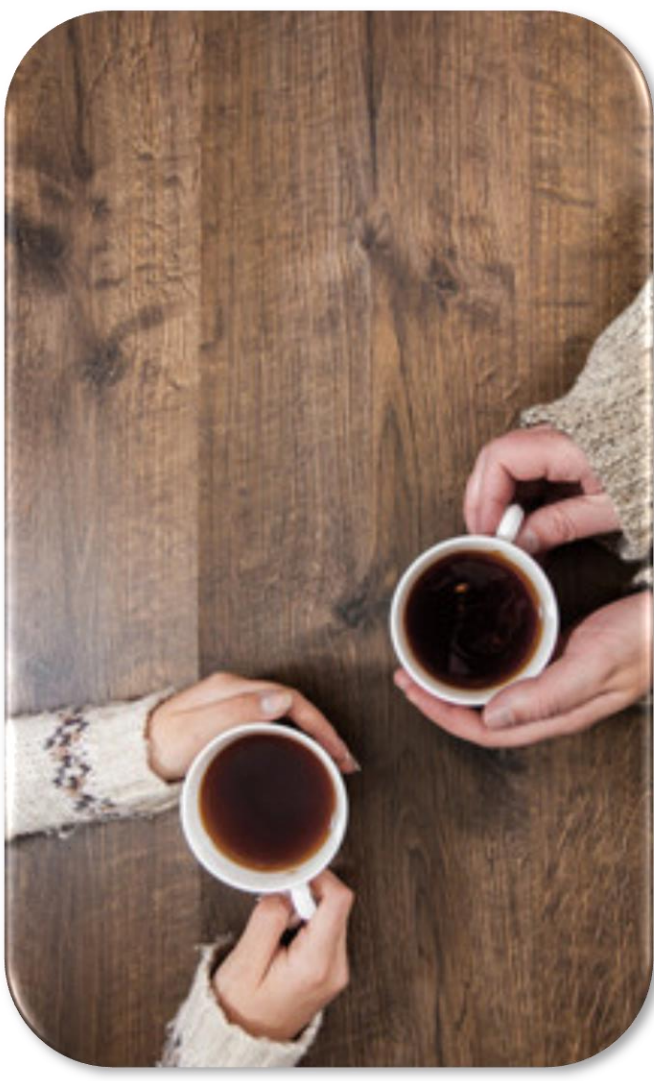
Access to nature	Addasu Cynfinoedd
Community engagement	Addysg ac Ymwybyddiaeth
Dietary change	Adeiladu Cynaliadwy
Education and awareness	Adfer Cynfinoedd
Energy efficiency	Amaethyddiaeth a Choedwigaeth Gynaliadwy
Habitat adaptation	Atebion sy'n Seiliedig ar Natur
Habitat creation	Creu Cynfinoedd
Habitat protection	Cymlluniau a Strategaethau Integredig
Habitat restoration	Diogelu Cynfinoedd
Improve species diversity	Diogelw'r Pridd
Integrated plans and strategies	Effeithlonrwydd Dŵr
Nature based solutions	Effeithlonrwydd Ynni
Payment for ecosystem services	Gwella Amrywiaeth y Rhywogaethau
Pollution management	Mynediad at Natur
Renewable energy	Newid Deietegol
Research and technology	Rheoli Llygredd
Soil protection	Talu am Wasanaethau Ecosystemau
Sustainable agriculture and forestry	Trafnidiaeth Gynaliadwy
Sustainable construction	Ymchwil a Thechnoleg
Sustainable transport	Ymgysylltu â'r Gymuned
Water efficiency	Ynni Adnewyddadwy

Rhestr yn nhrefn yr wyddor



**Egwyll o 15 munud
(tan 3.25pm)**

**15 min Break
(until 3.25pm)**



Grwpiau trafod: Ailymgynnul (15 munud)

**Breakout: Check-in
(15 mins)**



Nature and us: the impact of the natural environment on health and wellbeing

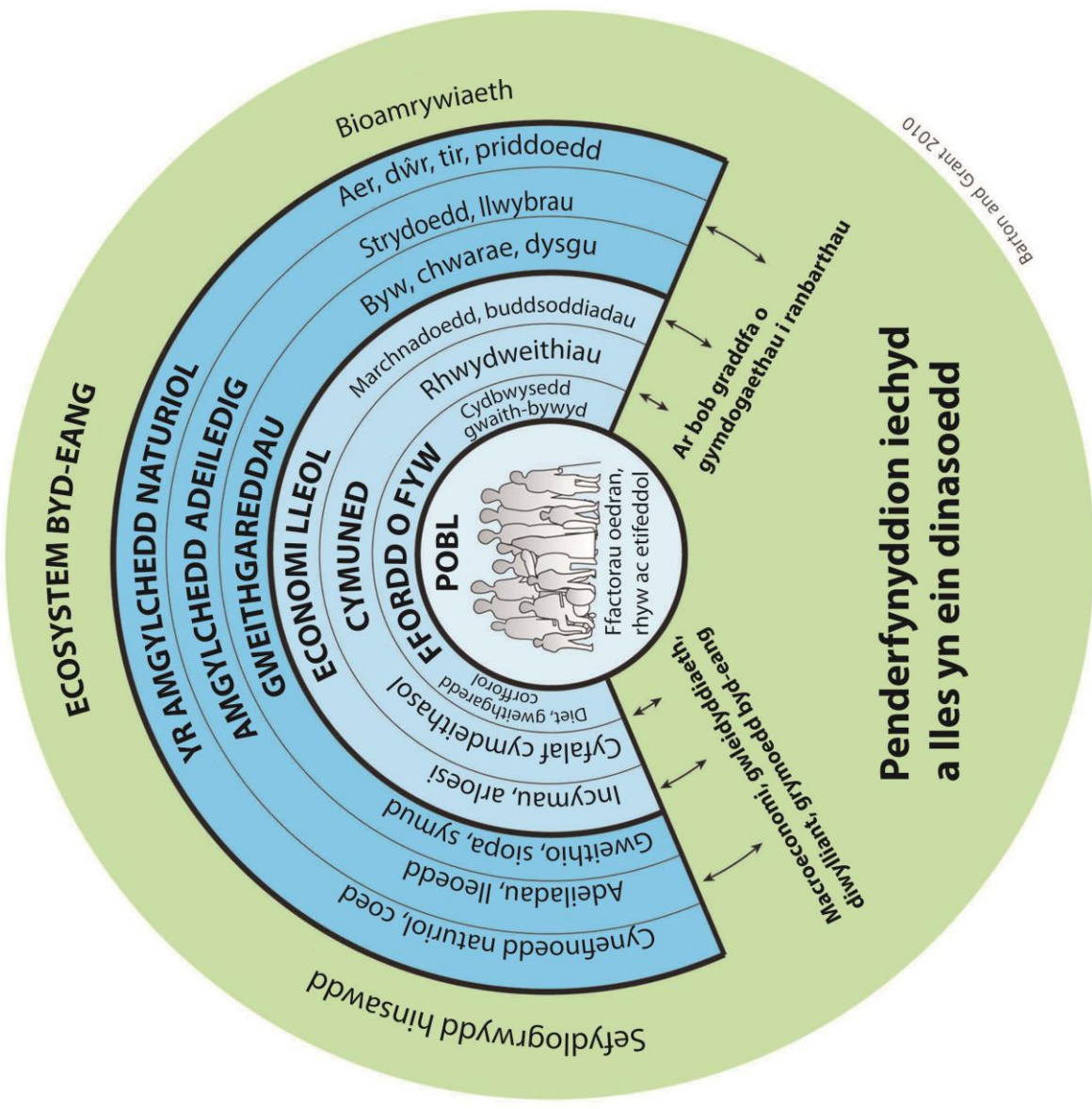
Natur a ni: effaith yr amgylchedd naturiol ar iechyd a lles

Nerys Edmonds
Wales Health Impact Assessment Support Unit

- [Click icon to inset picture](#)

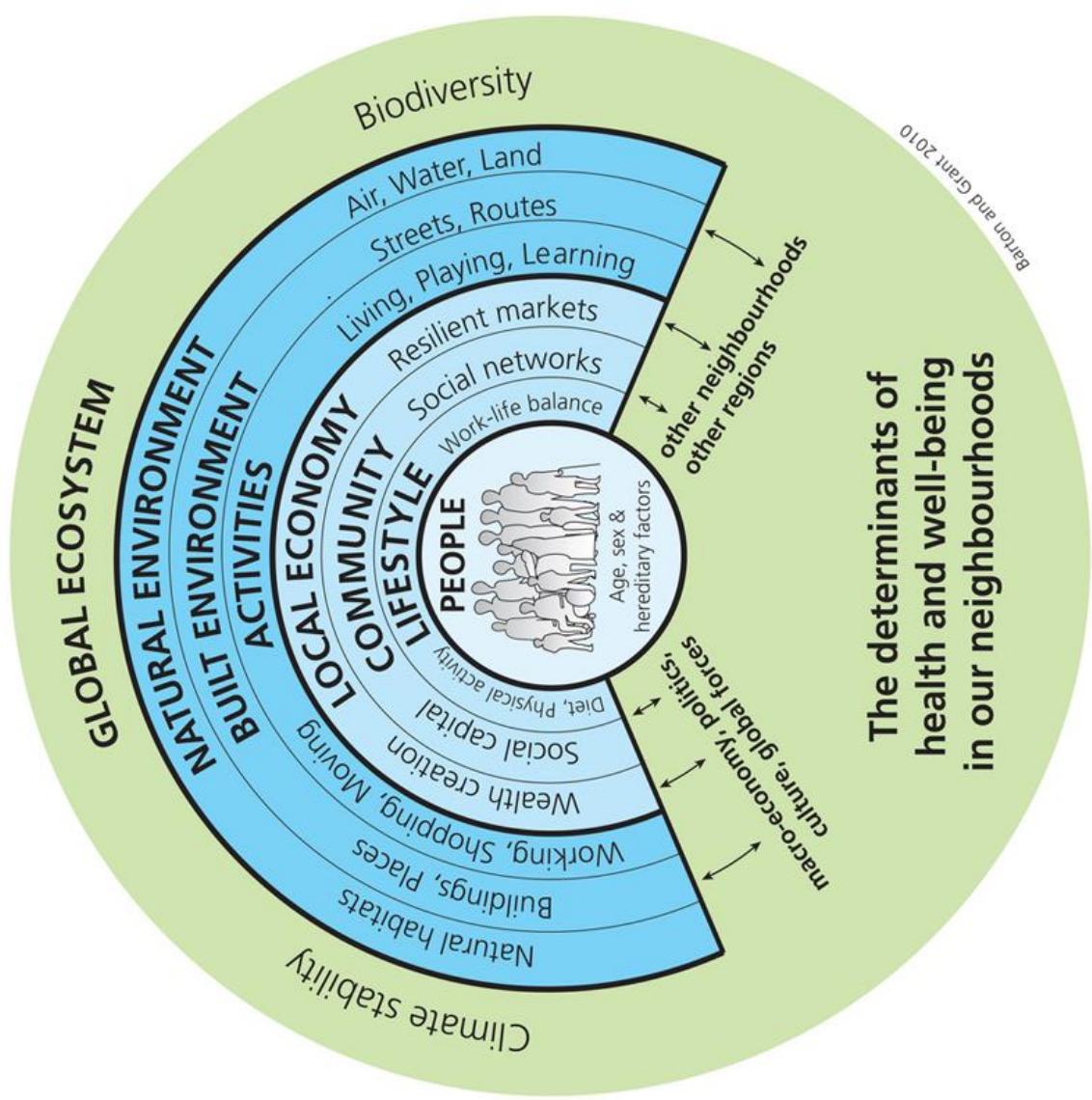
11th February 2023, Nature and Us Citizen's Assembly





Penderfynyddion iechyd a lles yn ein dinasoedd

icon to ii



The determinants of health and well-being in our neighbourhoods



Nature supports our health and wellbeing

Physical wellbeing

Keeping active in green and natural spaces like beaches, forests, parks and the countryside by walking, running, cycling, conservation work and playing

- ✔ Health outcomes:
- General physical health
- Cardiovascular health
- Healthier immune systems
- Healthier weight
- Mental wellbeing



Taking care of yourself and others

Mental wellbeing

Peaceful places; keeping active; taking notice of nature; feeling connected to nature; appreciating beauty

- ✔ Health outcomes of access to green and natural spaces:
- For children and young people:
 - Better emotional wellbeing
 - Reduced stress and hyperactivity
 - Improved resilience
- For adults:
 - Lower stress, depression and anxiety;
 - Higher positive emotions and mental wellbeing



Social wellbeing

Places to meet with others; shared activities and experiences

- ✔ Health outcomes:
- Reduce social isolation
- Sense of belonging
- Improved mental wellbeing



Essentials for life

Clean air Water Food



In the UK, 40% of species are in decline, and 25% of mammals are at risk of extinction



Cut down on waste

Reduce, repair, reuse and recycle

- ✔ [Reuse more](#) | [Wales Recycles](#)



Switch to active travel

Walk or cycle for your short distance journeys instead of going by car. All local authorities in Wales are producing active travel maps to help people plan car free journeys



Taking care of nature

Reduce energy use

Save money on your bills at the same time as reducing your carbon footprint

- ✔ [Nest Wales](#)



Support nature and biodiversity

Make your garden wildlife friendly

- ✔ [Nature on your Doorstep – Wildlife-friendly Gardening](#) | [The RSPB](#)



Volunteer for a local environmental charity

You could be food growing, fundraising, litter picking or conserving nature

- ✔ [I want to volunteer.](#)
- [WCVA](#)



Work together

Find out how communities across Wales are tackling climate change and helping nature together

- ✔ [Renew Wales](#)



World Health Organization
Collaborating Centre on Environment
for Health and Well-being



Access to nature and a healthy environment in Wales

- 71% of people over 16 find it easy to walk to a local green space
- 15% find it fairly easy
- 6% find it very difficult
- 4% report that there are no green spaces available
- 84% of people aged over 16 in Wales report being fairly or very satisfied with the quality of local green space when surveyed in

Mynediad i natur ac amgylchedd iach yng Nghymru

- 71% o bobl dros 16 mlwydd oed yn ei chael hi'n hawdd cerdded i le gwyrdd yn lleol
- 15% yn ei chael hi'n weddol hawdd
- 6% yn ei chael hi'n anodd iawn
- 4% yn nodi nad oes unrhyw leoedd gwyrdd ar gael
- 84% o bobl dros 16 mlwydd oed yng Nghymru yn nodi eu bod yn gymharol fodlon neu'n fodlon iawn gydag ansawdd lleoedd gwyrdd

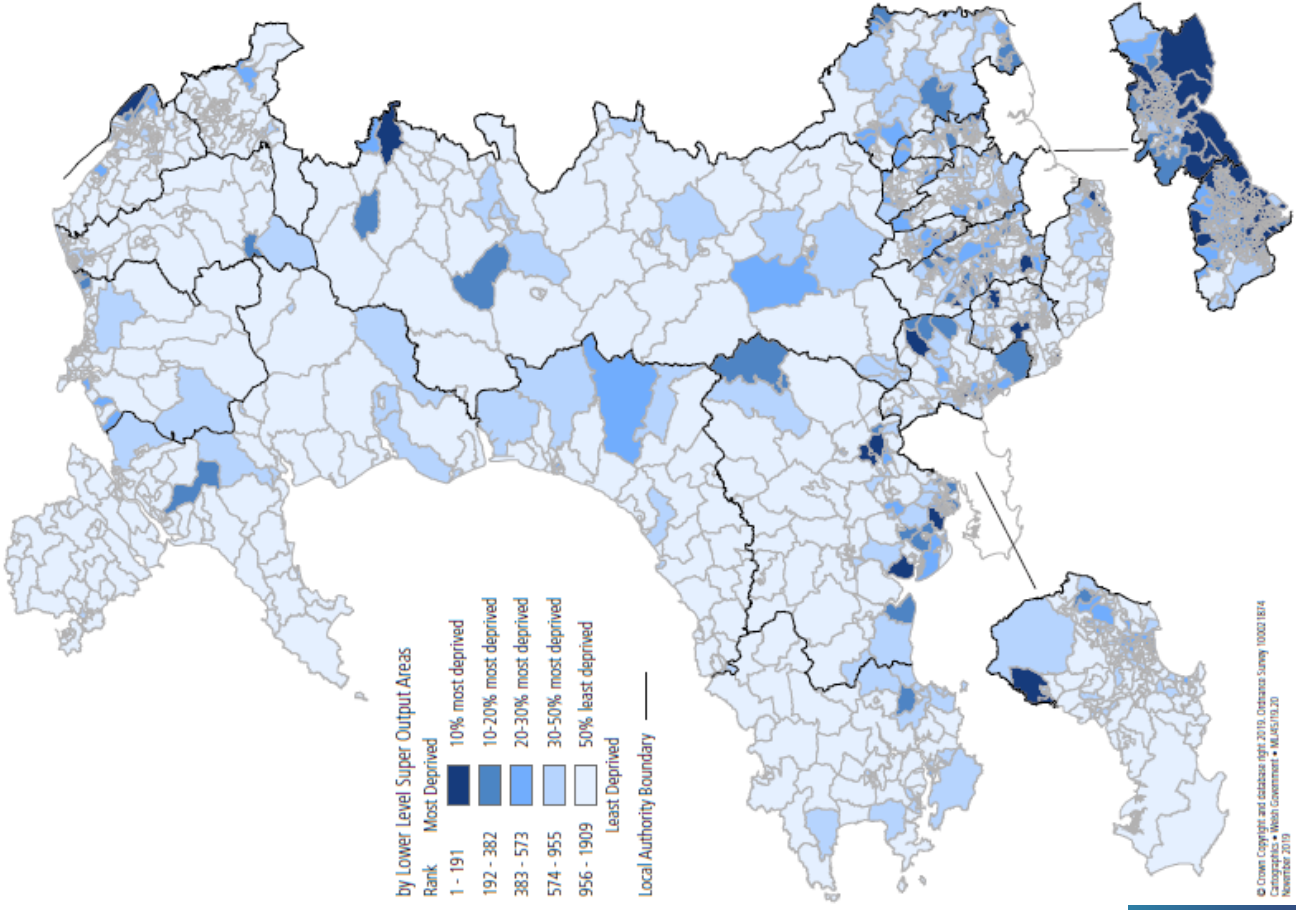
Access to nature and a healthy environment in Wales

- About the same % find it **very easy** to access via walking in both urban and rural areas (around 70%)
- But 9% in rural areas say that **“there are no green spaces available”** to walk to compared to 2% in urban areas
- Variation in local authority areas: 15% of people in Carmarthenshire say it is **difficult to walk to a local green space**, and 14% in Blaenau Gwent compared to 5% in Cardiff

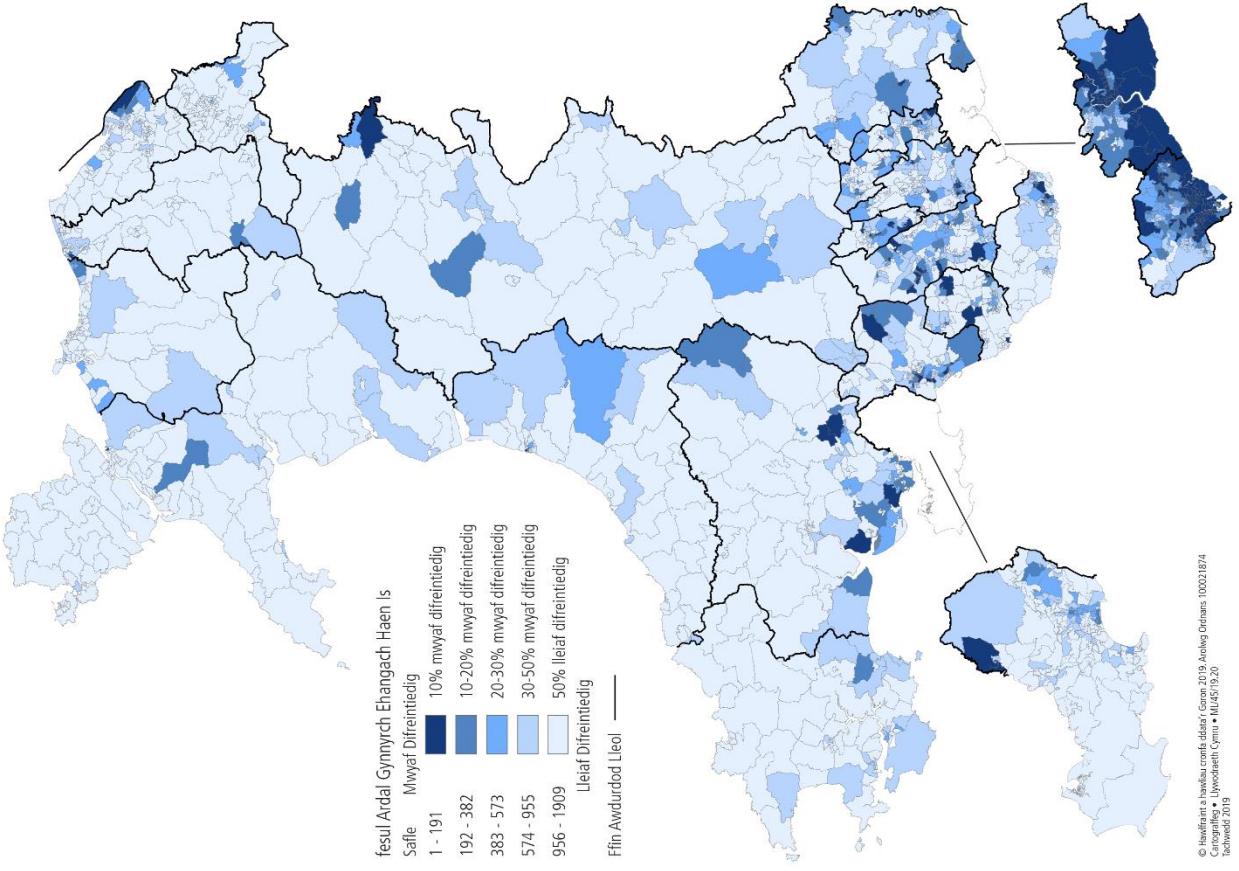
Mynediad i natur ac amgylchedd iach yng Nghymru

- Mae tua'r un % yn ei chael yn **hawdd iawn** cael mynediad ar droed mewn ardaloedd trefol a gwledig (tua 70%)
- Ond mae 9% yn dweud **“nad oes lleoedd gwyrdd ar gael”** o fewn pellter cerdded o'i gymharu â 2% mewn ardaloedd trefol
- Amrywiaeth mewn ardaloedd **awdurdodau lleol**: 15% o bobl yn Sir Gâr yn dweud ei bod yn **anodd cerdded i le gwyrdd lleol**, a 14% ym Mlaenau Gwent o'i gymharu â 5% yng Nghaerdydd

Physical Environment Domain



Maes yr Amgylchedd Ffisegol



• Click icon to inset pic

Climate change impacts on access to healthy food

A healthy, nutritious diet is essential for:

- Healthy growth and development in children
- Good physical and mental health and wellbeing
- Preventing obesity, cardiovascular disease and cancer



Changes to how we eat can promote health and help the planet:

- Eating less meat and dairy products
- Eating more fruit, vegetables and legumes
- Cutting down on food waste

Food is essential for life

Healthy eating is already a public health priority in Wales because:

- 61% of adults are overweight or obese
- 27% of children aged 4 to 5 years are overweight or obese
- 25% of people eat the recommended five portions of fruit or vegetables a day

Poverty and the cost of food were already barriers to a healthy diet in Wales before 2020:

- 10% of households had low or very low food security and another 10% had weak food security
- Families with children under 16 were less likely to have high food security
- Low income families would have needed to spend 42% of their after-housing income on food to meet the costs of healthy eating guidelines

More action is needed to develop resilient food systems to protect health in Wales in response to climate change

- More investigation and improved data are needed to plan for present and future climate risks to food systems to ensure vulnerable groups are protected and the impacts to health are minimised.
- Food security for health and wellbeing can only be achieved by a wide range of sectors including health, environment, government, civil society, farmers, trade and food producers / retailers working together.

Our planet is essential for food

Climate change is likely to impact on access to healthy food in Wales in a number of ways:

- Extreme weather can disrupt food production and supply in the UK and internationally, leading to food price spikes in the UK
- Increased risk of pests, invasive species and diseases impact on crop yields and livestock health
- Poorer soil quality and less water impact on crop yields
- Higher water temperatures and ocean acidification impact on the availability of fish



Taken from Health Impact Assessment of Climate Change in Wales (Public Health Wales, forthcoming). [Blinking to the Triple Challenge of Brexit, COVID-19 and Climate Change for health, well-being and sustainability. Wales Sustainable Food Strategy \(Prin, 2021\). Kovács, S. and Brislay, R. \(2021\) Health, Communities and the Built Environment: In: The Third UK Climate Change Risk Assessment Technical Report.](#)

Air Quality

- In Wales each year, the equivalent of around 1,604 deaths are attributed to particulate matter exposure and 1,108 deaths to nitrogen dioxide exposure (Public Health Wales, 2018)
- Air pollution concentrations are highest in 'most' deprived areas in Wales (Brunt et al. 2017)
- 8% of adults in Wales have a long-term respiratory illness (StatsWales, 2021)

Ansawdd Aer

- Bob blwyddyn yng Nghymru, mae tua 1,604 o farwolaethau'n cael eu priodoli i gyswllt â deunydd gronynnol a 1,108 o farwolaethau o ganlyniad i gyswllt â nitrogen deuocsid (Iechyd Cyhoeddus Cymru, 2018)
- Mae crynodiadau llygredd aer ar eu huchaf yn y 'rhan fwyaf' o ardaloedd difreintiedig yng Nghymru (Brunt et al. 2017)
- Mae 8% o oedolion yng Nghymru yn dioddef o salwch anadlol hirdymor (Ystadegau Cymru, 2021)



Nature based solutions

- In 2017, urban green and blue space in Great Britain removed 27,900 tonnes of 5 key air pollutants. The avoided health costs were estimated at £162.6 million, with 70% of the avoided costs due to the positive effects of urban woodland (Office for National Statistics, 2019; Public Health England, 2020).

Datrysiadau naturiol

- Yn 2017, llwyddodd mannau gwyrdd a glas ym Mhrydain i dynnu 27,900 tunnell o 5 llygrydd aer allweddol. Amcangyfrifwyd fod y costau iechyd a gafodd eu hosgoi gwerth oddeutu £162.6 miliwn, gyda 70% o'r costau hynny o ganlyniad i effeithiau cadarnhaol coetiroedd trefol (Swyddfa Ystadegau Cenedlaethol, 2019; Iechyd Cyhoeddus Lloegr, 2020).



“Solastalgia”

“Environmental change can create distressed environments inhabited by distressed people”.

“**Solastalgia** refers to the pain or distress caused by the loss of, or inability to derive, solace connected to the negatively perceived state of one’s home environment. Solastalgia exists when there is the lived experience of the physical desolation of home”.

“Pryder am newid amgylcheddol (Solastalgia)”

“Gall newid amgylcheddol greu amgylcheddau gofidus gyda phobl ofidus”.

“Mae **Solastalgia** yn cyfeirio at y boen neu’r gofid o ganlyniad i gollu neu fethu â chael cysur sy’n gysylltiedig â chanfyddiad negyddol o amgylchedd yn y cartref. Mae Solastalgia yn digwydd pan geir profiad gwirioneddol o anobaith yn y cartref”.

Click icon to inset picture



WHIASU

Wales Health Impact
Assessment Support Unit

Uned Gymorth Aseu
Effaith ar Iechyd Cymru

Thank you

Diolch

- Click icon to inset picture

Nerys.S.Edmonds@wales.nhs.uk

[Home - Wales Health Impact Assessment Support Unit \(phwwhocc.co.uk\)](http://phwwhocc.co.uk)



Iechyd Cyhoeddus
Cymru
Public Health
Wales

Grwpiau trafod: Myfyrdodau (20 munud)



Breakout: Reflections (20 mins)



Adborth y grŵp cyfan

Plenary feedback



Rhannwch eich syniadau!

Un person o bob grŵp trafod i gyfleu pwyntiau allweddol eu grŵp.



Share back!

One person from each breakout room to feedback on key points from their group.



Grwpiau trafod: Ymarfer (20 munud)

Breakout: Exercise (20 mins)



Canfyddiadau Cam 1

Natur a Ni

Nature and Us Phase 1

Findings



Canfyddiadau Cam 1 Natur a Ni Nature & Us Phase 1 Findings



Tri mater allweddol:

1. Dirywiad/ ddifodiant anifeiliaid a phlanhigion
2. Y newid yn yr hinsawdd
3. Llygredd mewn afonydd, llynnoedd, a dŵr daear

Three key issues:

1. The decline/ extinction of animal and plant life
2. Climate change
3. Pollution of rivers, lakes, and ground water.

Pum prif thema:

1. Ffordd wyrddach, hollol wahanol o fyw
2. Cynnydd o ran presenoldeb a hygyrchedd mannau gwyrdd
3. Rheolaeth leol a chymunedol ar adnoddau naturiol
4. Mwy o fesurau i warchod rhywogaethau a bywyd gwylt
5. Trawsnewid trafnidiaeth gyhoeddus a theithio llesol

Five main themes:

1. A greener, transformed lifestyle
2. Increased presence and accessibility of green spaces
3. Localised and community management of natural resources
4. Increased protection of species and wildlife
5. Transformation of public transport and active travel

Y newidiadau y mae pobl yn barod i'w gwneud:

1. Annog mwy o fywyd gwylt mewn gerddi a chymunedau
2. Bwyta cynnyrch lleol pan mae yn ei dymor a
3. Aildefnyddio ac atgyweirio eitemau sydd wedi'u difrodi yn hytrach na'u taflu

Changes people are most prepared to make:

1. Encourage more wildlife in gardens and communities
2. Eat local produce when they're in season and
3. Reuse and repair damaged items rather than throw them away



Práctico, cómodo, resistente.

Manylion y sesiwn nesaf

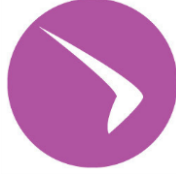


Byddwch yn mynychu'r sesiwn nesaf yn Abertawe neu Wrecsam. Mae rhagor o fanylion a chyfarwyddiadau ar gael yn eich Pecyn Croeso.

Sesiwn 2A: Abertawe

12-5pm, 4 Mawrth, 2023 (wyneb yn wyneb)

Cyfeiriad: Cyfeiriad: y Ganolfan Beirianneg, Campws y Bae, Ffordd Fabian, Twyni Crymlyn, Sgiwen, Abertawe, SA1 8EN.



Sesiwn 2B: Wrecsam

12-5pm, 5 Mawrth, 2023 (wyneb yn wyneb)

Cyfeiriad: [Groundwork Gogledd Cymru](#), Ffordd yr Wyddgrug, LL11 4AG

Next session details



You will attend the next session in either Swansea or Wrexham. Further details and directions can be found in your Welcome Pack.

Session 2A: Swansea

12-5pm, 4th March, 2023 (In-person)

Address: Engineering Central, Bay Campus, Fabian Way, Crymlyn Burrows, Skewen, Swansea, SA1 8EN



Session 2B: Wrexham

12-5pm, 5th March, 2023 (In-person)

Address: Groundwork North Wales, Mold Road, LL11 4AG





Cwestiynau? Questions?

natureandus@natcen.ac.uk

0800 652 4574

www.naturani.cymru
www.natureandus.wales



Noddir gan
Lywodraeth Cymru
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Welsh Government

Croeso a Chyflwyniadau

Welcome and Introductions



Cwestiynau'r Cynulliad

Assembly Question



- Ar ôl Sesiwn 1, rydym nawr yn mynd i fwrw golwg ar eich profiadau a'ch perthynas â'r amgylchedd naturiol, a dechrau edrych tua'r dyfodol.
- Bydd hyn yn cael ei arwain gan gwestiynau craidd y cynulliad:
 - Sut mae'r dyfodol yn edrych pan fo cymdeithas a natur yn ffynnu ar y cyd?
 - Pa fuddion fyddem ni'n weld petai hyn yn digwydd?
 - Beth sydd angen bod yn wahanol o heddiw ymlaen?
 - Pa gamau sydd raid i ni yng Nghymru eu cymryd i gyrraedd dyfodol llewyrchus?
- Following Session 1, we are now going to dive into your experiences and relationship with the natural environment, and begin looking towards the future.
- Guiding this are the core assembly questions:
 - What does the future look like when society and nature thrive together?
 - What benefits would we see if this happened?
 - What needs to be different from today?
 - What steps do we in Wales need to take to reach a thriving future?

Cadw eich gwybodaeth yn ddiogel

Keeping your information secure



- Byddwn yn cymryd nodiadau, defnyddio ‘post its’ a dulliau eraill i gofnodi'r hyn sydd wedi codi yn y sesiwn.
- Bydd hyn yn cael ei ddefnyddio mewn sesiynau yn y dyfodol ac i ysgrifennu ein hadroddiad i rannu'r broses a'r weledigaeth, ynghyd ag unrhyw allbynnau eraill, ond ni fydd yn defnyddio unrhyw enwau na gwybodaeth bersonol.
- Byddwn yn storio'r data hwn yn ddiogel, a dim ond ein tîm ymchwil fydd yn gallu cyrraedd ato. Ac unwaith eto - ni fydd unrhyw ddata ymchwil y byddwn yn ei rannu yn eich datgelu chi fel unigolyn.

- We will take notes, use post-its and other exercises to record what has come up in the session
- This will be used in future sessions and to write our report sharing the process and vision, along with any other outputs, but will not use any names or identifying information.
- We'll store this data securely, accessible only by our research team. And, again - any research data we share will not identify you.

Pethau i'w cadw mewn cof

Things to keep in mind



- Nid oes disgwyl i unrhyw un fod yn arbenigwr.
- Mae llais pawb yn cyfri.
- Camu ymlaen a chamu yn ôl.
- Rydyn ni yma i wrando arnoch chi, ond byddwn ni'n ymyrryd i gadw llygad ar yr amser, i lynu at y pwnc, ac i sicrhau bod gwahanol bobl yn cael gwrandawriad.
- Nid oes angen consensws.
- Egwyl ar gyfer cinio ond mae croeso i chi wneud paned neu bicio i'r toiled.

- No one is expected to be an expert.
 - Everyone's voice counts.
 - Step forward and step back.
 - We're here to hear you, but we will intervene to keep an eye on the time, to stay on topic, and to make sure different people get heard.
 - No consensus is needed.
 - Break for lunch but do feel free to make a cuppa or pop to the loo.
-

Trosolwg o'r sesiynau

Overview of sessions



Dyddiad Date	Fformat ac amser Format and time	Thema Theme
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18 Mawrth 2023 18 th March 2023	Ar-lein, 1-4pm Online, 1-4pm	Sesiwn 3: Creu gweledigaeth a rennir Session 3: Building a shared vision

**Gair o groeso gan
Russell D'Ath Williams**

**Welcome from
Russell D'Ath Williams**

Torri'r garw

Icebreaker



Myfyrdodau

Reflections



Crynhoi'r sesiwn ddiwethaf

Last session recap



Crynhoi:

- Buom yn gwranddo ar:
 - Steve Ormerod ar ddyfodol pobl a phlaned iach
 - Marie Brousseau-Navarro ar Ddeddf Cenedlaethau'r Dyfodol
 - Sharon Thompson ar Sefyllfa Byd Natur yng Nghymru
 - Alex Ioannou ar Sefyllfa Adnoddau Naturiol yng Nghymru
 - Nerys Edmonds ar y berthynas rhwng iechyd cyhoeddus a'r amgylchedd naturiol

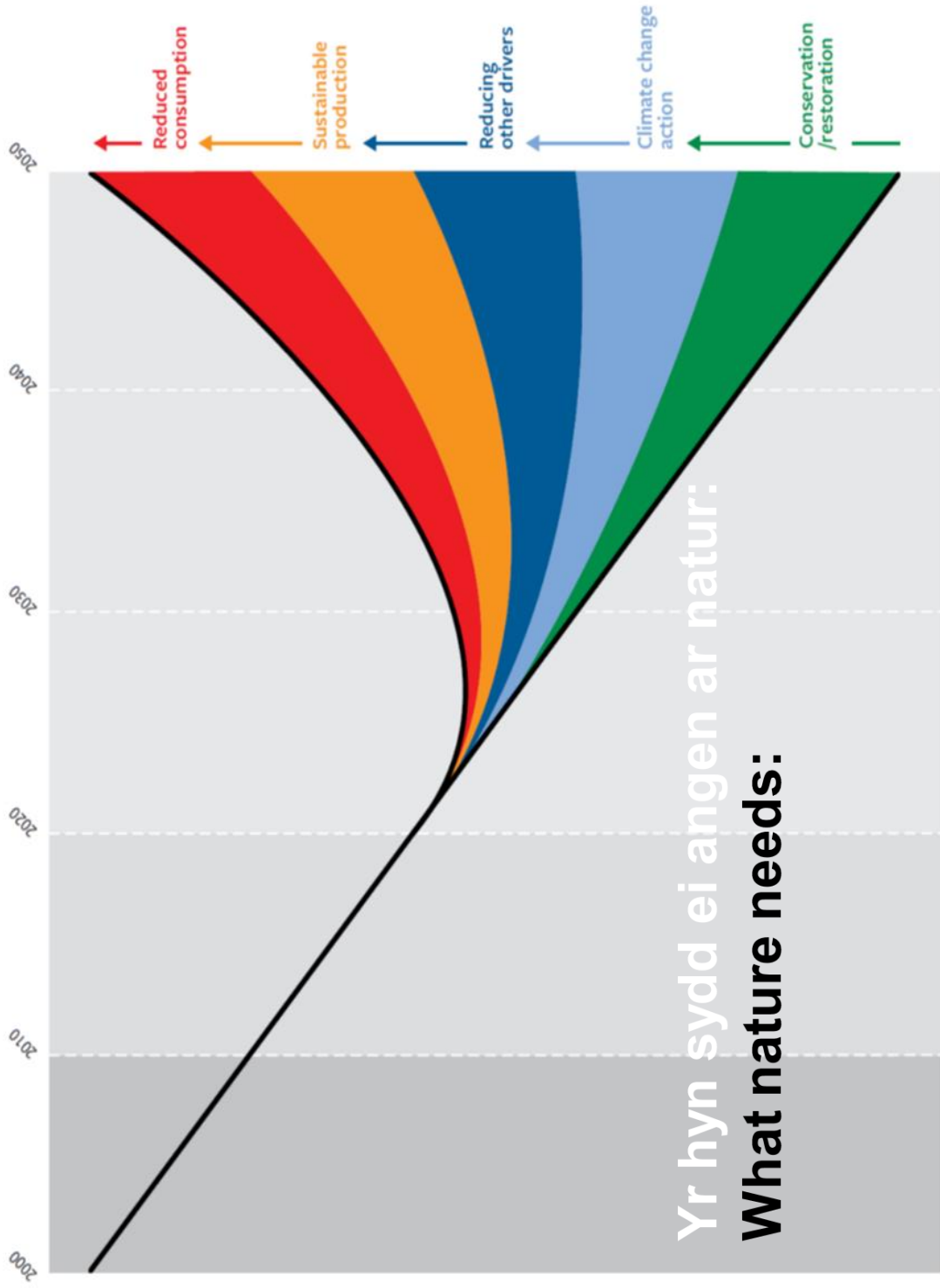


Recap:

- We heard from:
 - Steve Ormerod on the future of a healthy people and planet
 - Marie Brousseau-Navarro on the Future Generations Act
 - Sharon Thompson on the State of Nature in Wales
 - Alex Ioannou on the State of Natural Resources in Wales
 - Nerys Edmonds on the relationship between public health and the natural environment

Yr hyn sydd ei angen ar natur: What nature needs:

A portfolio of actions to reduce loss and restore biodiversity



Yr hyn sydd ei angen ar natur: What nature needs:

Ailgynllunio / Redesign

Lleihau bygythiadau /
Reduced pressures

Adferiad / Recovery

Source: p 13, Global Biodiversity Outlook 5 SUMMARY FOR POLICYMAKERS (Secretariat of the Convention on Biological Diversity (2020) Global Biodiversity Outlook 5 – Summary for Policy Makers. Montréal)



**Ymatebion y gymuned a
blaenoriaethau
(15 munud)**

**Community responses
and priorities
(15 mins)**



Naw Thema sy'n Ymddangos

Nine Emerging Priorities



Siopa am bethau

Shopping for things

Symud o gwmpas

Moving around

Ein defnydd o ynni a dŵr

Our energy and water use

Cyndogaethau /
Mannau Gwyrdd

Neighbourhoods /
Green spaces

Prynu bwyd

Buying food

Gwyliau/ amser
hamdden

Holidays / leisure time

Ailgylchu / Pecynnau a
Gwastraff

Recycling / Packaging
and waste

Rheoli tir

Land management

Coetir

Woodland



**Cinio 45 munud
(tan 1.45pm)**

**45 min Lunch
(until 1.45pm)**



**Sesiwn torri'r garw awyr
agored !
(15 munud)**

**Outdoor Icebreaker!
(15 mins)**



Adrodd Straeon

Storytelling



Adrodd Straeon Storytelling



Fy mherthynas gyda'r amgylchedd naturiol:

- 1) Cymerwch rai munudau i fyfrio'n dawel
- 2) Bydd yr hwylusydd yn rhannu plot stori a chwestiwn.
- 3) Bydd pob person yn rhannu stori am beth sydd wedi llunio eu perthynas â natur
- 4) Neilltuir 'clust' i bob person a fydd yn rhoi sylw arbennig iddo.
- 5) Unwaith y bydd pob person wedi adrodd ei stori, bydd pob person fel 'clust' yn ailadrodd stori person arall.
- 6) Yn olaf, myfyriwch fel grŵp ar sut deimlad oedd hyn.



My relationship with the natural environment:

- 1) Take a few minutes to quietly reflect
- 2) Facilitator will share arc of a story and a question
- 3) Each person shares a story about what has shaped their relationship with nature
- 4) Each person is assigned an 'ear' who pays special attention.
- 5) Once each person has told their story, each person as an 'ear' re-tells another person's story.
- 6) Finally, reflect as a group on how it felt.

**Egwyll o 15 munud
(tan 3.15pm)**

**15 min Break
(until 3.15pm)**



Archwilio dulliau amgen

Exploring alternatives



Archwilio dulliau amgen Exploring alternatives



<https://www.youtube.com/watch?v=zCRKvDyyHmI>

**Myfyrdodau
(10 munud)**

**Reflections
(10 mins)**



Astudiaethau achos gweithredu yng Nghymru

Case studies of action in Wales



Beth mae pobl yn wneud er mwyn gweithredu? What are people doing to take action?

Astudiaeth Achos 1: Synnwyr Bwyd Cymru / Case study 1: Food Sense Wales



<https://www.youtube.com/watch?v=to5YwfHMK-k>

Beth mae pobl yn wneud er mwyn gweithredu? What are people doing to take action?



Astudiaeth achos 2 : Gwiwerod Gwyrdd / Case study 2: Green Squirrels



https://youtu.be/giV6_caQbgc

Beth mae pobl yn wneud er mwyn gweithredu? What are people doing to take action?

Astudiaeth achos 3: Down to Earth / Case study 3: Down to Earth



<https://www.youtube.com/watch?v=1jYEaRAbmE>

Beth mae pobl yn wneud er mwyn gweithredu? What are people doing to take action?

Astudiaeth achos 4: Living streets (Sustrans) / Case study 4: Living streets (Sustrans)



<https://www.youtube.com/watch?v=IB8wyZXUztY>

Beth mae pobl yn wneud er mwyn gweithredu? What are people doing to take action?

Astudiaeth achos 4: Living streets (Sustrans) / Case study 4: Living streets (Sustrans)



<https://www.youtube.com/watch?v=tXvIIWigbhw>

Adborth y grwpiau trafod

Feedback from breakout



Rhannu'n ôl!

Un person o bob grŵp yn rhannu'n ôl:

Pa astudiaeth achos gafodd fwyaf o argraff a pham?

Astudiaeth achos 1: Synnwyr Bwyd Cymru

Astudiaeth achos 2: Gwiwerod Gwyrdd

Astudiaeth achos 3: Down to Earth

Astudiaeth achos 4: Living streets (Sustrans)

Astudiaeth achos 5: Ffermwyr ifanc

Share back!

One person from each group share back:

Which case study stuck out the most and why?

Case study 1: Food Sense Wales

Case study 2: Green Squirrels

Case study 3: Down to Earth

Case study 4: Living streets (Sustrans)

Case study 5: Community supported agriculture

Lleisiau Natur a Ni

Voices of Nature and Us



Lleisiau Natur a Ni Voices of Nature and Us



Energy and water use



Green spaces



Land management



Shopping



Holidays and leisure time



Crynhoi a Chloi

Summary and close



Crynhoi a chloi

Summary and close



Diolch yn fawr!

Unrhyw gwestiynau?

Manylion Sesiwn 3:

- 18 Mawrth 2023
- Ar-lein rhwng 1pm a 4pm

Thank you!

Any questions?

Session 3 details:

- 18th March 2023
- Online from 1pm-4pm



Croeso a Chyflwyniadau

Welcome and Introductions



Cwestiynau'r Cynulliad

Assembly Question



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 - What needs to be different from today?
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Pwy sydd yma heddiw? Who's here today?



- I hwyluso'r sesiwn:
 - Zoe, Ciaran, Eva, Sara (dwyieithog), Chris (dwyieithog)
- I arsylwi, o Cyfoeth Naturiol Cymru
 - Clare Pillman & Geraint Davies
- I nodi syniadau a gwersi defnyddiol trwy gymryd nodiadau gweledol:
 - Laura Sorvala
- To facilitate the session:
 - Zoe, Ciaran, Eva, Sara (bilingual), Chris (bilingual)
- To observe from Natural Resources Wales
 - Clare Pillman & Geraint Davies
- To capture insights and learning as we go through visual note-taking:
 - Laura Sorvala



Cadw eich gwybodaeth yn ddiogel

Keeping your information secure



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Agenda



- Croeso a thorri'r garw
- Myfyrdodau
- Edrych ymlaen: Achosion a chymhlethdodau
- Ymatebion y gymuned
- *Cinio*
- Sesiwn 'torri'r garw' awyr agored
- Adrodd straeon
- *Egwyf*
- Archwilio dulliau amgen
- Astudiaethau achos o weithredu yng Nghymru
- Lleisiau Natur a Ni
- Crynhoi a chloi

- Welcome & Icebreaker
- Reflections
- Looking forward: Causes & complexities
- Community responses
- *Lunch*
- Outdoor icebreaker
- Storytelling
- *Break*
- Exploring alternatives
- Case studies of action in Wales
- Voices of Nature and Us
- Summary and close

**Gair o groeso gan
Clare Pillman**

**Welcome from
Clare Pillman**



Torri'r garw

Icebreaker



Myfyrdodau

Reflections



Crynhoi'r sesiwn ddiwethaf

Last session recap



Crynhoi:

- Buom yn gwrando ar:
 - Steve Ormerod ar ddyfodol pobl a phlaned iach
 - Marie Brousseau-Navarro ar Ddeddf Cenedlaethau'r Dyfodol
 - Sharon Thompson ar Sefyllfa Byd Natur yng Nghymru
 - Alex Ioannou ar Sefyllfa Adnoddau Naturiol yng Nghymru
 - Nerys Edmonds ar y berthynas rhwng iechyd cyhoeddus a'r amgylchedd naturiol

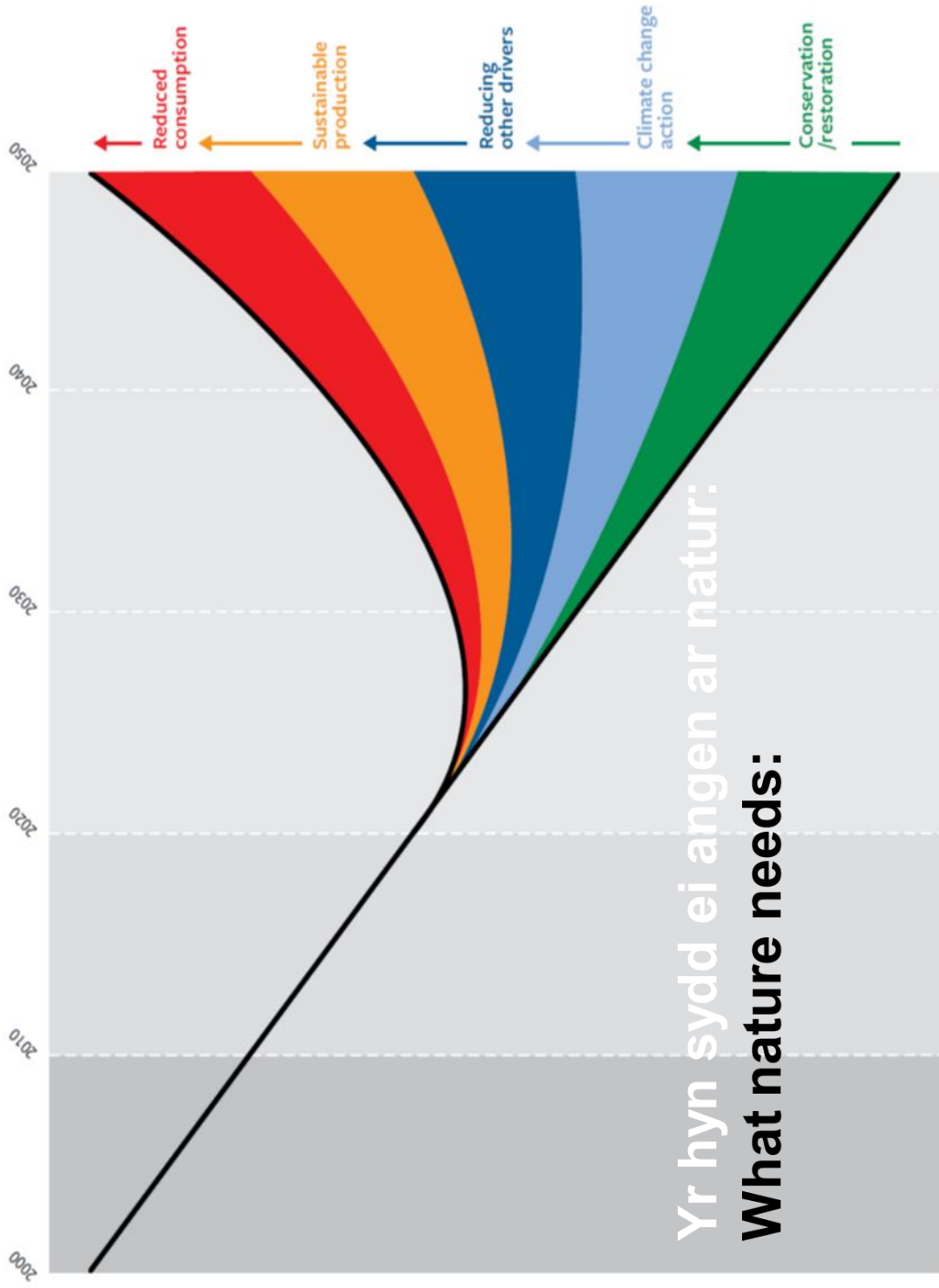


Recap:

- We heard from:
 - Steve Ormerod on the future of a healthy people and planet
 - Marie Brousseau-Navarro on the Future Generations Act
 - Sharon Thompson on the State of Nature in Wales
 - Alex Ioannou on the State of Natural Resources in Wales
 - Nerys Edmonds on the relationship between public health and the natural environment

Yr hyn sydd ei angen ar natur: What nature needs:

A portfolio of actions to reduce loss and restore biodiversity



Yr hyn sydd ei angen ar natur: What nature needs:

Ailgynllunio / Redesign

Lleihau bygythiadau /
Reduced pressures

Adferiad / Recovery

Source: p 13, Global Biodiversity Outlook 5 SUMMARY FOR POLICYMAKERS (Secretariat of the Convention on Biological Diversity (2020) Global Biodiversity Outlook 5 – Summary for Policy Makers. Montréal)



**Ymatebion y gymuned a
blaenoriaethau
(15 munud)**

**Community responses
and priorities
(15 mins)**



Naw Thema sy'n Ymddangos Nine Emerging Priorities



Siopa am bethau

Shopping for things

Cymdogaethau /
Mannau Gwyrdd

Neighbourhoods /
Green spaces

Ailgylchu / Pecynnau a
Gwastraff

Recycling / Packaging
and waste

Symud o gwmpas

Moving around

Prynu bwyd

Buying food

Rheoli tir

Land management

Ein defnydd o ynni a
dŵr

Our energy and water
use

Gwyliau/ amser
hamdden

Holidays / leisure time

Coetir

Woodland



**Cinio 45 munud
(tan 1.45pm)**

**45 min Lunch
(until 1.45pm)**



**Sesiwn torri'r garw awyr
agored !
(15 munud)**

**Outdoor Icebreaker!
(15 mins)**



Adrodd Straeon

Storytelling



Adrodd Straeon Storytelling



Fy mherthynas gyda'r amgylchedd naturiol:

- 1) Cymerwch rai munudau i fyfrio'n dawel
- 2) Bydd yr hwylusydd yn rhannu plot stori a chwestiwn.
- 3) Bydd pob person yn rhannu stori am beth sydd wedi llunio eu perthynas â natur
- 4) Neilltuir 'clust' i bob person a fydd yn rhoi sylw arbennig iddo.
- 5) Unwaith y bydd pob person wedi adrodd ei stori, bydd pob person fel 'clust' yn ailadrodd stori person arall.
- 6) Yn olaf, myfyriwch fel grŵp ar sut deimlad oedd hyn.

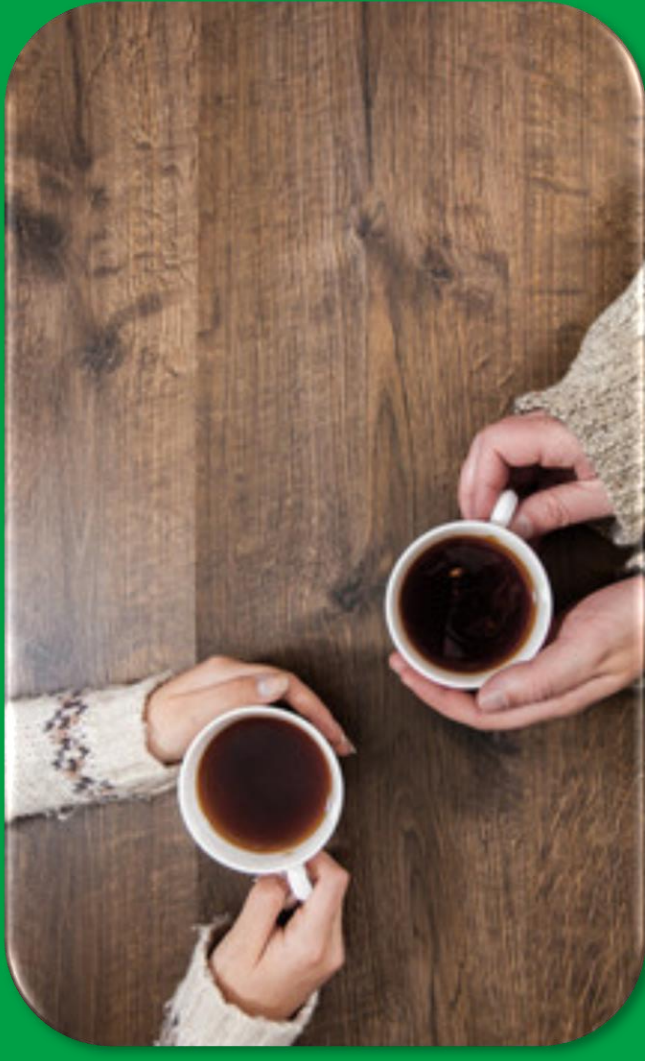


My relationship with the natural environment:

- 1) Take a few minutes to quietly reflect
- 2) Facilitator will share arc of a story and a question
- 3) Each person shares a story about what has shaped their relationship with nature
- 4) Each person is assigned an 'ear' who pays special attention.
- 5) Once each person has told their story, each person as an 'ear' re-tells another person's story.
- 6) Finally, reflect as a group on how it felt.

**Egwyll o 15 munud
(tan 3.15pm)**

**15 min Break
(until 3.15pm)**



Archwilio dulliau amgen

Exploring alternatives



Archwilio dulliau amgen Exploring alternatives



<https://www.youtube.com/watch?v=zCRKvDyyHmI>

**Myfyrdodau
(10 munud)**

**Reflections
(10 mins)**



Astudiaethau achos gweithredu yng Nghymru

Case studies of action in Wales



Beth mae pobl yn wneud er mwyn gweithredu? What are people doing to take action?

Astudiaeth Achos 1: Synnwyr Bwyd Cymru / Case study 1: Food Sense Wales



<https://www.youtube.com/watch?v=to5YwfHMK-k>

Beth mae pobl yn wneud er mwyn gweithredu? What are people doing to take action?



Astudiaeth achos 2 : Gwiwerod Gwyrdd / Case study 2: Green Squirrels



https://youtu.be/giV6_caQbgc

Beth mae pobl yn wneud er mwyn gweithredu? What are people doing to take action?

Astudiaeth achos 3: Down to Earth / Case study 3: Down to Earth



<https://www.youtube.com/watch?v=1jYEaRAbmE>

Beth mae pobl yn wneud er mwyn gweithredu? What are people doing to take action?

Astudiaeth achos 4: Living streets (Sustrans) / Case study 4: Living streets (Sustrans)



<https://www.youtube.com/watch?v=IB8wyZXUztY>

Beth mae pobl yn wneud er mwyn gweithredu? What are people doing to take action?

Astudiaeth achos 4: Living streets (Sustrans) / Case study 4: Living streets (Sustrans)



<https://www.youtube.com/watch?v=tXvIIWigbhw>

Beth mae pobl yn wneud er mwyn gweithredu? What are people doing to take action?

Astudiaeth achos 5: Amaethyddiaeth sy'n cael cymorth cymunedol /

Case study 5: Community supported agriculture



<https://www.youtube.com/watch?v=n3BPv1jUkug>

Adborth y grwpiau trafod

Feedback from breakout



Rhannu'n ôl!

Un person o bob grŵp yn rhannu'n ôl:

Pa astudiaeth achos gafodd fwyaf o argraff a pham?

Astudiaeth achos 1: Synnwyr Bwyd Cymru

Astudiaeth achos 2: Gwiwerod Gwyrdd

Astudiaeth achos 3: Down to Earth

Astudiaeth achos 4: Living streets (Sustrans)

Astudiaeth achos 5: Ffermwyr ifanc

Share back!

One person from each group share back:

Which case study stuck out the most and why?

Case study 1: Food Sense Wales

Case study 2: Green Squirrels

Case study 3: Down to Earth

Case study 4: Living streets (Sustrans)

Case study 5: Community supported agriculture

Lleisiau Natur a Ni

Voices of Nature and Us



Lleisiau Natur a Ni Voices of Nature and Us



Buying Food



Land management



Recycling



Travelling



Woodlands



Crynhoi a Chloi

Summary and close



Crynhoi a chloi

Summary and close



Diolch yn fawr!

Unrhyw gwestiynau?

Manylion Sesiwn 3:

- 18 Mawrth 2023
- Ar-lein rhwng 1pm a 4pm

Thank you!

Any questions?

Session 3 details:

- 18th March 2023
- Online from 1pm-4pm





Cwestiynau? Questions?

Zoe Wilkins, NatCen

E. zoe.wilkins@natcen.ac.uk

Ar-lein / Visit us online natcen.ac.uk

Russell De'Ath, NRW

E. naturani@cyfoethnaturiol.gov.uk



Natur a Ni

Nature and Us

Cynulliad y Dinasyddion: Sesiwn 3
Citizens' Assembly Session 3

18 Mawrth 2023

18 March 2023

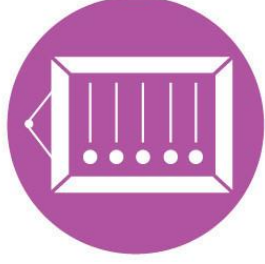
www.naturani.cymru
www.natureandus.wales

Croeso
Welcome



Agenda

- Croeso
 - Gweithgaredd cychwynnol
 - Adborth
 - Diffinio blaenoriaethau
- Egwyf*
- Gweledigaeth ar gyfer y Dyfodol
 - Adborth
 - Adeiladu gweledigaeth a rennir
- Egwyf*
- Blaenoriaethau ar gyfer gweledigaeth a rennir
 - Cam nesaf a chloi



- Welcome
 - Warm-up activity
 - Feedback
 - Defining priorities
- Break*
- Future Vision
 - Feedback
 - Build a shared vision
- Break*
- Priorities for a shared vision
 - Next step and close



Pwy sydd yma heddiw? Who is here today?



- **Y Ganolfan Genedlaethol ar gyfer Ymchwil Gymdeithasol** ('NatCen'): sefydliad ymchwil gymdeithasol annibynnol, dielw mwyaf Prydain.
- **Datblygiadau Egni Gwledig (DEG):** menter gymdeithasol sy'n cefnogi camau gweithredu dan arweiniad y gymuned ledled gogledd-orllewin Cymru i gefnogi'r amgylchedd naturiol.
- **Cyfoeth Naturiol Cymru:** prif gynghorydd Llywodraeth Cymru ar faterion sy'n ymwneud ag amgylchedd ac adnoddau naturiol Cymru, ar lefel leol, genedlaethol a byd-eang.
- **50 aelod o'r cyhoedd o bob cwr o Gymru** a fydd yn llunio'r weledigaeth ar gyfer dyfodol amgylchedd naturiol Cymru.
- **The National Centre for Social Research** ('NatCen'): Britain's largest, independent, not-for-profit social research organisation.
- **Datblygiadau Egni Gwledig (DEG):** a social enterprise supporting community led action across northwest Wales to support the natural environment.
- **Natural Resources Wales:** the principal adviser to the Welsh Government about issues relating to the Welsh environment and natural resources, at a local, national, and global level.
- **50 members of the public from across Wales** who will be shaping the vision for the future of the natural environment of Wales

Pwy sydd yma heddiw?

Who's here today?



- I hwyluso'r sesiwn:
 - Zoe, Duncan, Ciaran, Yasmin, Ellie, Sara (dwyieithog), Chris (dwyieithog), Eva
- I gynnig unrhyw gymorth technegol:
 - John Evans — gofynnwch os ydych chi angen unrhyw gymorth ar unrhyw adeg
- I arsylwi, o Cyfoeth Naturiol Cymru
- I nodi syniadau a gwersi defnyddiol trwy gymryd nodiadau gweledol:
 - Laura Sorvala
- To facilitate the session:
 - Zoe, Duncan, Ciaran, Yasmin, Ellie, Sara (bilingual), Chris (bilingual), Eva
- To offer any technical support:
 - John Evans – reach out if you need any help at any point
- To observe from Natural Resources Wales
- To capture insights and learning as we go through visual note-taking:
 - Laura Sorvala



Cadw eich gwybodaeth yn ddiogel

Keeping your information secure



- Byddwn yn cymryd nodiadau, gan ddefnyddio teclyn bwrdd gwyn ar-lein ac ymarferion eraill i gofnodi'r hyn sydd wedi codi yn y sesiwn.
- Bydd hyn yn cael ei ddefnyddio mewn sesiynau yn y dyfodol ac i ysgrifennu ein hadroddiad i rannu'r broses a'r weledigaeth, ynghyd ag unrhyw allbynnau eraill, ond ni fydd yn defnyddio unrhyw enwau na gwybodaeth bersonol.
- Byddwn yn storio'r data hwn yn ddiogel, a dim ond ein tîm ymchwil fydd yn gallu cyrraedd ato. Ac, unwaith eto - ni fydd unrhyw ddata ymchwil y byddwn yn ei rannu yn eich datgelu chi fel unigolyn.
- We will take notes, use an online whiteboard tool and other exercises to record what has come up in the session
- This will be used in future sessions and to write our report sharing the process and vision, along with any other outputs, but will not use any names or identifying information.
- We'll store this data securely, accessible only by our research team. And again - any research data we share will not identify you.

Pethau i'w cadw mewn cof

Things to keep in mind



- Nid oes disgwyl i unrhyw un fod yn arbenigwr.
- Mae llais pawb yn cyfri.
- Camu ymlaen a chamu yn ôl.
- Rydyn ni yma i wrando arnoch chi, ond byddwn ni'n ymyrryd i gadw llygad ar yr amser, i lynu at y pwnc, ac i sicrhau bod gwahanol bobl yn cael gwrandawriad.
- Nid oes angen consensws.
- Egwyl ar gyfer cinio ond mae croeso i chi wneud paned neu bicio i'r toiled.

- No one is expected to be an expert.
 - Everyone's voice counts.
 - Step forward and step back.
 - We're here to hear you, but we will intervene to keep an eye on the time, to stay on topic, and to make sure different people get heard.
 - No consensus is needed.
 - Break for lunch but do feel free to make a cuppa or pop to the loo.
-

Trosolwg o'r sesiynau

Overview of sessions



Date Dyddiad	Format and time Fformat ac amser	Theme Thema
11 th February 2023 11 Chwefror 2023	Online, 12-5pm Ar-lein, 12-5pm	Session 1: Priorities for a Greener Lifestyle Sesiwn 1: Blaenoriaethau ar gyfer Ffordd Wyrddach o Fyw
4 th March in Swansea Bay or 5 th March in Wrexham 4 Mawrth ym Mae Abertawe neu 5 Mawrth yn Wrecsam	In-person, 12-5pm Wyneb yn wyneb, 12-5pm	Session 2: Living with nature and paths forwards Sesiwn 2: Byw gyda natur a llwybrau ymlaen
18 th March 2023 18 Mawrth 2023	Online, 1-4pm Ar-lein, 1-4pm	Session 3: Building a shared vision Sesiwn 3: Creu gweledigaeth a rennir

Gweithgaredd mewn grwpiau trafod

Warm-up in breakout rooms



Mewn grwpiau trafod, byddwch yn defnyddio Miro i wneud y gweithgaredd ‘Bin, Bag, Pen, Calon’.

Gan feddwl am y ddwy sesiwn ddiwethaf:

- **Bin:** beth fyddwch chi'n ei adael ar eich ôl?
- **Bag:** beth ydych chi am ei gymryd ymlaen?
- **Pen:** beth sydd wedi gwneud i chi feddwl?/beth sydd wedi bod ar eich meddwl fwyaf?
- **Calon:** beth ydych chi'n ei fwynhau/garu fwyaf am yr hyn rydyn ni wedi'i drafod?



In breakout rooms you will use Miro to do the ‘Bin, Bag, Head, Heart’ activity.

Thinking about the last 2 sessions:

- **Bin:** what will you leave behind?
- **Bag:** what do you want to take forward?
- **Head:** what has made you think?/what have you been thinking about the most?
- **Heart:** what do you enjoy/love most about what has been covered?

Adborth y grŵp cyfan

Plenary feedback



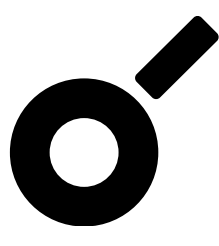
Rhannwch eich syniadau!

Un person o bob grŵp trafod i gyfleu pwyntiau allweddol eu grŵp.



Share back!

One person from each group to share some key insights from breakout room.



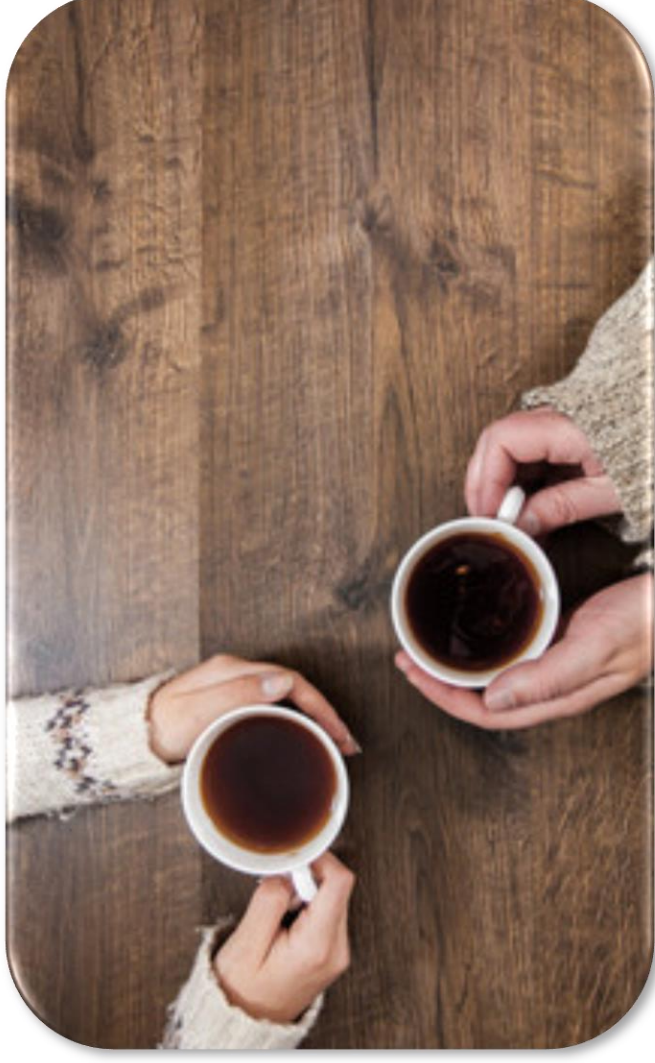
Grwpiau trafod: Diffinio blaenoriaethau

Breakout: Defining priorities



**Egwyll o 10 munud
(tan 2:10pm)**

**10 min Break
(until 2:10pm)**



Gweledigaeth ar gyfer y Dyfodol

The Future Vision



Trafod: Gweledigaeth y Dyfodol

Breakout: Future Vision



Yn eich grwpiau trafod, dychmygwch ein bod **wedi cyrraedd fersiwn ddelfrydol o 2050:**

1. Beth ydyn ni wedi'i gyflawni?
2. Pwy sydd wedi elwa o'r hyn rydyn ni wedi'i wneud?
3. Beth sydd fwyaf pwysig i'n cymeriadau yn y dyfodol? Sut ydyn ni'n mesur cynnydd a llwyddiant?

In your breakout groups, **imagine we have reached an ideal version of 2050:**

1. What have we achieved?
2. Who has benefited from what we've done?
3. What matters the most to our characters in the future? How are we measuring progress and success?

Adborth y grŵp cyfan

Plenary feedback



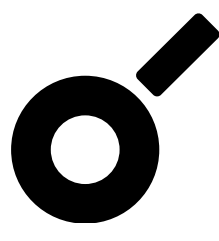
Rhannwch eich syniadau!

Un person o bob grŵp trafod i gyfleu pwyntiau allweddol eu grŵp.



Share back!

One person from each group to share some key insights from breakout room.



Gweithgaredd 1-2-4-8-Pawb

1-2-4-8-All Activity



Dychmygwch eich bod yn y flwyddyn 2050, beth fydddech chi'n gobeithio ei weld yno?

- 1. 3 munud ar eich pen eich hun:** Ysgrifennwch ar bob post-it un elfen o'r dyfodol rydych chi'n ei ddychmygu.
- 2. 5 munud gyda phartner:** cymharwch a chyfunwch yr elfennau a restrwyd gennych
- 3. 10 munud mewn grŵp o 2 bâr:** trafodwch a blaenoriaethwch elfennau eich gweledigaeth.
- 4. 15 munud mewn grŵp o 8:** cyfunwch elfennau i greu gweledigaeth a rennir.
- 5. Adborth gan bob grŵp.**

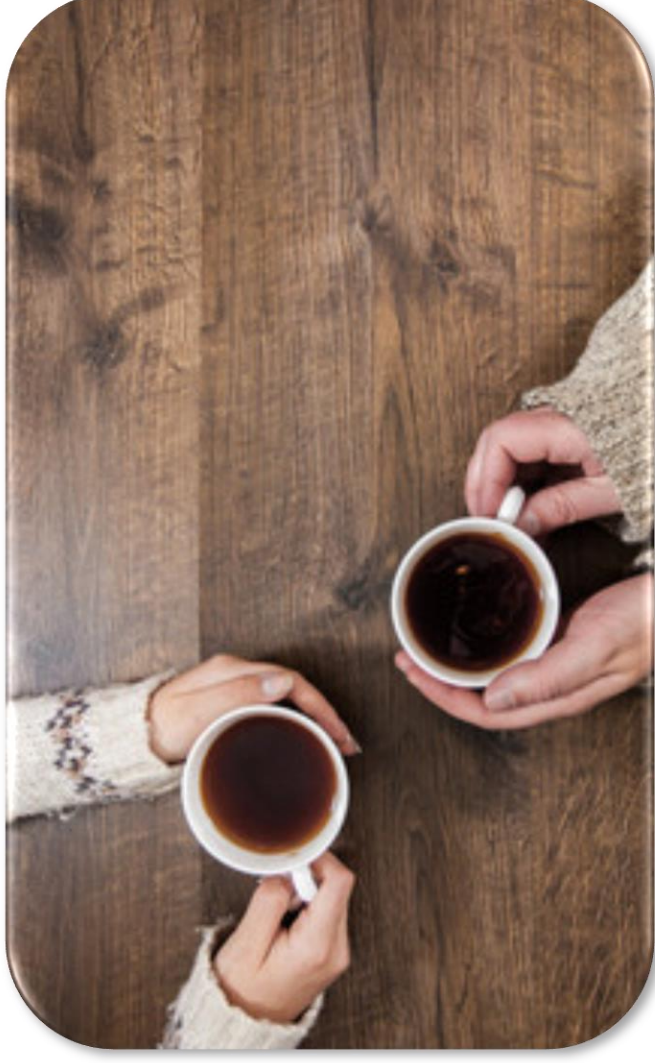


Imagine you're in 2050, what would you hope is there?

- 1. 3 minutes alone:** Write on each post-it one element of the future you imagine.
- 2. 5 minutes with a partner:** compare and combine the elements you each listed
- 3. 10 minutes in a group of 2 pairs:** discuss and prioritise the elements of your vision.
- 4. 15 minutes in a group of 8:** combine elements to create a shared vision.
- 5. Each group feedback.**

**Egwyll o 10 munud
(tan 3:35pm)**

**10 min Break
(until 3:35pm)**



Cyflawni ein Gweledigaeth

Achieving our *Vision*





Grwpiau trafod: Camau nesaf

Breakout: Next Steps



Adborth y grŵp cyfan

Plenary feedback

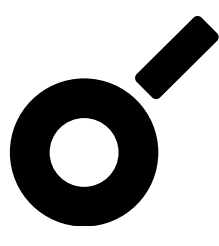


Rhannwch eich syniadau!
Un person o bob grŵp trafod
i gyfleu pwyntiau allweddol
eu grŵp.



Share back!

One person from each group to
share some key insights from
breakout room.





Diolch! Thank you!

natureandus@natcen.ac.uk

0800 652 4574

www.naturani.cymru
www.natureandus.wales



Noddir gan
Lywodraeth Cymru
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Priorities for a GREENER LIFESTYLE

Nature and Us Citizens' Assembly - Session 1 - 11 February 2023

ILLUSTRATED BY LAURA SORVALA

Healthy Planet & People

WE DEPEND ON NATURE...

- PERIL AND CO₂**
- RIVERS** - Flood prevention!
- SOIL** - Stays clean!
- PLANTS** - Medicinal discoveries! Shape
- WELL BEING** - Mental health inspiration + culture!

WE ARE FACING CHALLENGES...

- Rising Temperatures
- Biodiversity Loss
- POLLUTION

I'm treating my Nature Deficit Disorder!

Steve Ormrod

Are we creating a future to proudly pass on?

WELLBEING OF THE FUTURE GENERATIONS ACT

WELLBEING GOALS 5x WAYS OF WORKING

- ENVIRONMENTAL** - the wellbeing 'sweet spot'!
- CULTURAL** - the wellbeing 'sweet spot'!
- ECONOMIC** - the wellbeing 'sweet spot'!
- SOCIAL** - the wellbeing 'sweet spot'!
- WELLBEING** - the wellbeing 'sweet spot'!

COLLABORATION AND INTEGRATION BETWEEN ALL SECTORS

Future Wales

RESIDENTS OF WALES IN 2040

Angela - Climate change impacts on agriculture in many countries!

Emily - Overuse of antibiotics

Angela - Mental health issues

Emily - Image of exclusivity? - middle class issue

Ethics - Healthcare

We need more POSITIVE STORIES!

CLIMATE CHANGE IMPACTS ON AGRICULTURE IN MANY COUNTRIES!

THE ONE CONSTANT NOW AND IN THE FUTURE!

Nature and Public Health

ACCESS TO HEALTH CARE ONLY 10% OF WHAT IMPACTS OUR HEALTH!

Essentials for life

Not accessible equally!

Nervy behaviours

WELLBEING TAKES PLACE IN NATURAL ENVIRONMENTS

SOLASTALGIA - Emotional distress caused by environmental change

State of Nature

WE NEED TO IMPROVE MONITORING TO GET MORE DATA

51% BIODIVERSITY SCORE - And it's declining!

WE NEED TO MOVE TO MORE SUSTAINABLE FORMS OF FARMING AND LAND MANAGEMENT!

IT'S NOT ALL BAD! - I'm back on the GREEN LIST!

State of Natural Resources

WE NEED TO TAKE A RANGE OF ACTIONS

- FOOD
- ENERGY
- TRANSPORT
- CONSERVATION
- CLIMATE CHANGE ACTION
- REDUCE CONSUMPTION

WE NEED TRANSFORMATIONAL CHANGE

Priorities and Reflections

CHANGE WON'T HAPPEN WITHOUT PROPER INVESTMENT

Can we afford not to be worried about the environment?

WE NEED CONSENSUS FIRST

LEGISLATION TO BAN THE THINGS WE KNOW ARE BAD!

Ensure FAIRNESS

EDUCATION - AT ALL LEVELS!

INFRASTRUCTURE

GOVERNMENT SUPPORT

Not just individual actions...

Accessibility

- for all -

GREEN SPACE

THIS IS IMPORTANT! COMMUNICATION

How can we reach the "disengaged"?

Nature the norm in the built environment!

LIVING with NATURE & paths forwards

Swansea: Nature and Us Citizens' Assembly · Session 2-4, March 2023

ILLUSTRATED BY LAURA SORVALA

Everyone's voice counts!

WE HAVE A CORE QUESTION:

What does the FUTURE look like... ..when SOCIETY and NATURE THRIVE TOGETHER?

What needs to be different from today?

NEXT STEPS?

future BENEFITS?

Some guiding principles

SYMBIOTIC ENVIRONMENT

SAFELY CLEAN ENVIRONMENT

clean air

MEETING PEOPLE'S NEEDS WHERE THEY LIVE!

INTUITIVE RESPECT NATURE

BLENDED ENVIRONMENTS

bring nature what it needs to thrive!

Less consumption

How HAS YOUR RELATIONSHIP WITH NATURE BEEN SHAPED?

I took the mountains for granted when I was younger...

I was always outside!

Your input will become our NORTH STAR!

Russell Death

Guiding our work!

Looking forward: causes and complexities

What happened to the TIDAL LAGOONS?

INVEST in RENEWABLE ENERGY

STOP POLLUTION

LEGISLATION & SUPPORT

ACCESSIBILITY

REGARDLESS of Socio-economic STATUS!

SOLUTIONS ACCESSIBLE TO ALL

FREE PUBLIC TRANSPORT

ELECTRIC CARS

Help people look after nature!

FOOD = SEASONAL HEALTHY

Things within easy reach!

15-minute CITIES

RAINWATER COLLECTION

SUSTAINABLE HOUSING

Isolated homes

Young people need to be on board!

And able to MAKE CHOICES!

the NEXT GENERATION

Learn from nature!

Exploring alternatives - how we can take action

THE first month I grew food! I grow food! I grow food! I grow food!

FOOD SENSE WALES

GROW YOUR OWN FOOD

COMMUNITY TAKING OVER UNUSED LAND

GREEN SQUIRREL

DOWN TO EARTH

MAKING THINGS TOGETHER

Making stuff while I recover from brain injury...

BRINGING COMMUNITIES back together!

INTERGENERATIONAL CONNECTIONS

Do we need to go back to go forward?

Do we need to go back to go forward?

Do we need to go back to go forward?

Do we need to go back to go forward?

CREATING LIVING STREETS

LIKE: SUSTRANS

COMMUNITY SUPPORTED AGRICULTURE

LIKE: CABRYS FARM

PROJECTS NEED TO CONSIDER:

ECONOMY

INTEGRITY

Someone needs to TAKE RESPONSIBILITY

HELP to get PROGRESS off the ground

KEEP them going!

BYW gyda NATURE a llwybrau tuar dyfodol

Mae LLAIS pob yn cyffwr!

Sut edrych ydych chi ar y DYFODOL... parhau a chymdeithas a natur yn ffynnu GYDAI GILYDD?

Mae GENNIN GWESTIWN CRANDO:

Beith sydd angen bod yn wahanol i feddau?

AT Y CEMAU NESAF?

MANTISIWN yn y dyfodol?

AM GYLCHEDD

DIWALU ANGHENION

POBL LE MACHT YN BYW!

RODDIAN I bob oeser yn yr awyrg agored!

CYMERAIS Y MYNDADEDD yn gwned frol pen oeddan yn ied...

SUT MAE EICH PERTHNAS A NATUR WEY GAEL EI FFURFIO?

AMGYLCHEDD

DIWALU ANGHENION

POBL LE MACHT YN BYW!

RODDIAN I bob oeser yn yr awyrg agored!

CYMERAIS Y MYNDADEDD yn gwned frol pen oeddan yn ied...

SUT MAE EICH PERTHNAS A NATUR WEY GAEL EI FFURFIO?

Yn awenau era gwairfi!

Eich mwmbwn chi fydd ein SEREN y GOGLEDD!

Russell Death CMC

Edrych ar opsiynau amgen - sut allwn ni weithredu

Band y fawls Gyrring ni ddaia yn blysein amgogol!

RODOL Y FAWLS Gyrring ni ddaia yn blysein amgogol!

CYMRUDD

Genrad pethau with wella o ddaia yr ymrolydd...

CYMRUDD

Genrad pethau with wella o ddaia yr ymrolydd...

Mae angen i ni FUDSODDI YNNI ADNEWYDDADWY

Beith ddiwyddedd i'r MORLYN LLANW?

ATAI LLYBREDD

Hyffwrch bobl i osodi am natur!

DEDFWRIAETH A CHYMRUDD

HYGRYCHEDD

Wleth bobl i'r sbectol economaidd - gwyddiadau!

MAE ANGEN I RYBUON BROSPECTAU YSTYRIED

YR ECONOMISTANT

MAE ANGEN I RYBUON BROSPECTAU YSTYRIED

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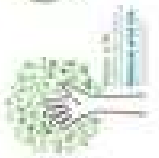
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Greyn GWELEDIGAETH a RENNIR Building a SHARED VISION

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LAURIN SERRAVALLO

POTENTIAL PATHWAYS TO NET ZERO by 2055!

It's time to look at BIG QUESTIONS: How will Wales just stay? How will Wales reach net zero?

NET ZERO 3% OF TOTAL GREEN FOOTPRINT!

June Davidson
We will be giving independent advice to the Welsh Government!

Defining Priorities

ADDYSY EDUCATION

LONG TERM VIEW

FOR THE ENVIRONMENT!

GOVERNANCE & LEGISLATION

HEALTH

with mental health & native issues!

CLAR COMMUNICATION

TRANSPIRENT DECISION MAKING

WATERWAYS

RENEWABLE ENERGY

LAND USE

CIRCULAR ECONOMY

CAN BE A PREVENTATIVE MEASURE!

Dychmydd 2050 Imagine 2050

Key Elements of the vision

ACCOUNTABILITY in (how?)

CIRCULAR WASTE ECONOMY

RENEWABLE ENERGY

ENERGY EFFICIENCY

SHORTER WORKINGS

TO SAVE TIME TO SAVE FUEL IN TRAVEL

equality

So the Old Times that is different!

low air pollution

CONTINUOUS LEARNING

from each other!

FAIR LAND USE

IS CARBON CAPTURE EQUAL & SUSTAINABLE?

SUSTAINABLE AGRICULTURE

LOCAL FOOD

CLEAN OCEANS AND RIVERS

Health ACCESS TO GREEN SPACE

Sut y gallwn ni wreiddar wriddigarth?

How can we make this vision happen?

LEGISLATION

INVESTMENT

INCENTIVES

EDUCATION STRATEGY

REDUCE SOCIAL INEQUALITY

COMMUNICATE with INTERNATIONAL PARTNERS

Nature and Us pre and post-workshop questionnaire

Landing page:

Thank you for taking part in the workshop. Please complete this questionnaire to help us understand how you found the workshop, as well as what you think about the role you might play to help tackle the nature and climate emergency?

It will take no longer than 5 minutes and we need you to complete it to get the full incentive after all workshops have been completed.

1. After taking part in the workshop, how well informed do you feel about the state of nature in Wales and its connection to people and their well-being?

(Select only one)

- Very well informed
- Quite informed
- Not very well informed
- Not at all informed
- Don't know

What additional information would you like to have to help you develop your views on the links between nature and people? (Please type your answer in the box below)

2. Overall, how much did you enjoy taking part in the workshop?

(Select only one)

- A great deal
- Quite a lot
- To some extent
- Not very much
- Not at all

Please tell us the extent to which you agree or disagree with the following statements:

3.	I understand the objectives for this public dialogue and how NRW and its partners will use the findings	strongly agree	tend to agree	neither	tend to disagree	strongly disagree	don't know
4.	The information shared today was clear and easy to understand	strongly agree	tend to agree	neither	tend to disagree	strongly disagree	don't know
5.	I felt comfortable and heard in my small group.	strongly agree	tend to agree	neither	tend to disagree	strongly disagree	don't know

6. Finally, was there anything that made you feel that couldn't take part fully in today's session? If so please tell us so that we can help sort this out before next time. (Please type your answer in the box below)