

Well-being of Future Generations (Wales) Act 2015

Case Study 1 – Sustainable Parenting

Promoting the natural environment and our capacity to adapt to climate change.

Becci Johnson, Midwife

Becci Johnson is a Midwife in our Health Board and has contributed to our well-being objective of promoting the natural environment and our capacity to adapt to climate change.



Becci came up with the idea of creating a poster containing 10 climate change actions, to encourage new parents to be more sustainable.

As part of this project the health board also planted 1300 trees in partnership with Pembrokeshire County Council and Pembrokeshire Coastal National Park which is the start of a Pembrokeshire woodland for Pembrokeshire babies, representing the number of babies born annually in the county.

This project contributes to the national Well-being goals of a **Prosperous Wales**, a **Resilient Wales** and a **Healthier Wales**.

Lles dyfodol ein plant
10 gweithred newid hinsawdd i rieni
Our children's future wellbeing
10 climate change actions for parents

<p>Ail-ddefnyddio, atgyweirio, ailgylchu Re-use, repair, recycle</p>	<p>Siopa call Shop smart</p>
<p>Cynllunio teuluol Family planning</p>	<p>Bwyta'n dymhorol a lleihau gwastraff bwyd Eat seasonal & reduce food waste</p>
<p>Cysylltu â natur Connect with nature</p>	<p>Bod yn ynni effeithlon Get energy efficient</p>
<p>Bod yn weithgar yn y gymuned Get involved with your community</p>	<p>Defnyddiwch frethyn! Go cloth!</p>
<p>Bwydo ar y fron Breastfeed</p>	<p>Opsiynau geni Birth choices</p>

Am wybodaeth pellach, cysylltwch â'ch Bydwraig Cymunedol
Speak to your Community Midwife for more information

 Cymru Lewyrchus A Prosperous Wales	 Cymru Gydnerth A Resilient Wales	 Cymru Iachach A Healthier Wales
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 Bwrdd Iechyd Prifysgol Hywel Dda University Health Board

If you are involved with or know about any project or pieces of work which contribute to our well-being goals, please contact inclusion.hdd@wales.nhs.uk



A prosperous
Wales



A resilient
Wales



A healthier
Wales



A more
equal Wales



A globally
responsible
Wales



A Wales of vibrant
culture and
thriving Welsh
language



A Wales of cohesive
communities