Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Datganiad i'r Wasg / Press Release

30 Gorffennaf 2010

Prosiect Boliau Bach

Mae chwe meithrinfa ym Mwrdeistref Sirol Conwy wedi derbyn Tystysgrifau am Arfer Da Parhaus mewn Bwyd a Maeth. Mae'r meithrinfeydd hyn yn ymuno â'r 13 meithrinfa a gafodd dystysgrifau ym mis Chwefror eleni. Y chwe meithrinfa lwyddiannus yw:

Bobol Bach
Butterflies
Chwarae Teg
First Steps
Little Lambs
Wyngarth

Cychwynnodd y prosiect Boliau Bach yn 2008, ac mae'n gosod safonau ar gyfer ansawdd, darpariaeth a diogelwch bwyd yn y sector Blynyddoedd Cynnar. Partneriaeth yw'r prosiect rhwng adran Diogelwch Bwyd Cyngor Conwy ac Adran Ddieteteg Bwrdd Iechyd Prifysgol Betsi Cadwaladr.

Cyflwynwyd y tystysgrifau mewn digwyddiad yng Nghanolfan yr Hen Ysgol, Church Walks, Llandundo. Cyflwynodd Maeres Llandudno, Mrs Ann Yates y tystysgrifau gan ddweud, "Rydw i'n cymeradwyo'r meithrinfeydd sy'n mynychu'r cwrs gwerthfawr a pherthnasol yma – mae'r bobl yma'n gweithio efo'r genhedlaeth nesaf, ac mae maeth yn bwysig iawn pan mae plant yn datblygu."

Dywedodd Steven Grayson, Pennaeth Dieteteg yn y Bwrdd Iechyd, "Mae ar blant angen digon o egni a maethynnau eraill i sicrhau eu bod yn tyfu a datblygu. Mae gan blant anghenion arbennig - nid oedolion bach ydyn nhw. Mae'r prosiect Boliau Bach yn helpu meithrinfeydd i ddarparu ar gyfer y plant dan 5 yn eu gofal."

Cynigir cwrs arall yn yr Hydref i unrhyw feithrinfeydd eraill.

Yn y llun, gwelir cynrychiolwyr o'r Meithrinfeydd gyda Maeres Llandudno, Mrs Ann Yates.

Am fwy o wybodaeth, cysylltwch â Sian Caldwell, Dietegydd Datblygu Cymuned drwy sian.caldwell@wales.nhs.uk

DIWEDD

Am ragor o wybodaeth cysylltwch â:

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30 July 2010

Tiny Tums Project

Six Childrens' Nurseries in Conwy County Borough have received Certificates for Continued Best Practice in Food and Nutrition. These nurseries join the 13 nurseries who received certificates in February this year. The 6 successful nurseries are :

Bobol Bach
Butterflies
Chwarae Teg
First Steps
Little Lambs
Wyngarth

The Tiny Tums project started in 2008 and sets standards for quality, food provision and food safety in the Early Years sector. The project is a partnership with Conwy Council's Food Safety section and the Betsi Cadwaladr University Health Board Dietetic Department.

The certificates were awarded at an event at the Old School Centre, Church Walks, Llandudno. The Lady Mayor of Llandudno, Mrs Ann Yates, presented the certificates and said "I commend the nurseries attending this very worthwhile and relevant course - these people are working with the next generation, and nutrition is a very important area when children are developing."

Steven Grayson, Head of Dietetics for the Health Board said "Children require plenty of energy and other nutrients to ensure they grow and develop normally. Children have special requirements - they are not mini adults. The Tiny Tums Project helps nurseries to provide for the under 5s in their care."

A further course will be offered in the Autumn for any other nurseries to attend.

Photographed are the Nurseries' representatives with the Mayor of Llandudno, Mrs Ann Yates.

For further details please contact Sian Caldwell, Community Development Dietitian on sian.caldwell@wales.nhs.uk

ENDS

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