

## Gadael neb ar ôl

Dull blaengar o wella iechyd a llesiant i bawb yng Nghymru drwy gysylltiadau cymdeithasol cryfach

Gorffennaf 2024



## No one left behind

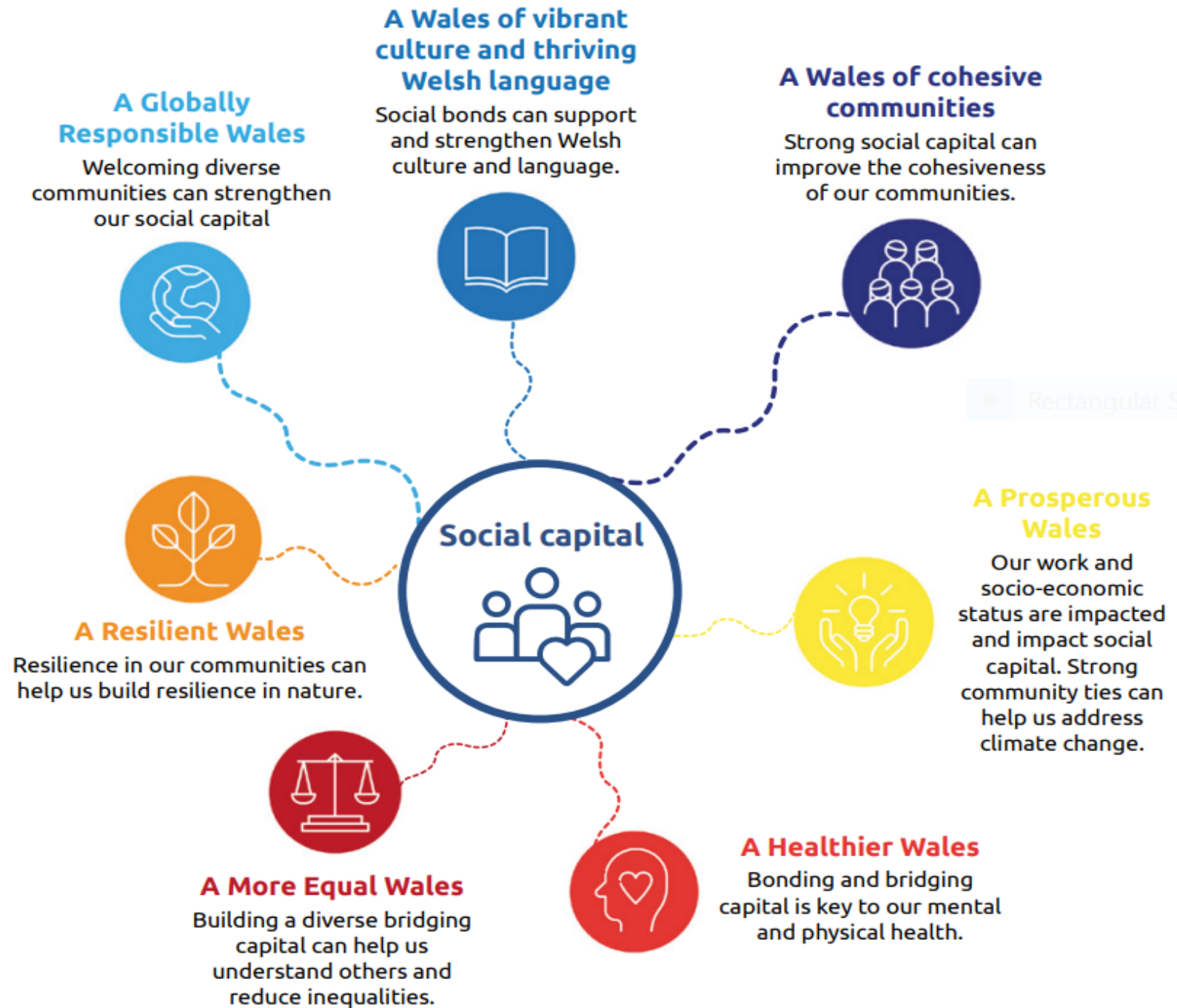
A forward-thinking approach to improving health and well-being for all in Wales through stronger social connections

July 2024



Gwerth cyfalaf cymdeithasol  
cryf i ddyfodol Cymru.

The value of strong social  
capital to a future Wales





**FLiNT** *Llyfr stori*  
**Cymunedau a Newid Hinsawdd yng Nghymru'r Dyfodol**  
 Gorffennaf 2022

Llyfr stori a gynhyrchwyd gan FLiNT o dan Gytundeb Partneriaeth rhwng FLiNT a Swyddfa Comisiynydd Cenedlaethau'r Dyfodol Cymru, ac mewn cydwelthrediad ag Iechyd Cyhoeddus Cymru (Rhagfyr 2021 i Fawrth 2022)

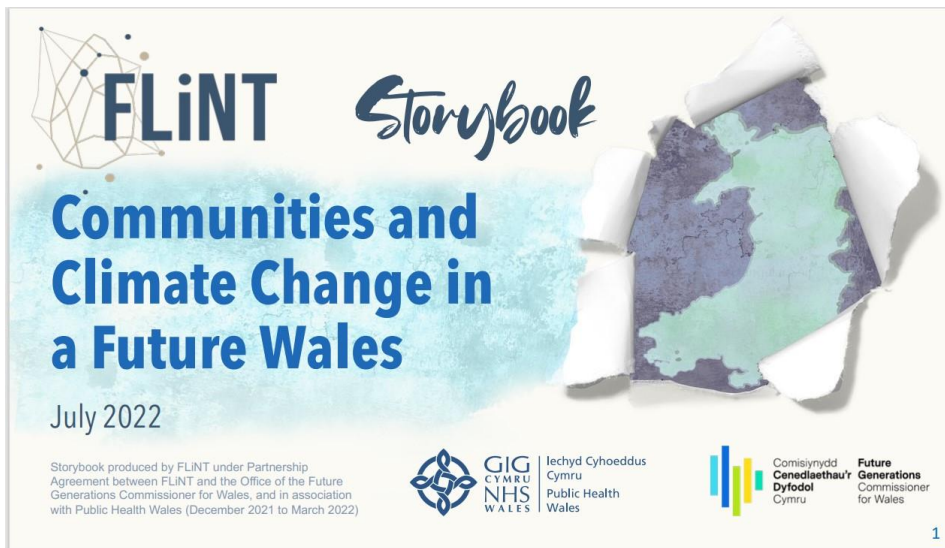
 Iechyd Cyhoeddus Cymru | Public Health Wales  
 Comisiynydd Cenedlaethau'r Dyfodol Cymru | Future Generations Commissioner for Wales



 Comisiynydd Cenedlaethau'r Dyfodol Cymru | Future Generations Commissioner for Wales  
 Iechyd Cyhoeddus Cymru | Public Health Wales



**Beyond the present:**  
 How to apply long-term thinking to reduce health inequalities

**A resource for Wales and beyond containing methods and case studies.**



**FLiNT** *Storybook*  
**Communities and Climate Change in a Future Wales**  
 July 2022

Storybook produced by FLiNT under Partnership Agreement between FLiNT and the Office of the Future Generations Commissioner for Wales, and in association with Public Health Wales (December 2021 to March 2022)

 Iechyd Cyhoeddus Cymru | Public Health Wales  
 Comisiynydd Cenedlaethau'r Dyfodol Cymru | Future Generations Commissioner for Wales



 Comisiynydd Cenedlaethau'r Dyfodol Cymru | Future Generations Commissioner for Wales  
 Iechyd Cyhoeddus Cymru | Public Health Wales

**Y tu hwnt i'r presennol:**  
 Sut i gymhwyso meddwl yn hirdymor i leihau anghydraddoldebau iechyd

**Adnodd i Gymru a thu hwnt yn cynnwys dulliau ac astudiaethau achos.**

## Types of social capital

Mathau o gyfaflaf cymdeithasol

Bonding capital - cyfalaf 'bondio'

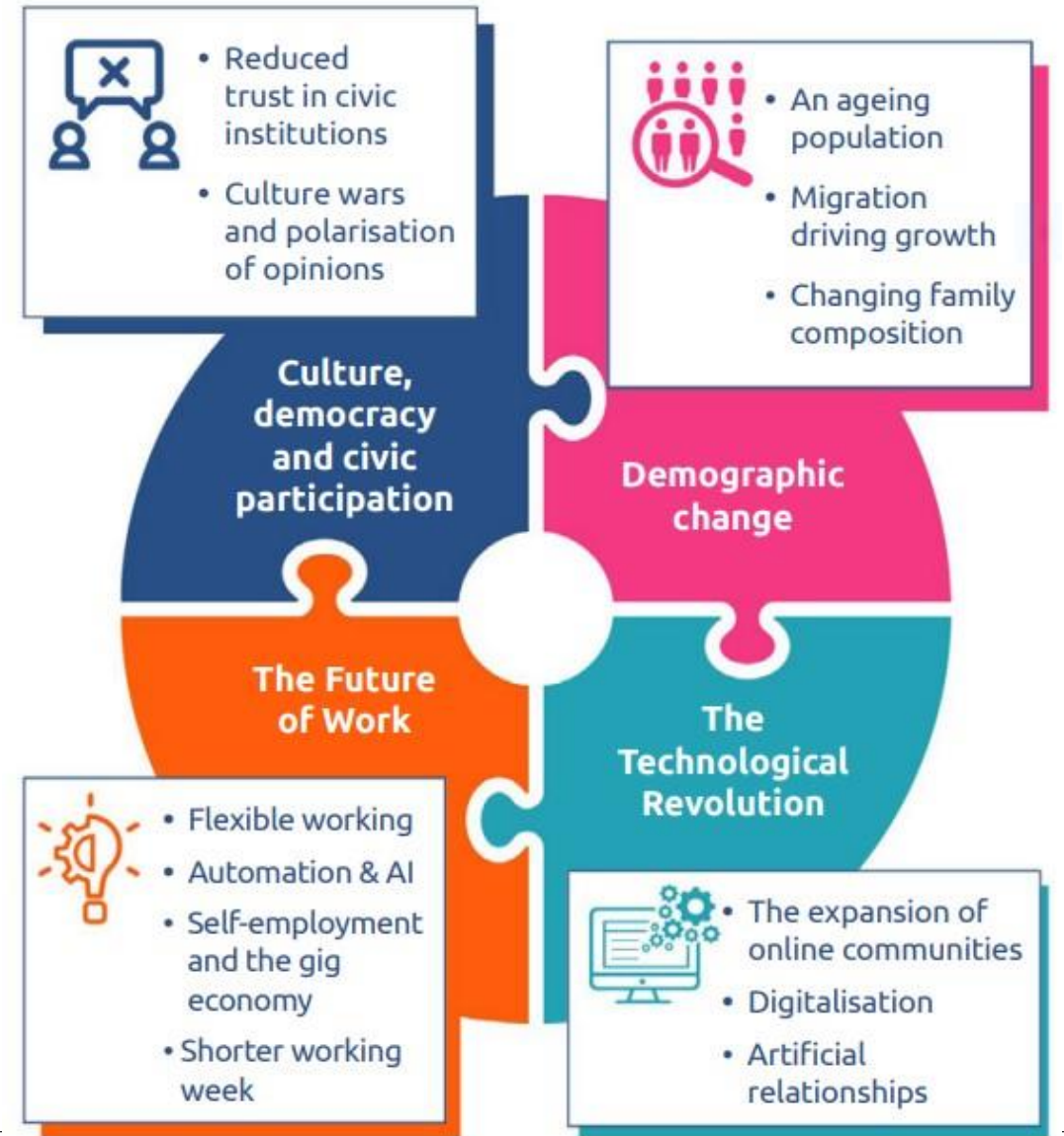
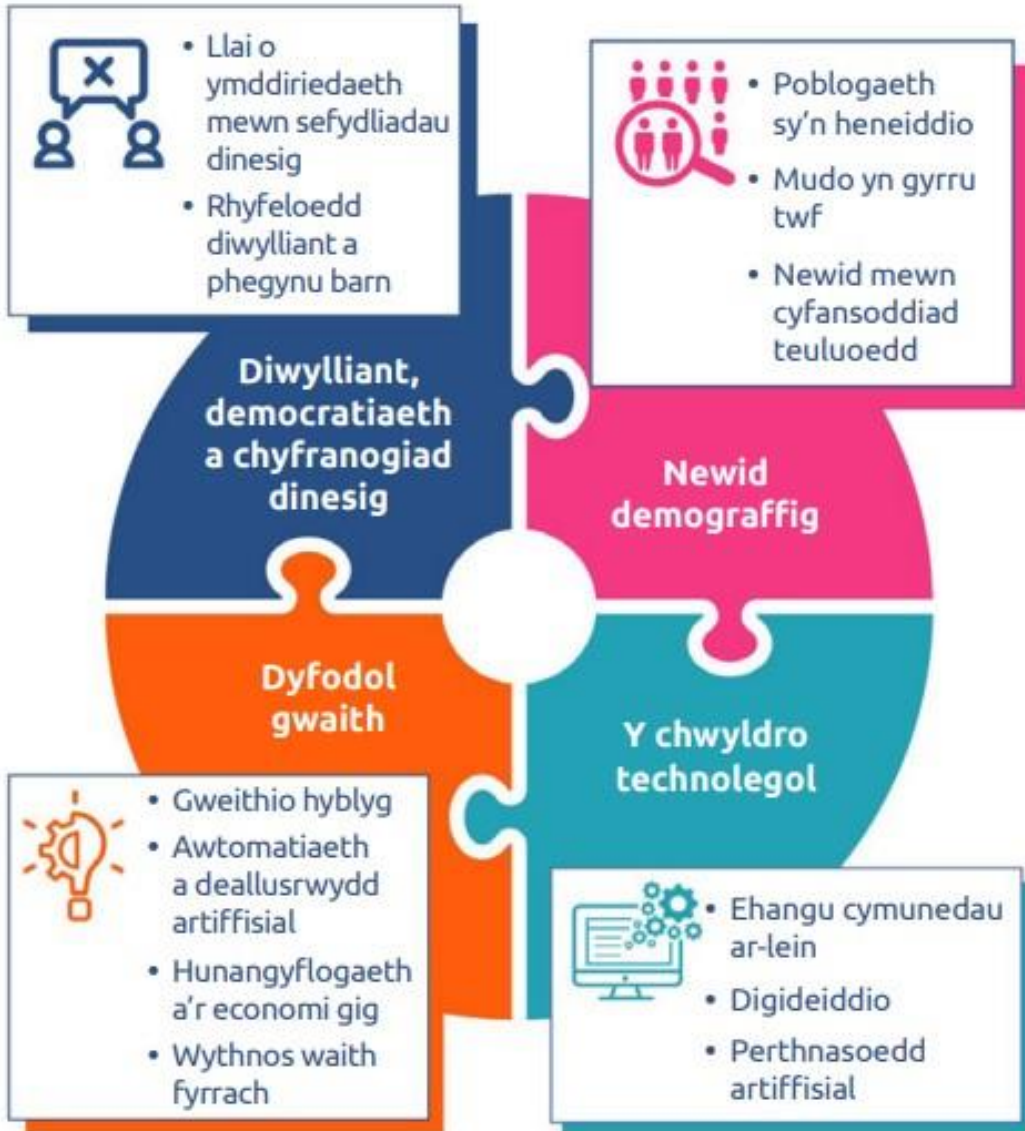


Bridging capital - cyfalaf 'pontio'



Linking capital - cyfalaf 'cysylltu'





## Report structure

- Trends and projections to watch
- Impact of changes on social capital
- How could these trends impact people's lives?
- Implications for inequalities
- Policy responses

## Impact of changes on social capital - flexible and hybrid working/Gweithio hyblyg a hybrid

### Potential positive impact:

- Better work/life balance
- New approaches to collaboration
- Shared community workspaces
- Gwell cydbwysedd rhwng bywyd a gwaith
- Dulliau newydd o gydweithio
- Mannau cydweithio lleol



### Potential negative impact:

- Risk of isolation for those living alone
- Risk of reduced access to career opportunities
- An atomised workforce and depleted social work environments
- Risg o arwahanrwydd i'r rhai sy'n byw ar pen eu hunain
- Risg lleihau cyfleoedd am ddyrchafiadau a hyfforddiant
- Gweithluoedd wedi eu hatomeiddio, llai o amgylcheddau gwaith cymdeithasol

## Sut all y tueddiadau effeithio bywydau pobl?

Therapydd yw Grannyjan, yn gweithio iddi hi ei hun. Mae hi nawr yn cwrdd a cleiantiaid ar-lein sydd wir wedi gwneud ei bywyd yn haws. Nid yw'n peoni am arian, ac yn ddiweddar wedi pendrfynnu gweithio llai a gwario mwy o amser yn edrych ar ol ei hwyres a gwirfoddoli yn yr add a'r café cymunedol gerllaw. Mae'n teimlo'n optimistaidd am y dyfodol



## How could these trends impact people's lives?

Grannyjan is a therapist working for herself. Online working has made her life easier as she can meet clients online. She isn't worried about finances and has recently decided to work less and enjoy life, and is taking care of her grandchild more and volunteering in the community garden and café nearby.



## Sut all y tueddiadau effeithio bywydau pobl?

Dyw James ddim yn gweld ei ffrindiau am ddiod dyddiau 'ma. Mae'r rhan fwyaf yn gweithio o adref, amserlenni gwahanol. Mae fe'n hapus drostynt, ond dyw pawb ddim yn gallu gweithio mewn ffordd mor hyblyg. A nawr efallai fydd e'n colli ei swydd i beiriannau yn ei weithle. Mae'n well ganddo beidio meddwl am y dyfodol.

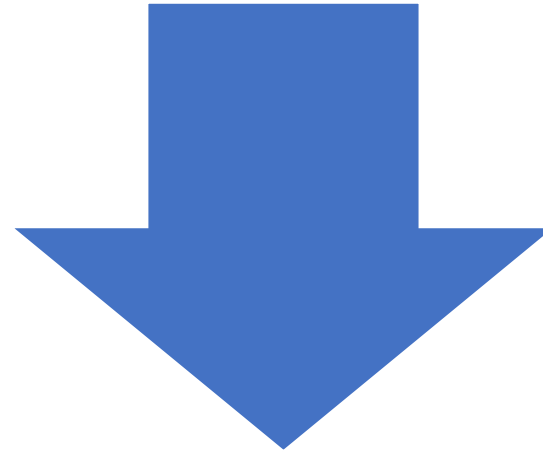


## How could these trend impact people's lives?

James rarely meets his friends for drinks these days. Most work from home and have different work schedules. He's happy for them but frustrated that some people break their backs while others have such flexibility. Also his job is under threat as new machines are being brought in to replace people. He prefers not to think about the future.

## Implications for health inequalities.

Goblygiadau ar gyfer anghydraddoldebau iechyd

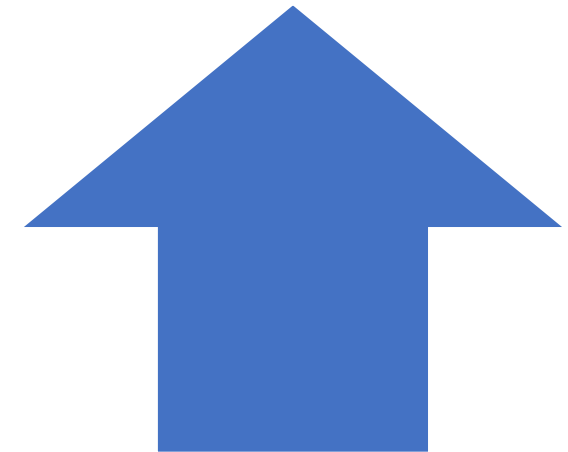


single person households - aelwydydd person sengl  
Digital exclusion - allgau digidol

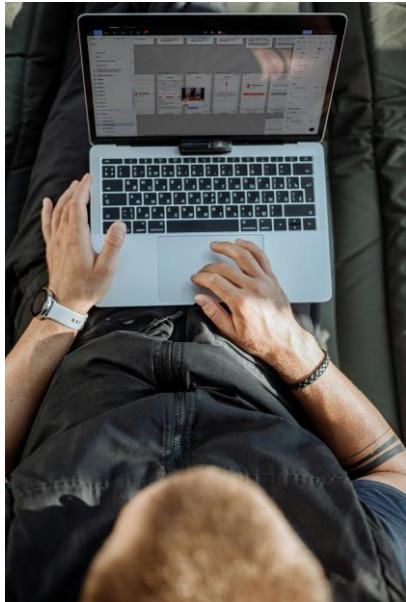


Increased hybrid working - Mwy o weithio hybrid

Technological changes - newidiadau technegol



## Policy responses – Ymatebion polisi



- Digital inclusion
- Employment policy
- Education and skills
- Cynhwysiant digidol
- Polisiau cyflogaeth
- Addysg a sgiliau

Thank you very much for your time.

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