

## CYNGOR SIR CEREDIGION

**Adroddiad i'r:** Cabinet

**Dyddiad y Cyfarfod:** 1 Chwefror 2022

**Teitl:** Deisebau a ddaeth i law

**Pwrpas yr adroddiad:** Hysbysu'r Cabinet am unrhyw ddeisebau a ddaeth i law

Er gwybodaeth

**Portffolio Cabinet ac Amherthnasol Aelod Cabinet:**

Mae'r Cyngor wedi derbyn y ddeiseb canlynol:

Teitl y ddeiseb	Nifer y llofnodwyr	Aelod Cabinet	Aelod Lleol (os ydyw'n berthnasol)
Ailagor cyfleusterau hamdden Ceredigion yn unol â gweddill Cymru	637	Cyng Catherine Hughes	Ddim yn berthnasol

Bydd y gwasanaeth perthnasol yn awr yn ystyried cynnwys y ddeiseb.

**Oes Asesiad Effaith Amherthnasol –**  
**Integredig wedi ei gwblhau?** pwrpas yr adroddiad  
**Os na, esboniwch pam** hwn yw adrodd ynghylch unrhyw ddeisebau sydd wedi dod i law

**Llesiant Cenedlaethau'r Dyfodol:**

**Crynodeb:**  
**Hirdymor:** Amherthnasol  
**Cydweithio:** Amherthnasol  
**Cynnwys:** Amherthnasol  
**Atal:** Amherthnasol  
**Integreiddio:** Amherthnasol

**Argymhelliad:** Dylai'r Cabinet nodi'r ddeiseb canlynol a ddaeth i law – "Ailagor cyfleusterau hamdden Ceredigion yn unol â gweddill Cymru"

**Rheswm / Rhesymau dros y penderfyniad:** Er mwyn hysbysu'r Cabinet am y ddeiseb / deisebau a ddaeth i law a gofyn i'r gwasanaeth / gwasanaethau perthnasol eu hystyried ymhellach.

**Trosolwg a Chraffu:** Amherthnasol

<b>Fframwaith Polisi:</b>	Y Cyfansoddiad a'r Protocol Deisebau
<b>Blaenoriaethau Corfforaethol:</b>	Amherthnasol
<b>Goblygiadau Ariannol a Chaffael:</b>	Amherthnasol
<b>Pwerau Statudol:</b>	Amherthnasol
<b>Papurau Cefndir:</b>	Amherthnasol
<b>Atodiadau:</b>	Dim
<b>Swyddog Arweiniol Corfforaethol:</b>	Lowri Edwards, Swyddog Arweiniol Corfforaethol: Gwasanaethau Democrataidd
<b>Swyddog Adrodd:</b>	Lowri Edwards
<b>Dyddiad:</b>	24 Ionawr 2022

# Re-open Ceredigion leisure centres and pools

To: Ceredigion County Council

Re-open Ceredigion's leisure facilities in line with the rest of Wales.

## **Why is this important?**

Leisure centres and swimming pools are important in helping people to be fit and active, and yet Lampeter swimming pool has been closed for most of 2020, and for all of 2021 so far. Swimming or warm water based exercise, is also one of the most beneficial activities for people with many kinds of physical disabilities, people who have been unable to do other forms of exercise throughout the closures. Swimming lessons are also an important part of most children's childhoods and, as we are a coastal county, it is very important that our county's children learn how to swim. Social distancing measures are possible in the changing rooms through a booking in system.

Sport has a proven record of being extremely good for people's mental health; it is now being included by doctors as part of 'social prescribing'. After this last year, we find ourselves in a situation where depression and anxiety have increased dramatically due to the coronavirus health crisis. A recent study of teenagers showed that depression and anxiety more than doubled in the first 9 months of the pandemic. Whilst the risk of coronavirus remains low, as it always has been in Ceredigion, relative to other counties, it is more important now to support the physical and mental well-being of Ceredigion residents through the re-opening of leisure centres and pools, in line with the national guidance, which every other county in Wales is following. By helping individuals to keep fit and active, this enables them to be more resilient to infections such as coronavirus, thereby taking some of the burden away from the NHS. We hope that Ceredigion County Council aim to fix the maintenance issues as a matter of urgency.

Signed by 637 people:

