



PRIFYSGOL  
**BANGOR**  
UNIVERSITY



**YSGOL GWYDDORAU IECHYD**  
**SCHOOL OF HEALTH SCIENCES**

**Ydych chi'n chwilio am gyrsiau byr/sesiynau CPD i mynd ymlaen?**

**Are you looking for short courses/events/CPD sessions to get ahead?**



## Bore Astudio ar Ddiogelu 6 Mawrth

**Ydi'ch swydd yn cynnwys gweithio gydag oedolion sydd angen cefnogaeth a gofal ac a all fod yn analluog i amddiffyn eu hunain rhag cam-driniaeth neu niwed?**

Mae'r bore astudio hwn yn addas i nyrsys a gweithwyr cefnogi gofal iechyd o ofal sylfaenol ac eilaidd a'r sector gofal annibynnol, gweithwyr iechyd proffesiynol cysylltiedig a myfyrwyr. Yn ystod y bore ceir golwg gyffredinol ar ddiogelu oedolion, a fydd yn datblygu gwybodaeth a sgiliau'r rhai fydd yn bresennol i adnabod materion yn ymwneud â diogelu a'u rheoli. Cyflwynir deddfwriaeth yn ymwneud â diogelu, lleihau risg a niwed, edrychir ar wahanol fathau o gam-drin, eglurir y broses Oedolyn mewn Perygl, a rhoddir cyfle i ddatblygu sgiliau gwneud penderfyniadau'n ymwneud â diogelu oedolion. Mae'r diwrnod astudio'n cynnwys sesiynau addysgu a gweithdai llawn gwybodaeth, wedi'u seilio ar amrywiaeth o astudiaethau achos i alluogi'r rhai fydd yn bresennol i ddatblygu eu sgiliau mewn dulliau diogelu oedolion a gwneud penderfyniadau'n ymwneud â diogelu.

***Mae gan Kay Plumpton gefndir mewn Diogelu Oedolion gyda phrofiad fel Nyrs Arbenigol Diogelu i oedolion.***

**Leoliad:** Prifysgol Bangor, Fron Heulog

### Cysylltwch

I gael rhagor o wybodaeth, cysylltwch â:

Kay Plumpton

E-bost: [kay.plumpton@bangor.ac.uk](mailto:kay.plumpton@bangor.ac.uk)

Ellen Gilliver

E-bost: [e.m.gilliver@bangor.ac.uk](mailto:e.m.gilliver@bangor.ac.uk)

Ysgol Gwyddorau Iechyd, Prifysgol Bangor, Bangor, Gwynedd, LL57 2EF

Dilynwch y linc hwn i archebu lle:

<https://shop.bangor.ac.uk/product-catalogue/cole-gwyddorau-iechyd-ac-ymdygiad-college-of-health-and-behavioural-sciences/safe-guarding-study-morning-6th>

Amser	Gweithgaredd
9.00-9.15	Croeso a Chofrestru
9.15-9.30	Rhagarweiniad ac amcanion y rhaglen
9.30-10.15	Diogelu Oedolion, deddfwriaeth, swyddogaethau a chyfrifoldebau
10.15 - 11.00	Niwed, lleihau niwed, rheoli risg, rhoi grym
11:00-11:15	Egwyl am goffi
11:15-11:45	Oedolyn mewn Perygl - proses neu gamau gweithredu i ddiogelu?
11:45-12:45	Gweithdy Astudiaeth Achos, datblygu gwneud penderfyniadau
12:45-13:00	Sylwadau, gwerthuso a gorffen



## Safe guarding Study Morning 6th March

**Does your role involve working with adults who have a need for care and support and who may be unable to protect themselves from abuse or harm?**

**Do you want to know more about how to reduce the risk of harm to adults and manage safeguarding concerns?**

This study morning is suitable for nurses and health care support workers from primary and secondary care and the independent care sector, allied health professionals and students. The morning will provide an overview of adult safeguarding and will develop attendee's knowledge and skills in identifying and managing safeguarding issues.

It introduces safeguarding legislation, risk and harm reduction, explores different types of abuse, explains the Adult at Risk process and provides an opportunity to develop decision making skills with regard to safeguarding adults.

The study day includes informative teaching and workshop sessions based around a variety of case studies enabling attendees to develop their skills in adult safeguarding practices and safeguarding decision making.

***Kay Plumpton, the lead for this event, has a background in Adult Safeguarding with experience as a Safeguarding Specialist Nurse for adults.***

**Location:** Bangor University, Fron Heulog

Time	Activity
9.00-9.15	Welcome and Registration
9.15-9.30	Introduction and programme aims
9.30-10.15	Adult Safeguarding, legislation, roles & responsibilities
10.15 - 11.00	Harm, harm reduction, risk management, empowerment
11:00-11:15	Coffee Break
11:15-11:45	Adult at Risk process or safeguarding actions?
11:45-12:45	Case Study workshop, developing decision making
12:45-13:00	Feedback, Evaluation and close

### Get in touch

For more information please contact:

Kay Plumpton

Email: [kay.plumpton@bangor.ac.uk](mailto:kay.plumpton@bangor.ac.uk)

Ellen Gilliver

Email: [e.m.gilliver@bangor.ac.uk](mailto:e.m.gilliver@bangor.ac.uk)

School of Healthcare Sciences

Bangor University, Bangor, Gwynedd, LL57 2EF

To book, follow this link: <https://shop.bangor.ac.uk/product-catalogue/coleg-gwyddorau-iechyd-ac-ymdygiad-college-of-health-and-behavioural-sciences/safe-guarding-study-morning-6th-march>



## Gwytnwch, Iechyd a Lles 20 Mawrth 2019

Oes arnoch chi eisiau dysgu mwy am wytwnwch fel rhan o ffordd iach o fyw?

Ydych chi'n gweithio gyda phobl sy'n cael problemau wrth hunan-reoli eu hiechyd a'u lles?

Hoffech chi ddysgu sut i helpu rhagor o bobl i ddatblygu gwytnwch, iechyd a lles?

Hoffech chi wybod mwy am y Pum Ffordd at Les, Dinasyddiaeth Fyd-eang, Digwyddiadau Niweidiol yn ystod Plentyndod a Hunan-dosturi?

Mae'r diwrnod astudio hwn yn addas ar gyfer unrhyw un sy'n gweithio gyda, neu sydd mewn cysylltiad â, gwasanaethau iechyd a gofal cymdeithasol, gan gynnwys ond nid yn gyfyngedig i sefydliadau'r trydydd sector.

Amser	Gweithgaredd
9.30 – 10	Cofrestru
10 - 11	Croeso a Throsolwg o Wytwnwch Iechyd a Lles
11-11.15	Egwyl gwytnwch
11.15 – 12.30	Gweithdy 1
12.30 - 1.30	Cinio a rhwydweithio
13.30 – 14.30	Gweithdy 2
14.30-14.45	Egwyl gwytnwch
14.45 – 15.30	Adborth a chloi.

**Lleoliad:** Prifysgol Bangor, Fron Heulog

Am ragor o wybodaeth, cysylltwch â:

Marjorie Ghisoni

[m.ghisoni@bangor.ac.uk](mailto:m.ghisoni@bangor.ac.uk)

01248 383139

I archebu, dilynwch y ddolen hon:

<https://shop.bangor.ac.uk/product-catalogue/cole-gwyddorau-iechyd-ac-ymddygiad-college-of-health-and-behavioural-sciences/resilience-health-wellbeing-study-day-20th-march-2019>



## Resilience, Health & Wellbeing 20th March 2019

Do you want to learn more about resilience for a healthy lifestyle?

Do you work with people who are having problems self-managing their health and wellbeing?

Would you like to learn how to help more people to develop resilience, health and wellbeing?

Would you like to know more about the Five Ways to Wellbeing, Global Citizenship, Adverse Childhood Events (ACEs) and Self-Compassion?

This study day is suitable for anyone working in or in contact with health and social care services, including but not limited to third sector organisations.

**Location:** Bangor University, Fron Heulog

### Get in touch

For more information please contact:

Marjorie Ghisoni

[m.ghisoni@bangor.ac.uk](mailto:m.ghisoni@bangor.ac.uk)

01248 383139

To book, follow this link:

<https://shop.bangor.ac.uk/product-catalogue/college-gwyddorau-iechyd-ac-yydddygiad-college-of-health-and-behavioural-sciences/resilience-health-wellbeing-study-day-20th-march-2019>

Time	Activity
9.30 – 10	Registration
10 – 11	Welcome and Overview of Resilience Health & Wellbeing
11-11.15	Resilience break
11.15 – 12.30	Workshop 1
12.30 - 1.30	Lunch and networking
13.30 – 14.30	Workshop 2
14.30-14.45	Resilience break
14.45 – 15.30	Feedback and close.



## Trais Domestig (Partner Rhywiol) 27th Mawrth 2019

Ydych chi eisiau dysgu mwy am sut i adnabod Trais Partner Rhywiol?

Ydych chi'n gweithio gyda phobl a allai brofi Trais Partner Rhywiol?

Hoffech chi helpu pobl drwy ddatblygu eich sgiliau, gwybodaeth a dealltwriaeth o Drais Partner Rhywiol?

Mae'r diwrnod astudio hwn yn addas ar gyfer unrhyw un sy'n gweithio, neu mewn cysylltiad â, gwasanaethau iechyd a gofal cymdeithasol gan gynnwys, ond nid yn gyfyngedig i, sefydliadau'r drydedd sector.

Amser	Gweithgaredd
9.30 – 10	Cofrestru
10 – 11	Croeso a chyflwyniad i weithio gyda phobl sydd wedi cael profiad o Drais Partner Rhywiol.
11-11.15	Egwyl fer
11.15 – 12.30	Gweithdy 1
12.30 - 1.30	Cinio a rhwydweithio
13.30 – 14.30	Gweithdy 2
14.30-14.45	Egwyl fer
14.45 – 15.30	Sylwadau a chloi.

**Lleoliad:** Prifysgol Bangor, Fron Heulog

### Cysylltwch â ni

Am ragor o wybodaeth, cysylltwch â:

Marjorie Ghisoni

[m.ghisoni@bangor.ac.uk](mailto:m.ghisoni@bangor.ac.uk)

01248 383139

I archebu, dilynwch y ddolen hon:

<https://shop.bangor.ac.uk/product-catalogue/college-gwyddorau-iechyd-ac-ymddygiad-college-of-health-and-behavioural-sciences>

# Domestic (Intimate Partner) Violence

## 27th March 2019



Do you want to learn more about how to recognise Intimate Partner Violence?

Do you work with people who may experience Intimate Partner Violence ?

Would you like to help people by developing your skills, knowledge and understanding around Intimate Partner Violence?

This study day is suitable for anyone working in or in contact with health and social care services, including but not limited to third sector organisations.

**Location:** Bangor University, Fron Heulog

Time	Activity
9.30 – 10	Registration
10 – 11	Welcome and introduction to working with people who have experienced IPV.
11-11.15	Short break
11.15 – 12.30	Workshop 1
12.30 - 1.30	Lunch and networking
13.30 – 14.30	Workshop 2
14.30-14.45	Short break
14.45 – 15.30	Feedback and close.

### Get in touch

For more information please contact:

Dr Marjorie Ghisoni

[m.ghisoni@bangor.ac.uk](mailto:m.ghisoni@bangor.ac.uk)

01248 383139

To book, follow this link:

<https://shop.bangor.ac.uk/product-catalogue/cole-gwyddorau-iechyd-ac-yydddygiad-college-of-health-and-behavioural-sciences>



PRIFYSGOL  
**BANGOR**  
UNIVERSITY

Gallwn ddarparu cyfleoedd cyrsiau byr / DPP mewn, er enghraifft;

- Sgiliau Clinigol
- Atal Cwmpiadau
- Breuder
- Ymdrin â gofal ym maes Iechyd Meddwl ac Anabledd Dysgu

**Cysylltwch â ni:** Ellen Gilliver [e.m.gilliver@bangor.ac.uk](mailto:e.m.gilliver@bangor.ac.uk)

Lynne Williams [lynne.williams@bangor.ac.uk](mailto:lynne.williams@bangor.ac.uk)



We can provide short courses / CPD opportunities in, for example;

- Clinical Skills
- Falls Prevention
- Frailty
- Approaches to care in Mental Health and Learning Disability

**Get in touch:** Ellen Gilliver [e.m.gilliver@bangor.ac.uk](mailto:e.m.gilliver@bangor.ac.uk)

Lynne Williams [lynne.williams@bangor.ac.uk](mailto:lynne.williams@bangor.ac.uk)