

Coleg Penybont  
Bridgend College



# Bridgend College

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**Carers Federation Quality Mark**

# Lles Myfyrwyr

## Student Wellbeing



Mandy Shepherd  
Swyddog Lles  
Wellbeing Officer



Samantha Gunnarsson  
Rheolwr Lles a Diogelu  
Wellbeing & Safeguarding Manager



John Morgan  
Swyddog Lles  
Wellbeing Officer



Katherine Pitt  
Gweinyddwr Profiadr y Myfyrwyr  
Student Experience Administrator



Jordan Forse  
Arweinydd Ymgysylltu Myfyrwyr  
Student Engagement Lead



Nicole Talmer  
Arweinydd Ymgysylltu Myfyrwyr  
Student Engagement Lead



Jon Nottingham  
Arweinydd Lles Actif  
Active Wellbeing Lead

# Lles Myfyrwyr Student Wellbeing



Sesiynau galw heibio dyddiol rhwng 12 a 2yp er mwyn siarad â Swyddog Lles yn yr Hybiau Lles.

Daily Drop-in 12pm to 2pm to speak to a Wellbeing Officer in the Wellbeing Hubs.



Mynediad i wasanaethau cwnsela.

Access to Counselling services.



Rydym yn darparu detholiad o strategaethau i gefnogi myfyrwyr ym mhob agwedd o'u lles, e.e. patrymau cysgu, rheoli teimladau o orbryder, man diogel i siarad.

We provide a selection of strategies to support students with all aspects of their Wellbeing, eg. sleep routines, managing feelings of anxiety, safe space to talk.



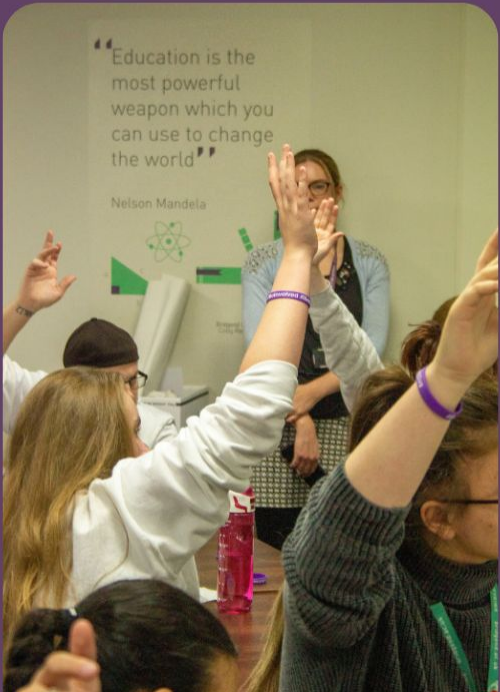
Addysgu staff a myfyrwyr ynglŷn â sut i adnabod ac adrodd pryderon ynghylch diogelu, 'Prevent', ac eithafiaeth.

Educate staff and students on how to recognise and report concerns around safeguarding, Prevent and Extremism.



Dweud Eich Dweud  
Cymerwch Ran • Byddwch yn Actif

Be Heard • Be Involved • Be Active





# Opportunities to identify a Young Carer

- **Enrolment - All applicants are asked whether they have caring responsibilities at home**
- **Staff Induction - A slide on the role of a Young Carer has been included**
- **Safeguarding Workshop - All new members of staff attend a workshop with the safeguarding team, there is a case study about a Young Carer**
- **Skillsgate training - All staff are required to attend online training. In the process of devising a training programme about the Young Carer role and responsibilities**

# Reminder (for tutors)

Do you have a student who:

- Is looked after or is a Young Carer
- Has a Social Worker
- Has support from a Mental Health Team
- Recently moved into independent living
- Has come from a specialist provision e.g. hospital / unit / home educated
- Has financial difficulties
- Has a conviction?

If so, please let Wellbeing know at [wellbeing@bridgend.ac.uk](mailto:wellbeing@bridgend.ac.uk)

If the student doesn't want support, that's ok.

If **Wellbeing** are aware of the student, we can send them supportive emails to their **College account** to remind them of how to access support through the academic year.

**01656 302 302 ext 488**



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## Reminder for Tutors shared at the beginning of every academic year



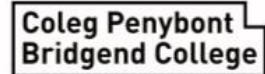
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## Student Pass

**Recognised by all  
tutors to avoid too  
many questions in  
front of the students  
peer group**

### Student Pass



NAME:

STUDENT ID:

I am a young adult carer and have caring responsibilities at home. This means I am sometimes late to class, need to leave early or need to take a five minute break.

I will always try to let you know if i won't be in at all.

[wellbeing@bridgend.ac.uk](mailto:wellbeing@bridgend.ac.uk)

07971 670504 / 07973 716594 / 07800 598090



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# Engaging Young Carers



**Carers Society** - an online forum for students to meet and support each other

**Carers Google Classroom** - an online space to provide support, positive messages and Community resources





# Profiad y Dysgwr

## Learner Experience

[www.tiny.cc/BCWellbeing](http://www.tiny.cc/BCWellbeing)



[Byddwch yn Wel](#)

[Be Well](#)



[Dweud Eich Dweud](#)

[Be Heard](#)



[Cymryd Rhan](#)

[Be Involved](#)



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[Be Active](#)