



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?



Gwytnwch, Iechyd a Lles 3rd Hydref 2018

Oes arnoch chi eisiau dysgu mwy am gwytnwch 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.

Lleoliad: Prifysgol Bangor, Campws
Wrexham

Cysylltwch â ni

Am ragor o wybodaeth, cysylltwch â:

Marjorie Ghisoni

m.ghisoni@bangor.ac.uk

01248 383139

I archebu, dilynwch y ddolen hon:

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

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.



Resilience, Health & Wellbeing 3rd October 2018

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, Wrexham Campus

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.

Get in touch

For more information please contact:

Marjorie Ghisoni

m.ghisoni@bangor.ac.uk

01248 383139

To book, follow this link:

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



Diwrnod Astudio Ymwybyddiaeth o Hunan-laddiad 26 Hydref

Ydych chi eisiau gwybod mwy am natur a graddfa hunanladdiad yn y Deyrnas Unedig ac yng Nghymru?

Ydych chi eisiau cynyddu eich gwybodaeth am yr hyn a all gyfrannu at ymddygiad o'r fath?

A ydych yn awyddus i ddatblygu eich sgiliau wrth siarad â phobl a all fod mewn perygl?

Os felly, gallai'r cwrs undydd hwn fod i chi.

Lleoliad: Prifysgol Bangor, Campws
Wrecsam, ystafell 20. (Parcio am ddim)

Amser	Cynnwys
9:30-9:45	Cyflwyniad ac amcanion
9:45-10:30	Diffinio hunanladdiad; epidemiolog hunanlad- diad
10:30-10.45	Egwyl
10.45-12.15	Theorïau am hunanladdiad, grwpiau arbennig; agweddau meddygol-gyfreithiol
12.15-1pm	Cinio
1pm-2.30	Swyddogaethau therapiwtig
2.30-2.45	Egwyl
2.45-4pm	Hunan-ofal staff; Mentrau cenedlaethol

Mae'r cwrs ar gyfer:

Gweithwyr proffesiynol mewn amgylchedd lle gall problemau iechyd meddwl fod yn amlwg e.e. Prawf, heddlu, carchar, gwasanaethau cymdeithasol, staff nyrsio o bob disgyblaeth a statws cymwys a heb gymhwyso], staff PB ar draws pob maes.

Cysylltwch â ni

I gael rhagor o wybodaeth am y gynhadledd hon, cysylltwch â: **Russel Jones**

Ebost hss620@bangor.ac.uk

Lynne Williams

Ebost: lynne.williams@bangor.ac.uk

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

I archebu lle dilynwch y linc yma: <https://shop.bangor.ac.uk/product-catalogue/coleg-gwyddorau-iechyd-ac-ymddygiad-college-of-health-and-behavioural-sciences/suicide-awareness-study-day>



Suicide Awareness Study Day 26th October

Do you want to know more about the nature and scale of suicide in the UK and Wales?

Do you want to increase your knowledge of what may contribute to suicidal behaviour?

Do you want to develop your skills in talking to people who may be at risk?

If so then this one day course could be for you.

Location: Bangor University, Fron Heulog
(Free Parking)

Time	Activity
9:30-9:45	Introduction and objectives
9:45-10:30	Defining suicide; epidemiology of suicide
10:30-10.45	Break
10.45-12.15	Theories of suicide, special groups; medico-legal aspects
12.15-1pm	Lunch
1pm-2.30	Therapeutic roles
2.30-2.45	Break
2.45-4pm	Staff self-care; National initiatives

This course is aimed at:

Professionals working in an environment where mental health problems may be evident e.g. probation, police, prison, social services, nursing staff of all disciplines and status (registered and unregistered.)

Get in touch

For more information please contact:

Russel Jones

Email: hss620@bangor.ac.uk

Lynne Williams

Email: lynne.williams@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-ymddygiad-college-of-health-and-behavioural-sciences/suicide-awareness-study-day>

Dysgu **CAEA**
Arweinyddiaeth
Diogelwch Cleifion
Cyfarwyddyd
Newid Ymddygiad
Practis Gorau
Adlewyrchu
Practis

Ymarfer ac Ymddygiadau Gorau wrth Atal heintiau CAEA

Ymarfer ac Ymddygiadau Gorau wrth Atal Heintiau MOOC

Mae atal a rheoli heintiau'n effeithiol yn lleihau heintiau sy'n gysylltiedig â gofal iechyd o leiaf 30% (WHO, 2018)

Amcan y MOOC ar-lein hwn yw sicrhau bod gan unigolion y wybodaeth a'r sgiliau cywir i roi arweinyddiaeth a hyrwyddo ymarfer gorau wrth atal heintiau. Gyda dros 10 o unedau dysgu, mae'r cwrs yn cynnwys; egwyddorion atal heintiau, effeithiau heintiau ac arwyddocâd lleol a byd-eang, theori newid ymddygiad, rheoli newid, arwain wrth ymarfer atal heintiau.

UNEDAU DYSGU DYDDIADAU 2018

- ◆ 29 Hydref
- ◆ 5, 12, 19 a 26 Tachwedd
- ◆ 3 a 10 Rhagfyr
- ◆ 7, 14 a 21 Ionawr 2019

Sut y byddaf yn dysgu?

Mae'r MOOC hwn ar gael trwy lwyfan dysgu ar-lein. Bydd gwahanol ddulliau addysgu, dysgu ac asesu yn cael eu cynnig yn cynnwys cwisiau i adolygu deunyddiau dysgu, ffilmiau, podlediadau a blogiau.

Rhoddir tystysgrif ar ôl cwblhau'n llwyddiannus ar gyfer gofynion ail-ddilysu / DPP.



Dysgu oddi wrth y gorau:

Mae ein darlithwyr arbenigol sy'n cefnogi'r rhaglen hon yn cynnwys:

Dr Lynne Williams (Uwch Ddarlithydd)

Tracey Cooper (Cyfarwyddwr Cynorthwyol Nyrsio - Atal Heintiau a Darlithydd er Anrhydedd) Dr

Jaci Huws (Uwch Ddarlithydd)

MOOC

Yr Ysgol Gwyddorau Iechyd

Sefydlwyd ein Hysgol ar egwyddorion gweithio mewn partneriaeth i sicrhau bod yr hyn a wnawn o'r safon, an-sawdd a gwerth uchaf posibl i ddefnyddwyr gwasanaethau, myfyrwyr, ymarferwyr a budd-ddeiliaid eraill. Rydym yn cydnabod treftadaeth ddwyieithog Gogledd Cymru, a rhoddwn sylw arbennig i gynnal y medrus-rydd ieithyddol a diwylliannol sy'n berthnasol i'r partneriaid lleol, cenedlaethol a rhyngwladol.

Cysylltwch â ni

Os hoffech gael rhagor o wybodaeth am y cwrs hwn, cysylltwch â:

Lynne Williams (01248383170)

lynne.williams@bangor.ac.uk

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

I archebu dilynwch y cyswllt hwn <https://shop.bangor.ac.uk/product-catalogue/college-of-health-and-behavioural-sciences/infection-prevention-best-practice-and-behaviours-mooc>





Infection Prevention Best Practice and Behaviours MOOC

Infection Prevention Best Practice and Behaviours MOOC

Effective infection prevention and control reduces health care-associated infections by at least 30% (WHO, 2018)

The aim of this online MOOC is to equip individuals with the right knowledge and skills to provide leadership and promote best practice in infection prevention. Over 10 learning units, course content includes; principles of infection prevention, impacts of infections and local and global significance, behaviour change theory, managing change, leadership in infection prevention practice.

LEARNING UNITS DATES 2018

- ◆ 29th October
- ◆ 5th, 12th, 19th & 26th November
- ◆ 3rd & 10th December
- ◆ 7th, 14th & 21st January 2019

How will I learn?

This MOOC is available via an online learning platform. Different teaching, learning and assessment approaches will be offered including quizzes to recap on learning materials, films, podcasts, blogs.

A **certificate** is provided for successful completion for revalidation/CPD requirements.



www.bangor.ac.uk/health-sciences

Learn from the Best:

Our expert Faculty supporting this programme include:

Dr Lynne Williams (Senior Lecturer)

Tracey Cooper (Assistant Director of Nursing - Infection Prevention and Honorary Lecturer)

Dr Jaci Huws (Senior Lecturer)



The School of Health Sciences

Our School is founded on principles of partnership working to ensure that all that we do is of the highest possible standard, quality and value to service users, students, practitioners and other stakeholders. Recognising our bilingual heritage in North Wales, we pay special attention to maintaining language and cultural competence relevant to local, national and international partners.

Get in touch

If you would like further information about this course please contact:

Lynne Williams (01248383170)

lynne.williams@bangor.ac.uk

School of Health 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/infection-prevention-best-practice-and->





Bore Astudio ar Ddiogelu 7 Tachwedd

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?

Ydych chi eisiau gwybod mwy ynghylch sut i leihau'r risg o niwed i oedolion a rheoli pryderon yn ymwneud â diogelu?

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

Ellen Gilliver

E-bost: 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/coleg-gwyddorau-iechyd-ac-ymddygiad-college-of-health-and-behavioural-sciences/safe-guarding-study-morning-7th-november>

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, swyddog-aethau 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 7th November

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 has a background in Adult Safeguarding with experience as a Safeguarding Specialist Nurse for adults.

Location: Bangor University, Fron Heulog

Get in touch

For more information please contact:

Kay Plumpton

Email: kay.plumpton@bangor.ac.uk

Ellen Gilliver

Email: 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-ymddygiad-college-of-health-and-behavioural-sciences/safe-guarding-study-morning-7th-november>

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



Bore Astudio Iechyd Rhywiol 14 Tachwedd

Ydi'ch gwaith yn ymwneud â hyrwyddo iechyd rhywiol?

Ydych chi eisiau gwybod mwy am dueddiadau presennol mewn heintiau a drosglwyddir yn rhywiol?

Mae'r diwrnod astudio hwn yn addas i unrhyw un sydd â diddordeb mewn iechyd rhywiol a heintiau a drosglwyddir yn rhywiol, yn cynnwys nyrsys, comisiynwyr gwasanaeth iechyd rhywiol, rheolwyr, nyrsys ysgol, staff iechyd a gofal a myfyrwyr. Bydd yn ymdrin â rhai o'r heintiau firol a bacteriol pwysicaf, pa mor gyffredin ydynt a sut maent yn cael eu trosglwyddo, yn ogystal â rhoi sylw i gysyniadau hybu iechyd fel ffordd o'u hatal.

Lleoliad: Prifysgol Bangor, Fron Heulog,

Mae'r diwrnod astudio'n cynnwys sesiynau addysgu a gweithdai llawn gwybodaeth, wedi'u seilio ar amrywiaeth o sialensiau allweddol ym maes iechyd rhywiol sy'n effeithio ar Gymru a'r Deyrnas Unedig yn ehangach. Mae'n rhoi'r cyfle i gyfarfod ag eraill sydd â diddordeb mewn iechyd rhywiol, rhannu syniadau, adeiladu gwybodaeth a ffurfio cysylltiadau proffesiynol o fewn y maes iechyd rhywiol.

Mae diddordebau ymchwil **Dr Simon Bishop** yn canolbwyntio ar ymddygiad rhywiol lle cymerir risgiau a heintiau a drosglwyddir yn rhywiol, yn arbennig ymysg grwpiau a wthiwyd i'r cyrion yn y Deyrnas Unedig ac yn rhyngwladol. Mae ganddo PhD mewn Iechyd Cyhoeddus ac mae ei gyhoeddiadau diweddaraf wedi edrych ar agweddau at risg rywiol a throsglwyddo HIV yng Ngwlad Thai.

Cysylltwch â ni

Os hoffech gael rhagor o wybodaeth am y cwrs hwn, cysylltwch â:

Dr Simon Bishop

☎ 01248 383246

✉ s.j.bishop@bangor.ac.uk

Ysgol Gwyddorau Gofal Iechyd, Fron Heulog, Prifysgol Bangor, Bangor, Gwynedd LL57 2EF

Archebu

I archebu lle, ewch i siop ar-lein y brifysgol: <https://shop.bangor.ac.uk/product-catalogue/coleg-gwyddorau-iechyd-ac-ymddygiad-college-of-health-and-behavioural-sciences/sexual-health-study-day-14th-november-2018>

Amser	Cynnwys
9.00 – 9.30	Cofrestru a choffi/te
9.30 – 10.00	Croeso a chyflwyniad
	Cyflwyno'r sefyllfa gyffredinol - iechyd rhywiol yng Nghymru a'r DU
10.00 – 11.00	Heintiau a drosglwyddir yn rhywiol - risgiau, canlyniadau a dulliau atal
11.00 – 11.30	Coffi, cacennau a rhwydweithio
11.30 – 12.30	Gweithdy hybu iechyd rhywiol - newid calonnau, meddyliau ac ymddygiadau
12.30 – 13.00	Cyfannu'r cylch - syniadau i ddatrys yr anawsterau
	Sylwadau, gwerthuso, tystysgrifau a gorffen



Sexual Health Study Bore 14th November

Does your work involve promoting sexual health?

Do you want to know more about current and emerging trends in sexually transmitted infections?

This study day is suitable for anyone with an interest in sexual health and sexually transmitted infections, including nurses, sexual health service commissioners, managers, School Nurses and front-line health and care staff and students. It introduces some of the most important viral and bacterial infections, their prevalence and routes of transmission, as well as engaging with concepts of health promotion as an approach to prevention.

Location: Bangor University, Fron Heulog

The study day includes informative teaching and workshop sessions based around a variety of key sexual health challenges affecting Wales and the wider UK. It provides the opportunity to meet others with an interest in sexual health, share ideas, build knowledge and make professional links within the sexual health community.

Dr Simon Bishop's research interests focus on sexual risk-taking behaviour and sexually transmitted infections, particularly amongst marginalised groups both with the UK and internationally. He holds a PhD in Public Health and his most recent publications have explored attitudes towards sexual risk and HIV transmission in Thailand.

Time	Content
9.00 – 9.30	Registration and coffee/tea
9.30 – 10.00	Welcome and Introduction Setting the scene – The sexual health picture in Wales and the wider UK
10.00 – 11.00	Sexually transmitted infections – Risks, consequences and approaches to prevention.
11.00 – 11.30	Coffee, pastries and networking
11.30 – 12.30	Sexual health promotion workshop – Changing hearts, minds and behaviours
12.30 – 13.00	Squaring the circle – Ideas for solving the insoluble Feedback, evaluation, certificates and close

Get in touch

If you would like further information about this course please contact:

Dr Simon Bishop,

☎ 01248 383246

✉ s.j.bishop@bangor.ac.uk

School of Healthcare Sciences, Fron Heulog, Bangor University
Gwynedd LL57 2EF

Book

To book a place please visit the University online shop: <https://shop.bangor.ac.uk/product-catalogue/coleg-gwyddorau-iechyd-ac-ymdygiad-college-of-health-and-behavioural-sciences/sexual-health-study-day-14th-november-2018>



Yn dod i fyny: Cydnabod Trais Partner Rhywiol / Diwrnod Astudio Cam-drin Domestig - Mawrth 2019

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

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

Cysylltwch â ni: Ellen Gilliver e.m.gilliver@bangor.ac.uk



Coming up: Recognising Intimate Partner Violence/ Domestic Abuse Study Day March 2019

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