



Activities and Events 2020-21

Enhance your College experience and develop your skills for the future.

Universities and employers are looking for students with a wider range of skills and experiences. Enhance your CV by choosing an activity or event to suit you.



Coleg Gŵyr Abertawe
Gower College Swansea



INTRODUCTION



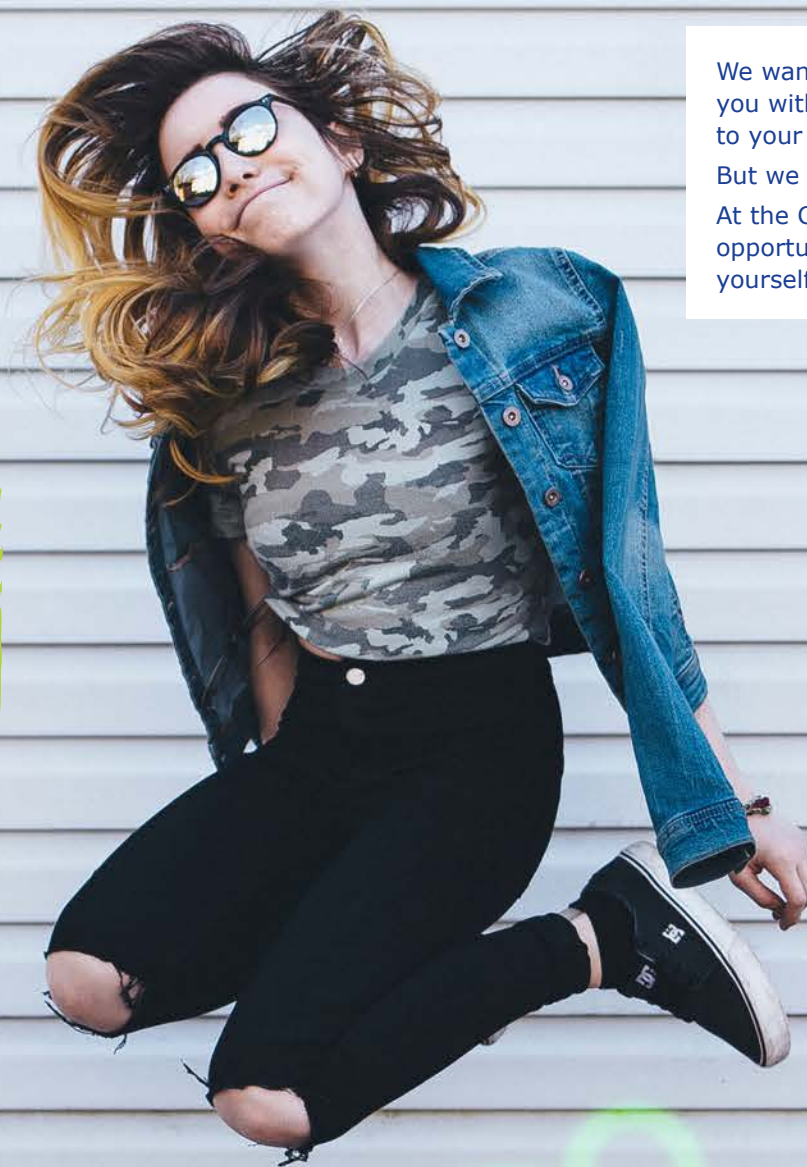
FRESHER'S FAYRE



VIRTUAL
THURSDAY 10 SEPTEMBER
10AM-1PM

Showcasing the student events and activities programme, this is an opportunity for you to get involved. You will find out more from students who have been involved in the previous year's activities and talk to local partners who can support you during your time at College.

Tom.Snelgrove@gcs.ac.uk



We want to make sure that your time at Gower College Swansea provides you with an education that will last you a lifetime and put you on the path to your future success.

But we believe this goes far beyond just learning in the classroom.

At the College, you'll find a host of extra-curricular activities and opportunities to help you along your way to becoming the best version of yourself.



A NOTE FROM THE STUDENT UNION PRESIDENT, LAIMIS LISAUSKIS

I'm proud to once again be working as Student Union President for another year. Seeing so many familiar faces move on to what they have worked so hard for – whether achieving the grades they wanted for university, or going to find an apprenticeship or a job – is an amazing feeling and I'm so happy for everyone.

Last year was an amazing success for the Student Union. We made some huge changes to the College, including the increase of vegan options in the canteen, the subsidised food options via the student fund, and the creation of the SU Management Group which represents 80% of the College. I'm excited to build upon what we started last year and can't wait to work alongside each and every one of you to make your experience the best it can be.

COLLEGE
COMMUNITY
LIFE - STARTS HERE!

GCS Active hosts numerous physical and wellbeing activities regardless of background and ability. Its purpose is to enrich all of our learners' physical and mental wellbeing.

GCS Active primarily works through the traditional tutorial system, but also works on improving extra-curricular activities and offering external trips, some of which are detailed below.

Fancy taking a yoga class? Taking a virtual reality headset for a spin? How about a game of basketball? No problem, just reach out to the GCS Active Coordinator who will be happy to arrange it for you!

Alongside these activities our team continuously provides information to all learners on how to stay healthy via the Wellbeing Hub.

On the hub there are mindfulness videos, yoga demonstrations and a host of workouts you can perform from the comfort of your own home. The hub is updated frequently, and we expect to see a lot more content going forward.



CGA Egniol
GCS Active

Extracurriculum opportunities

SPORTS ACADEMIES

We are committed to making elite and recreational sport fully accessible to all students. At the academy, there are many ways students can incorporate elite sport and fitness training into their learning experience without impacting on academic studies.

Joining one of the academies will ensure you receive a combination of physical and mental agility training that will keep you sharp in the classroom and physically strong – helping you to gain the best academic qualifications and sporting skills.

You'll have access to some of Wales' best sports training facilities, including the use of specialist technology and fitness equipment.

Contacts for 2020/21 academic year

Men's Football

Richard.south@gcs.ac.uk @

Ladies Football

James.goshawk@gcs.ac.uk @

Men's Rugby

D.cluroe@gcs.ac.uk @

Ladies Rugby

Steven.Jones@gcs.ac.uk @

Basketball

Timothy.Michaelbuckley@gcs.ac.uk @

Netball

Sarah.lewis@gcs.ac.uk @

Hockey

Marc.Okelly@gcs.ac.uk @

Cricket

Mike.Obrien@gcs.ac.uk @

Individual Elite Athlete Programme

JamesMarc.jones@gcs.ac.uk @



01792 284088

sportscentre@gcs.ac.uk @

gcs.ac.uk/sports-centre

£30
annually



GCS STUDENT MEMBERSHIP

As a member you will be entitled to the following during term time*:

- Use of gym facilities
- Discounted squash court hire at £4.00 per court (including racket hire)
- Discounted fitness testing including a personal training programme
- Discounted exercise classes

All Gower College Swansea students are welcome. All you need to do is bring your membership fee, student ID card and a photo to your induction which you will need to book at our reception desk.

*Term time includes: Monday - Friday 7am - 4.15pm (excluding holidays)

moodle.gowercollegeswansea.ac.uk/course/view.php?id=2456





This year there will be a real push on student led clubs and societies. Want to go climbing but don't have anyone to go with, why not start your own climbing club at the College? Want to start a book or a gaming club? No problem! This does not have to be a sporting club like the academies and all suggestions ideas will be considered.

All current societies will be at the Fresher's Fayre with further information. Joining a school club or society is a fantastic way to make new friends. It can also give you valuable transferable skills for future employment – especially if you decide to take a leading role or help out running the group.

I'm off to
Cambridge!

#YourGCS



CYMDEITHAS GYMRAEG/ WELSH SOCIETY

Through the Welsh Society we will be organising a variety of group activities, trips and events and volunteering opportunities, whether you are a Welsh speaker or not.

Run by students, for the students – you choose what we do! It will be a good opportunity for you to put something worthwhile on your CV, make friends and develop the Welsh feel and ethos at the College!

anna.davies@gcs.ac.uk @
01792 284278

COULD YOU BE THE ENTREPRENEURS OF TOMORROW?

Are you a budding entrepreneur? Think you could have the next BIG idea? Then why not enter into Gower College Swansea's own Dragon's Den. It's a College wide competition and we encourage applications from anyone who is interested. You'll need to submit an online business pitch. Entries will open from 5 November and will close on 4 December 2020.

The top three pitches will be announced on 9 December. All you'll need to do is make a 60 second video to pitch your product to three College dragons.

The top three pitches will be offered one to one support for their business to develop knowledge and skills. This could create business potential and an opportunity to win a £500 start up package from Swansea SEED fund. Use this link to develop your knowledge and skills further via your laptop or android device. All entries and accompanying notes to Fiona Neill (B19 Tychoch Campus). Please note, we cannot judge late entries or video pitches which are over 60 seconds.

f.neill@gcs.ac.uk @
078244551628

Use this link to develop your knowledge and skills further via your laptop or android device:

dragonsdeneducation.com

OXBRIDGE PREPARATION PROGRAMME

A significant number of our students progress to Oxford and Cambridge each year. Our Oxbridge Preparation Programme provides individual support for those who wish to apply for leading universities throughout the UK, including Russell Group universities, as well as international institutions.

In year one, individual guidance is provided through the early stages of application. Visits to Oxford and Cambridge and visits by Oxbridge undergraduates and liaison staff are essential elements of the programme. In year two, interview techniques and mock interviews are key elements.

neris.morris@gcs.ac.uk @

Dwi'n mynd i
Gaergrawnt!

#EichGCS



SPOTLIGHT EVENTS

We host a number of spotlight events across the year, our very own Student Health Advisors and Student Support Officers host a number of these focusing on health and wellbeing. These include spotlight on exam stress, drugs and alcohol, mental health awareness, healthy eating and nutrition, homelessness and transgender awareness.



barod

Barod are an agency we partner with to improve student's understanding and awareness of the relationship between drug/alcohol use, misuse, vulnerability and exclusion and to overcome barriers which add to the cycle of excessive drug and alcohol use.

Barod are with us on the last Thursday of every month hosting a drop-in session to provide support, information and advice to any students who are vulnerable and marginalised as a result of their own or someone else's drug or alcohol misuse.

We are here to help YOU

STUDENT HEALTH ADVISORS

Your physical and mental wellbeing is paramount at Gower College Swansea and we have a number of services available to you while studying including access to three student health advisors. One of them would like to introduce themselves.

GILLIAN REES

Role: Student Health Advisor

I've been working at Gower College Swansea as a Student Health Advisor since March 2019, our job title says we are Student Health Advisors, although we are actually qualified nurses.

My background and experience in nursing has been mostly caring for people who have mental health issues, although I am also a general nurse.

So enough about me, what can we offer you as students? You can contact/access us at any time during the College day, you do not need an appointment. We do not judge people, we are here to listen and support you on a varied range of health and wellbeing issues. Being a Student Health Adviser is a privileged role. We are here to give people quality support, if people have physical or emotional health needs, we feel this should not be a barrier to accessing and succeeding in education.

[@Gillian.Rees@gcs.ac.uk](mailto:Gillian.Rees@gcs.ac.uk)



STUDENT SUPPORT OFFICERS AND SAFEGUARDING

In addition to health advisors, the College has a team of Student Support Officers (SSOs) available to students who require additional support outside their studies. SSO's can assist with a variety of issues that may present during the academic year, Naima one of our SSO's is here to explain a little more.

NAIMA KHANOM

Role: Student Support Officer

I have been a Student Support Officer since January 2019. I am based in the Tycoch Campus supporting students from a variety of courses. This support can range from emotional support, advice around budgeting, attendance concerns, at risk of dropping out, conflict/bullying, health/mental health, motivation, relationship issues, mindfulness and risk of harm. My role involves providing tailored support to each individual student to ensure that their needs are met and that they have a positive learning journey at College.

Students are able to contact me during the College day, this can be through pre booked appointments or drop ins. Being a Student Support Officer is a very rewarding role where I am able to meet and help many different students.

[@Naima.Khanom@gcs.ac.uk](mailto:Naima.Khanom@gcs.ac.uk)



MENTAL WELLBEING

Your mental wellbeing is key to maintaining a good foundation for overall health not just during your time at College, but for your future. As an advocate for promoting good mental health practice, we offer sessions throughout the year for managing mental health.

RELAXATION SESSIONS/ MINDFULNESS

You can take advantage of regular relaxation sessions held across the College by our Health Advisors. Perfect for when you are feeling stressed or worried about exams. Sessions are advertised on Moodle and EILP.

Extracurriculum opportunities

TIME TO TALK DAY

Time to Talk Day is taking place on 6 February. Its aim is to get people to choose to talk about mental health and by doing so help change lives. Their slogan this year is 'choose talk, change lives'.

Mental health affects one in four of us and is a very serious issue that needs to speak about a lot more. It is a common problem, yet is still an isolated one, and people can start to feel ashamed or worthless because of it. Time to Talk Day is on a mission to change this and encourage every single person to be more open about the topic of mental health. The College hosts Time to Talk Day every year, we have Time to Talk champions and services you can take advantage of at any time.

COUNSELLING SERVICE

Got a problem? We can help. Students can talk, in a confidential setting, about anything including academic problems, depression, anxiety, help with anger management, stress or bullying.



MENTAL WELLBEING & HEALTHY RELATIONSHIPS

TUTORIAL

All full time students take part in a robust and engaging tutorial programme. The programme is designed to ensure that as a learner, you are given sufficient support and the skills needed to succeed on your course. You will be provided with a personalised programme of learning, whilst ensuring your wellbeing is supported throughout your time at with us.

The tutorial programme covers a wide range of topics which includes safeguarding, current affairs, progression development and wellbeing content. It is delivered through a mix of timetabled group sessions, one to one tutor meetings, online learning, guest speakers, practical workshops and campus events and activities. Specialist resources and agencies (e.g. South Wales Police, Barod and Sport Wales) deliver workshops and sessions to individual classes and to the College as a whole.

The tutorial is supported by online records of your progress and personalised targets. This is reviewed in one to one meetings throughout the year, when you and your personal tutor have the opportunity to consider your short and long term goals, review your progress and consider your future. All reports, personal targets and progress checks are available for you in an EILP (electronic individual learning plan) which you can access online or via the app.

C-CARD SCHEME

The College is partnered with Info nation and the C-Card scheme in order to promote good sexual health practices. The Swansea C-Card scheme is a confidential service for young people, aged 13-25. It provides a safe place to talk about relationships, sexual health information and advice and get free condoms (you may need to prove your age using a PASS logo ID card or passport). Representatives of this scheme will be dropping in at various points throughout the academic year.



MOBILE APPS

Android APP

Available for download from the Play Store using the link:
<https://play.google.com/store/apps/details?id=uk.ac.gcs.engage>

iPhone/iPad APP

Available from the iTunes APP Store using the link:
<https://itunes.apple.com/gb/app/engage-gower-college-swansea/id1174306704?ls=1&mt=8>

If you use the Mobile APPS you **do not** need to prefix your username with SWANCOLL\





ENGAGE / MYEILP

Once enrolled, you will have access to the MyeILP (electronic individual learning plan).

This grants access to a number of facilities including your online timetable, individual targets, academic progress and messages received from the College.

To make the most of this fantastic platform, students are encouraged to download the engage app to ensure they are kept up to date with any news.

STUDENT UNION

The Student Union is the ideal way to try something different, widen your social circle, discover fresh experiences and pursue new interests. We want you to take full advantage of all the opportunities ahead. Run by students for students, the union is here to represent you. Independent from the College and democratically controlled by students, we promote your diverse interests and needs throughout your time with us.

We champion the learner voice so your input is crucial to ensure you have the best student experience. Do let us know your views on how to improve the College and your Union.

SU PRESIDENT

At a Gower College Swansea we have an elected Student Union President. The role of the president is to be the main representative of the student body. That is to listen to your wants and needs and working to make them happen. The president represents all students with the goal of making College life more enjoyable and a better place to learn.

STUDENT COUNCIL

Become a class rep and sit on the student council! Represent your class views to members of the Student Union Management Group and have your say in the running of the group.

The role of the SUMG is to represent the students by departments. You'll take any feedback from the class reps and present them during the monthly meeting. It is here that ideas and suggestions are put into action.

VOCAL EYES

Vocal Eyes is a platform for learners to suggest, rate and debate ideas to improve their experience at the College. There are news items and projects you can suggest. Overall, it is a fantastic way to get your views heard. After your induction you will be able to sign up to Vocal Eyes via a link on Moodle.

LEARNER VOICE SURVEY

Every year we invite our learners to complete a Learner Voice Survey, the results of which are actively fed back to management and in turn responded to during the annual Student Union Conference. With your help we can make the College an even better place to study.

KENYA PROJECT

The Kenya Project is one of the College's oldest societies. Having actively supported the charity since 2003, the College has developed links between our own students and pupils at the Mandungu Primary school in Western Kenya.

Those students actively involved with the Kenya project have raised thousands of pounds over the years, participating in numerous fundraising activities including the walrus dip in the freezing cold waters of Caswell Bay, expeditions to Snowdon as well a gruelling 40 mile walk through Cannock Chase. Involvement with this great society would be a fantastic addition to include on your CV, as both employers and universities will be interested to hear what volunteering you have undertaken.

The Kenya Project is always looking for members and fundraising ideas. Help make this academic year the Kenya Project's most successful yet by getting involved.

📧 Catherine.Wilkes@gcs.ac.uk @

YOUNG ADULT CARERS SUPPORT

A Young Adult Carer (YAC) is someone aged 16-25 who looks after someone in their family who has a long-term illness, disability, mental health or substance misuse issue.

Young carers take on unpaid practical and/or emotional caring responsibilities usually undertaken by an adult. Young carers often feel they are only doing their duty to their family, or doing tasks that anyone would do. This can lead to their responsibilities going unrecognised by friends, schools and colleges.

At the College we are proud to offer support to young carers:

- One to one support
- Advice and guidance
- Referrals to young adult carers projects
- Help with progression to higher education

For more information on how we can help, contact our team:



📧 Ryan.McCarley@gcs.ac.uk @



📧 Tamsyn.Oates@gcs.ac.uk @
☎ 07867 135815





GROUP ACTIVITIES AND TRIPS

EXAMPLES OF GROUP ACTIVITIES INCLUDE:

There are a number of team building/outdoor/sports activities and visits to local sporting events and attractions that can be organised for student groups through group tutors.

They include:

- **Surfing, indoor and outdoor** (Llangennith)
- **Rock climbing, indoor and outdoor**
- **Orienteering** (Pembrey Country Park)
- **Sports activities** (5 aside football, multisports)
- **Centre for Alternative Technology**
- **Perriswood Archery**
- **Caving**
- **Gorge walking**
- **Millenium Stadium Tour**

Costs will vary depending on the number of students and type of activity. Please request these activities well in advance (a minimum of two months would be advisable) as permissions need to be gained, health and safety paperwork completed and instructors booked in plenty of time.

📧 Tom.Snelgrove@gcs.ac.uk @

Various trips and activities will be arranged throughout the year for all learners to take part in. A number of the following activities will be available bilingually (in Welsh and English). If you would like to know more or have any ideas about any group activities and trips through the medium of Welsh please contact:

Anna Davies

Bilingual Champion

01792 284278

📧 anna.davies@gcs.ac.uk @



GO KARTING

Supakart Newport

Students from electrical installation and engineering travelled to Newport to take part in a full Go Kart Grand Prix at the Supakart Karting Centre. This session included three hours of karting in 200cc professional Go Karts capable of 45mph.

"All students had a fabulous time at the Newport Karting Centre and they supported each other throughout the various rounds. There was a lot of excitement for the final, with lots of cheering in support of their fellow colleagues." Jimmy Grinter, Course Tutor.



KAYAKING

North Dock Llanelli

A group of complete beginners from IT had a great day out at the North Dock Water Sports Centre in Llanelli. They spent the day learning basic kayaking and canoeing skills and enjoying some team building activities. Staff and students managed to spend some time in the kayaks in between falling in the water.

"The kayaking was offered to IT students as an opportunity to collect evidence for their Welsh Baccalaureate course. It was a lovely way to end the first year of the course as it provided them with a chance to work together. The activity was out of their comfort zone but it did encourage the group to try something different." Bev Morgan, Course Tutor.



INDOOR SURFING

LC Swansea

Catering students had a blast on the indoor BOARDRIDER at the LC Swansea. These sessions involved a mixture of body boarding and surfing with all equipment provided. "The feedback that I received from the students was that the surfing was an excellent activity and that, as an enrichment activity, it definitely added to their experiences at Gower College Swansea." Ioan Lodwig, Course Tutor.



TEN PIN BOWLING

Swansea

The chance for students to show off their strokes to their peers. A fun team building event, students have said how much they enjoyed the session.



ICE SKATING

You have the option of attending an indoor rink in Cardiff or Swansea Winter Wonderland to enjoy an exhilarating and fun experience. Feedback from students has been great, including "what fun and what a great team building idea".



BEACH ACTIVITIES

360 Centre Swansea

Fancy giving kayaking, stand-up paddle boarding or beach volley ball a go? 360 Beach and Watersports has the facilities and instructors to ensure you maximise your experience and enjoy your activity, whether you are a beginner or have some previous experience.



GO APE MARGAM

Provides students with the opportunity to stretch their limits with Tarzan swings and zip slides. The feedback we have received from students is that they felt it was a great experience, built their confidence and they got a great buzz from the activity.



ROCK CLIMBING

Dynamic Rock Adventures Swansea's Indoor Climbing Centre, Clydach

Dynamic Rock pride themselves on having a friendly, supportive and efficient team who all have something different to offer and who create a social atmosphere where you can share experiences, chat and pass on skills and tips.





Extracurriculum opportunities



EVENTS PROGRAMME

SEPTEMBER

28

Class Reps

Democracy in action! Now you have had the opportunity to get to know each other, you can vote for class reps to represent your views about your course and the College facilities available. This week is also an opportunity for you to tell us about your first impressions of the College through the students talking questionnaire.

📧 [@StudentCouncil@gcs.ac.uk](mailto:StudentCouncil@gcs.ac.uk)
📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)
☎ 01792 284112

10

Virtual Freshers' Fayre

10am - 1pm

📧 [@Tom.Snelgrove@gcs.ac.uk](mailto:Tom.Snelgrove@gcs.ac.uk)

OCTOBER

12

Week commencing

South Wales Police Talks (Drug and Knife Crime)

College wide

7

SUMG Meeting

Tycoch AM, room location TBC
Gorseinon PM, room location TBC

NOVEMBER

2

Starts but continues
throughout November

The MR X Appeal collection

The countdown to Christmas is now well underway, staff and learners across all campuses can work together to ensure that no child in our region will go without a present on Christmas Day. Tutor groups bring and prepare gifts for children of the region. With over 4500 children identified, we hope to keep this great work going.

📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

17

SUMG Meeting

Tycoch AM, room location TBC
Gorseinon PM, room location TBC

25

Class Rep Training

Tycoch, Main Hall 9-12pm and Gorseinon, D4 12.45-4pm

Training on what your role is in representing your fellow learners.

📧 [@StudentCouncil@gcs.ac.uk](mailto:StudentCouncil@gcs.ac.uk)

6

Diwali

Information to come

📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

DECEMBER

1

Week commencing

South Wales Police Talks (Consent & Domestic Violence)

College wide

The MR X Appeal final collection

The countdown to Christmas is now well underway. This will be the final week of Collections for Mr X Appeal.

📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

2

SUMG Meeting

Tycoch AM, room location TBC
Gorseinon PM, room location TBC

TBA

GCS Active Christmas Event

Information to come

📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

6

Welsh Language Right's Day

Information to come

Weekly **activities** are held throughout the year. For further information please check the College's display screens across campuses.





Extracurriculum opportunities



EVENTS PROGRAMME

JANUARY

MONDAY

11

SPOTLIGHT Body Positivity

Tycoch, Jubilee Court, Llwyn y Bryn and Gorseinon.

Your very own health advisors / student support officers and catering teams will provide workshops, information and fun activities on healthy eating and drinking.

25

Dydd Santes Dwyren

Information to come

📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

TUESDAY

12

SPOTLIGHT Body Positivity

Tycoch, Jubilee Court, Llwyn y Bryn and Gorseinon.

Your very own health advisors / student support officers and catering teams will provide workshops, information and fun activities on healthy eating and drinking.

28

Class Reps

Information to come

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📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

☎ 01792 284112

WEDNESDAY

FEBRUARY

MONDAY

1

Week commencing

Safer Driving Talks

Cross College - times TBC

📧 [@StudentCouncil@gcs.ac.uk](mailto:StudentCouncil@gcs.ac.uk)

📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

8

Time to Talk Day

Cross College - times TBC

📧 [@StudentCouncil@gcs.ac.uk](mailto:StudentCouncil@gcs.ac.uk)

📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

FRIDAY

12

Student Conference

Sketty Hall - Patti Suite

Classroom 1 Glynn Vivian

Classroom 2 Langland

Classroom 3 Caswell

The event enables you to give your feedback on all aspects of College life. There is cash up for grabs too, with opportunities to bid for up to £1500 from the Student Feedback Fund.

📧 [@StudentCouncil@gcs.ac.uk](mailto:StudentCouncil@gcs.ac.uk)

📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

LGBT HISTORY MONTH

MARCH

MONDAY

1

Week commencing

South Wales Police Talks (On-line safety and texting)

College wide

St. David's Day

Information to come

📧 [@StudentCouncil@gcs.ac.uk](mailto:StudentCouncil@gcs.ac.uk)

📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

8

Jobs Fayre

Information to come

📧 [@StudentCouncil@gcs.ac.uk](mailto:StudentCouncil@gcs.ac.uk)

📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

15

Week commencing

Mental Health Awareness

College wide

TUESDAY

9

Jobs Fayre

Information to come

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📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

WEDNESDAY

3

SUMG Meeting

Tycoch AM, room location TBC
Gorseinon PM, room location TBC

APRIL

THURSDAY

22

World Earth Day

Information to come

📧 [@StudentCouncil@gcs.ac.uk](mailto:StudentCouncil@gcs.ac.uk)

📧 [@Tom.Snelgrove@gcs.ac.uk](mailto:Tom.Snelgrove@gcs.ac.uk)

MAY

TO BE ANNOUNCED

TBA

Children in Need

Information to come

📧 [@StudentCouncil@gcs.ac.uk](mailto:StudentCouncil@gcs.ac.uk)

📧 [@Tom.Snelgrove@gcs.ac.uk](mailto:Tom.Snelgrove@gcs.ac.uk)

TBA

SPOTLIGHT Exam Stress

Tycoch, Jubilee Court, Llwyn y Bryn and Gorseinon.

Your very own health advisors / student support officers and catering teams will provide workshops, information and fun activities on healthy eating and drinking.

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📧 [@Paul.Vincent@gcs.ac.uk](mailto:Paul.Vincent@gcs.ac.uk)

WEDNESDAY

5

SUMG Meeting

Tycoch AM, room location TBC
Gorseinon PM, room location TBC