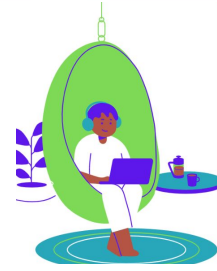




Wellbeing Hubs



The Hub has been specially designed to create a safe area for learners who need a quiet place to sit during break time and lunchtime. It is a place for those experiencing sensory overload to be able to manage in a low stimulation environment.

It is not suitable to use the hubs as a social area. It is necessary to be quiet in order to facilitate the quiet environment that others need.

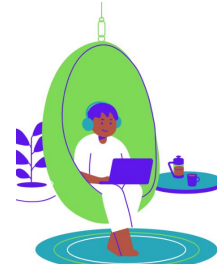
Do not eat or drink in the hubs

Inclusion can be used as a quiet place to socialise, to get emotional support from well-being staff or support from fellow students.





Wellbeing Hubs



Mae'r Hwb wedi'i ddylunio'n arbennig i greu ardal ddiogel i ddysgwyr sydd angen lle distaw i eistedd yn ystod amser egwyl ac amser cinio. Mae'n le i'r rhai sy'n profi gorlwytho synhwyrdd allu rheoli mewn amgylchedd ysgogiad isel.

Nid yw'n addas defnyddio'r hybiau fel ardal gymdeithasol. Mae angen bod yn dawel er mwyn hwyluso'r amgylchedd tawel sydd ei angen ar eraill.

Peidiwch â bwyta nac yfed yn yr hybiau

Gellir defnyddio cynhwysiant fel man tawel i gymdeithasu, i gael cymorth emosiynol gan staff llesiant neu gefnogaeth cyd-fyfrwyr.