Cyfarwyddiadau Ymuno

Diwrnodau Hyfforddiant Atal a Sgrapio Credyd Cynhwysol – Cymru

4ydd Mai 2019

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Lleoliad a chyrraedd

Enw a chyfeiriad y lleoliad:
Ystafell 4A, Undeb Myfyrwyr Prifysgol Caerdydd, Plas y Parc, Caerdydd, CF10 3QN

Faint o'r gloch mae'r cyfnod cofrestru'n dechrau?

10:30am

Ble dylwn i fynd ar ôl cyrraedd?

Ewch i'r 4ydd llawr lle mae ystafell 4A wedi'i lleoli.

A fydd llety dros nos yn cael ei ddarparu?

Na fydd

A fydd bwyd a diod yn cael eu darparu?

Na fydd

Faint o'r gloch bydd y digwyddiad yn gorffen?

17:00

A fydd angen i mi ddod ag unrhyw beth gyda fi?

Efallai y bydd yn ddefnyddiol i chi ddod â llyfr nodiadau gyda chi.

Beth ddylwn i ei wneud os bydd gen i broblem?

Cysylltwch â'r Swyddog Myfyrwyr Anabl, Rachel O'Brien, ar 07929317220 neu Rachel.obrien@nus.org.uk, neu yn ystod y digwyddiad, siaradwch â Rachel neu aelod arall o Bwyllgor y Myfyrwyr Anabl

Gwybodaeth ychwanegol

Eiddo gwerthfawr

Nodwch fod pawb sy'n mynychu'r digwyddiad yn gyfrifol am eu pethau gwerthfawr eu hunain, ac na all UCM gymryd unrhyw gyfrifoldeb am eitemau sy'n mynd ar goll.

Prynu eich bwyd a diod eich hun

Mae amrywiaeth o gaffis a siopau yn Undeb y Myfyrwyr - mwy o wybodaeth yma: https://www.cardiffstudents.com/venues/food-y-plas/

Ysmygu

Ni chaniateir ysmygu yn yr adeilad. Dylech ysmygu / anweddu y tu allan i'r adeilad.

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Manylion personol

Cwblhewch y ffurflen hon a dychwelwch hi at aelod o staff UCM wrth gofrestru.

Bydd angen eich manylion personol os digwydd i chi gael problem feddygol.

Sicrhewch eich bod yn cynnwys manylion rhywun a allai eich casglu yng nghanol y nos – os yw'n aelod o staff undeb myfyrwyr, sicrhewch y byddai'n fodlon gwneud hynny.

Manylion personol:	
Enw:	
Dyddiad geni (Os ydych chi dan 18):	
Coleg:	

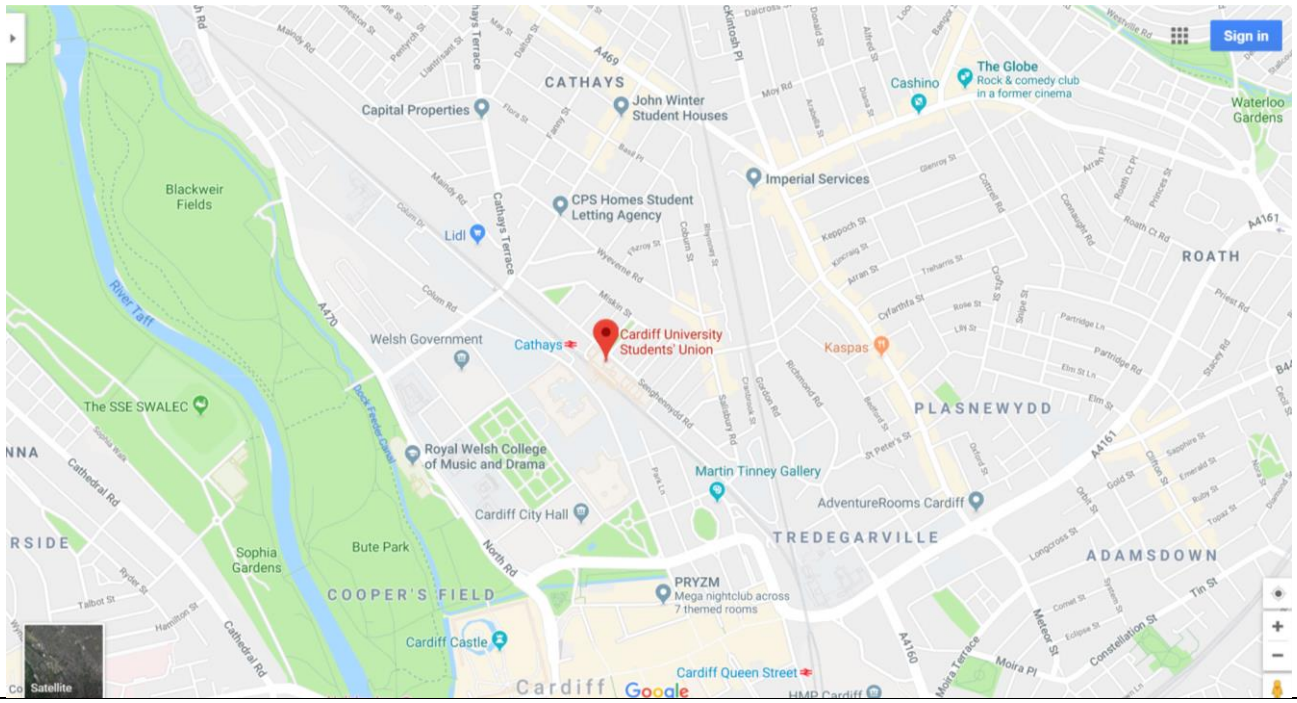
Os bydd argyfwng cysylltwch â:	
Enw:	
Rhif argyfwng:	

Oes gennych chi gyflwr meddygol y dylem fod yn ymwybodol ohono?
☐ Oes ☐ Nac oes Os 'oes' rhowch fanylion:

Yn unol â gwarchod data, rydym yn gobeithio eich bod yn fodlon i UCM gael yr wybodaeth uchod. Byddwn ond yn ei chadw ar ffurf papur tan ddiwedd pob digwyddiad hyfforddi. Ar ôl hynny, caiff yr holl wybodaeth ei dinistrio.

Teithio a chyfarwyddiadau

Gweler gwybodaeth bellach ynglŷn â theithio ar y gwefannau canlynol:		
Gwefannau		
www.thetrainline.co.uk	www.qjump.co.uk	www.streetmap.co.uk
www.nationalexpress.co.uk	www.tfl.gov.uk	www.nationalrail.co.uk



Ffôn
Ymholiadau Trên Cenedlaethol: 08457 48 49 50
Ymholiadau Bws Cenedlaethol: 0870 608 2608
Bysiau National Express: 0990 808 080

Teithio â thrên:

Yr orsaf drenau agosaf yw Cathays - fodd bynnag, nodwch y cyngor hygyrchedd gan National Rail: Er nad oes grisiau ar y ddau blatfform, nid oes cyfleuster i ddefnyddwyr cadair olwyn na phobl sydd ag anawsterau symudedd groesi rhwng Platfform 1 a 2 oherwydd pont droed serth.
Cynghorir y rheiny sydd wedi teithio o Gymoedd y Dwyrain ac sydd am gael mynediad i'r Brifysgol neu'r Ganolfan Ddinesig i deithio i orsaf Heol-y-Frenhines, ac yno newid i wasanaeth sy'n mynd tua'r gogledd ac ymadael â'r trên yn Cathays.
Yr orsaf hygyrch agosaf yw Caerdydd Heol-y-Frenhines.

Teithio â bws:

Mae gwasanaeth rhif 27 yn gadael Heol Pont-yr-Aes bob 10 munud (i Blas y Parc), ac mae gwasanaeth rhif 35 yn gadael Heol Santes Fair bob 20 munud gydol y dydd (i Ffordd Senghennydd).

Teithio â char:

Gweler: https://www.cardiffstudents.com/about-cusu/find-us/

Parcio:

Gweler: https://www.cardiff.ac.uk/visit/directions/by-car

Joining Instructions

Stop and Scrap Universal Credit Training Day – Wales

4th May 2019

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Venue and arrival

Name and address of venue:
Room 4A, Cardiff University Student Union, Park Place, Cardiff, CF10 3QN

What time does registration start?

10:30am

Where should I go when I arrive?

Please go to the 4th floor where room 4A is located.

Will overnight accommodation be provided?

No

Are meals and refreshments provided?

No

What time will the event finish?

17:00

Do I need to bring anything with me?

You may find it useful to bring a notepad/something with which you can make notes.

What should I do if I have a problem?

Contact Disabled Students' Officer, Rachel O'Brien, on 07929317220 or Rachel.obrien@nus.org.uk, or during the event talk to Rachel or one of the other Disabled Students' Committee members.

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Additional info

Valuables

Please note that each attendee is responsible for their own valuables and that NUS can take no responsibility for lost items.

Purchasing your own refreshments

There is a range of cafes and shops within the Students' Union – more info here: https://www.cardiffstudents.com/venues/food-y-plas/

Smoking

This is a no smoking venue. Please smoke/vape outside the building.

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Personal details

Please fill in this form and hand it to a member of NUS staff at Registration.

Your personal information will be required in the unlikely event of any medical emergency.

Please ensure that these details are of someone who could collect you in the middle of the night – if it is a students' union staff member, please ask them if they would be happy to do this.

Personal details:	
Name:	
Date of birth (if under 18):	
College:	

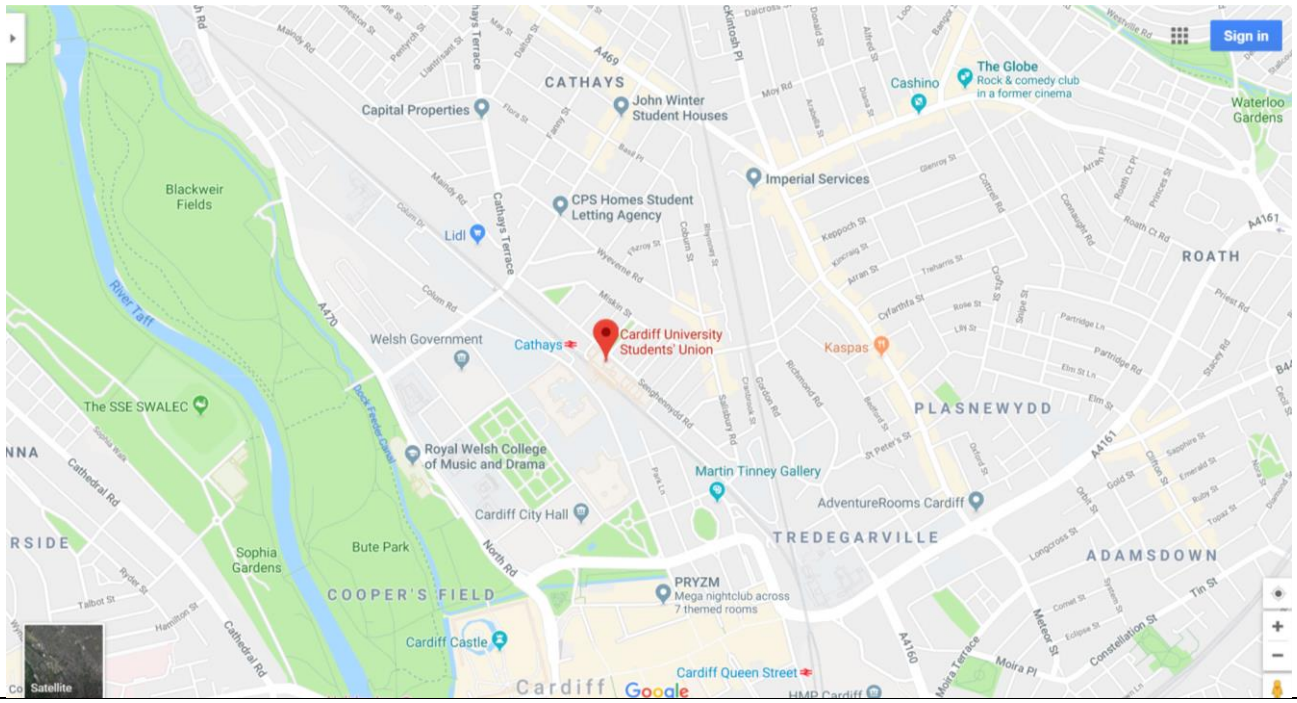
In the event of an emergency please contact:	
Name:	
Emergency number:	

Do you have a medical condition that we should be aware of?
☐ Yes ☐ No If 'Yes' please give details:

In accordance with Data protection we hope you are happy for NUS to have the above information, which we only keep in paper form until the end of each training event after which all information is destroyed.

Travel and Directions

Additional travel information can be obtained from the following:		
Websites		
www.thetrainline.co.uk	www.qjump.co.uk	www.streetmap.co.uk
www.nationalexpress.co.uk	www.tfl.gov.uk	www.nationalrail.co.uk



Telephone
National Rail enquiries: 08457 48 49 50
National Bus enquiries: 0870 608 2608
National Express Coaches: 0990 808 080

By rail:

The nearest train station is Cathays – however, please note the accessibility advice from National Rail:
While both platforms are step-free, there is no facility for wheelchair users or persons with reduced mobility to cross between Platform 1 and 2 due to a steep footbridge.
Customers who have travelled from the Valleys and wish to access the University or the Civic Centre are advised to travel to Queen Street station, change onto a North-bound service and alight at Cathays on the return service.
The nearest fully accessible station is Cardiff Queen Street.

By bus:

The No 27 service leaves Hayes Bridge Road every 10 minutes (to Park Place), and the No 35 service leaves St Mary Street every 20 minutes throughout the day (to Senghennydd Road).

By car:

Please see: https://www.cardiffstudents.com/about-cusu/find-us/

Parking:

Please see: https://www.cardiff.ac.uk/visit/directions/by-car