



OUTSTANDING PLASTERING STUDENT, BELLA ROMAIN, SECURES NATIONAL APPRENTICE OF THE YEAR AWARD

Bella Romain, a committed plastering student at Coleg Sir Gâr, has been honoured with the apprentice of the year award, a noteworthy national acknowledgment by the FIS (Finishes and Interiors Sector) and the Worshipful Company of Plasterers.

Bella's recognition for the apprentice of the year award stems from her dedicated contributions to plastering and interior systems, with her tutor, Bryan Jenkins, playing a pivotal role by nominating her for the award. The award ceremony unfolded at the historic Plasterers' Hall in London, where Bella competed against three apprentices from across the UK. [Read more here...](#)



COLEG SIR GÂR STUDENTS JOIN FORCES WITH CARMARTHENSHIRE COUNCIL

Coleg Sir Gâr's travel and tourism students have teamed up with Carmarthenshire County Council to enhance their knowledge of the tourism opportunities that their local county has to offer. An online ambassador scheme has been launched by the Council to provide training opportunities to learn more about the unique characteristics of local areas.

Becoming a tourism ambassador will offer the students an opportunity to deepen their local knowledge, enhance customer service skills, boost confidence in sharing information, acquire valuable CV-worthy skills, celebrate a passion for the beautiful county, and participate in a collaborative interest group for sharing ideas and best practices. [Read more here...](#)



COLLEGE UNVEILS STATE-OF-THE-ART WEIGHTLIFTING FACILITY

A brand-new weightlifting facility which has been officially opened at Coleg Sir Gâr in partnership with Llanelli Weightlifting Academy. Based at the Graig campus in Llanelli, this first-class facility, funded by Sports Wales, has been converted from an original school gym into a professional standard weightlifting suite with new and specialised flooring funded by the college.

Llanelli Weightlifting Academy is a non-profit weightlifting Wales national academy which uses the college facility in the evenings where there are growing numbers of junior and senior lifters and it is very much part of the local community. [Read more here...](#)



SPORTS STUDENTS SUCCESS AT AWARDS EVENING

The Elite Performer Programme at Coleg Sir Gâr is celebrating student success as its current and former athletes are presented with four awards at the Brin Isaac awards evening.

Madison Davies, a year one level three sport and exercise student, won the star cup for her gymnastics success. Rhysian Thomas, a year one level three sport, development and coaching student won the Stradey Centenary Cup for his tumbling gymnastics. Both former sports students, Emma Finucane won the Brin Isaac Sportsperson of the Year trophy and Amy Cole won the Walter Hughes for their remarkable world gold medal success representing Team GB for track cycling.

Rob Kirk, sports science lecturer at Coleg Sir Gâr said: "The programme supports any student that competes in a sport at regional, national or international level outside of their studies ensuring they maximise their sporting and academic success during their time at Coleg Sir Gâr." [Read more here...](#)

STUDENTS EXPLORE WILDLIFE AND ECOLOGY AT LLANELLI WETLANDS

Animal Management students studying the wildlife and ecology module benefitted from a visit to Llanelli Wetlands organised for them. During the trip they engaged with activities on toy birds such as measuring a bird wingspan, tracking and monitoring a range of bird species and applying a GPS tracker and conducting several observations from the hides on a range of species that occupy the wetlands.

The education officer also discussed the change in migratory routes and times and the impact that climate change has upon these birds that migrate to the wetlands. The learners also benefited from learning the use of binoculars as they will be undertaking a bird survey in the new year.

STUDENTS PREPARE FOR THEIR CURTAIN RAISER PERFORMANCE WITH PROFESSIONAL DANCE COMPANY JACK PHILP DANCE

Performing arts students at Coleg Sir Gâr have taken part in an intense dance workshop with dance company Jack Philp Dance, which will see them perform a curtain raiser as part of the dance company's production being held at ffwrnes theatre in February.

Jack Philp is an artistic director and choreographer who, with his colleague Tom O'Gorman, took students on a four-day journey of contemporary dance, learning professional techniques and honing their performance to the standards expected of a dance company.

Students used the college's dance studio and theatre facilities to build the performance and to learn the movements required within the uniquely choreographed piece. Working with two experienced dancers, students were able to gain some insights into the industry and learn how to perfect specific dance moves in a professional but nurturing environment. [Read more here...](#)

COLEG SIR GÂR AND COLEG CEREDIGION STUDENTS EXCEL AT WORLDSKILLS COMPETITION 2023



Coleg Sir Gâr and Coleg Ceredigion are proud to announce remarkable success at the UK WorldSkills and SkillBuild competitions 2023. The events, which took place in Manchester and Milton Keynes, showcased the skills and expertise of students from across the UK, and our students rose to the challenge, securing top positions. A total of six students from both institutions demonstrated outstanding skills, earning recognition ranging from highly commended to gold.

Menna Isaac and Amelia Whittal-Williams won the bronze medal in the Accounting Technician competition, Katy Law earned the bronze medal in Restaurant Services, Ella Clements secured the silver medal in Restaurant Services and Emily Keane received a highly commended recognition in Restaurant Services.

Osian James achieved Gold in the SkillBuild National Final carpentry competition and Steffan Thomas also secured a gold medal in the SkillBuild National Final joinery competition.

Vanessa Cashmore, Vice Principal at Coleg Sir Gâr and Coleg Ceredigion said: "We are so proud of our staff and students. They have demonstrated their skills and proved themselves to be the best of the best. Competing on a national level and winning medals is a fantastic achievement. The experience gained will be invaluable as they progress into the world of work. We would like to thank staff and employers for supporting the learners." [Read more here...](#)

SPRINGBOARD FUTURECHEF COMPETITION CELEBRATES 25 YEARS OF CHARITABLE WORK WITH REGIONAL FINAL AT CEGIN SIR GÂR TRAINING RESTAURANT

Staff from Coleg Sir Gâr's training restaurant, Cegin Sir Gâr, are working with the award-winning charity Springboard with the aim to nurture, develop and future proof hospitality and catering talent in the UK. Staff at Cegin Sir Gar, which is based at Pibwrlwyd campus, supported eight regional finalists from three schools across the counties of Carmarthenshire, Pembrokeshire and Swansea City.

The finalists were from Pontarddulais Comprehensive School in Swansea, Ysgol Bro Preseli and Ysgol Harri Tudur in Pembrokeshire. Culinary tutors Peter Ware, Dan Williams and Dawn Williams helped support the finalists on the day with the winners declared as Carys Williams and Evie Cruttenden from Pontarddulais Comprehensive School. The two winners have now progressed to the Wales final that will be held at Cardiff and Vale College on Monday, January 22, 2024. Coleg Sir Gâr culinary tutor and chef Dan Williams will mentor the two regional finalists as they head into the Cardiff event. [Read more here...](#)



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