

# Disability Services Newsletter

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Bangor.

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E-mail: [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

December 2017 - Issue 46

## Spotlight on Rafaela Williams, SpLD Adviser

Rafaela joined the team as an SpLD Adviser in October having worked with us as an SpLD Tutor for the past year. Rafaela is a teacher who has worked as a tutor, lecturer and manager in adult and further education since 1994. Rafaela studied Social Sciences at Middlesex University and worked in a range of colleges across London before moving to North Wales. Rafaela has worked in North Wales as a dyslexia adviser/specialist tutor since 2006.



## Spotlight on Christine Roberts, Non-Medical Help Co-ordinator



Christine joined the team in September 2017 as a Non-Medical Help Co-ordinator. Christine started working at Bangor University in October 2002 providing Admin support within IT Services. She has since worked very hard over the past 15 years, gaining several promotions. During this time, her roles have included Access Centre Administrator, Assessment Centre Administrator and coordinating DSAkit & ECDL (European Computer Driving Licence).

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**We've still not met with all of you and we may be able to help**



If you've not already seen one of the Advisers, please come and see us as soon as you can. We'd like to catch up with how you're getting along - here are a few examples of how we can help:

Fiona H, Fiona R & Cheryl  
Mental Health Advisers

- personal and academic support and guidance, including advice on strategies to make studying and everyday tasks more manageable;
- exam provision (e.g., extra time, provision of a computer, etc.);
- library provision (e.g., extra time on loans, book fetching service);
- access to specialist computer facilities and loan of equipment;
- help with your application for Disabled Students' Allowances (DSA);
- provision of support worker (e.g., notetaker, mentor);
- car parking permits.

So don't struggle! Make an appointment to see one of the Advisers by ringing Gemma or Tracey on 01248 383620 / 382032 or email [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)



Esther, Ruth & Stephanie  
Disability Advisers



Rafaela & Andrea  
SpLD Advisers

## 1-2-1 SPECIALIST STUDY SKILLS SUPPORT

For students with Specific Learning Differences

**Welcome to the Dyslexia Team – offering support to students with Specific Learning Differences such as Dyslexia, Dyspraxia, Dyscalculia and ADHD.**

Specialist study skills support offers you the opportunity to work one-to-one with a study skills tutor to develop the skills needed for effective study.

- We have specialist study skills tutors who specialise in offering support with maths, statistics and with the Welsh language.
- Your study skills tutor can help you to evaluate your existing strengths and study methods and support you in areas you may find more challenging. They will introduce you to a range of strategies to enhance your learning, such as:
  - **Time Management and Organisation Skills.**
  - **Numeracy.**
  - **Research and Academic Reading Skills.**
  - **Writing skills.**
  - **Presentation skills.**
  - **Revision strategies.**



See our website for further details on study support at:  
<https://www.bangor.ac.uk/student-services/disability/dyslexia.php.en>

## 1-2-1 SPECIALIST STUDY SKILLS SUPPORT

For students with Specific Learning Differences

**Provided all year-round, by qualified and registered specialist tutors who are part of the in-house Dyslexia Team, Disability Services at Bangor University.**

Welcoming staff each time you visit our frontline Reception area.



Dedicated 1-2-1 individual rooms that provide a comfortable and confidential location. Each room has 2 computer screens, a laptop and access to assistive technology, a large desk space, dimmable lighting, a variety of multi-sensory teaching aids, a whiteboard and close access to filtered drinking water.

Comfortable waiting room where students can sit on arrival and browse a variety of study strategy worksheets and other resources that are on display. These resources are available for students to take away with them as required.



Tutors are skilled in supporting students to embed the use of assistive technology during their studies.

In this photograph, Dylan is demonstrating the LiveScribe Pen.

## Dyslexia Team Specialist Study Skills Support

Specialist study skills support offers you the opportunity to work one-to-one with a study skills tutor to develop the skills needed for effective study.

- We have specialist study skills tutors who specialise in offering support with maths, statistics and with the Welsh language.
- Your study skills tutor can help you to evaluate your existing strengths and study methods and support you in areas you may find more challenging. They will introduce you to a range of strategies to enhance your learning, such as:
  - **Time Management and Organisation Skills.**
  - **Numeracy:**
    - Help with mathematical language.
    - Understanding of financial topics and statistical concepts.
    - Use of computation aids, IT programs and calculators.
  - **Research and Academic Reading Skills:**
    - Reading efficiency techniques.
    - Strategies for selecting information.
    - Summarising, note-making and note-taking techniques.
    - Effective use of the library.
  - **Writing skills:**
    - Organising, ordering and structuring your ideas.
    - Structuring arguments and expressing ideas.
    - Spelling, grammar and punctuation skills.
    - Constructing sentences and paragraphs, paraphrasing.
    - Editing and proofreading skills.
  - **Presentation skills.**
  - **Revision strategies:**
    - Memorisation strategies.
    - Exam techniques.

Contact [121dyslexia@bangor.ac.uk](mailto:121dyslexia@bangor.ac.uk) if you would like to book a session.

## Exams - Book your adjustments by 8 December

### Q Where and when can I see Exam Timetables?

A The Exam Timetable for Semester 1 is now released.  
See:

<https://www.bangor.ac.uk/ar/main/assessment/exam-timetable/>



### Q What are 'reasonable adjustments'?

A 'Reasonable adjustments' are arrangements to remove or reduce disability-related barriers faced by students. In exams, these can include: extra time; large print, coloured or braille exam papers, use of a computer or use of a scribe or reader.

### Q How do I ensure my exam adjustments will be in place?

A There are a couple of steps you **MUST** take:

- Have a PLSP (Personal Learning Support Plan) in place. If you don't already have one, you will need to discuss your exam requirements with an Adviser. Unless we already have a copy of a doctor's note or other appropriate documentation on file, we will need some form of evidence of disability / long-term health condition.
- email [examinations@bangor.ac.uk](mailto:examinations@bangor.ac.uk), and include the following details:
  - Your name and student ID.
  - Your year of study and the name of your degree programme.
  - The module code of exam(s) that you are taking, along with the date that they are being sat.
  - WHICH of the adjustments from your PLSP you require for each of the exams you are sitting.

Once this information has been received, an Exam Adjustment Form will be completed and e-mailed to you as confirmation that your adjustments have been made.

But, should you wish to discuss your arrangements with a member of staff from the Examinations Office, please note this on your e-mail and an appointment will be made for you.

**For the January exams, the deadline is Friday, 8th December.**

**IMPORTANT:** If you miss the deadline (8 December), we cannot guarantee that we can put in place your adjustments.

## Healthcare Science students

Please contact your School for exam adjustments.

## Personal Learning Support Plans (PLSPs)

### FAQs

#### What is a PLSP?

Additional support for students who require reasonable adjustments as a result of disability is provided by a Personal Learning Support Plan. PLSPs outline the effects of disability and include the recommended adjustments that are required to ensure individual students are able to access their course and facilities.

#### Am I eligible to have a PLSP?

If you require reasonable adjustments as a result of disability you are entitled to a PLSP. 'Disability' in this context includes, amongst other things, long-term and enduring health conditions, physical impairments, mental health conditions or specific learning difference (SpLD) including dyslexia, dyspraxia, AD(H)D.

#### What do I have to do to get a PLSP?

You need to take a number of steps:

- **Register with Disability Services).** You can do so at: <https://apps.bangor.ac.uk/plsp/applicant/>
- **Consent to share information.** When registering, tick the consent to share information box. See our confidentiality policy, <https://www.bangor.ac.uk/studentservices/disability/confidentiality.php>
- **Provide us with evidence of disability.** This can be an Educational Psychologist report, a suitably qualified specialist tutor or a letter from your doctor or other medical practitioner.

If you have already undergone a Study Needs Assessment for Disabled Students Allowances, please provide us with a copy of the report.

Ideally, you will upload your document(s) when you register with Disability Services. But, you can also drop by and hand it in, or you can put a **copy** in the post to us.

- **'Agree' the PLSP.** Once you have followed the above steps an Adviser will draw up your PLSP. They may wish to see you first, or they may have sufficient information from the evidence of disability that you provided. Once your PLSP is drafted, you will be informed by email and you will be able to view (and print a PDF version if you so wish) within myBangor. You will need to tick the **'Agreed by Student'** box. As soon as you do this, your PLSP will go 'live' and will be viewable by relevant staff in order to implement the reasonable adjustments.



## Disability Services Newsletter

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If you require some amendments to your PLSP, tick the '**Disputed by Student**' box and email [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk) or call 01248 383620 or 382032 to discuss.

If you take **no action within 5 days**, we will assume that you are happy with your PLSP and it will go 'live' so that we can put in place your reasonable adjustments without delay.

### Who will see my PLSP?

Only relevant staff who need to put in place recommendations and reasonable adjustments. For more information, visit our webpage at

[https://www.bangor.ac.uk/studentservices/disability/personal\\_learning\\_support.php.en](https://www.bangor.ac.uk/studentservices/disability/personal_learning_support.php.en)

## The Study Skills Centre

Our aim is to demystify academic practice and to provide opportunities for exploring those processes and strategies that encourage academic success.

We offer 1-2-1 appointments, workshops, and Maths and Stats support.

To arrange an appointment for 1-2-1 Writing appointments or for Maths and Stats support visit our website: [www.bangor.ac.uk/studyskills](http://www.bangor.ac.uk/studyskills)

To attend one of our free, interactive workshops this semester visit our website to reserve your place.

We also offer Maths and Stats 'Drop In' Advice sessions during term-time in Room M7, Mezzanine Floor, Main Arts Building, at the following times:

- Tuesday afternoons 15:00 - 16:30
- Wednesday lunchtime 12:00 - 13:30
- Thursday afternoons 15:00 - 16:30

For further information or advice contact us:

Website: [www.bangor.ac.uk/studyskills](http://www.bangor.ac.uk/studyskills)

✉ [studyskills@bangor.ac.uk](mailto:studyskills@bangor.ac.uk)

☎ 01248 38 2689

or search for us on  
[Facebook](#) and [Twitter](#)



## Top Tips from the Counselling Service for Coping with Exam Stress

The run-up to exams and the exam period can be a stressful time for all students. It is natural to feel nervous, and some nervousness may actually be helpful in enhancing performance. But excessive worrying and overwhelming stress makes it difficult to think clearly and recall information, leading to a decline in performance.

It is helpful to start putting in place good coping strategies well before the examination period starts especially if you are prone to increased stress levels around exams.

If these good foundations are well-established then you can approach the exam period with greater confidence and it will go much more smoothly.

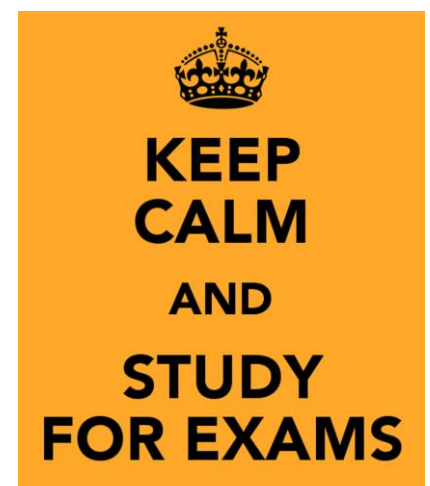
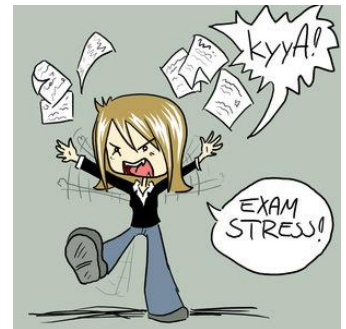
Helpful coping strategies include:

### **In the term before your exams you can:**

- Decide what you need to know; check the syllabus; look at old exam papers; find out the standard required.
- Have a look back at how things went in previous exams - think about what you did well as well as anything that was difficult.
- Improve exam style; develop an exam vocabulary (eg know the difference between key words, such as examine, interpret, explain) and practice identifying the main focus of some questions from past papers.
- Organise your notes, including all sources, lectures, tutorials, own reading etc. Make revision 'key cards'. Use skeletons, mind maps, spider diagrams, reading aloud / bullet points or any other memory aids that you find helpful.
- Find your ideal revision environment - the best place, the most productive time of day— and plan around this. Keep a diary of work accomplished.

### **In the week before an exam you can:**

- Check the structure of the exam paper - multiple choice or essays; number of questions to attempt; marks value of each and decide the time to allocate to each.
- Revision - vary topics and difficulty levels to help you stay focused. Set realistic targets. Spend time on **recall** as well as **reading**.
- Practice writing answers, or parts of answers; this helps you to decide how much to write in a set time.



- Take preventative action on predictable health problems e.g.: to avoid allergies, 'period pains', stress headaches.
- Avoid additional stress - for example: it may not be the best time to make major financial decisions.

### **The day before an exam you can:**

- Check date, time and place of exam and arrangements to get there. Remember to check your personal start time carefully — eg, if you have extra time at the start of the exam.
- Check equipment needed for exam.
- Review revision cards. Don't attempt to learn new material.
- Think through the exam situation - a mental rehearsal - and prepare strategies if problems arise.
- Use relaxation techniques to get a good night's sleep ( see *Get Some Head Space* below.)

### **On the day you can:**

- Stick to your normal routine. If you can't eat, take glucose or sweets with you in case you get 'light-headed' in the exam. Use relaxation techniques to keep calm.
- Briefly read revision cards if this helps your confidence.
- Arrive on time and remember to take a watch.

### **In the exam:**

- Read through the paper, plan your time, decide priority order of questions, and plan your answers. Ensure answers are relevant. Don't waste time being stuck but change to another answer. Attempt the right number of questions (don't be tempted to spend too long on one question just because you like it). If you have time, check over your work, but don't try to rewrite long sections.

For further advice on exam stress management see the counselling service web site [www.bangor.ac.uk/student-services/counselling/self\\_help.php.en?catid=&subid=9285](http://www.bangor.ac.uk/student-services/counselling/self_help.php.en?catid=&subid=9285)

and click on self-help web links and podcasts including:

[www.getsomeheadspace.com](http://www.getsomeheadspace.com) includes short relaxation and meditation exercises to practice for just 10 minutes each day.

[www.time-management-success.com](http://www.time-management-success.com) usable effective time management tips and techniques to help you know how to manage time and make the most of it.

[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au) follow the Workbooks link for help with procrastination.

Also, for helpful guidance on exams and revision, see [studyskills.bangor.ac.uk](http://studyskills.bangor.ac.uk)

## Student Counselling Service - What's on offer?

- Building Resilience workshops available on a rolling programme, dealing with stress, low mood and anxiety;
- iCan workshops available to help tackle subjects relating to student life;
- Mindfulness drop-in sessions available every Wednesday afternoon at 4.00pm in the Annexe Meeting Room, Neuadd Rathbone, College Road;
- Group Therapy available by referral or on application;
- One to one counselling sessions also available by contacting the service.

**For more information visit our website at:**

**[www.bangor.ac.uk/student-services/counselling](http://www.bangor.ac.uk/student-services/counselling)**

**or contact us on ☎ 01248 388520 or ✉ [counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk)**



## Mental Health

Cheryl Parkinson and Fiona Rickard, Bangor University's Mental Health Advisers, have joined up with Bangor Students' Union to offer students a number of drop in sessions. The good news is that as part of our partnership we have been allocated a good-sized room just off the main hub and immediately next to Reception, which provides a degree of accessibility and privacy.

### Mental Health Advice Drop In

- **Where:** Pontio, Students' Union, Level 4
- **When:** Wednesdays 2pm-4pm starting  
10 January - 28 March 2018  
18 April - 30 May 2018



#### This could be for you if ...

You have a mental health concern or worry?

You want to have a chat with a Mental Health Adviser or discuss concerns?

You want to find out about support available?

You are concerned about increasing levels of anxiety?

You are losing sleep due to worrying?

You are experiencing exam or study related stress?

You have concerns about a friend or housemate?

Or you just want a bit more time and space?

If you answer yes to any of the above then please come along

## Library Services

### Deiniol Library

Renovations have taken place over the summer to the Deiniol Library. We welcome any comments with regard to accessibility at Deiniol, or any of our libraries, due to any ongoing improvements made to our spaces.

The height adjustable desk has been moved to the Social Learning area on the ground floor and has been fitted with power and USB sockets. Collaboration tables have also been installed for group work.

An additional height adjustable table is now located in a quieter spot to the right of the main entrance in the space next to the Healthcare Sciences Collection. Please ask our staff for any assistance.



### Normal Site Library:

The entrance to the Normal Site Library has been improved with the introduction of an automatic door making access so much easier.



## Assistive Technology Update

### Sonocent Audio Notetaker Version 5



The newest version of Audio Notetaker has been released, packed with new features:

- Text-audio linking
  - In the latest version of Audio Notetaker, all notes are linked to the audio recording. Students can now click on their notes and hear exactly what was said when they wrote them. This feature is unique to Audio Notetaker and enables students to tie their thoughts, questions, and summaries to their recordings of lectures.
- Scribble
  - This new feature is ideal for students who are kinaesthetic learners or taking STEM subjects. Students can now make hand-drawn notations in the Sonocent Link mobile app. They can handwrite symbols, equations, and diagrams right alongside their audio and text notes and even scribble directly onto photographs.
- In-software training videos
  - Added to the main menu of the software are a series of short, interactive training videos designed to teach students everything they need to know in order to start making great notes, independently. The videos can be accessed via the new 'Learn' section of the Sonocent Audio Notetaker Home Tab.

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

More information, and the link to download the update can be found at <http://try.sonocent.com/v5-all-users/> or for those who are not in receipt of DSA can try the software and app for 60 days at <http://www.sonocent.com/60-day-trial>.



## Academic School Disability Tutors

Academic School	Name of Tutor	E-mail	Tel Ext
Bangor Business School	Dr. Rasha Alsakka	<a href="mailto:r.alsakka">r.alsakka</a>	3571
Biological Sciences	Dr. Isabelle Winder	<a href="mailto:l.c.winder">l.c.winder</a>	8859
Chemistry	Dr. Loretta Murphy	<a href="mailto:l.m.murphy">l.m.murphy</a>	2384
Computer Sciences	Dr. Franck Vidal	<a href="mailto:f.vidal">f.vidal</a>	2834
Creative Studies & Media	Huw Powell	<a href="mailto:h.powell">h.powell</a>	2977
Cymraeg	Prof. Peredur Lynch Prof. Angharad Price	<a href="mailto:p.i.lynch">p.i.lynch</a> <a href="mailto:a.price">a.price</a>	2245 2240
Education	Helen Roberts	<a href="mailto:h.b.roberts">h.b.roberts</a>	3080
Electronic Engineering	Dr. Jeffrey Kettle	<a href="mailto:j.kettle">j.kettle</a>	2471
English	Dr. Sue Niebrzydowski	<a href="mailto:s.niebrzydowski">s.niebrzydowski</a>	2111
Healthcare Sciences	Karen Vipond	<a href="mailto:k.vipond">k.vipond</a>	3164
History & Welsh History	Dr. Euryrn Roberts	<a href="mailto:e.r.roberts">e.r.roberts</a>	3810
Law	Dr. Jenny Pritchard-Jones	<a href="mailto:j.pritchardjones">j.pritchardjones</a>	2798
Linguistics & English Language	Dr. Sarah Cooper	<a href="mailto:s.cooper">s.cooper</a>	8883
Medical Sciences	Mr. Merfyn Williams	<a href="mailto:merf.williams">merf.williams</a>	8071
Modern Languages & Cultures	Sian Beidas	<a href="mailto:s.beidas">s.beidas</a>	8266
Music	Dr. Gwawr Ifan	<a href="mailto:g.ifan">g.ifan</a>	8206
Ocean Sciences	Dr. Martin Austin	<a href="mailto:m.austin">m.austin</a>	2803
Psychology	Dr. Nia Griffith	<a href="mailto:n.griffith">n.griffith</a>	2543
SENRGY	Sian Pierce	<a href="mailto:s.pierce">s.pierce</a>	3290
Social Sciences	Rhian Lloyd	<a href="mailto:r.g.lloyd">r.g.lloyd</a>	2216
Sport Health & Exercise Sciences (SHES)	Jessica Mee	<a href="mailto:j.a.mee">j.a.mee</a>	8309
Philosophy & Religion	Mr. Joshua Andrews	<a href="mailto:j.andrews">j.andrews</a>	





## The UKDHM theme for 2017 is 'Disability and Art'

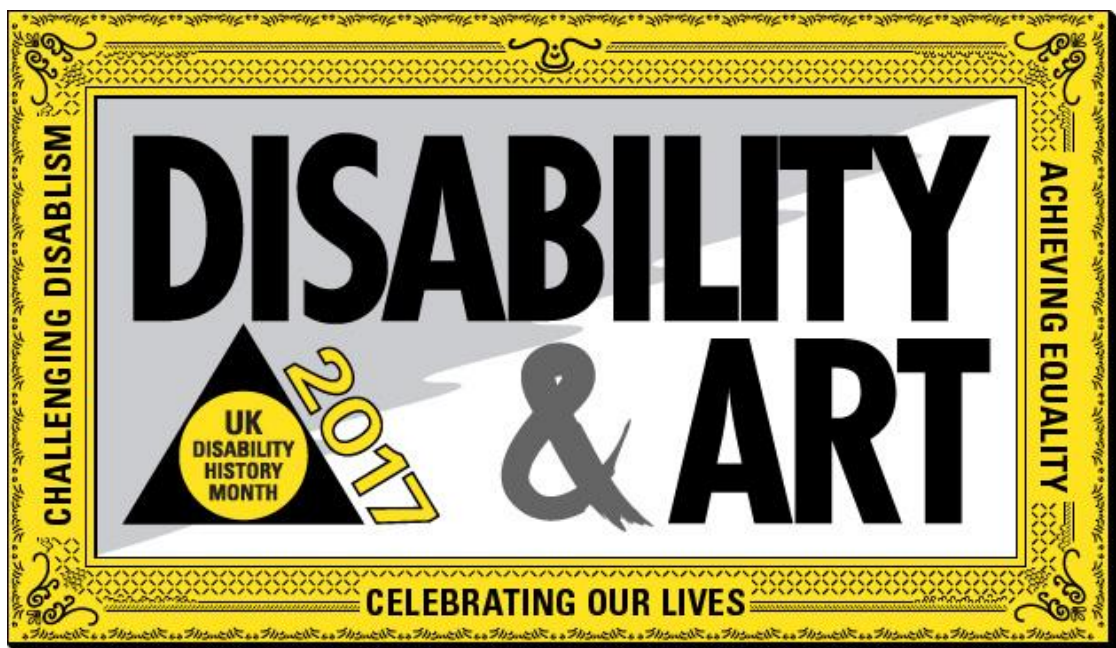
UK Disability History Month is supported by more than 100 organisations including a wide range of disability groups, unions and voluntary organisations. It aims to promote disabled people's rights and their struggle for equality now and in the past.

This year's UK Disability History Month celebrates disability and art. The aim of the theme for 2017 is to encourage local museums, libraries, councils, schools, colleges, work places and trade unions to celebrate the relationship between artists and disability.

The key focus of the month is to examine the way disabled people were portrayed in film, media, literature, art, photographs, advertising and journalism in past periods and now.

Events about disability will be held all around the UK and further information can be obtained from <http://ukdhm.org/>

Four animations produced by the National Disability Arts Collection and Archive in collaboration with UKDHM can be viewed at: <http://ukdhm.org/disability-arts-movement-in-uk/>



The Student Housing Office



**YDYCH CHI ANGEN CYMORTH I GAEL HYD I'R Tŷ MYFYRIWR IAWN I CHI A'CH FFRINDIAU? NEU ANGEN RHYWFAINT O ARWEINIAD AM DAI?**

Gallwch chwilio am lety a lawrlwytho ein 'Llawlyfr i Fyfyrywyr ar Lety Preifat' Neu dewch draw i'n gweld!



**NEED HELP FINDING THE RIGHT STUDENT HOUSE FOR YOU AND YOUR FRIENDS? OR JUST NEED SOME HOUSING GUIDANCE?**

Search for accommodation and download our "Student Guide to Private Accommodation" Or just pop in and see us!

[www.bangor.ac.uk/student-services/studenthousing](http://www.bangor.ac.uk/student-services/studenthousing)

**ADRAN SWYDDOGOL LLETY SECTOR PREIFAT Y BRIFYSGOL**

Cymorth a chynghor am eich holl anghenion tai

Rydym ar y llawr cyntaf, Neuadd Rathbone, Ffordd y Coleg

**Cysylltwch â ni!**

**Ffôn / Tel:** 01248 382034 / 382883

**E-bost / Email:** studenthousing@bangor.ac.uk



**THE OFFICIAL UNIVERSITY PRIVATE SECTOR ACCOMMODATION DEPARTMENT**

Help & Advice for all your housing needs

Find us on the 1st floor, Neuadd Rathbone, College Road

**Get in touch!**



Accommodation

 **HALLS OFFICE**  
WWW.BANGOR.AC.UK/BOOKAROOM

**STUDENT HOUSING OFFICE**   
WWW.BANGORSTUDENTPAD.CO.UK

WORKING WITH YOUR STUDENTS' UNION TO ENSURE YOU HAVE THE BEST ACCOMMODATION AT BANGOR



# STAY SAVVY! STAY WITH BANGOR UNI!



With a dedicated team of staff committed to putting your accommodation needs first, be it helping you search for the best private accommodation or finding the right hall for you, getting your next place to live through the university is the **smart move!**

## STUDENT HOUSING

Impartial advice and support  
Extensive choice of properties  
All our landlords have committed to our Conditions  
[WWW.BANGORSTUDENTPAD.CO.UK](http://WWW.BANGORSTUDENTPAD.CO.UK)

## UNIVERSITY HALLS

All-inclusive living – no surprise bills!  
Live with friends and choose your own rooms  
24/7 service and pastoral support  
[WWW.BANGOR.AC.UK/BOOKAROOM](http://WWW.BANGOR.AC.UK/BOOKAROOM)

Careers & Employability Service

Gwasanaeth  
**Gyrfaoedd a  
Chyflogadwyedd**



**Careers &  
Employability**  
Service



**Looking for work experience?**

**If you are 24 or under  
our new project could help**



**Cyflawni drwy  
Brofiad Gwaith**  
**Achieve through  
Work Experience**

We can help you:

- Decide on the best options
- Choose your own time frame
- Find the right opportunity

**And make all the arrangements!**

**\*Eligibility conditions apply**

To find out more visit:  
[my.bangor.ac.uk/careers/students/go-wales](http://my.bangor.ac.uk/careers/students/go-wales)  
**Email:** [gowales@bangor.ac.uk](mailto:gowales@bangor.ac.uk) **Phone:** 01248 388159



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@GyrfaoeddBangor  
@CareersBangor



GCB – Gwobr Cyflogadwyedd Bangor  
BEA – Bangor Employability Award



/gyrfaoeddbangor  
/careersbangor





Web: [www.bangor.ac.uk/b-enterprising](http://www.bangor.ac.uk/b-enterprising)



'B-Enterprising Bangor'



@B\_Enterprising





PRIFYSGOL  
**BANGOR**  
UNIVERSITY

## Gwasanaethau Myfyrwyr

### Student Services

- Gyrfaoedd a Chyflogadwyedd
- Sgiliau Astudio
- Cymorth Myfyrwyr
  - Arweinwyr Cyfoed
  - Tai Myfyrwyr
  - Cymorth Ariannol
  - Iechyd Myfyrwyr
  - Newid/Gadael Eich Cwrs
- Gwasanaethau Anabledd
  - Canolfan Asesu
  - Tim Anabledd
  - Tim Dyslecsia
  - Cynghorwyr Iechyd Meddwl
- Cynghori Myfyrwyr
- Darpariaeth Ffydd

- Careers and Employability
- Study Skills
- Student Support
  - Peer Guiding
  - Student Housing
  - Money Support
  - Student Health
  - Changing/Leaving Your Course
- Disability Services
  - Assessment Centre
  - Disability Team
  - Dyslexia Team
  - Mental Health Advisers
- Counselling Service
- Faith Provision

[www.bangor.ac.uk/student-services](http://www.bangor.ac.uk/student-services)  
[gwasanaethaumyfyrrwyr@bangor.ac.uk](mailto:gwasanaethaumyfyrrwyr@bangor.ac.uk)  
[studentservices@bangor.ac.uk](mailto:studentservices@bangor.ac.uk)  
**01248 382024**  
**Neuadd Rathbone, College Road**



## Want to be a Peer Guide?

It doesn't seem long since Bangor was alive with all the Peer Guides in their bright T-shirts helping everyone out - yet we're already busy recruiting next year's Peer Guides!



- Do you want to help new students settle in here?
- Could you meet and greet them, show them around, answer questions and help them make friends?
- Do you want to earn some BEA points?

If you've answered yes to the above questions why not apply to be a Peer Guide?

For more information please contact Kim Davies on:

✉ [peerguiding@bangor.ac.uk](mailto:peerguiding@bangor.ac.uk)

☎ 01248 382072

👣 visiting in person - 1<sup>st</sup> floor, Neuadd Rathbone



## Ofcom: Disabled people now first for broadband fault repairs



New rules announced by Ofcom will finally put disabled people in the UK at the front of the queue when it comes to getting their broadband problems sorted.

The changes are due to come into force from **1 October 2018**.

It will force all UK broadband providers whether local, national or international, to **give disabled people priority on broadband fault repairs**.

Rules are already in place to help disabled people get their services back up and running when their landline or mobile services go down, but this is the first time broadband has been added to the mix.

## Chris Packham on Living with Asperger's



Chris Packham, the BBC presenter and naturalist, has criticised the 'charlatans and sharks' trying to cure autism, claiming he would not have succeeded without the condition.

Chris, 56, was diagnosed with Asperger's in his late 40's.

In a candid documentary, Packham allowed BBC camera crews to film his daily struggle with autism for the first time, and travelled to the US to visit clinics and educational programmes which claim to be able to treat the condition.

The presenter said he was troubled to see that the positive sides of autism were often ignored in the desire to entirely stamp out the disorder.

"There is no doubt at all in my mind that a great number of people in the past that have led advances in our civilisation have had autistic traits," he said.

"We have to see this breadth of neurological difference as extremely advantageous to our species. There are many aspects of Asperger's which are enormously positive.

"I don't like the idea of comparing autism to a cancer that requires a sort of educational chemotherapy. These charlatans and sharks circling round a vulnerable group of people throwing random science at it and then peddling it like snake oil over the fence. We found it quite disturbing."

In the film, Packham reveals how he has always battled to communicate with humans, [preferring the company of animals](#) and choosing to live on his own in the middle of The New Forest, because it is 'the only place I feel normal.'

He also described how he was forced to develop a range of coping mechanisms to allow him to work as a television presenter, including learning to look people in the eye, and suppressing urges to make inappropriate or unprofessional comments.



But he claimed Asperger's also allowed him to acquire an encyclopaedic knowledge of the natural world, by homing his focus on plants and animals, to the exclusion of everything else.

As a child he ate live tadpoles to see how they would taste in his mouth and even stole a kestrel chick from its nest and hand-reared it after the Home Office denied him permission to take the bird.

"I've spent 30 years on the telly trying my best to act normal, when really I am anything but" said Packham.

"At times it's been immensely difficult. I suspect many people find me a bit weird which is one of the reasons why I choose to live all on my own in the middle of the woods. I don't have the need for that social contact at all. Very obviously I prefer animals to humans.

"30 years on managing my autism on national television still requires an enormous effort. Sometimes I fail, I do just go off on one. But I realise now there is no way I could do my job without Asperger's.

"What I do in terms of making programmes is afforded to me because of my neurological differences. Being able to see with things with perhaps a greater clarity, being able to see the world in a very visual way."

Asked whether he would consider a controversial new therapy which aims to 'cure' some autistic traits using magnetic fields to stimulate brain cells, he said: "Not a chance would I allow anyone to put electrodes anywhere near my brain.

"On bad days I might have taken a pill to make it all go away, but on good days very definitely not."

Catch up on iPlayer [Chris Packham Asperger's And Me](#).



## Our contact details

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☎ Gemma or Tracey on 01248 383620 / 382032 to make an appointment.

✉ [disabilityservice@bangor.ac.uk](mailto:disabilityservice@bangor.ac.uk)

For details of services provided by Disability Services visit  
<http://www.bangor.ac.uk/student-services/disability>

To make an appointment with the Counselling Service, ☎ Helen on 01248 388520 or ✉ [counselling@bangor.ac.uk](mailto:counselling@bangor.ac.uk)

Assessment Centre Manager  
Dylan Griffiths

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Approved by the Matrix Accreditation Body

