

Disability Services Newsletter

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Happy St David's Day!

What better way to celebrate the patron Saint of Wales than to visit your favourite Welsh monument for FREE!



Sites including Caernarfon, Caerphilly and Kidwelly castles will be opening their doors to visitors without charge as part of Wales's celebrations of its patron saint, believed to have died on 1 March 589.

Free entry to its sites on St David's Day is part of Cadw, the Welsh Government's historic environment service's continued efforts to enhance, expand and introduce new schemes and initiatives aimed at generating an interest, encouraging participation and improving access to Wales's heritage sites.

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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 if you would like to book a session.

Exams – Book your adjustments by 6 April

Q Where and when can I see Exam Timetables?

A The Exam Timetable for Semester 2 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, 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. In case of any queries, please print this form and bring it with you to each exam.

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 May exams, the deadline is Friday, 6th April.

IMPORTANT: If you miss the deadline (6 April), we cannot guarantee that we can put in place your adjustments.

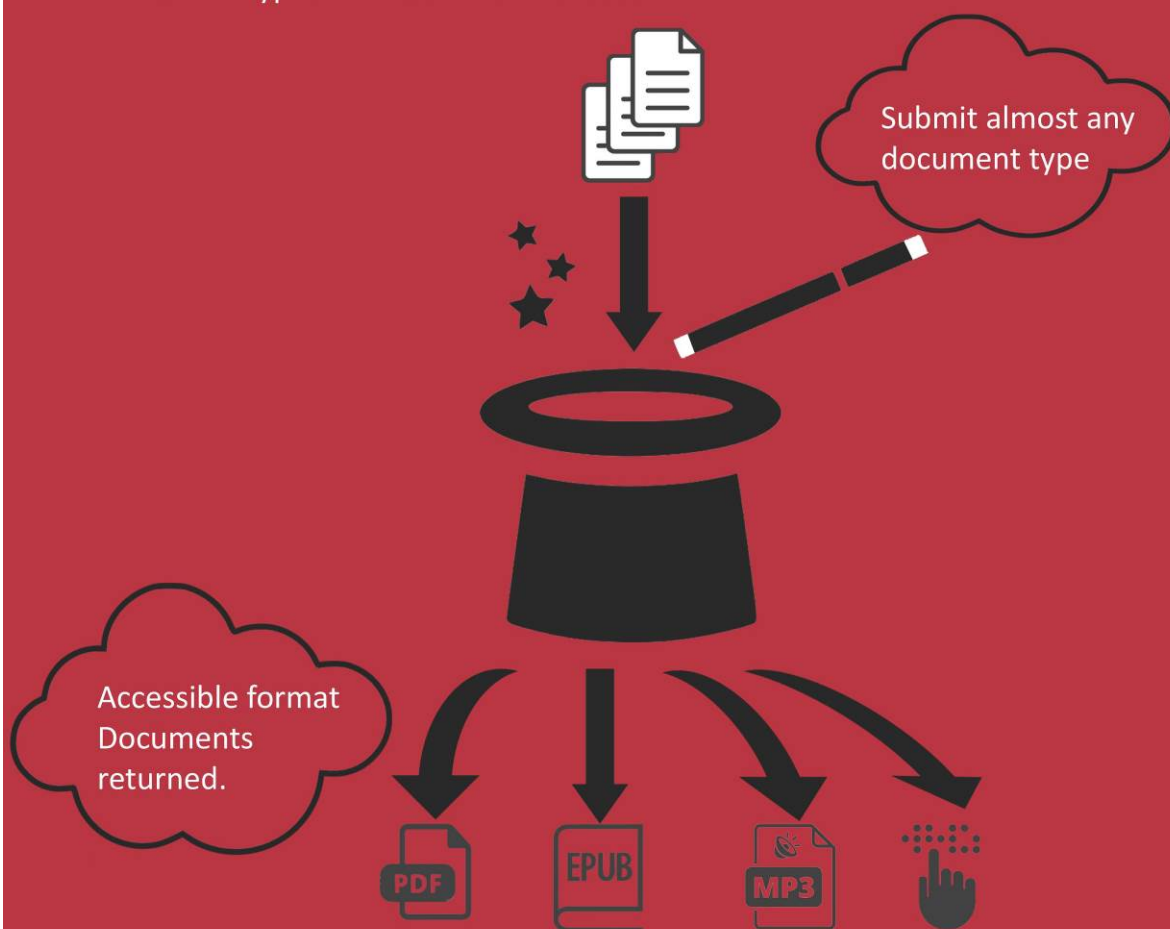
Healthcare Science students

Please contact your School for exam adjustments.

SensusAccess

SensusAccess
alternate media made easy

Great new service from Bangor University. SensusAccess converts almost all file types into accessible formats.



Accessible from –
<https://www.bangor.ac.uk/library/sensusaccess>

The Study Skills Centre



The Study Skills Centre has designed two workshop programmes for Semester Two to provide you with an opportunity to explore practices that help to develop your understanding of academic expectations and to improve the quality of the work that you produce. Conversation is central to our approach, and the workshops are task-based, enabling you to learn by doing and questioning.

The '**Being Critical**' series, held on Wednesday afternoons at 1pm, provides a sound foundation for approaching future assignments by exploring topics such as the management of your studies, the use of source material, critical approaches to reading and writing, and discussing ways of generating and organising your ideas.

The '**Great Dissertations**' series, held on Thursday mornings at 10am and then on Wednesday afternoons at 1pm from April onwards, provides a hands-on opportunity to develop your research goals and proposal, to approach your literature review, abstract and introduction, to consider possible solutions and to reflect on your progress.

Students who have attended past workshops have said that they were motivating and insightful, and students enjoyed the group discussions, realised ways they can improve, felt more confident to approach tasks, and that the skills explored were directly applicable to their course assignments.

Other support offered by the Study Skills Centre include **individual writing and study skills appointments** (bookable via our [online booking form](#)), **Maths and Statistics appointments and drop-in** (book your appointment [here](#)), **research writing groups**, **online study guides** (visit our study resources [here](#)), and **writing, research and exam skills workshops**. For more information about the workshops and how to book your place, visit our [website](#).

Bangor Assessment Centre

Informal Screenings for Specific Learning Differences (SpLDs)

Bangor Assessment Centre has taken over screening appointments so that we now offer students a 'one-stop-shop' for assessment. Students can go to the same location for the informal screening assessment, diagnostic assessment, and DSA study needs appointments. 'SpLD' is an umbrella term, which includes dyslexia, dyspraxia, dyscalculia, dysgraphia, visual sensitivity and Attention Deficit Disorder (ADHD or ADD).

What happens in a screening appointment?

The screening appointment lasts for approximately an hour and a half and involves a confidential informal interview/discussion and short tests to determine if there are indications of an SpLD. Following the screening, the screener can discuss features of any of these SpLDs, as well as advising students of their next steps.

If the screening shows indications of one or more SpLDs, students are usually advised to have a full diagnostic assessment. The full diagnostic assessment takes around three and a half hours, and although there is a cost involved, this is heavily discounted to students. There is no cost for the informal screening.

Following a full diagnostic assessment, students are eligible for support through the Disabled Students Allowances, and reasonable adjustments for studies can also be put in place.

Where do I go for more information?

If you would like to know more about specific learning differences, please visit the Dyslexia Team's webpage: <https://www.bangor.ac.uk/student-services/disability/dyslexia.php.en>, or click on the links for specific information on: [Dyslexia](#), [Dyspraxia](#), [Dyscalculia](#), [Dysgraphia](#), [Visual Stress](#), and [AD\(H\)D](#).

If you experience some features of an SpLD and would like to book a screening appointment with the Assessment Centre, please contact us at assessment@bangor.ac.uk, ☎ 01248 383030 or call in to reception on the First Floor of Neuadd Rathbone (Student Services).

Applying for DSA? We can help!

We are able to support any Bangor University student with their application for DSA. This includes support with completing the application form, liaising with Student Records and being able to answer most questions you may have with regards to the DSA process.

For more information, please contact us at assessment@bangor.ac.uk or ☎ 01248 383030 or call in to reception on the First Floor of Neuadd Rathbone (Student Services).

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

University Mental Health Day - 1 March



University Mental Health Day is an annual event which brings together all the key players in student mental health. This year's theme is

community

Whether you're a student, a member of support staff, an academic, or a senior university leader, we all have a part to play to cultivate a positive mental health community at university.

Within this, we hope to:

- Improve students' and staff's awareness of support and promote a sense of belonging.
- Improve understanding among students and staff of the role the environment and community can play in protecting student mental health.
- Raise awareness of the specific challenges students face with regards to support for their mental health and influence education institutions and health providers to work collaboratively so all in higher education can thrive.

The Big White Wall

*Mae pawb yn meddwl fy
mod yn gwneud yn iawn,
ond dydw i ddim*

**Everyone thinks I'm
doing ok, but I'm not**



*Does dim rhaid i chi ddelio â theimladau neu sefyllfaoedd anodd ar eich pen eich hun.
You don't have to deal with difficult feelings or situations alone.*

*Am ddim i fyfyrwyr Prifysgol Bangor
Free to students at Bangor University*

*Ewch i bigwhitewall.com i ymuno â'n cymuned gefnogol, ddiennw heddiw.
Go to bigwhitewall.com to join our supportive and anonymous community today.*

*Ar-lein 24/7
Available online 24/7*



Bangor University students going through a tough time can now access free online support with [Big White Wall](#). Whether you're struggling to sleep, feeling low, stressed or not coping, Big White Wall can help you get support, take control and feel better.

The service provides 24/7 online peer and professional support, with trained counsellors. Big White Wall provides a safe space online to get things off your chest, explore your feelings and learn how to improve and self-manage your mental health and wellbeing.

Big White Wall is totally **anonymous**, so no one will know you've chosen to use it unless you tell them!

More than three quarters of members feel better as a result of using the service and nearly 90% use Big White Wall outside of 9-5pm. You can get support on the service at any time of the day or night, 7 days a week, 365 days a year!

To join Big White Wall's supportive online community, simply go to bigwhitewall.com and sign up with your university email address. You then choose an anonymous username for your time on Big White Wall.



What is Dewis Cymru?

Dewis Cymru is the place for information about well-being in Wales. They have information that can help you think about what matters to you, along with information about local organisations and services that can help!

For more information visit: <https://www.dewis.wales/>



Dewis Cymru

Have choice and take control

Student Counselling Service

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/studentservices/counselling

or contact us on ☎ 01248 388520 or ✉ counselling@bangor.ac.uk



Strapped for Cash?

The Hardship Fund provides discretionary financial help to support students facing unexpected financial crisis or who require extra financial help to meet particular costs which are not already being met from statutory sources of funding.

Any student wishing to apply should complete and submit an application with all the relevant documentation to the Money Support Unit, Student Support Services, First Floor, Neuadd Rathbone.

If you would like any further information about the Hardship Fund or student funding generally, please contact the Money Support Unit:

☎ 01248 383566 / 383637

✉ moneysupport@bangor.ac.uk

<http://www.bangor.ac.uk/studentservices/moneyadvice>



Carers Bursary

At Bangor University, we place a high priority on caring for and supporting all our students. The University is aware that caring may have financial implications with students experiencing higher travel costs and or find themselves less able to work part time to supplement their student finance awards.

To help ease some of these financial worries Bangor University offers unpaid student carer with an annual bursary of up to £1,000 from the University's Hardship Fund.

A carer is defined as : *A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support - Carers Trust*

(Please note that these duties would be in addition to the usual caring responsibilities that a parent would have for a dependent child.)

To apply call in or email the [Money Support Unit](#) for an application form. Return the completed form with evidence from a professional person, who is aware of the family's situation and your caring responsibility. We will also if you were previously in receipt of Carer's Allowance, need you to provide proof from the Department of Work & Pensions that this has now ceased.

If you are a carer and are paid a salary for your caring duties, or you are in receipt of Carer's Allowance, we regret that you are not eligible for this bursary.

Field Trip Bursaries

Academic Schools arrange Field Trips to enrich an undergraduate learning experience. The purpose of this bursary is to encourage field trip participation and to especially help those students who might otherwise be excluded due to their own financial situation.

The Field Bursaries are available to UK and EU undergraduate students and eligibility is determined by a student's taxable household income.

Taxable Household Income below £40,000 = 40% off the cost of the field trip

Taxable Household Income between £40,000 and £50,000 = 30% off the cost of the field trip.

To apply email moneysupport@bangor.ac.uk for an application form. The completed form should be sent or emailed to the Money Support Unit with a letter from the Academic School confirming field trip participation.

Awards are then usually paid direct to the Academic School on the student's behalf.

Re-applying for Student Finance 2018/19

Yes it's that time of year again when undergraduate students should re-apply for next year's student finance.

The Student Funding portals will be available soon for continuing students to re-apply for student finance. Your application for the next academic year must be submitted before the deadline – usually **Friday, 22 June 2018**

Welsh domiciled Students: download a PR1 application form or re-apply on-line at: www.studentfinancewales.co.uk but not until **March 2018**.

English domiciled Students: you too can download a PR1 application form or re-apply on-line from early March at www.gov.uk/apply-for-student-finance

Northern Ireland domiciled Students: download a PR1 or re-apply on-line soon at: www.studentfinancenir.co.uk

The Student Housing Office

Looking for somewhere to live next year?



There are still plenty of properties for **groups** or **individuals** in the private rented sector for the next academic year, so there is no need to be concerned if you have not yet found a suitable property.

It's important that you **don't** sign any tenancy agreements/contracts until you have seen/viewed the property and made sure that it's suitable for your needs.

Remember also, if you have any concerns about finding somewhere to live next year, you can always contact an Adviser in the Disability Team for support or advice.

If you need to contact us at all, you can ☎ 01248 382034 / 382883 or ✉ studenthousing@bangor.ac.uk or drop in to the Student Housing Office.

Before you leave for Easter:

- Check it
- Lock it
- Leave it

Secure your house

Remember to make sure that all the windows and doors are locked and secure before leaving for the Easter vacation, don't assume someone else will do it. If you have to leave anything valuable, then store it out of sight.

Make sure that the heating is set to come on regularly - constant low heat is better than short bursts of high heat - and of course make sure that there is plenty of credit on the meter if you have one.

Tell your landlord when you will be leaving and what you intend to do with regards to the heating.

Enjoy your break and we'll see you after Easter.

Have you paid a deposit? Has your landlord protected it?

For tips and advice on deposits, visit:

www.citizensadvice.org.uk/housing/renting-a-home/student-housing/students-in-private-rented-accommodation/student-housing-deposits/





Fancy being a Peer Guide?

- Did you have a good Peer Guide and want to do the same for someone else?
- Did your Peer Guide let you down but feel you could do better?
- Do you want to help others settle in and enjoy Bangor?

If you answered yes to any of those questions why not become a Peer Guide and help the new students settle in when they arrive in September?

For more information please contact Kim Davies on:

✉ peerguiding@bangor.ac.uk

☎ 01248 382072

👣 visiting in person - 1st floor, Neuadd Rathbone.

Employability @ Bangor

During your time at University, you'll be having all sorts of new and different experiences that will help you to develop your employability. From independent living and learning new skills through your course to completing work experiences and joining societies, these are all skills and experiences that future employers will value!

At Bangor, you can record your extra-curricular activities on your employability account, accessed through [My Employability Hub](#) on My Bangor. These activities can count towards a Bangor Employability Award, and could even appear on your final academic transcript - the HEAR.

If you are in your final year, the deadline to complete the BEA, and log activities for your HEAR is 5pm 14th May, 2018.

To find out more, the next BEA & HEAR information session is on Wednesday, 7th March, 13:00-14:00 in Alun A1:01 (in the Management Centre).

If you have specific queries that you'd like a member of the team to help you with, you can also book a one to one appointment by emailing employability@bangor.ac.uk

Don't forget - resources in the Hub are available in alternative formats, so please get in touch with us if you have specific requirements.



gcb bea

Gwobr Bangor
Cyflogadwyedd Employability
Bangor Award

Introduction to Jennie, Undeb Bangor Disabled Students' Councillor for 2017/18



Hi everyone!

My name's Jennie Atherton and I'm your Undeb Bangor Disabled Students Councillor for 2017/2018. If you don't know what that means, primarily I attend meetings once a month with a council made up of other elected students. This means that I am your voice going into these meetings, and I always aim to think of the disabled student perspective when we are discussing ideas.

Jennie

Ideas are a big part of what makes up Undeb Bangor Council, as we vote on whether to pass the ideas that have been voted most popular by the student body on the Undeb Bangor website. After our voting process, the sabbatical officers start working to implement these changes. They have been working on several ideas this year alone, including soya and almond milk provision in all University catering outlets. No idea is too big or too small, and we'd really love to hear more disabled students voices, so if you have a great idea, you can submit it to be voted on at <https://www.undebbangor.com/yourideas/submitidea/>

In addition to the meetings and ideas, I also work with the SU on disability related projects and issues facing disabled students. In 2018, I have been working with the GOWales project on their outreach to disabled students, and with Undeb Bangor President Ruth Plant and Carolyn Donaldson-Hughes on a video about what services are available to you. If you would like any more information on these projects, would like to get involved, or suggest something that you would like to see me work on, feel free to email me at cou874@bangor.ac.uk.

I'm here to represent your voice, so make yourself heard!



Message from Helen Marchant, VP Education & Welfare



Hi All, I hope you've all had a good start to semester two. Here at Undeb Bangor, we work with you throughout the year to ensure your student experience is the best it can currently be, so if you haven't done so yet, pop over and say hello, we're on the 4th floor of Pontio!

The Student Union Big Elections 2018 are coming up soon to become a sabbatical officer, and to make change happen. Voting starts 28th Feb until 2nd March- it's your chance to have a say on who leads your Student's Union, so make sure to get involved.

Also coming up is our Student Led Teaching Awards, to celebrate outstanding staff in the university. If you think your lecturer or staff in any other categories are great, why not nominate them here: <https://www.undebbangor.com/voice/slta/> The winners will be announced at the ceremony in April!

One thing I would like to mention is our ongoing project Connect@Bangor - for volunteers to befriend students who may face barriers when engaging in student activities, or need general support. The different activities on offer in Bangor are a great outlet for a change from your studies, and a good way to meet others not on your course. However, sometimes, trying something new can make you feel a bit uneasy. Joining clubs, societies, going shopping, visiting the doctors, or going to the gym may feel more comfortable with someone else, a sidekick so to speak. Connect@Bangor are on hand to spend time with you, someone to speak to perhaps once a week in a coffee shop, just to see how things are going. Any conversations are treated confidentially, and even your use of the service is kept within the SVB team. All you need to do is email svbconnect@undebbangor.com and we'll start helping you work towards YOUR personal goals. It's a really great way to get involved and meet new friends, without any pressure.

Thanks for reading, and hopefully we'll see you in Bangor!

Helen

UNDEB MYFYRWYR STUDENTS' UNION
UNDEB BANGOR

WWW.UndebBangor.com/ConnectBangor
Meddwl y gallwn eich helpu chi? Cysylltwch â ni heddiw!
Think we can help you? Contact us today!

Trained Volunteers who are happy to help
Gwirfoddolwyr Hyfforddedig sy'n hapus i help

Befriend Students who face barriers in engaging with student life
Ffrindiau Myfyrwyr sy'n rhwystro'u wyneb yn ymgysylltu â myfyrwr bywyd

Be it through accompanying students to clubs and societies or just going for a coffee
Un ai bod o drwy fynd gyda myfyrwyr i sesiynau clybiau a chymdeithasau neu fynd am goffi.

CONNECT BANGOR

ConnectBangor
SVBconnect@UndebBangor.com

#LOVEHALLS

**LIVED IT, LOVED IT
COME BACK TO IT**



Halls, not just
for your First
year

Live in one of our
award winning student
villages next year

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Opens 1st December

**LOW PRE-PAYMENT OF
JUST £150**

SHOW FLAT AVAILABLE





FAIRTRADE FORTNIGHT IS ALSO SUPPORTED BY BANGOR UNIVERSITY'S COMMERCIAL SERVICES DEPARTMENT

FAIRTRADE FORTNIGHT 2018

26TH OF FEBRUARY - 11TH OF MARCH

26th of February - 10th of March Double stamps on all Fairtrade hot drinks with Yoyo @ Eat Drink Bangor outlets



£15 off a Fairtrade hoody @ Ffriddoedd shop



28th of February Quiz & cake with Fairtrade tea and coffee @ 8pm | Braint Common Room and Barlows



1st of March Fairtrade cocktails @ Bar Uno



2nd of March Campus Life - Fairtrade hot chocolate morning @ 8.30-9am | Ffridd and St Mary's halls office



4th of March Campus Life - Documentary & debate Fairtrade focus @ 8pm | Braint common room



5th of March Campus Life - Fairtrade fruit giveaway @ 8.30-9.30am | Ffridd and St Mary's halls office



6th of March Campus Life - Learn to cook Fairtrade brownies 7pm | Barlows kitchens



8th of March Campus Life - Student ThinkTank Fairtrade focus 1-2pm | Braint common room





Cyflawni drwy Brofiad Gwaith

Achieve through Work Experience



- Ydych chi'n wynebu rhwystrau mewn perthynas ag anabledd?
- Oes gennych chi wahaniaeth dysgu penodol e.e. dyslecsia, dyspracsia, anhwylder diffyg canolbwyntio a gorfywiogrwydd (ADHD)?
- Gennych chi anhawster iechyd meddwl?

Hoffech chi gael help gyda dod o hyd i brofiad gwaith perthnasol er mwyn datblygu eich sgiliau cyflogadwyedd? Ydych chi'n 24 oed neu iau? Os felly, mae'r Cynghorwyr Project GO Wales yma i helpu.

- Do you meet with disability related barriers?
- Do you have a specific learning difference eg dyslexia, dyspraxia, ADHD?
- Do you have a mental health difficulty?

Would you like help finding relevant work experience to develop your employability skills? Are you aged 24 or under? If yes, then the GO Wales Project Advisors are here to help you.



01248 388159
gowales@bangor.ac.uk
www.gowales.co.uk
Neuadd Rathbone



Cyflawni drwy Brofiad Gwaith
Achieve through Work Experience



Dyma rai dyfyniadau gan fyfyrwyr sydd ar leoliadau gwaith GO Wales ar hyn o bryd
Some quotes from students on currently on GO Wales work placements

“Fe wnaeth y blas ar waith yn Sw Mynydd Cymru fy helpu i ddeall sut beth yw bod mewn amgylchedd gweithio. Rydw i'n teimlo'n fwy hyderus siarad â phobl ac wrth ymwneud â chwsmeriaid”



Sw Mynydd Cymreig - Welsh Mountain Zoo
Bae Colwyn - Colwyn Bay

“The work taster at Welsh Mountain Zoo has helped me understand what it is like to be in a working environment. I am feeling more confident to speak to people and with customer interaction”

“Buaswn i'n argymhell rhoi cynnig ar GO Wales, ac ewch ati i roi cynnig ar gymaint o bethau ag y gellwch. Gall GO Wales eich helpu i reoli'ch gwaith fel nad oes pwysau”



“I would recommend to just give GO Wales a go and try as much as you can. GO Wales help you manage your work so there is no pressure”



Chris ar leoliad gyda GO Wales fel Cynorthwydd Oriol/ Amgueddfa yn Amgueddfa Storiel

Chris on placement with GO Wales as a Gallery/Museum Assistant at Storiel Museum

Fel Cynorthwydd Oriol/Amgueddfa yn Amgueddfa Storiel, mae Chris wedi gwneud nifer o dasgau, yn cynnwys ymdrin â'r cyhoedd a'u cynghori, cymryd ffotograffau cyhoeddusrwydd ar gyfer yr archifau ac at ddibenion cyfryngau cymdeithasol, a helpu i drefnu digwyddiadau a diweddarau taflenni a deunydd darllen. Mae Chris yn gobeithio gwneud gweithgareddau ymchwil i gynorthwyo'r amgueddfa gydag ychydig o'u gwybodaeth gyhoeddus.

As a Gallery/Museum Assistant at Storiel Museum, Chris has covered a variety of different tasks. These range from interacting with and advising the general public, taking publicity photographs for archiving and social media purposes, helping to set up events and updating leaflets and literature. Chris is hoping to carry out research activities to add to the museum's available public information.

FREEPHONE numbers for DWP enquiries



**Department
for Work &
Pensions**

Access to Work	0800 121 7479
Benefit Enquiry Line	0800 169 0310
DLA Adult and Child	0800 121 4600
DLA Motability	0800 121 6379
DWP Online Helpdesk	0800 169 0154
Industrial Injuries Disablement Benefit	0800 121 8379
Jobcentre Enquiry Line	0800 169 0190
Maternity Allowance Enquiry Line	0800 169 0283
PIP Enquiries	0800 121 4433
Social Fund Enquiry Line	0800 169 0140

Autism Awareness Week - 26 March - 2 April

Five of my favourite facts about autism

Chris Packham, fact fan, autistic man and ambassador for The National Autistic Society



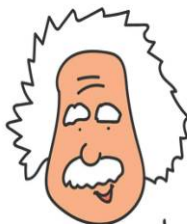
1. Satoshi Tajiki, the inventor of Pokémon, is autistic.



4. There are as many autistic people in the UK as words in the first five Harry Potter books (700,000).



2. Mozart, Einstein and Sir Isaac Newton had autistic characteristics and would probably be diagnosed with autism if they were alive today.



5. World Autism Awareness Week is from 26 March to 2 April.

3. 90% of autistic people have sensory issues. This means we experience the world really intensely but we sometimes find it too bright, loud and confusing.



autism.org.uk/waaw

National Student Survey

NSS

Arolwg Cenedlaethol o Fyfrwyr
National Student Survey



**FYFRWYR BLWYDDYN OLAF:
MAE'R CWBL YN EICH CYLCH CHI!**

YN YSTOD EICH CYFNOD YM MANGOR, RYDYCH WEDI DYSGU LLAWER, FELLY BETH FYDDWCH CHI'N EI ADAEL AR OI?

**Cymerwch
ran a gallech
ennill un
o 5 pecyn
graddio***

**Take part and
you could
win one of 5
graduation
packages***



FINALISTS: IT'S ALL ABOUT YOU!

DURING YOUR TIME AT BANGOR YOU'VE LEARNED A LOT, NOW WHAT WILL YOU LEAVE BEHIND?

Rhannwch eich barn yn / Share your views at:

www.thestudentsurvey.com

*TERMAU / TERMS: WWW.BANGOR.AC.UK/STUDENTENGAGEMENT



Gwasanaethau Myfyrwyr

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

✉ 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

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