

Disability Services Newsletter

Lower Ground Floor, Neuadd Rathbone, College Road,
Bangor.

Tel: 01248 383620 / 382032

E-mail: disabilityservice@bangor.ac.uk

May 2018 - Issue 48

Non-Medical Help Provider accreditation awarded to Disability Services

Disability Services are pleased to announce that we have fully met the requirements of the Disabled Students Allowances Quality Assurance Framework for the second year running.

This means we are an accredited DSA Non Medical Help Provider for Specialist Study Skills (SpLD) and Specialist Study Skills (AS).



Inside This Issue

Non-Medical Help Provider accreditation awarded to Disability Services	1
Dyslexia Team Specialist Study Skills Support	4
Mental Health	5
Student Counselling Service	6
7 Tips for dealing with exam stress	6
Struggling financially over Summer?	7
Student Finance 2018/19	7
Additional financial support provided by Bangor University	8
Student Equality and Diversity Officer	9
Library and Archives Service	9
Student Housing Office	10
Peer Guide Ceremony	11
Nicola Brown - My Journey	12
Support Worker Timesheet Approval Reminder	13
Bangor Assessment Centre	13
Studying Next Year and not applied for DSA? We can help!	13
Graduation July 2018	14
Careers and Employability Service	16
Arriva Bus app	19
New Rough Guide to Accessible Britain	20
Our contact details	22



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.

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
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

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



7 Tips for dealing with exam stress

No need to re-invent the wheel. Here are 7 tips for dealing with exam stress from a fellow student.

1. Avoid alcohol, caffeine and eat well.
2. Treat yourself at the end of each day.
3. Connect.
4. Sleep!
5. Know your triggers, and what will help you get through
6. Stay positive.
7. Keep perspective in mind.

<https://www.rethink.org/news-views/2016/4/exam-stress>

Struggling financially over Summer?

Are you unable to work over the summer to support yourself financially due to disability?



The University has funding set aside to help full-time **first** and **second** year UK **undergraduate students** who are unable to support themselves financially during the summer vacation period, due to illness, injury, disability or caring responsibilities.

Application forms for the Summer Hardship Fund will be available from **early May** from the Money Support Unit, 1st Floor, Neuadd Rathbone. For further information about this fund please call or visit the Money Support Unit.

☎ 01248 383566 /383637 or ✉ moneysupport@bangor.ac.uk

Forms **MUST BE** handed in by **8 June 2018**

Student Finance 2018/19

If you are returning to University next year, you need to apply for next year's student finance as soon as possible. Student Finance organisations are encouraging students to apply for their tuition fee and maintenance loans, grants and allowances on-line, before their specified deadlines. This will ensure that you receive the funding you are entitled to at start of term in autumn 2018.

A PR1 form can be completed online or download from the following websites:

Welsh students: www.studentfinancewales.co.uk

English students: www.gov.uk/student-finance

Scottish students: www.saas.gov.uk

Northern Ireland students: www.studentfinancenir.co.uk

For further information, please visit the relevant website or contact the Money Support Unit ✉ moneysupport@bangor.ac.uk or ☎ 01248 383566 / 383637.

Additional financial support provided by Bangor University

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 determine 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.

Student Equality and Diversity Officer

The Student Support Team is now pleased to be able to offer specialist services to any student who has been effected by harassment, gender based violence or hate crime, with the appointment of Helen Munro into the role of Student Equality and Diversity Officer. Helen joins the team after spending 10 years with the Students' Union and has been in post since November.



Helen Munro

In the autumn of 2016, Universities UK released a taskforce report examining gender-based violence, harassment and hate crime on university campuses and a key recommendation of the report was that universities across the UK needed to develop effective responses to tackling all forms of harassment. Helen is able to provide specialist advice and guidance to students affected by harassment along with ongoing support and information on the various reporting options. Helen works closely with all university departments to ensure that the university's response to harassment is one of zero-tolerance and over the next few months she will be developing training for staff to effectively respond to all reports.

Students who feel that they have been affected by any behaviour that is unwanted or considered a nuisance, can contact Helen directly for advice. Her office is situated on the first floor of Rathbone and she can be contacted by ☎ on 01248 388021 or ✉ h.munro@bangor.ac.uk

Library and Archives Service

The Library and Archives Service offers a wide range of services specifically for users with a PLSP (Personal Learning Support Plan). One of the services available is obtaining material in an accessible format. We request material from either the RNIB Bookshare or direct from publishers. The Library must hold a print or e-book copy of the text before we can request an accessible version. Unfortunately we cannot guarantee that we will always be able to source every requested as we are reliant on publishers to provide this service.

Students can register to use the RNIB bookshare service. For more information please visit their website: <https://www.rnibbookshare.org/cms/>

Alternatively, if you would like the library to obtain an accessible copy please complete the application form on our webpage: <https://www.bangor.ac.uk/library/help/specneeds.php.en>

Since September 2017 we have successfully sourced over 22 items for students.

For more information, help or advice, please contact the accessibility team: lib.accessibility@bangor.ac.uk

Student Housing Office

The Student Housing Office have created a handy checklist, with the basics of Moving Out of your student property, to help you to ensure the day goes well:

www.bangorstudentpad.co.uk/Local



Peer Guide Ceremony

The Peer Guide Ceremony was held recently to celebrate all the hard work done by the Peer Guides in helping new students settle in at Bangor. The event involved lots of clapping and cheering as the Peer Guides received their certificates as well as the devouring of some Bangor Brownies, along with other cakes! During the evening 3 special awards were presented.

The Most Effective Peer Guide Award was presented to Natalie Evans a final year Nursing Student from Wrexham for her commitment and reliability, in particular for the way in which she helped organise and develop the scheme in her school.

Ben Minchell a second year Biological Science student was the winner of the Peer Guide of the Year Award. This was given in recognition of his outstanding work with new students which involved supporting people through some personal difficulties and signposting them to effective sources of help.

The North Wales Reaching Wider Partnership also presented a special award. This was awarded posthumously to Kevin Larkin, who had studied Psychology here at Bangor, for the particular warmth and inclusivity of the welcome he had extended to new students. Dr Tracey Lloyd of the School of Psychology accepted the award on behalf of Kevin's family.



Natalie Evans receiving the Most Effective Peer Guide Award from Professor Carol Tully.

If you're interested in volunteering as a Peer Guide please ✉ peerguiding@bangor.ac.uk



Nicola Brown – My Journey



At the age of 17, I had my first seizure and as I got older my seizures became more frequent and by chance, I had a seizure in front of a nurse. I spent 6 weeks in Ysbyty Gwynedd and Dr. Bracewell was visiting another patient and had a look at my CT scan and said, "Walton now!". By the end of that day, I was at Walton where I spent another month and was diagnosed with a large posterior right parietal AVM. I was placed on Phenytoin 450mg and I was given a 50/50 chance of survival. I had my surgery in December 2007; whilst they were prepping me for the surgery I hemorrhaged. My operation left me with Riddoch Phenomenon.

After many years of being a participant for Professor Rafal's research, I became fascinated with the world of neuropsychology. I graduated last year from Bangor with a degree in psychology and I am now doing an MSc in Neuropsychology with Dr. Rudi Coetzer as my supervisor. I also have the pleasure of having Dr. Bracewell as one of my lecturers. I recently gave a talk about my journey with head injury at the Royal College of Medicine in London.

I am a first language Welsh speaker and since coming to Bangor University, I have been diagnosed with Dyslexia, Dyspraxia, Dyscalculia and Irlen Syndrome (scotopic sensitivity). I have had regular 1-1 Specialist Study Skills Support from the Dyslexia Team through the medium of Welsh and the support has proved invaluable. It took me a while to find the right tutor though and I have now been with the same 1-1 tutor for the last three years. My writing skills and how I structure and plan my work has improved and developing an understanding of how I can focus on tasks and how I revise and sit exams etc. has helped me to feel confident with academic work. I hope one day to work with individuals with acquired brain injury and help others to achieve their goals and dreams.

Support Worker Timesheet Approval Reminder

Teaching ends on Friday, 4th May. Please make sure you act on all emails from Randstad, using the Opus system to consider any outstanding support work claims. We know that the exam period can be a busy time, but we will need to process payment for your support workers before people start heading home for the summer.

Bangor Assessment Centre

Assistive Technology Scholarship - Free Software!

Free access to the software you need

- Get the latest assistive technology
- Training and support included
- All completely free
- Anyone can apply



Six of the UK's leading assistive technology companies have teamed up to offer ten assistive technology scholarships offering free software and training.

LexAble, TextHelp, MatchWare, Sonocent, Learning Labs and DnA are inviting applicants for the scholarships to tell them why they should have one. Scholarships will be awarded on the basis of the passion, creativity, merit and need demonstrated by each applicant.

Those who receive a scholarship will be given free access to Global AutoCorrect, Read and Write, MindView and Audio Notetaker software and three years access to Learning Labs. In addition, each successful entrant will be provided with six hours of remote training from Diversity and Ability.

Applicants can come from **anywhere in the world**, and you do not have to be eligible for DSA, nor have a recognised disability to apply.

For more information, please go to <http://www.atscholarship.com/>

Studying Next Year and not applied for DSA? We can help!

We are able to support any eligible 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).



The graduation website is now live at: <http://www.bangor.ac.uk/graduation> and has information on the ceremonies, what to expect, where to go and what to do.

Attendance

All students eligible to attend Graduation need to inform the Graduation Team whether you will be attending the ceremony by **1st June** by following the link <https://apps.bangor.ac.uk/graduation/formerstudent/login/> to Register

IMPORTANT

If you feel you may have difficulties, including queuing or getting onto the stage, please contact us here in the Disability Service, ✉ disabilityservice@bangor.ac.uk, so that we can put any necessary arrangements in place.

FAQs:

Q: How many tickets will I be allocated?

A: Every graduand (the person graduating) who wishes to attend the ceremony will be allocated up to two guest tickets, which will cost £12.00 each. Tickets should be purchased on-line through 'My Bangor'.

Q: Do I need tickets for children?

A: Children under the age of 3 (up to the maximum of two per student) must sit on an adult's lap, and not on a seat. They do not require a ticket. Children aged 3 and over must have a full price guest ticket for entry to the ceremony. If you are bringing an infant to the Ceremony, who is still in a pram or push chair, please can you indicate this when you purchase your tickets. You will be asked whether any of your guests require any special arrangements. We would advise that children watch the ceremony from the Main Arts Lecture Theatre, where no tickets are required.

Disability Services Newsletter

Q: How long does the ceremony last?

A: The ceremony lasts approximately one and a half hours.

Q: What about the departmental receptions?

A: Most departments hold their own individual receptions, either prior to or after the ceremony. You will be contacted with information on their reception direct to your home department.

Q: I may have difficulty queuing or getting onto the stage. Who should I talk to about this?

A: Contact Disability Service as a priority, ☎(01248) 383620 / 382032, or

✉ disabilityservice@bangor.ac.uk

Q: My guest is disabled, what should I do?

A: Please complete the section on the registration form of any additional needs your guests may have.



GRADUATING THIS YEAR?



-
-

Check My HEAR

Complete the BEA

on My Employability Hub
my.bangor.ac.uk/employability
by 5pm, Monday, 14th May

Gwasanaeth
**Gyrfaoedd a
Chyflogadwyedd**
**Careers &
Employability
Service**

my.bangor.ac.uk/cyflogadwyedd |
my.bangor.ac.uk/employability

cyflogadwyedd@bangor.ac.uk |
employability@bangor.ac.uk

@PBcyflogadwyedd
 @BUemployability

GCB – Gwobr Cyflogadwyedd Bangor
BEA – Bangor Employability Award

/gyrfaoeddbangor
/careersbangor

01248 382071
bangor.ac.uk



Cyflawni drwy Brofiad Gwaith
Achieve through Work Experience



Ydych chi'n dechrau eich trydedd flwyddyn ym mis Medi? Os felly, mae'n amser da i ddechrau meddwl am brofiad gwaith

- Ydych chi'n wynebu rhwystrau mewn perthynas ag anabledd?
- Oes gennych chi wahaniaeth dysgu penodol e.e. dyslecsia, dyspraxia, 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.

Are you starting your 3rd year in September? If so, it's a good time to start thinking about work experience

- 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.



Raine Williams
Gweinyddwraig Prosiect
Project Administrator

Lis Owen
Rheolwr Prosiect
Project Manager

Jo Mitchell
Swyddog Prosiect
Project Officer

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



Want to de-stress?

Join **GUIDE DOGS CYMRU** at Pontio to meet the dogs and relax.



Canine Calming Room

In memory of **Charlie Nicholson**

FRIDAY 4TH MAY

2pm-4pm @

UNDEB BANGOR PONTIO

DONATION ENTRY



Arriva Bus app

If you've not tried the Arriva Bus app yet, what are you waiting for? It's FREE, and it's available on iPhone and Android handsets from your usual app supplier.

It has great features that include:

- Trip planner
- Live map with real-time info
- Timetables
- m-tickets
- Service Updates



For more information visit <https://www.arrivabus.co.uk/travel-help-and-accessibility/arriva-bus-app/>

Arriva have a tool to help those who may be struggling to access their website.

The tool is called **Recite Me**, it provides:

- Translation into 103 languages - for people for whom English is a second language.
- Provision of 'text to speech' - voices content for people with sight impairments.
- Adjustment colour schemes and text sizes - useful for people with dyslexia and sight impairments
- Text only view and reading ruler - useful for people with dyslexia and sight impairments.

All you need to do is click on the '**Accessibility and audio**' button at the top of any page.



New Rough Guide to Accessible Britain

Packed with over 180 reviews of accessible and inspiring days out, there's something for everyone in the *Rough Guide to Accessible Britain*. The Guide aims to inspire and support people with diverse needs in enjoying the best of Britain's attractions - whatever their disability.



The perfect tool for Motability Scheme customers wanting to explore the UK, the revamped *Rough Guide to Accessible Britain* is free to download or view online.

Now in its 10th year, the Guide is an ideal planning tool for anyone with access needs and now also includes information for visitors with more hidden conditions such as autism or mental illness. Every venue in the Guide is reviewed by Rough Guides' team of writers, who either have a disability themselves or visited the venue with disabled friend or family member.

The Guide provides clear and helpful advice to highlight the very best inclusive and accessible days out for people of all abilities, from museums and art galleries, to wildlife parks and gardens.

Download your free Guide

https://www.motability.co.uk/rough_guide_to_accessible_britain.pdf

Gwasanaethau Myfyrwyr

Student Services



PRIFYSGOL
BANGOR
UNIVERSITY

- 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
gwasanaethaumyfyrrwyr@bangor.ac.uk
studentservices@bangor.ac.uk
01248 382024
Neuadd Rathbone, College Road



Our contact details

Head of Disability Services
Carolyn Donaldson-Hughes

✉ disabilityservice@bangor.ac.uk

Dyslexia Team Manager
Jane Jones

✉ pss204@bangor.ac.uk

Senior Disability Adviser
Esther Griffiths

Disability Advisers
Ruth Coppell / Steph Horne

✉ disabilityadviser@bangor.ac.uk

Mental Health Advisers
Fiona Rickard / Cheryl Parkinson
/ Fiona Hill

✉ mentalhealthadviser@bangor.ac.uk

SpLD Advisers
Andrea Reynolds / Rafaela Williams

✉ dyslexiaadviser@bangor.ac.uk

Assessment Centre Manager

Dylan Griffiths

Study Needs Assessments

✉ access_centre@bangor.ac.uk

Diagnostic Assessments

✉ assessment@bangor.ac.uk

Non-Medical Help Co-ordinator

Christine Roberts

✉ supportwork@bangor.ac.uk

Administrator

Tracey Morris

✉ disabilityservice@bangor.ac.uk

Admin Assistant (Maternity cover)

Charu Dada

✉ disabilityservice@bangor.ac.uk

☎ Charu 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

Approved by the Matrix Accreditation Body

