

Disability Services Newsletter

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

Tel: 01248 383620 / 382032

E-mail: disabilityservice@bangor.ac.uk

September 2018 - Issue 49

New students - Your arrival weekend at Bangor - Saturday 15 September / Sunday 16 September



Welcome to Bangor!

The new academic year is nearly here and you'll soon be on your way to Bangor! You will be receiving plenty of information about Welcome Week activities from your School and the Students' Union - make sure to take every chance to join in with what you want to, but also get some relaxation when you can before the start of term.

Those of you who have booked rooms in the Halls of Residence will be arriving on Saturday 15 or Sunday 16 September. The Halls staff, wardens and peer guides will be ready to help you with settling in and can assist with all your general enquiries.

Come and meet the Advisers!

If you would like a chat with one of the **Advisers**, they will be available in Ffriddoedd Village from 2pm - 6.00pm on **Saturday** and 10am - 2pm on **Sunday**. Please drop in to see us in **Alaw common room**, <https://www.bangor.ac.uk/campusmap> or contact us by Thursday 13 September if you would like to book a specific appointment.

If you don't manage to see us over that weekend, or if you are not going to be living in Halls, please make an appointment during Welcome Week, so that we can start to get to know you and make sure your PLSP is in place for the beginning of term, or whenever you can.

✉ disabilityservice@bangor.ac.uk or ☎ Charu / Tracey on 01248 383620 or 382032.

All the best from Esther, Ruth, Steph, Fiona, Cheryl, Fiona, Andrea & Rafaela.

Inside This Issue

New students - Your arrival weekend at Bangor - Saturday 15 September / Sunday 16 September.....	1
Who are we?	3
Home Student Induction Day - Tuesday 11 September	8
Information Drop-in Sessions - Wednesday 19 th & Thursday 20 th September	9
Bangor University Access Centre - Disabled Students' Allowance (DSA)	10
Top Tips for Settling into University Life	11
'Non-Resident' Students	13
Dyslexia Team Specialist Study Skills Support	14
Dyslexia Team - Daily Drop-in Service.....	15
Disability Adviser Drop-in Sessions - Tuesdays 12-1pm (during term time).....	15
Recording Lectures and Seminars	16
Introduction to IT Services	17
SensusAccess - easy document conversion.....	17
Mental Health.....	18
Case Study by Fiona Hill, Mental Health Adviser, published in a report by the Royal College of Occupational Therapists.....	19
Student Counselling Service	19
Socialeyes.....	20
'Quieter Hour' in all Morrisons stores.....	20
Bangor Assessment Centre	21
Applying for DSA? We can help!.....	21
Graduation July 2018.....	22
Smashing down the hurdles - Libby graduates with a first-class Sport & Exercise Psychology degree.....	22
Tim Jones graduates with a First Class Degree in History, Heritage and Archaeology.....	23
Message from Ruth Plant, President of the Students' Union.....	24
Introduction to Mark Barrow, Vice President for Education, Undeb Bangor	26
Have your say!.....	27
Student Profile: Nicola Brown - Principles of Clinical Neuropsychology MSc/PGDip/PGCert	27

Campus Life	29
Bangor Employability Award.....	31
Open Doors Event 29 th & 30 th September - Conwy Castle	33
Trips & Events - open to all students	33
Our contact details	34

Who are we?

Head of Disability Services

Carolyn Donaldson-Hughes



MEd, ACE (Visual Impairment), CertEd,
Head of Disability Services, Student Services.

Carolyn has overall responsibility for the strategic development and operations of Disability Services. She also has responsibility for policy development in relation to the inclusive provision for disabled students across the University. Carolyn has over twenty seven years' experience of working in Learning Support in Further and Higher Education. She co-ordinated an Outreach Learning Support Service across the Midlands before joining the University seventeen years ago.

Admin Team

Tracey Morris

NVQ Level 3 in Business and Administration
Administrator

Tracey joined the team at the end of November 2005; before this she worked in a busy Solicitors' office. Tracey aims to give an efficient and friendly service to all students whom she meets.



Charu Dada



Administrative Assistant
EdD

Charu joined the team in March this year and has recently completed her Doctorate in Education from Bangor University. Charu will be the first point of contact for students contacting the Disability Service and is based in Reception.

Disability Advisers

Esther Griffiths

BA Econ, PG Dip, CACDP (BSL Level 1)
Senior Disability Adviser

Esther joined the team in August 2010 as a Disability Adviser. Esther has worked in disability provision in Higher Education for almost 21 years and has worked at Manchester University as well as previously at Bangor in a number of roles, including managing the Access Centre.



Esther has line management responsibility for the Disability Advisers, Mentoring Scheme and the Support Workers Scheme.

Ruth Coppell



MA S.E.N, PG Dip ABA, BSc
Disability Adviser

Ruth joined the team in September 2014 as a Disability Adviser. Ruth has a Master's degree in Special Educational Needs and has worked within the field of disability for over 18 years in a variety of sectors. She was previously a DSA Study Needs Assessor at the Bangor Access Centre, working there since 2008. Ruth also has a background in Autistic Spectrum Disorders and Applied Behaviour Analysis as well as care for young people with life limiting conditions.

Stephanie Horne

MSc, BSc (Hons)
Disability Adviser

Steph joined the team in November 2015 as a Disability Adviser. Steph started working at Bangor University as a Researcher in Centre of Cognitive Neuroscience in the Psychology department. She has since worked in disability-related roles for 16 years. During this time her roles have included DSA Study Needs Assessor, working in a DSA equipment supply service, Assistive Technology trainer and Access Centre Manager.



Mental Health Advisers

Fiona Rickard



BSc, RMN
Mental Health Adviser

Fiona joined the team in October 2004 and her primary responsibility is as a Mental Health Adviser. Fiona studied Social Sciences at Bradford University. She then worked as a Community Service Volunteer and as a Nursing Assistant before training to be a Psychiatric Nurse. As a Community Psychiatric Nurse she has had experience working with different Mental Health Teams in Yorkshire and North Wales.

Cheryl Parkinson

MSc, BSc, RMN, PGCE, PGDip Professional Development, DipCBT
Mental Health Adviser

Cheryl joined the team as a Mental Health Adviser in November 2011. Cheryl has worked across the health and social care sectors in Manchester and Wales for over 27 years - training as a Registered Mental Health Nurse in 1988. Cheryl became involved in the education sector in 2007 and has experience of lecturing at HE and FE levels.



Fiona Hill



MA, BSc(Hons)OT, PGCertHE, FHEA
Mental Health Adviser

Fiona joined the team as a Mental Health Adviser in September 2016. Fiona is an Occupational Therapist who has worked in a range of physical and mental health settings in the NHS and Social Care Sector, including community and acute services, over the past 19 years. She has a Master's Degree in Education Studies from Bangor University and worked in the School of Healthcare Sciences as a lecturer in Occupational Therapy for 10 years before joining the Disability Services team.

Dyslexia Team

Jane Jones

PhD, MA, PGCert HE, ATS BDA, BA
SpLD Manager

Jane joined the Dyslexia Service in February 2013. Prior to this she studied at Bangor University, before going on to lecture at both Chester University and Aberystwyth University. During this time Jane also held the administrative roles of Disability Link Tutor, Mitigating Circumstances Exam Support and Year Tutor providing pastoral support to students. Jane's primary responsibility is to manage the SpLD service provision within Disability Services.



Andrea Reynolds



PhD. Psychology
SpLD Adviser

Andrea joined the Dyslexia Team in August 2015. She has several years' research experience focusing on dyslexia in adults as well as experience providing learning support in higher education. In her role as SpLD Adviser, she provides support and advice to students as well as helping them to develop appropriate learning strategies to accomplish their academic goals.

Rafaela Williams

AMBDA, 9485, PGCE, BA
SpLD Adviser

Rafaela has worked in adult, further and higher education for over 23 years as a literacy/SpLD tutor, social sciences lecturer and curriculum manager. As a teacher and SpLD Adviser Rafaela enjoys working with adults to overcome barriers and reach their potential.



Rhian Graham



M.A., B.A., PGCE, CQSW, CFPS. (Language Diff.), Dip. in Theology (Welsh). Reg. with GPTI. and UKCP.
SpLD Tutor

Rhian has worked at the University for eleven years and over the last eight years, she has gained varied and extensive experience of working as a SpLD tutor in both English and Welsh. Rhian aims to work in a collaborative way with students and the focus of the work can discover and facilitate individual learning strategies, develop appropriate academic skills and improve self-confidence and resilience.

Fiona Zinovieff

PhD, BA, BDA APS
SpLD Tutor

Fiona has worked with Bangor students who have dyslexia and other SpLDs for over 22 years, helping them to find strategies to unlock their learning potential and the confidence to fulfil their potential by using them.



Non Medical Help Co-ordinator

Christine Roberts



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).

Home Student Induction Day - Tuesday 11 September

If you are a student from the North Wales area who will be living at home during your studies and commuting to Bangor University you may be interested in attending an event especially for you.

The Home Student Induction Day is an event held on Tuesday 11 September 2018 from 10am - 2.30pm in PJ Hall here at Bangor University.



It's an opportunity for you to meet other students who, like you, will be commuting to University, an opportunity to meet fellow students and to make friends before you start your course.

During the event you will be given a presentation from a current student who'll share their experiences with you as well as short information sessions from Support Services. You will also get an opportunity to tour the Main Arts University site and see our library facilities.

You will receive further information and an invitation to the event in the Welcome Week Diary which will be sent out to you over the summer.

**Information Drop-in Sessions -
Wednesday 19th & Thursday 20th September**

Students with SpLDs:

Dyslexia Dyspraxia Dyscalculia ADHD

Drop in for information on:

- Specialist One to One Study Skills Support
- Find out how we can help you

When?

- **Wednesday 19th September: 2 – 4 pm**
- **or Thursday 20th September: 2 – 4 pm**

Where?

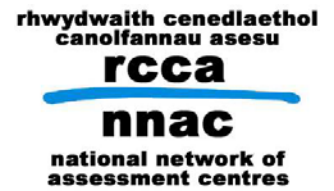
Disability Services, Rathbone Building, Lower Ground Floor

Students with SpLDs:

Dyslexia Dyspraxia Dyscalculia ADHD

Bangor University Access Centre - Disabled Students' Allowance (DSA)

Established as the first Needs Assessment Centre in Wales, we are the only Assessment Centre based at the University. We are therefore the only centre who has an in-depth knowledge of the University's curriculum and facilities. We can also liaise directly with Disability Services to help put support into place.



I have applied for DSA, what next?

Once you have an email or letter from your funding body confirming eligibility for DSA, get in touch with us and we can book you in for a Study Needs Assessment.

What is a Study Needs Assessment?

The Study Needs Assessment (SNA) is a friendly and relaxed meeting between an accredited assessor and student. During the meeting we take a detailed look at your course, strategies and disability-related barriers to learning. During the SNA the assessor will discuss relevant support options, and demonstrate appropriate assistive technology (e.g. software). We will then be able to make specific and tailored recommendations about what the DSA can be used to fund. All of this information is compiled into the Needs Assessment Report (NAR) which will be sent to the funding body for their consideration.

Each assessor has a minimum of six years' experience of DSA support, and have all been previous students at Bangor.

What happens after the SNA appointment?

Once the Needs Assessment Report goes to the funding body, they should contact you with the support that has been agreed. If you have consented during the appointment, we will then pass on the agreement to the recommended providers so that they can arrange for the support to be delivered for you.

Where do I go for more information?

If you would like to know more about any aspect of Disabled Students Allowances, or the DSA process, please contact us at access_centre@bangor.ac.uk, ☎ 01248 388101 or call in to see us on the First Floor of Neuadd Rathbone (Student Services).

We are here to support all disabled students and can provide support and guidance throughout the whole DSA process.



Ayeisha, Assessor & Dylan,
Assessment Centre Manager.

Top Tips for Settling into University Life

1. Expect some ups and downs.

Whether this is your first time away from home or you're returning after a break, starting a new year at University means you will be facing something new and, for all of us, even positive change is stressful.

Change can be both invigorating and disorientating. Away from familiar surroundings and support, we can find ourselves feeling daunted by tasks we would normally have coped with easily.

The first few days can be quite bewildering with so many new faces, places and things to do. It is not at all unusual or surprising to feel lost or lonely at times in this situation.

Other students maybe feeling just the same - this is an ideal time to make friends and support each other.

2. Take care of yourself.

Friendships take time. Your new friends and peers will take a while to get to know you well enough to know what you are feeling and thinking. This means that you will have to look after yourself. You will need to think about your needs and put time and energy into making them happen.

3. Take time to reflect.

Moving to University can be a great opportunity to discover who you are and how you want to live your life. You may want to experiment with new ways of being and try new things. Just leaving home is a massively new experience for many students.

Taking time to reflect on these new experiences will help you to make up your own mind about what suits you, who you want to spend time with or what you want to get involved in.

Taking time every day to unwind and relax will help you to process and enjoy your new life.

4. Take as many opportunities as you can to find the people you like and get on with.

University is a great opportunity to make friends. There will be like-minded others with similar interests and personalities, they may be in the next room or you may need to find each other. Make use of the peer guides and other students to show you around. Joining societies and attending socials are a great way of meeting others.

Do the things you know you will enjoy, take a chance for something new and say no if you feel pressured into anything you're not comfortable with.

5. Get organised from the start.

Life at University offers you a great deal of freedom which requires you to be self-motivating and organised. You will need to think about how to divide up your time and find a personal balance that suits you and gives you time to work, play, socialise and be alone. Creating a routine and structure to your day/week is likely to be helpful.

6. Get your finances in order.

If you are in receipt of student finance you will receive one instalment per term. Your first instalment should therefore cover your living cost - rent, food, books, socialising costs until the 7th January 2019 when you'll receive your next funding instalment.

For budgeting advice visit the Money Support Unit website or into see a member of staff or email the guidance at any time.

Website: <https://www.bangor.ac.uk/student-services/moneyadvice/budgeting.php.en>

✉ moneysupport@bangor.ac.uk

☎ 01248 38 3566 / 3637

7. Remember to work.

Keeping up-to-date with your work will prevent you from getting a backlog and the stress that this creates. Remember that problems tend to grow, so take courage and tackle them as soon as they arise.

8. Remember to play.

University is a great place to socialise, have fun and follow your hobbies or sporting activities. Make the time to play and relax; it will help you to stay healthy and more productive in your work.

9. Care for your body as well as your mind.

Regular exercise, good quality sleep and healthy food will help you to get the very best from University.

If at first you have trouble getting organised for cooking, eat at the places provided. Try to avoid just having snacks. You may find that there are other people in your hall to cook with and that might help get you started. (There are also some healthy and tasty recipes on the Wellbeing website: www.bangor.ac.uk/student-services/wellbeing)

10. Don't give yourself a hard time.

Not everyone finds it easy to socialise and we all say or do things occasionally that we later regret. Remember, beating yourself up achieves nothing. Try to learn whatever lesson is there for you, then forget about it and move on!

11. Don't do ANYTHING you don't feel comfortable doing.

Whether it is spending more money than you can afford, using drugs, having sex or even just going out when you want an early night. Remember, you do not have to do anything if you don't want to.

12. Share your concerns...you won't be alone.

Bottling up problems is never helpful. Talk to someone: a friend, family member, peer guides, one of the student support teams or counselling service.

'Non-Resident' Students

Not living in Halls? The following information may be of use:

- ◆ It can be helpful to make arrangements to meet up again with someone you have met on the Open Day or at the Home Student Induction day on the 11th September 2018, to go to the formal welcome, your first lecture together, or to meet up either before or after for a coffee.
- ◆ A Mature Students' Room situated on the Ground Floor of Neuadd Rathbone, College Road can be used as a base when you are in the university. Please contact disabilityservice@bangor.ac.uk for the Access Code.
- ◆ Being a 'non-resident' student has advantages, such as not having to leave home, family and friends behind.
- ◆ Try to find a way to access some of the activities within the university to help you feel that you belong. If there are difficulties for you in staying on in the evenings, for example because of family commitments or distance, there may be some societies to suit you that operate in the daytime. You can find more about all the societies on the following website: <https://www.undebbangor.com/opportunities/societies/>
- ◆ It is understandable that there is a lot that you don't know. Don't be afraid to ask. There are many people here to help you, from finding a lecture room to giving money advice. The staff are all there to help you as much as to students who live in.

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.

Dyslexia Team - Daily Drop-in Service

Dyslexia Team Drop-in Service

The Dyslexia Team offers a drop-in service, for students registered with the Dyslexia Team, each weekday during term time starting from 24 September 2018, 12.00 to 13.00

- ◊ **Monday** - specialist 1:1 support with general study skills.
- ◊ **Tuesday** - specialist 1:1 support with general study skills.
- ◊ **Wednesday** - specialist 1:1 support with general study skills.
- ◊ **Thursday** - specialist 1:1 support with general study skills through the medium of **Welsh or English**.
- ◊ **Friday** - specialist 1:1 support with general study skills including statistics.



Just let Charu or Tracey know that you've come for a **drop-in session** and they will direct you to the right tutor.

July 2018

Disability Adviser Drop-in Sessions - Tuesdays 12-1pm (during term time)

If you'd like to see a Disability Adviser during our drop-in session, please come to the Disability Services Reception (on the Lower Ground Floor of the Rathbone Building) between 12 and 1pm on a Tuesday.

You can find directions here:

<https://www.bangor.ac.uk/studentservices/disability/index.php.en>

If you'd like to make an appointment for another time, please

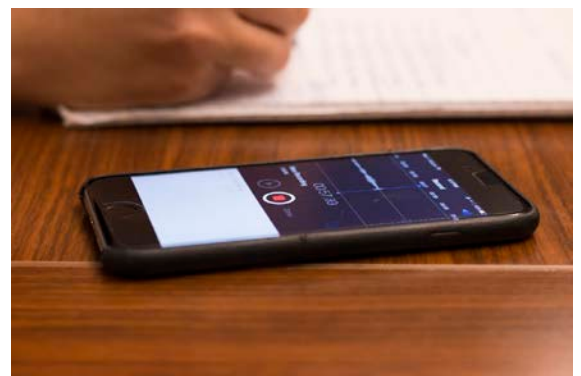
✉ disabilityservice@bangor.ac.uk, or ☎ 01248 383620 or 382032

Recording Lectures and Seminars

Students are permitted to record lectures and seminars where included in your PLSP. There are a few rules that accompany this adjustment so please note that:

- Recordings are for personal use only and must not be shared with others. This means they must not under any circumstance be published on the web, or on any public site.
- In subjects where lectures and seminars are participatory, where other students' contributions touch on personal issues or opinions in lectures, the recording must be stopped, albeit temporarily. This is made clear in your PLSP.
- Recordings are used as an alternative strategy to note-taking (for example: as a pen and paper substitute). If there is no need to take notes, then there is no need to record. However, if key texts are referred to, you should be able to record these in some way.
- Additional information is included in 'Your PLSP Explained':
<https://www.bangor.ac.uk/studentservices/disability/documents/YourPLSPExplainedApril2016.pdf>

If you have any concerns about capturing essential information and using your recorder in taught sessions, please discuss with the lecturer delivering the session, your school's Disability Tutor, or an Adviser in Disability Services.



Introduction to IT Services

Find out about the IT facilities you are going to need for your course!

The university will communicate important information to you via email, including: notice about changes to lecture venues; important information on examinations; reminders about non-payment of fees. It's essential that you keep on top of your emails, right from the outset - you may be surprised just how many you receive in your first week at university alone!



Your School may offer some sessions on managing emails during Welcome Week. If not, IT Services are running the following workshops in Room O13, Adeilad Deiniol, Deiniol Road.

No need to book, just turn up.

- **Wednesday 19 September, 2-3pm** - Intro to IT facilities for New Students
- **Wednesday 19 September, 3-4pm** - Intro to IT facilities for New Students
- **Thursday 20 September, 3-4pm** - Intro to IT facilities for New Students

Topics will include:

- Email & Internet within Bangor University
- MyBangor - Online Services
- Blackboard (Bangor University's learning environment)
- Programs available to aid your study

SensusAccess - easy document conversion

How can SensusAccess help me?

Would you like to annotate an electronic journal, or listen to a document read aloud?

Do you want to improve the accessibility of the resources you use or provide?

SensusAccess provides an easy way to convert documents into a more useable format. This service is available in English and Welsh, and can also deal with documents in many other languages.



All members of the University can use SensusAccess.

Staff can use it to create accessible copies of resources to share with students and colleagues;

Students can use it to convert documents and files into a format that suits them; e.g. it can convert a .pdf into an editable document so it can be annotated, or it can create an MP3 of a journal article which can be listened to;

Disabled members of the University can use it to convert documents into formats suitable for them and their assistive technology.

Where do I find SensusAccess?

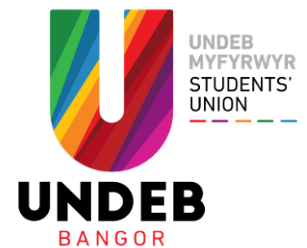
SensusAccess is a web based resource - you can find it on the library's website, where there are also links to support materials. <https://www.bangor.ac.uk/library/sensusaccess>

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
- **Start date:** 26 September - 12 December 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.

Case Study by Fiona Hill, Mental Health Adviser, published in a report by the Royal College of Occupational Therapists

Mental Health Adviser Fiona Hill, who is an Occupational Therapist by profession, has had a Case Study about her work as a Mental Health Adviser published in a report by the Royal College of Occupational Therapists, as part of their "Improving Lives: Saving Money" Campaign. The report, entitled "Getting my life back: occupational therapy promoting mental health and wellbeing" highlights the work of occupational therapists in mental health settings across the four countries of the UK. Fiona's anonymised case study, published in the Welsh report, gives an example of how, by helping to reduce the barriers to engagement in University life, a mental health adviser can enable a student who is experiencing mental health problems to continue with their studies. To read the full report, please go to: <http://cotimprovinglives.com/getting-my-life-back-occupational-therapy-promoting-mental-health-and-wellbeing/>



Fiona

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



Socialeyes

Socialeyes is an innovative approach, developed by the NAS, to facilitate social skills and social understanding with people on the autism spectrum. Socialeyes does not ask people on the autism spectrum to change 'inappropriate' social behaviour, or to acquire social skills by copying the 'typical' behaviour of others. Instead, it gives people the option of learning social interaction skills or alternative social strategies.



The Disability Advisers plan to run the Socialeyes Programme for students on the Autism Spectrum again this academic year. All students who have let us know they have an autism spectrum condition will receive an email with more information when it becomes available. If you would like to know more, please contact email socialeyes@bangor.ac.uk

'Quieter Hour' in all Morrisons stores

'Quieter Hour' takes place every Saturday in all stores from 9am to 10am.

This new initiative has been created with the support of the National Autistic Society. During Quieter Hours, stores will:

- Dim the lights
- Turn music and radio off
- Avoid making tannoy announcements
- Reduce movement of trolleys and baskets
- Turn checkout beeps and other electrical noises down
- Place a poster outside to tell customers it's Quieter Hour.



Bangor Assessment Centre

Supporting students to get their support

Bangor Assessment Centre offer students a 'one-stop-shop' to help students obtain evidence for an SpLD, as required for Disabled Students' Allowances.

Informal Screenings for Specific Learning Differences (SpLDs)

If students suspect they may have an SpLD such as Dyslexia or Dyspraxia we offer a free informal screening to look for indicators of an SpLD. The screening appointment lasts for approximately an hour and a half and involves a confidential informal interview/discussion and a few short tests. 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.

Following a full diagnostic assessment, the student would be eligible for support through the Disabled Students Allowances, and reasonable adjustments for the student's 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/studentservices/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 see us 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 see us on the First Floor of Neuadd Rathbone (Student Services).





Smashing down the hurdles - Libby graduates with a first-class Sport & Exercise Psychology degree

Libby Steele, 21, from Trentham, Stoke-on-Trent, Staffordshire graduates with a first-class [BSc Sport and Exercise Psychology](#) degree this week after playing a key role in developing a new starting system for deaf athletes.

Ever since a young age, Libby has always had a strong interest for both participating and watching sport. She found that she also enjoyed studying sport through GCSE and A-Level Physical Education and discovered an intrigue for psychology, which led her to look at Sport Psychology courses at university. Libby discovered the perfect course and university for her through the clearing system.



Libby

Libby explained: "I was born deaf, so I have had to overcome adversity with regards to communication, social inclusion and other barriers my entire life. Since becoming older, I realised the extent of the inequalities faced by the deaf community and felt like I had to do something to change these inequalities. Combining my love for studying sport psychology and my hearing impairment, I came up with the idea of developing a new standardised starting system that would allow deaf athletes to compete fairly alongside hearing athletes.

"One of my highlights at University was participating in a collaborative research project between the University and England Athletics/UK Deaf Sport. The project aimed to inform the development of a standardised starting system in track and field athletics for deaf athletes by investigating reaction time differences between hearing and non-hearing athletes, as well as between different sensory stimuli including auditory, visual, tactile and bi-modal.

"At the moment there is no Paralympic pathway for deaf athletes, who currently compete alongside hearing athletes using a variety of different starting systems. I think that this project can not only inform the development of a fair starting system, but in turn, help promote inclusivity and participation for these athletes, making the talent pathway more accessible at both ends of the performance spectrum.

"It feels scary but exciting to be graduating, I can't quite believe my three years of undergraduate studies are over already. I am so proud of myself for graduating with a first-class honours degree, I have worked so hard to achieve my classification and I'm just glad the hard work paid off. I am also proud of how much my confidence and self-assurance has grown since starting university.

"My next step is to return to Bangor for a research Masters and PhD and continue with my research project. I am also striving to be an advocate for deaf sport and allow deaf athletes to have the same opportunities as any other athlete."

Tim Jones graduates with a First Class Degree in History, Heritage and Archaeology

Starting university was a very daunting experience. Being disabled and out of education for thirty-four years, I really did not know what to expect. I left school in 1984 with no qualifications and joined the British army. Reading the reviews about Bangor University helped the decision to enrol and I started university at the same time as my son who was studying Product Design at Bangor, so I knew I had to set an example for him as well as my family. I found the help at Disability Services to be instrumental to myself gaining my degree. The help from the Dyslexia Centre helped me develop every year to my final exams and my first class honours degree.



Tim

I found a warm and friendly environment at the School of History, which was very welcoming and if I needed help or advice, there was always someone available. Again I feel this was a major step with my degree. During my second year of studying, I took the opportunity to take a work placement at the Royal Welch Fusiliers museum at Caernarfon, my old army regiment. The placement went superbly and a short while later I was offered a job at the museum. The first two years at Bangor University had helped considerably for myself gaining the position at the museum.

During my final year at Bangor, I opened a display of World War One archaeology and received excellent reviews. I also gave some seminars on my study of military archaeology and my experience of the work placement.

I have found the whole experience at Bangor University to be a big life changing event and only wish I could have started this years ago. There are some exceptional people at Bangor University and without their support, I could not have gained my degree. Disability Services have been a great help with my degree and I cannot thank them enough.

Message from Ruth Plant, President of the Students' Union

Hi all!

My name is Ruth Plant and I am the President of the Students' Union here at Bangor! I am a second year sabb but like you I did my undergraduate degree at Bangor and loved every minute of it...with help from the Disability service. Undeb Bangor (Undeb means Union) is made up of 5 elected officers and staff to ensure that you are represented to the university in every aspect from opportunities we run like sports, volunteering and societies to getting your voice heard in academic meetings. Undeb works closely with the Disability service to ensure that the support students need is available and effective. At the Undeb we have provisions in place to help students including:



Ruth

- **Walk and Talk:** This is a volunteering project that allows you to go for a walk with peers and discuss anything that might be on your mind.
- **Connect@Bangor:** This is also a volunteering project that allows you to make friends with people that may experience barriers at university.

Disability Services Newsletter

- **Big White Wall:** We implemented an online system called Big White Wall that allows you to access advice and speak to advisors online and through messages. This is a peer to peer provision and completely free and anonymous for you to use.
- **Drop in sessions with Mental health advisors:** This happens weekly and is a drop in session that you can use whenever you feel you need too!
- **De-stresstival:** We run events and campaigns like De-stresstival to remind you to look after yourself and think about your wellbeing all through the year!
- **A case study advisor:** This is a member of staff that can help you with any struggles or barriers you may be facing at University, they can signpost you to the necessary people and help you every step of the way through university life.
- **Helpful and happy staff:** We have a number of staff who are Mental Health first aid trained and suicide awareness training; always willing to have a chat over a brew.

The Undeb is working with Disability Services to create a video and information packet that allows the explanation of the provisions available and the best people to contact. If you would like to be involved in this video either to take part or plan with me; please contact myself and ruth.plant@undebbangor.com. I can give you more information or we can just have a chat about what would be involved!

If you ever need a chat, a friend, advice, help or just somewhere to relax with a cup of tea come down to the Students' Union and meet the staff and sabbatical team! We are located on the 4th floor of Pontio and you can come in any time to find out what we can do for you. We hope you have an amazing time at Bangor but if you need any extra help then come and talk to us. Your welfare is our priority; you can come and talk to us about any issues or worries you might have so please don't hesitate to contact us. The easiest way to find out more about us is to visit the website or add us on Facebook!



Undeb Bangor



Introduction to Mark Barrow, Vice President for Education, Undeb Bangor

Mark Barrow is a recent History with Journalism graduate, and has been elected by students to serve as your Vice President for Education.

During his time as a student, Mark actively got involved in many different University and Students' Union roles and activities. He was a Course Rep for three years, and during that time he organised two student-led trips, to Berlin and Krakow, and Prague.

During his time in office, Mark is committed to further enhancing the experiences of all students at the University. By listening and learning from students, Mark will work upon any concerns or advice that is given to him.



Mark

Mark intends to set up a Sexual Harassment campaign, in collaboration with Student Services, to safeguard and protect vulnerable students, and to ensure that there is no 'grey area'.

He will be working with the University's Housing Office to ensure students are given accurate and honest advice before they sign a housing contract. By establishing a house reviewing platform, such advice will be accessible for students.

Mark also wants to work with the Course Rep system, to ensure Course Reps provide a practical and meaningful opportunity for all students within their School.

He will be operating an 'open door' policy, and encourages students to come and speak to him, and their Union, whenever they want to. His email address is mark.barrow@undebbangor.com



Have your say!

Vacancies for Student Membership of the Disability Working Group

The Disability Working Group monitors policy and procedure in relation to disabled students at Bangor University. We welcome student involvement and currently have two vacancies. The Group is chaired by Maria Lorenzini, Director of Student Experience, and reports to the Student Services Task Group. Membership includes representation from Disability Services, Property & Campus Services, Health & Safety, Disability Tutors, Senior Tutors, Library Services, Careers, IT Services and the Students' Union. The Group meets three times a year; this year's meetings are scheduled for:

10 October at 2pm

6 February at 2pm

15 May at 2pm

Disability Service also runs optional meetings before hand, with refreshments provided, to discuss the agenda items, and any other pertinent issues.

Contributions are eligible for Bangor Employability Award credits.

If you would like to volunteer to sit on the Group, or would like further information, please contact ✉ disabilityservice@bangor.ac.uk or ☎ 01248 383620 / 382032.

Student Profile: Nicola Brown - Principles of Clinical Neuropsychology MSc/PGDip/PGCert

Nicola Brown is from Llanberis, North Wales and is studying Principles of Clinical Neuropsychology MSc/PGDip/PGCert. Before coming to Bangor she studied at Coleg Menai.

What made you decide to study that course?

My passion for brain injury rehabilitation.

Why did you decide to study at Bangor?

I am local to the area and I found the staff (especially Brigantia) are very welcoming.

What do you think about life in Bangor and the surrounding area?

I live in Llanberis which is stunning, we have some beautiful views.



Nicola

What kind of support is there for students?

Amazing 1-2-1 support to be had at the Dyslexia Service.

Has studying at Bangor given you any specific opportunities?

Oh yes many! I have spoken at The Royal Society of Medicine recently, would have never have had this amazing opportunity without doing my course!

What advice would you give to people applying to Bangor?

Just do it! I held back due to various things, but now I have done it it was one of the best decisions I have ever made!

What is the highlight/best thing about being a student at Bangor?

My supervisors, they are amazing extremely supportive and motivating.

What have you particularly enjoyed about your course?

Neuro Clinical and Behavioural Modules where I actually took part as a participant in the Behavioural, each week someone comes in to chat about their condition.

What is the most difficult thing about being a postgraduate student?

Finding time to hang out with friends, family etc., but I do have a job and volunteer regularly so no wonder I have no time.

Have you taken part in the Bangor Employability Award?

Yes, I did last year and was shortlisted for the excellence award.

What career do you want to pursue after your studies?

Neuropsychologist.

How do you think the course at Bangor will help you?

I am being taught by the best in the business!

What will you miss most about Bangor when you leave?

Can't get rid of me that easily!

Campus Life



DON'T FORGET
to wear you halls'
band for lots of
freebies!
see **Facebook** for
more details

Get involved,
meet new
mates, try new
stuff & have
some fun!

**THAT'S WHAT
CAMPUS LIFE
IS ALL ABOUT!**

Come and meet the Crew at Serendipity!

WWW.CAMPUSLIFEBANGOR.CO.UK



Cyflawni drwy
Brofiad Gwaith
Achieve through
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.

With the support of an advisor, we work with you one to one, to explore the best options for work experience opportunities, support you along the way and help you to grow in confidence.



The placements are completely tailored to fit you, your life, studies and other commitments. They can be anything from 1 to 20 days.

gowales@bangor.ac.uk - 01248 388159 - www.gowales.co.uk

GO Wales are located within Careers and Employability Service - on the 2nd Floor at Neuadd Rathbone

Bangor Employability Award

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.

You will receive support in your school to get started on the Hub (look out for employability sessions in your timetable), but you can also start with an interactive online induction session (which you can complete in your own time) which tells you all you need to know about the BEA.

Resources in the Hub are available in alternative formats, so please get in touch with us if you have specific requirements. Individual appointments are also available if you would like to discuss your activities or have any queries about how to use the system.

Log into the Hub today to get started <https://my.bangor.ac.uk/employability>
You are welcome to email us at employability@bangor.ac.uk if you'd like any support.



gcb **bea**
Gwobr Bangor
Cyflogadwyedd Employability
Bangor Award

Gwasanaethau Myfyrwyr

Student Services



PRIFYSGOL
BANGOR
UNIVERSITY

- Sgiliau a Chyflogadwyedd
- Cymorth Myfyrwyr
 - Tai Myfyrwyr
 - Cymorth Ariannol
 - Iechyd Myfyrwyr
 - Newid/Gadael Eich Cwrs
- Gwasanaethau Anabledd
 - Canolfan Asesu
 - Tîm Anabledd
 - Tîm Dyslecsia
 - Cynghorwyr Iechyd Meddwl
- Gwasanaeth Cynghori
- Gweinyddiaeth Myfyrwyr
- Ennyn Diddordeb Myfyrwyr

- Skills and Employability
- Student Support
 - Student Housing
 - Money Support
 - Student Health
 - Changing/Leaving Your Course
- Disability Services
 - Assessment Centre
 - Disability Team
 - Dyslexia Team
 - Mental Health Advisers
- Counselling Service
- Student Administration
- Student Engagement Unit

www.bangor.ac.uk/studentservices
gwasanaethaumyfirwyr@bangor.ac.uk
studentservices@bangor.ac.uk
01248 382024
Neuadd Rathbone
Ffordd y Coleg / College Road



Open Doors Event 29th & 30th September - Conwy Castle



Conwy Castle will be holding an Open Doors event for free on the 29 - 30th September from 11am to 4pm.

Further information can be found at:

<http://cadw.gov.wales/events/allevnts/open-doors-conwy-castle-2018/?lang=en>

Trips & Events - open to all students

[Full Trips and Events Programme 2018/19](#)

For more information visit: <https://www.bangor.ac.uk/international/support/events/>

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

If you do not wish to receive a copy of our quarterly newsletter, please email:

disabilityservice@bangor.ac.uk

Approved by the Matrix Accreditation Body

