



PRIFYSGOL
BANGOR
UNIVERSITY

Disability Services Newsletter

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Bangor.

Tel: 01248 383620 / 382032

E-mail: disabilityservice@bangor.ac.uk

March 2019 - Issue 50

Happy St David's Day!

Enjoy free access to Cadw sites across Wales without charge on
St. David's Day, Friday 1st March 2019.



Conwy Castle



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Big White Wall

People come to Big White Wall for help with a wide range of mental health and wellbeing issues - from anxiety, depression, stress and trauma, to relationship problems and lifestyle challenges.

Undeb Bangor has teamed up with Big White Wall so that all Bangor students, regardless of their location, have access to a range of help with their mental health.

Big White Wall is completely anonymous and although you are asked to log in using your Bangor University username, this is only to verify that you are a Bangor student and that you have access to the service. No one will know that you have used this service.

Accessing Big White Wall is easy, simply visit www.bigwhitewall.com and log in using your Bangor username and you have access to Big White Wall's services!

24/7 ONLINE & ANONYMOUS SUPPORT FOR MENTAL HEALTH

CEFNOGAETH IECHYD MEDDWL 24/7 AR-LEIN AC YN DDIENW

Mae gwybod fod Big White Wall yno 24/7 yn rhoi tawelwch meddwl imi

Knowing Big White Wall is there for me 24/7 gives me peace of mind

Big White Wall®

Cewch gefnogaeth Cymryd rheolaeth Teimlo'n well
Get Support! Take Control Feel Better



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.

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

February 2019

Yellow Slips for examinations

Please remember to take a **paper copy of your Yellow Slips to each of your forthcoming exams.**

You will need to attach this to each of your exam answer booklets.

Paper copies of Yellow Slips are available at Disability Services Reception, Lower Ground Floor, Rathbone Building.

Wishing you every success in your forthcoming exams.

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



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

Fiona H, Fiona R & Cheryl
Mental Health Advisers

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

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



Esther, Ruth & Stephanie
Disability Advisers



Rafaela & Andrea
SpLD Advisers

Disability Adviser Drop-in Session

Where:

Meeting Room 2, Ground Floor, Rathbone Building, College Road

When:

Tuesdays 12.00 - 1.00 pm, during term-time

Disability Advisers:

Ruth Coppell and Stephanie Horne

Who is it for?

Any student who has a disability-related query or needs some advice on a university related matter.

Can I book an appointment to see someone at the drop-in?

No appointment is necessary. Students will be seen on a first come first served basis. If however you would like to book an appointment to meet with an adviser at another time, please email: disabilityservice@bangor.ac.uk, or phone: 01248 383620 / 382032



Exams – Book your adjustments by Friday 12th 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.

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, 12th April.

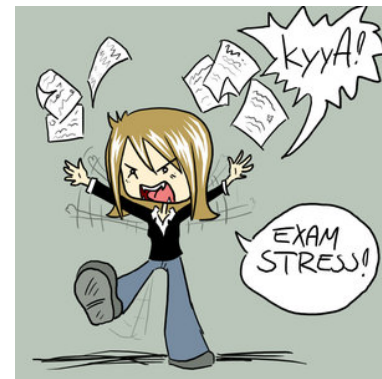
IMPORTANT: If you miss the deadline (12 April), we cannot guarantee that we can put in place your adjustments.

Health Science students

Please contact your School for exam adjustments.

Exam Stress- Advice from our Study Skills Centre

Unfortunately there is no magic wand that will remove the impact of stress on your life. Controlling stress is an active process which means that you will have to take steps to limit its impact. However, there are some very simple steps that you can take to do this which may help your stress levels work for you instead of against you.



Six strategies for dealing with stress:

1. Be careful about what you eat and drink.

Try to eat a well balanced diet, eating at least three regular meals a day. Eat foods which will release energy slowly and are likely to have a calming effect. Food or drink high in sugar may give you instant energy, but in the long term may wind you up leaving you feeling more nervy and edgy than you did before.

Limit your consumption of caffeine particularly found in tea, coffee, fizzy soft drinks and "Proplus" tablets. Excess caffeine tends to heighten arousal and increases "jittery" feelings; it can also impair your concentration and may keep you awake at night.

Try to also limit your use of alcohol and to avoid all use of non-prescribed drugs. These may make you feel better in the short term, but can prevent you from sleeping properly; they can also impair your ability to remember the work that you are trying to revise. Some people drink alcohol and / or smoke more to control their stress levels, but it would be a good decision to try to develop more healthy ways of controlling your stress.

2. Get enough sleep.

Make sure that you get plenty of rest; six to eight hours a night are recommended. If getting to sleep is a problem, ensure that you have at least a half an hour break from your revision before going to bed. Use this break to do anything relaxing which will take your mind off your work such as:

- having a soak in the bath;
- chatting to your friends;
- writing a letter;
- listening to some music.

3. Take regular exercise.

Exercising regularly will not only help to keep you physically healthy, but also uses up the hormones and nervous energy produced when you are stressed. Exercise will also help to relax the muscles which become tense when you are stressed, and, as exercise increases the blood flow around the body, it can help you to think more clearly.

You do not have to take up a strenuous sport: try swimming, walking, cycling or dancing. Anything that gets you moving around and is enjoyable is beneficial, especially if it involves spending at least half an hour in the fresh air every day.

4. Control your breathing.

If you notice that you are starting to feel very stressed, for example as you wait for the examination to start, try to regulate your breathing by concentrating on breathing out to a slow count of four; the breathing in will take care of itself. It will be helpful if you practise this exercise when you are not stressed so that you are very familiar with the technique when you need actually need it.

5. Make time for fun.

Build leisure time into your revision days and the days that you sit your exams. Get involved in a non-academic activity, such as sports, crafts, hobbies or music. Anything that you find relaxing or enjoyable which will give you a break from thinking or worrying about your exams will be beneficial.

6. Improve your study skills

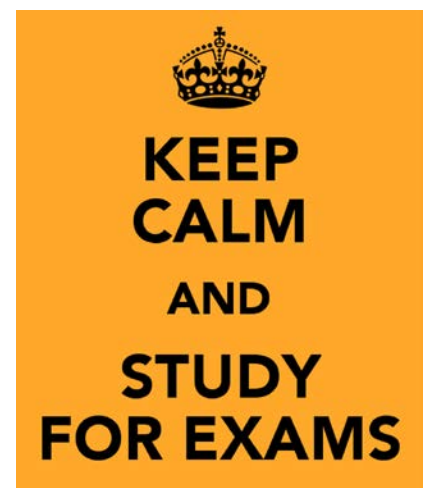
Effective study skills can reduce stress by making you feel more in control of your work and more confident that you will succeed. Check out the guide to [Revision & Exam Skills](#) or attend one of the weekly Drop-In Advisory Sessions (details of how to contact the Advisory Service are provided at the bottom of this page). It may also be useful to talk to your course/personal tutor to get subject specific advice to help make your revision more focused.

Remember that most of your fellow students will be feeling the same way as you do. Tell your friends and family how you feel and find ways of relaxing with them which will help to support you.

Study Skills Centre
Opening Hours 9am to 5pm, Monday to Friday

☎ 01248 382689 ✉ studyskills@bangor.ac.uk

Further information can be found on the Study Skills website
<https://www.bangor.ac.uk/studyskills/index.php.en>



University Mental Health Day - 7 March 2019



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

Use your voice!

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: 9 January - 3 April & 1 May - 29 May 2019

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.

First ever Mental Health Nurses' Day - 21 February 2019

It came as a bit of a surprise - no prior warning or publication but hey we got our own day! Fiona and I wished each other a happy mental health nurses' day and reminisced about times back, which we care not to remember, and today, where in spite of many things the role of the mental health nurse remains crucial to services. It is not possible to explain the complexities of the role nor would we want to try because you see that puts mental health nurses in a box and that is definitely not where we want to be. The role is diverse, it is demanding; factors that would often put people off but for us it is what drives us. Throughout all of this, mental health nursing remains very close to our hearts; there is nothing like supporting individuals at a time when they are experiencing the acuteness of their illness and watching as they recover, grow and succeed.



Cheryl

Student Counselling Service

Prifysgol Bangor
Gwasanaeth Cyngori Myfyrwyr



Ymwybyddiaeth Ofalgar i Fyfyrwyr

ar gael bob bore Mawrth am 11.00-11.50yb

Ystafell Cyfarfod, Yr Anecs,

Neuadd Rathbone, Ffordd y Coleg

Mindfulness Meditation for Students

available every Tuesday morning at 11.00-11.50am

Meeting Room, The Annexe,

Neuadd Rathbone, College Road

Ffon/Phone: 01248 388520 Eboost/E-mail: counselling@bangor.ac.uk
www.bangor.ac.uk/student-services/counselling

Bangor University
Student Counselling Service

Prifysgol Bangor
Gwasanaeth Cyngori Myfyrwyr



Building Resilience Lectures

The programme offers psycho-educational input on the common student difficulties of stress, anxiety and low mood. You will receive information about the nature of the topic, enabling a greater understanding and an opportunity to learn effective coping strategies.

When: every Wednesday at 1.30pm

Where: Teaching Room 1, Ground floor, Neuadd Rathbone

For more information, visit our website:

www.bangor.ac.uk/student-services/counselling/events.php.en

Ffon/Phone: 01248 388520 Eboost/E-mail: counselling@bangor.ac.uk
www.bangor.ac.uk/student-services/counselling

Bangor University
Student Counselling Service

Personal Learning Support Plans (PLSPs)

What is a PLSP?

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

Am I eligible to have a PLSP?

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

What do I have to do to get a PLSP?

You need to take a number of steps:

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

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

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

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

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

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

Who will see my PLSP?

Only relevant staff who need to put in place recommendations and reasonable adjustments.

For more information, visit our webpage at

https://www.bangor.ac.uk/studentservices/disability/personal_learning_support.php.en

Assistive Technology Rooms (ATRs)

A third Assistive Technology Room has been created this year and is located in the Normal Site Library. The room is located in Room H012 (the quiet study room) next door to the RE Centre within the library building. The room features two large screen PC monitors and height adjustable tables and offers students with PLSPs a space where they can work in a quieter environment. The other ATRs are located in the Main Arts Library and Adeilad Deiniol (Deiniol road library/IT). The rooms are accessed using your library/ID card which will grant access if you are registered to use the rooms with Disability Services.

If you have a PLSP but are unable to access the room, please contact Disability Services at disabilityservice@bangor.ac.uk or ☎ 01248 383620 / 382032.

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.

Disability Services Newsletter

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/>



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).



Who is your School's Disability Tutor?

College of Arts, Humanities and Business			
School	Name of Tutor	E-mail	Tel Ext
Bangor Business School	Dr. Rasha Alsakka	r.alsakka	3571
History, Philosophy & Social Sciences	Dr. Owain Jones	o.w.jones	2143
Languages, Literatures & Linguistics	Dr. Sue Niebrzydowski	s.niebrzydowski	2111
Law	Dr. Jenny Pritchard-Jones	j.pritchardjones	2798
Music & Media	Dr. Manon Williams	m.w.williams	3166
Welsh & Celtic Studies	Prof. Angharad Price	a.price	2240
College of Environmental Services and Engineering			
School	Tutor	E-mail	Tel Ext
Computer Science & Electronic Engineering	Mohammed Mabrook	m.f.mabrook	2702
Natural Sciences: Biology & Zoology Chemistry Geography, Environment, Forestry	Joanna Smith / Daniel Thornham Dr. Lorrie Murphy Sian Pierce	j.smith d.thornham l.m.murphy s.pierce	2298 8706 2384 3290
Ocean Sciences	Dr. Katrien van Landeghem	k.v.landeghem	8161
College of Human Sciences			
School	Tutor	E-mail	Tel Ext
Education & Human Development	Helen Roberts	h.b.roberts	3080
Health Sciences	Dr. Julianne Law	j.law	2147
Medical Sciences	Dr. Alyson Moyes	alyson.moyes	8778
Psychology	Dr. Nia Griffith	n.griffith	2543
Sport, Health & Exercise Sciences			

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, make sure you:

- 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 important tips and advice on deposits, visit:

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



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 : *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 2019/20

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 early March 2019 for continuing students to re-apply for student finance. You can download and complete a paper PR1 application form or apply on-line using one of the following websites:

Welsh Students : www.studentfinancewales.co.uk

English Students: www.gov.uk/apply-for-student-finance

Northern Ireland Students: www.studentfinancenir.co.uk

Scottish Students: www.saas.gov.uk

Your application for the next academic year **MUST** be submitted before the deadline – usually **the last Friday in June**.

If you require any help or additional information about the application process, please contact the Money Support Unit for guidance.

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

1st Floor Neuadd Rathbone, College Road, Bangor, LL57 2DF

Connect@Bangor

Do you feel like you would like someone to attend events with, someone to talk to or are just in the mood to explore the local surroundings?

Connect@Bangor and Walk&Talk are student led volunteering projects and are great way to do that.



Whether you face barriers when engaging in student activities or need some general support, Connect@Bangor is here to help. Some students feel more comfortable joining clubs and societies, as well as going shopping, visiting their GP, or going to the gym with someone else. All you need to do is fill in an online form through UNDEB Bangor and you can ask for this service anytime throughout the academic year.

Whether you are looking for a more open and refreshing way to meet new people, de-stress or to just walk and have a chat in good company, Walk&Talk provides this. We organise weekly walks to the scenic parts of Bangor, accessible to everyone. If you'd like to join us, feel free to show up on the day - no sign up is needed!

Our walks leave in front of Pontio main doors on the ground doors at 4pm every Wednesday and Friday (walks usually last about an hour).



Feel free to get in touch with us on Facebook @walkandtalkbangor or via svbconnect@undebbangor.com



Introduction to Daisy, Undeb Bangor Disability Councillor and Course Rep for Biological Sciences



Daisy

Hello!

My name is Daisy Sherratt and I am this year's Undeb Bangor Disability Councillor, and I am also the Disability Course Rep for Biological Sciences.

I study 3rd year Zoology and have used both Undeb Bangor's facilities and the disability services since my first year in Bangor.

I have Autism, Dyslexia and Dyspraxia and have utilised the majority of the services offered by the University. I am here if you have any complaints or concerns and will be working my hardest to achieve change for students with disabilities through my role in the Undeb Bangor Council.

I can't achieve this change without your help so if you have any suggestions or any issues that you would like me to bring up in Undeb Bangor council meetings then please feel free to email me. And remember that all students are welcome to come to council meetings to voice any issues, make suggestions to the whole council, or just to listen to what we do!

Feel free to email me: bsu925@bangor.ac.uk



Furthermore, feel free to join the Facebook page '**Bangor University Disabled Students**' to share ideas and join our community! Even if you want to be on the page to see what's going on, that's awesome too!



#TogetherWeek

#TOGETHER WEEK

IS ALL ABOUT CELEBRATING WORKING TOGETHER AND CHANGES MADE IN RESPONSE TO YOUR FEEDBACK. SO COME ALONG TO FIND OUT MORE.



11 MARCH DEINIOL LIBRARY 10-4PM

#TOGETHERWITH EATDRINKBANGOR & CAMPUSLIFE

12 MARCH MAIN ARTS QUAD 10-4PM

#TOGETHERWITH HOUSING OFFICE

13 MARCH PONTIO LEVEL 5 10-4PM

14 MARCH MAIN ARTS QUAD 10-4PM

#TOGETHERWITH INTERNATIONAL OFFICE

15 MARCH MAIN ARTS FOYER 10-2PM

#TOGETHERWITH UNDEB BANGOR



STUDENT HOUSING OFFICE

WWW.BANGORSTUDENTPAD.CO.UK





Cyflawni drwy Brofiad Gwaith
Achieve through Work Experience



Sut i gael profiad gwaith sy'n berthnasol i'ch gyrfa i helpu i'ch rhoi ar y blaen i'r gweddill

How to gain career relevant work experience to help you stand out from the crowd



- 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 Cyngorwyr 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.

gowales@bangor.ac.uk - 01248 382578 - www.gowales.co.uk
ail lawr - Neuadd Rathbone - second floor

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/studentsservices
gwasanaethaumyfirwyr@bangor.ac.uk
studentsservices@bangor.ac.uk
01248 382024
Neuadd Rathbone
Ffordd y Coleg / 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

Gemma Watts

✉ disabilityservice@bangor.ac.uk

☎ 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

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

disabilityservice@bangor.ac.uk

Student Services -
Approved by the Matrix Accreditation Body

