

Disability Services Newsletter

Lower Ground Floor, Neuadd Rathbone, College Road,
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March 2020 - Issue 54

**Enjoy free access to Cadw sites across Wales without charge on
St. David's Day, Sunday 1st March 2020**

Online tickets are now released for free entry to Wales's historic sites on
St. David's Day.



For further information visit:

<https://cadw.gov.wales/about-us/news/online-tickets-released-free-entry-to-wales-historic-sites-on-st-davids-day>

Inside This Issue

Enjoy free access to Cadw sites across Wales without charge on St. David's Day, Sunday 1 st March 2020.....	1
University Mental Health Day - 5 March 2020.....	3
Mental Health Advice Drop In	4
Exam Adjustments - Book your adjustments by Friday 3 rd April.....	5
Health Science students.....	6
Exam Stress- Advice from our Study Skills Centre.....	7
Dyslexia Team.....	9
Yellow Slips and Exams.....	11
Dyslexia Team Drop-in Service	11
Disability Adviser Drop-in Session.....	12
Money Support Unit	13
Carers Bursary	13
Field Trip Bursaries	13
Re-applying for Student Finance 2020/21	14
GO Wales.....	15
Volunteering Opportunities @ Caffi Deiniol	17
Undeb Bangor Council - Disability Representative, Beth Edwards.....	18
Research Study by Tamsin Speight, School of Health Sciences.....	19
Our contact details	20
How to find us	20

University Mental Health Day - 5 March 2020

University Mental Health Day is the national day for student and mental health.



Have you heard of a 'buddy box'?

Whether you have or not please come along to the Students' Union, Level 4, Pontio, 2pm-3.30pm on Thursday 5th March 2020 and we will support you to start to build one.

Look forward to seeing you from Cheryl, Fiona and Sioned, Mental Health Advisers and the brilliant connect@bangor volunteers.



Mental Health Advice Drop In

Cheryl Parkinson, Fiona Rickard and Sioned Evans, 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.



- **Where?** Pontio, Students' Union, Level 4
- **When?** Wednesdays 2pm-3.30pm
- **Start date:** 8 January - 1 April & 29 April - 27 May

As the Drop In is so well attended we offer a brief chat after which we will offer you a further appointment or signpost you to other appropriate resources or services. There will be Connect Volunteers to offer support whilst you wait to see a Mental Health Adviser.

This could be for you if ...

- **You want to have an initial chat with a Mental Health Adviser**
- **You want to find out about support available**
- **You are concerned about increasing levels of anxiety / exam or study stress**
- **You are losing sleep due to worrying**
- **You have concerns about a friend or housemate**

*Disability Services
Student Services*

BOOK YOUR EXAM ADJUSTMENTS BY



For further information on booking your adjustments visit

<https://www.bangor.ac.uk/student-services/disability/exams.php.en>



02/2020

Exams – Book your adjustments by Friday 3rd April

Q Where and when can I see Exam Timetables?

A The Exam Timetable for Semester 2 will be published early March. 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, 3 April.

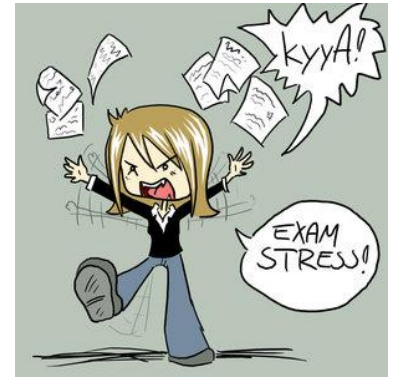
IMPORTANT: If you miss the deadline (3 April), we cannot guarantee that we can put in place your adjustments.

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;
- 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

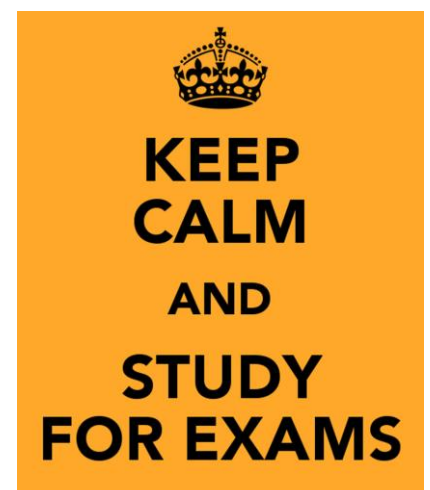
Effective study skills can reduce stress by making you feel more in control of your work and more confident that you will succeed. Check out the guide to [Revision & Exam Skills](#) or attend one of the weekly Drop-In Advisory Sessions (details of how to contact the Advisory Service are provided at the 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>



Dyslexia Team



1-2-1 SPECIALIST STUDY SKILLS AND STRATEGY SUPPORT

For students with Specific Learning Differences

Provided all year-round, by qualified and registered specialist staff 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.



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

In this photograph, Dylan is demonstrating the LiveScribe Pen.

1-2-1 SPECIALIST STUDY SKILLS AND STRATEGY SUPPORT

For students with Specific Learning Differences

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

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



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

Yellow Slips and Exams

- **Bring your paper yellow slip** into the exam.
- If your exam is **completed on a computer**, you will be provided with an answer booklet to record only your personal details. Attach your yellow slip to your answer booklet. After the exam, your work will be printed out and added to your answer booklet.
- If your exam is **completed by hand**, insert your yellow slip into your answer booklet.

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

Disability Adviser Drop-in Session

Where:

Disability Services, Lower Ground Floor, Rathbone Building, College Road

When:

Tuesdays 12.00 - 1.00 pm, during term-time

Disability Advisers:

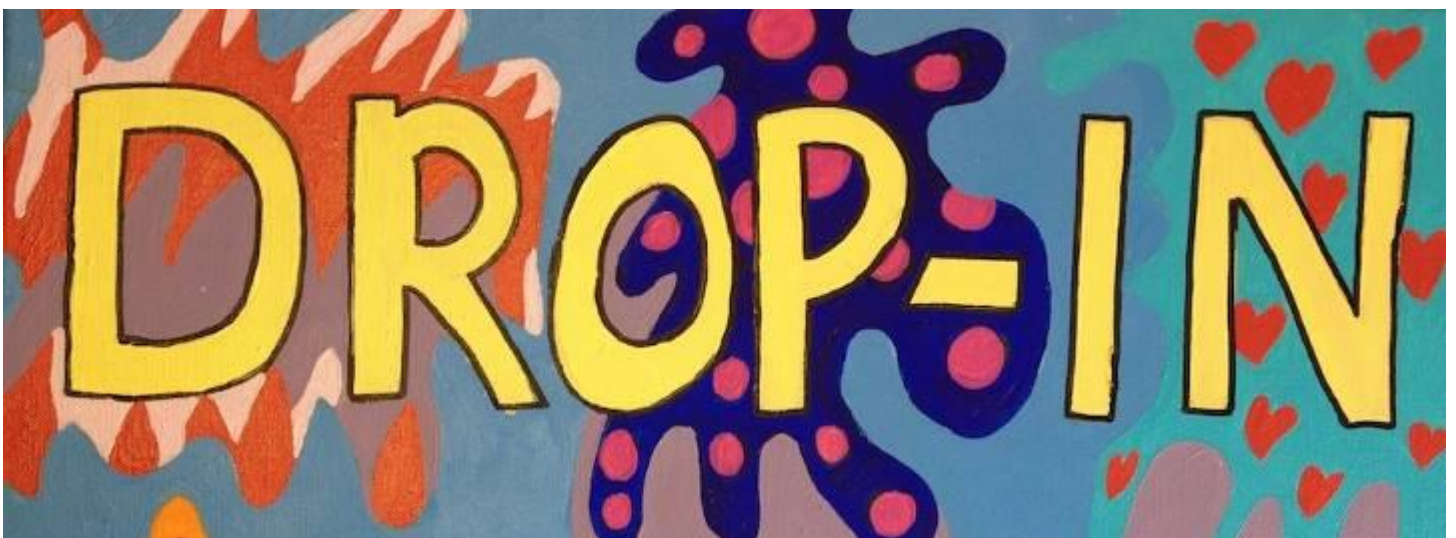
Ruth Coppell and Stephanie Horne

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



Money Support Unit

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 School 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 Trip Bursaries are available to UK and EU undergraduate students and eligibility is determine by a student's taxable household income.

- Taxable Household Income below £25,000 = 40% off the cost of the field trip
- Taxable Household Income between £25,000 and £40,000 = 30% off the cost of the field trip.

Students will be responsible for the first £350 of any field trip costs, the bursary will then be calculated on the remaining cost.

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

Re-applying for Student Finance 2020/21

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 2020 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 website:

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



Would you like to meet with an adviser from the **GO Wales: Achieve through work experience** project to discuss support with finding work experience?

We will be holding drop in sessions at the **Disability Service** (Neuadd Rathbone) on:

Wednesday 25 March 2020

- 2.30pm
- 3.00pm
- 3.30pm
- 4.00pm

Please use this [link](#) to book a session.

Or email gowales@bangor.ac.uk for further info.



Cyflawni drwy
Brofiad Gwaith
Achieve through
Work Experience



Time to think about Work Experience?



Cyflawni drwy Brofiad Gwaith
Achieve through Work Experience



- Do you meet with disability related barriers, a specific learning difference eg dyslexia, dyspraxia, ADHD or have a 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

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.



Cyflawni drwy Brofiad Gwaith
Achieve through Work Experience



PRIFYSGOL
BANGOR
UNIVERSITY

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

GO Wales are located within Skills and Employability Service - 2nd Floor at Neuadd Rathbone
If you require information in another format such as large print or audio, please contact us.

Volunteering Opportunities @ Caffi Deiniol



In case you haven't heard about us yet, we are a fairly-priced volunteer-run café based in the Deiniol Centre in Central Bangor.

Not only do we offer a wonderful selection of cakes, lunches and drinks, but do so with the aim of putting something back in our community.

We currently:

- Have a pay-it-forward scheme for those who cannot afford to eat
- Liaise with agencies and other sources of help to support adults with learning difficulties
- Supply a listening ear to bereaved people and carers
- Provide fairly sourced local Welsh produce
- Enable students and others to gain valuable life and work experience
- Are about to launch our laundry project for rough sleepers!

Would you like to join us?

We can offer you a great working environment, a lovely team to work with, a great experience that you will remember beyond university, and a delicious simple lunch doing your shift.

Please come along to the café Tuesday-Friday between 10am-3pm or find us on Facebook and send us a message.

Drop In



- **WHEN**
Every Wednesday (term time) 3pm-4pm
- **WHERE**
Room 437 (3rd Floor, New Arts)
- **WHEN**
Every Thursday (term time) 4pm-5pm
- **WHERE**
Committee Room, Students' Union, 4th Floor, Pontio
- **ONLINE**
If dropping in isn't for you, please leave comments, feedback and suggestions through the link below:
<https://forms.office.com/Pages/ResponsePage.aspx?id=VUxHxiOpKk2b1OzjcUjbsjuzYv58rY1PoEJ-8EEQ30tURVIXQkRaNzJTTOFFRUZCTkQ3UTVHMjRJQS4u>

Representation

I want to be able to represent you through my role. To do this I need your help in understanding what really matters.

Comments and Feedback

I want to know about your experiences, what has been good, and what can be improved.

Suggestions and Ideas

I want to know what matters to you, what you think should be done, and how it may be achieved.

Support

I want to be able to support you, or direct you to support available for any difficulties you experience during your time at Bangor University.

Contact

Should you not want to attend a drop in or leave feedback and comments online, please email me directly: edu4a3@bangor.ac.uk

Research Study by Tamsin Speight, School of Health Sciences

Tamsin Speight is an MSc Public Health and Promotion student who also works as a specialist eating disorder practitioner in Betsi Cadwaladr University Health Board (BCUHB). Tamsin is currently recruiting students to participate in her research that has been approved by ethics.



Tamsin Speight

If you are interested in participating in this study, please email hbpa4b@bangor.ac.uk or telephone 01248 383155.

Asking for help isn't always easy, what was it that helped you?

Have you recently sought help for concerns about your shape and weight?

I am a specialist eating disorder practitioner and I am recruiting students to participate in my research that will be exploring University student's experience of seeking help for shape and weight concerns in Wales with a specific focus on what helped or hindered this process. It is hoped that the findings of this study will provide a new understanding of a students' experience of help seeking for shape and weight concerns which can then be used to inform the design and thereby improve Eating Disorder services in Wales and beyond.

If you are interested in participating in this study, please email hbpa4b@bangor.ac.uk or telephone 01248 383155.

If you are worried you or someone you know may have an eating disorder, there is on-line information and help available on the Beat website <https://www.beateatingdisorders.org.uk/>

Public Health Wales have also produced a bilingual free app 'diet or disorder' that offers help for those who are concerned they may have an eating disorder and for people who are worried about someone.

Download on iTunes: <https://appsto.re/gb/a-vXib.i>

Or Google Play Store

<https://play.google.com/store/apps/details?id=uk.co.rolleragency.swansea&hl=en>

Alternatively, you can talk to your GP.

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
/ Sioned Evans

✉ 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>

How to find us

Disability Services - Advisers, Non-Medical Help and Admin Team
<https://www.bangor.ac.uk/campusmap>

Assessment Centre
<https://www.bangor.ac.uk/campusmap>

If you do not wish to receive a copy of our quarterly newsletter, please email:
disabilityservice@bangor.ac.uk