



PRIFYSGOL
BANGOR
UNIVERSITY

For Bangor University Students with Carer Responsibilities



Information for current and prospective students on the support available within Bangor University for students with Carer responsibilities at home.

Our definition of a Carer:

Someone who looks after (on an unpaid basis) a member of the family, partner or friend with a physical or sensory disability, learning disability, medical condition, mental health issues or someone addicted to drugs or alcohol.

Students with Care Responsibilities

Venturing into higher education can be a huge step for anyone, but making that decision in addition to caring for someone must surely place additional pressure on someone in physical and mental health terms.

Bangor University is committed to supporting our Carers and there are a number of members of staff here to help you, by providing financial and pastoral support. Our aim is to ensure that you have every possible opportunity to succeed during your time here.

What is the support available?

Bangor University aims to support all our students fully, in all aspects of their University life.

Personal Tutor: it is essential for all students to meet their Personal Tutor as soon as possible when they arrive at University, usually within the first few days of Welcome Week. Your Personal Tutor is the main link with your Academic School and will be able to advise and support you during your time here.



Welcome

Welcome from the Students' Union

Undeb Bangor (your Students' Union here at Bangor) is what you want it to be – we work with you; we amplify your voice, empower your opportunities and develop your communities.

Undeb Bangor is Student Sports, Student Societies, Student Volunteering, Myfyrrwyr UMCB, Student Voice, Student Democracy, Student Representation, Student Skills, Student Events, Student Media, Student Innovation, Student Mentoring, Student Employability, Student Heroes and whatever else you need us to be.

A brand new volunteering project is now up and running - SPACE (Student Parents and Carers Engagement) is a project aimed at supporting Student Carers by having a dedicated support session available to your dependants each week. These sessions will be run by Undeb Bangor volunteers who will work closely with you to ensure that each session meets your needs and gives you the time you need to fulfil your experience here at Bangor

Get in touch through undeb@undebbangor.com or check out our website www.undebbangor.com

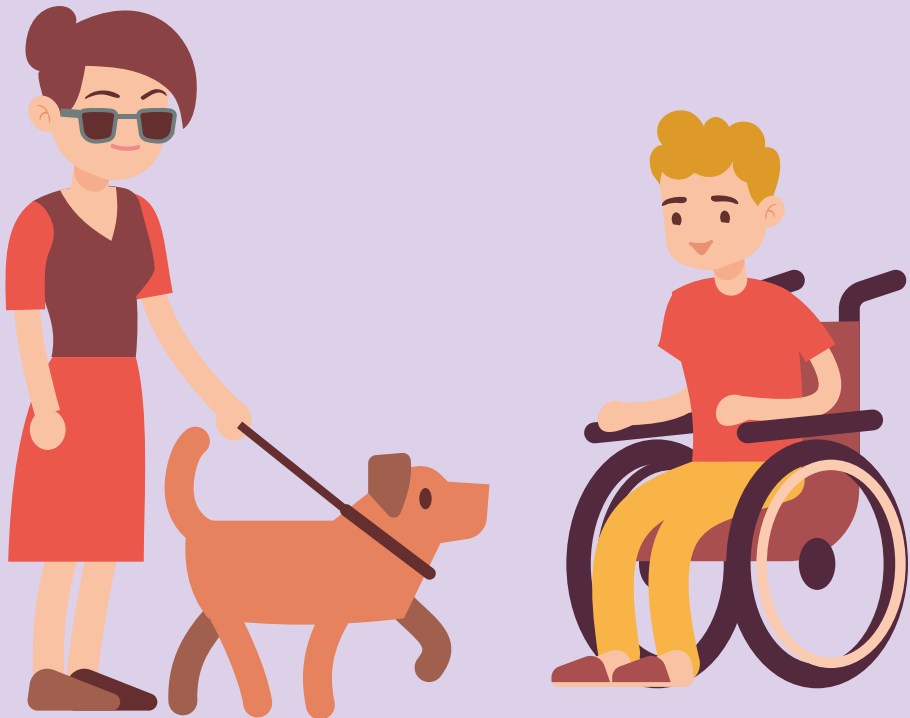


Student Services

Student Services, based in the Neuadd Rathbone on College Road, provides support to students on a range of matters concerned with life as a student. From managing your finances to finding a graduate job, their services are there to help you make the most of your time at university.

Disability

The Disability Team are here to help you get the best out of Bangor. They can provide advice and guidance on a range of disability-related matters. The Team aims to provide a quality service which ensures the full inclusion of disabled students within the academic and social community, enabling you to engage with your studies and to function in the wider university environment.



Counselling Service

- The Student Counselling Service offers a variety of resources to support students during their time at University. We would encourage students who are seeking support to look at our Self-Help resources in the first instance – these include 'Self-Help links, podcasts and APPS' and 'Information Handouts' on a variety of topics.
- The Service offers groups and workshops for students throughout the academic year including iCan Building Resilience workshops and Mindfulness Taster sessions on Wednesday afternoons.
- The Service offers the opportunity to talk through personal and troubling issues in a safe, confidential environment with a professional, trained counsellor.
- Details of how to access all of our services including Support Sessions and Registration is provided within the MENU on the Student Counselling homepage.
- The Service can offer training and support to relevant staff to develop their understanding of mental health issues and their responses to students with difficulties

The current waiting time for an Assessment Appointment is 5-7 working days.

The University Student Counselling Service is a member of the British Association for Counselling and Psychotherapy and as such adheres to their policies on confidentiality and data protection.

Our location is:
Student Counselling Service
Neuadd Rathbone
College Road
Bangor University
Bangor
LL57 2DF

Financial Support and Guidance

A student's time at University should be enjoyable and rewarding, and Bangor University aims to provide students with the information and support that will enable them to get the best out of their university experience. In particular, it is important that their time here should not be spoiled by unnecessary financial worries.

The Money Support Unit is part of the Student Support Team and the experienced members of staff can provide advice, information and guidance on all aspects of student funding including:

- Undergraduate funding for full and part-time courses
- Postgraduate funding
- University Bursaries and Scholarships
- Hardship Fund and Crisis Grant
- Budgeting



Where to find the Money Support Unit

First Floor, Neuadd Rathbone, College Road, Bangor, LL57 2DF

Opening Times and Contact Details

The Money Support Unit is open between 9 a.m. – 5 p.m. Monday to Friday and aims to have an open door policy. However, if you would like to make an appointment please contact the Unit:

Student Adviser in Student Services (Neuadd Rathbone): Wendy Williams wendy.williams@bangor.ac.uk or Student Money Adviser, Gwenda Blackmore: moneysupport@bangor.ac.uk
Tel: 01248 383566 / 3637

The Student Housing Office

Looking for a house? Look no further!

Tel: 01248 382034/2883

Email: studenthousing@bangor.ac.uk



Search for property on
our Studentpad website

The Student Housing Office aims to provide a one-stop shop for students' private sector housing needs/issues, providing them with the tools to make informed decisions.

The Student Housing Office offers advice in good faith based on the information provided by students who may be living, or considering living, in privately rented accommodation.

They also provide contract guidance, so before you sign a housing contract bring it in to the Student Housing Office and they'll go through it with you, explaining the terms and conditions, so that you can make an informed choice.

GO Wales: Achieve through Work Experience

Aims to help students who would benefit from more flexible timescales or a supportive work environment to overcome barriers they may face when trying to secure career relevant work experience.

The GO Wales advisors, based within the Careers & Employability Service, can work with you and local employers to arrange tailored work experience to suit your needs and increase your chances of obtaining graduate level employment upon leaving university.

To be considered for the project you must be Under 25 and studying full time HE course at a Welsh University

Further eligibility criteria apply and can be viewed on the website www.gowales.co.uk

GO Wales: Achieve through Work Experience
is a European Social Fund Programme
delivered by Universities in Wales.



Open University in Wales

Free online course for carers in Wales

What about me? A personal development course for carers in Wales has been developed by The Open University and Carers Trust Wales. This is a free 5 hour online course and is designed for carers of any age and ability. It helps carers to recognise and reflect on their skills and experiences. The course also includes case studies from a range of carers in Wales, sharing their own experiences of balancing their caring responsibilities with education and employment.

Link to English version -

<http://www.open.edu/openlearncreate/course/view.php?id=2121>

If for any reason you can not continue to study on your course due to caring or other challenges, we are keen to support you to stay in higher education. You may be able to transfer academic credits you have gained with Bangor University to another University or college and continue your studies on a part time or flexible basis, possibly via the Open University. Speak to your personal tutor or student support staff if you ever need to explore these options.

Useful contacts:

Gaz Williams in Students' Union: gareth.williams@bangor.ac.uk

Gaz has responsibility for community outreach and could advise you on different projects run by the SU.

Delyth Murphy, Head of Widening Access Centre, leading on the University's work with Carers:

delyth.murphy@bangor.ac.uk

Tel: 01248 383761



Local Support Groups



Please contact
for a free University Starter Pack, including
bedding, towels, kitchen utensils and more!

Elizabeth Taylor: etaylor@carers.org



Lucy Jones:
Lucy.Jones@NWCrossroads.org.uk

Llinos Roberts: llinos.r@carersoutreach.org.uk



Maria Bulkeley: maria.bulkeley@actionforchildren.org.uk



Kath Price: kath@wcdyc.org.uk
Amy: amy@wcdyc.org.uk

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Delyth Murphy, Head of Widening Access Centre, leading on the University's work with Carers: delyth.murphy@bangor.ac.uk
Tel: 01248 383761

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Widening Access Centre

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