



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.

If you are unsure whether your responsibilities constitute the above Carer ones, please contact the team to discuss.

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## 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.

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## 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.

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# 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](mailto:undeb@undebbangor.com) or check out our website [www.undebbangor.com](http://www.undebbangor.com)



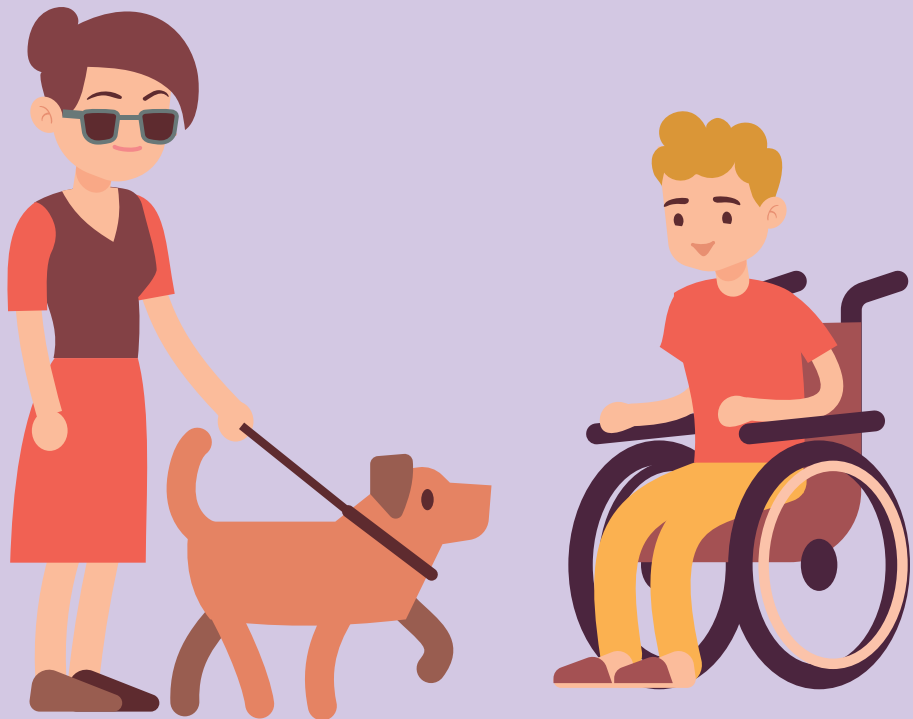
## Student Services

Student Services, based in 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.

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## 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:

Email: [moneysupport@bangor.ac.uk](mailto:moneysupport@bangor.ac.uk)

Tel: 01248 383566 / 3637

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

## The Student Housing Office

Looking for a house? Look no further!

Tel: 01248 382034/2883

Email: [studenthousing@bangor.ac.uk](mailto:studenthousing@bangor.ac.uk)

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.

The **GO Wales: Achieve through Work Experience** project aims to help students find work experience opportunities that fit around their studies and other commitments.



If you need more flexible timescales in a supportive work environment our GO Wales Advisers, based within the Skills & Employability Service, can work with you and local employers to arrange tailored work experience to suit your needs.

To be considered for the project you must be aged **24 or under** and in full time education.

Further eligibility criteria apply and can be viewed on the website <https://www.bangor.ac.uk/careers/students/go-wales.php.en>

To make an appointment to see an adviser please email [gowales@bangor.ac.uk](mailto:gowales@bangor.ac.uk) or call 01248 388159

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

Tel: 01248 388159 • [gowales@bangor.ac.uk](mailto:gowales@bangor.ac.uk)



Search for property on our Studentpad website

## 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.

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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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Wendy Williams, Student Adviser within Student Services

studentsupport@bangor.ac.uk  
Tel: 01248 383566



## Reaching Wider North and Mid Wales Partnership

Reaching Wider North and Mid Wales Partnership aims to increase participation in higher education by people from underrepresented groups and communities in North and Mid Wales with a specific focus on people who live within the bottom 40% of the Welsh Index of Multiple Deprivation, carers and care experienced young people.

We are funded by the Higher Education Funding Council for Wales Reaching Wider Programme and our partners are Aberystwyth University, Bangor University, Wrexham Glyndwr University, Open University, Coleg Cambria, Coleg Ceredigion, Coleg Cymraeg Cenedlaethol, Grwp Llandrillo Menai and NPTC Grwp.

Through collaboration, we offer a range of learning and aspiration-raising activities for targeted children, young people and adults across North and Mid Wales creating pathways to higher education.

Please get in touch to find out what activities are being offered and how to get involved.

Contact: Sarah Zanellan, Project Officer on - [s.zanellan@bangor.ac.uk](mailto:s.zanellan@bangor.ac.uk)



*Young Carers' Residential Event 2019 at Bangor University*



## Local Support Groups



Please contact:  
**Kate Cabbage,**  
Head of External Affairs (Wales)

Kate: [kcabbage@carers.org](mailto:kcabbage@carers.org)



**Tina Thomas, Project Officer,**  
Young Adult Carer Service  
[northwales@nwcrossroads.org.uk](mailto:northwales@nwcrossroads.org.uk)

**Llinos Roberts:**  
[help@carersoutreach.org.uk](mailto:help@carersoutreach.org.uk)

[www.carersoutreach.org.uk/](http://www.carersoutreach.org.uk/)



**Maria Bulkeley:** [maria.bulkeley@actionforchildren.org.uk](mailto:maria.bulkeley@actionforchildren.org.uk)

**Tracey Hargreaves:** [tracey@wcdyc.org.uk](mailto:tracey@wcdyc.org.uk)  
**Amy:** [amy@wcdyc.org.uk](mailto:amy@wcdyc.org.uk)



## Quilter Carers Funds - up to £300 for individual young adult carers

Young adult carers can apply for grants of up to £300 for items, materials or courses that will help them achieve their ambitions or address immediate and short-term barriers to accessing or maintaining employment, education and/or training.

The 2011 Census states that there are 30,000 carers under the age of 25 in Wales. In Wales also we have the highest percentage of carers under the age of 18 in the UK. It's likely that the exact number could be significantly higher, possibly four times higher.

Being a carer can be extremely stressful, especially so for children and young people.

It's much more likely that young adult carers are not in education, work or training.

Young carers are four times more likely to withdraw from college or university.

Carers are more prone to poor health, mentally and physically.



**Produced by**



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**Widening Access Centre**

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