

Accessibility & Disability Resource Centre Newsletter: February 2023

Dear Students,

We hope all is going well for you, but please [contact us](#) if you have any questions or concerns about your access arrangements.

If you are staying in Cambridge for the Easter holidays, you may be interested in the [Cambridge Festival](#). It runs from 17 March-2 April and has many events on a variety of subjects that you can sign up for now. They are being held throughout the city and some are online.

Neurodiversity Celebration week also takes place in March (13-19). You can [sign up](#) to pledge your support and there will be 24 free-to-attend virtual events.

Please find below news and opportunities that we hope you will find useful.

With best wishes,

The ADRC Team disability@admin.cam.ac.uk



The main entrance to the Student Services Centre. The ADRC is based on the ground floor halfway along the long corridor.

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[Update from the Libraries Accessibility Service \(bookable study rooms\)](#)

We have three private bookable study rooms in the UL:

[Assistive Technology Room](#)

This room is for students registered with the ADRC. It is on the first floor of the UL. It contains:

- An ergonomic chair, a kneeling chair, a height-adjustable desk and a daylight lamp
- A PC running Dolphin Supernova and Dragon Professional Speech-to-Text (You can bring your own laptop if you don't want to use the PC)

[Book the Assistive Technology Room](#)

[Single Study Rooms 1 and 2](#)

These rooms are for any student. They are on the third floor of the UL, within the South Wing Study Hub. They can be accessed via the Beta lift and contain:

- An ergonomic chair and fixed-height desk
- A window in Study Room 1 and a daylight lamp in Study Room 2
- A PC running Dolphin Supernova and Dragon Professional Speech-to-Text (Study Room 2 only)
- You can bring your own laptop if you don't want to use the PC in Study Room 2

Book [Single Study Rooms 1 and 2](#)

To use a PC you need to request an account by emailing disability@lib.cam.ac.uk (allow 5 working days).

If you have any questions about these rooms or about accessibility in the libraries, please contact disability@lib.cam.ac.uk.

[Cambridge Libraries Survey \(chance to win a £50 Love Cambridge voucher\)](#)

Cambridge University Libraries would love to hear your experiences of using library services. The Cambridge Libraries Survey runs from Monday 13 February to Friday 3 March. Respond to the 10-minute survey and you'll have the chance to win one of ten £50 [Love Cambridge](#) vouchers.

[Take the Cambridge Libraries Survey](#)

[Student Advice Service: Thinking about taking time out of your studies \(intermitting\)?](#)

It might be that you are concerned about the impact a physical or mental health condition, bereavement or another serious situation might have on your studies.

The Student Advice Service can help you explore your options and identify support that might be available to you from your College, the University or external.

Our website provides [information on intermission for undergraduate students](#) (taking time out of your studies), and its possible implications (financial, accommodation, etc.), explains the application process and provides guidance on writing your personal statement.

If you have any questions or wish to book an appointment with an Advisor, [please visit our website](#).

[Postgraduate Research Students needed to contribute their lived experiences to an Inclusive Teaching and Learning Module](#)

Hello there, I'm Sophie and I am a Senior Teaching Associate at the Cambridge Centre for Teaching and Learning. I'm working with Helen Duncan at the ADRC and Chris Baker at TEL to create an online module for research supervisors on inclusive teaching and learning through the lens of neurodiversity. We are looking for neurodiverse research students to share their lived experiences of doing a research degree at Cambridge.

Taking part would involve providing a narrative of your experiences in whatever way you feel most comfortable (e.g., written down, as a voice recording, or as a video recording). If you would like to remain anonymous, that's no problem. If you are interested in taking part, please email Sophie Pickford (University of Cambridge): seop3@cam.ac.uk

[Careers Service session: Autistic and Getting Ready for Work: Wednesday 1 March at 4pm](#)

This event for autistic students, or those self-identifying as having an autistic profile, focusses on preparation for the transition from education to

employment. This virtual session, presented by [auticon UK](#), via Teams, will cover:

- Autism friendly workplaces – what to expect from an autism friendly employer
- Interviews – How to navigate the recruitment process and ask for adjustments
- Disclosure – Whether, when and how you could choose to talk about your autism profile with an employer

In this event you will hear from auticon UK and also autistic people in the workplace talking about their experiences.

For more information and to sign up go to the [Careers Service on Handshake: Autistic and getting ready for work](#) (if you have difficulties with Handshake email: catherinealexander@careers.cam.ac.uk)

[Counselling Service: Exam Preparation Workshops](#)

We have added two extra workshops for this term titled Exam Preparation.

This is an exam-based workshop explore and share strategies/techniques and ideas to help students prepare for their exams.

The first to be held is an in-person workshop, on Tuesday 28th February 11.30–1.00pm. The second is online (via Zoom) on Wednesday 15th March, 12.30–2.00pm.

You can find the workshops in our [Lent Term timetable](#).

[The Snowdon Trust Master's Scholarship](#)

The award will provide up to £30,000 for exceptional Disabled Students applying to study a master's degree.

What's on offer?

- Up to £30,000 of non-repayable funds. This consists of up to £15,000 towards course fees and an allowance of £15,000 for the duration of your course.

Am I eligible?

- You are applying for master's level study at a UK institution
- Your course will start in 2023/24
- You are eligible to study in the UK
- You identify as Disabled. Please note that if you identify as experiencing a mental health condition (e.g. anxiety or depression) you can only apply if you also identify as living with one or more other disabilities.

Deadline: Friday 31 March 2023 at 12:00 GMT.

Thank you for reading our newsletter. Please let us know if you have any feedback or suggestions: disability@admin.cam.ac.uk

Please note: The ADRC newsletter contains content which has been sent to us from other parts of the University and also external contacts. Inclusion within the newsletter does not necessarily imply a recommendation from the ADRC or responsibility for the content. If you do not want to receive general information emails - such as this one - from us, please respond to this email with your request.