

Accessibility & Disability Resource Centre Newsletter: January 2023

Dear Students,

Welcome back for Lent Term!

Please do not hesitate to contact us if you have any questions or concerns about your access arrangements.

If you have not yet done so, you can outline your requirements by completing our [Student Information Form](#). We will then contact you so you can make an appointment to meet with a disability adviser.

This newsletter contains numerous items that may be of interest – including messages from other student services that are available to you.

Please be aware that information and access to a range of support can also be found on the [Student Support website](#).

Best wishes,

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



The main entrance to the ADRC and the Student Services Centre

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The University Counselling Service

The University Counselling Service (UCS) is available all year round and supports students who are experiencing personal, relational or academic concerns, which may be having an adverse effect on wellbeing and studies.

You can sign up for individual counselling via this link: [Individual counselling | University Counselling Service \(cam.ac.uk\)](#)

We also have a number of workshops and groups running this term. More information about what is on offer and how to sign up can be found here: [Lent Term 2023 Groups and Workshops. | University Counselling Service \(cam.ac.uk\)](#)

The Sexual Harassment and Violence Support Service

The SHVSS provides trauma-informed emotional and practical support. The service is for registered students who have been subjected to any form of sexual harassment or violence and/or intimate partner abuse, recently or in the past.

We can support you whether this happened at University or not and can help you to access other available support services.

You can arrange an appointment by [going to our webpage and following the link to complete our referral form](#). You do not need to give long answers; you can also put "I would prefer to talk about this in person" or "Prefer not to say", if it is difficult to write about.

Student Advice Service: Exam Access Arrangements

If you feel you need support during your exams, you might be eligible for Exam Access Arrangements (EAAs). Some examples are: extra time, use of word processor or a separate room.

Your Tutor can help you discuss your needs and apply to the University for EAAs.

Your Disability Adviser could also support you through the process and the Student Advice Service can help you explore your options and take these forward if you wish to do so. [Please feel free to contact us](#)

Training sessions by the Libraries Accessibility Service: Electronic and audio resources

The following training session on electronic and audio resources is being offered on MS Teams by the Libraries Accessibility Service:

Do you recognise any of these issues when using library resources?

- I need an electronic book, but the library only has physical copies
- Some eBooks don't work well with my assistive technology
- I wish I could listen to audio versions of books and articles
- I struggle when I can't download electronic books
- I'd like to know more about the copyright exception for disabled people

If any of this sounds familiar, please come along to one of two online training sessions:

- [Tuesday 24th January 2.30pm - 4pm](#)
- [Wednesday 25th January 10.30am -12pm](#)

The training will focus on electronic and audio resources and will cover resources available to all students as well as adjustments for disabled students. It is aimed at disabled students at any level of study. There's no need to sign up in advance – just note the date, time and Teams link above for the session you want to attend. If you have any questions or would like to have the slides beforehand, please contact: disability@lib.cam.ac.uk

We plan to record one of the sessions (presentation part only) and make it available afterwards.

Careers and Disability: Highlights for Lent Term at the Careers Service

Thursday 9 February – 4-5.30pm - [Transitioning to the Workplace with Confidence for Disabled Students](#).

This session is all about the essential skills you need to start work with confidence. We'll share tools and tips to help you plan your first three months and navigate a new workplace with a disability. This event would also be of benefit for disabled students doing internships this summer. Register at [Transitioning to the Workplace with Confidence](#)

Ringfenced careers appointments for disabled students – 13-24 February

These appointments with a Careers Consultant are only to discuss your career in the context of your disability. We will let you know via the Disability Careers Newsletter when they are open for booking and how to book.

And please be aware of our ongoing disability resources:

Careers Service newsletters – disability

If you'd like to receive information about careers and disability please go to [Careers Service newsletters](#) and choose the disability option. These newsletters will let you know about resources and events that are relevant to disability. You can unsubscribe at any time by just unticking your options on the same webpage.

Careers Service webpages about disability

These contain advice about adjustments, talking to employers about disability and further resources: [Disability support | Careers Service \(cam.ac.uk\)](#)

Events

As always we have a wide range of careers events this term, some in person, some will be virtual. If you need adjustments to access any of these please do let us know at enquiries@careers.cam.ac.uk. [See Handshake Events for the full programme.](#)

If you need any assistance in navigating our Careers Platform, Handshake, please do ask for help from our friendly Information Team:
enquiries@careers.cam.ac.uk

Careers workshop for autistic students: Talking about your profile with employers and adjustments in the workplace

The Careers Service, in collaboration with the Accessibility and Disability Resource Centre (ADRC), run a series of three workshops for students with autism or who identify with autism, which are designed to guide and enable undergraduate and post-graduate students with the transition into employment and future careers.

The 3rd and final workshop is on 14th February 2023 and is open to autistic students across all academic disciplines and Colleges. If you're interested in attending please find more details below, including how to book.

Workshop 3 - Tuesday 14th February, 3 – 5pm

Talking about your profile with employers and adjustments in the workplace.

The workshop will take place online via MS Teams and once registered you will be sent a workshop link. You are welcome to have your camera on or off and to ask questions in the chat or by using the hand-up function.

To book a place:

Please email the ADRC to book a place by 9th February. Please send us the following details:

- Your name, subject and year of study
- Any access arrangements you required

Email to: disability@admin.cam.ac.uk

If you have any questions please don't hesitate to ask and we hope to see you at the workshop in February.

Best wishes

Catherine Alexander, Careers Consultant, Careers Service & Joanna Hastwell, Autism Adviser, ADRC

Annual Linacre Lecture: 'Dyslexia, Rhythm, Language and the Developing Brain' at St John's College, Thursday 9 February

St John's College has the pleasure of announcing that the Linacre Lecture will be held on Thursday 9 February 2023 at 5.30pm.

This year's lecture 'Dyslexia, Rhythm, Language and the Developing Brain' will be given by Professor Usha Goswami CBE FRS FBA.

[Professor Goswami](#) is the Director for the Centre for Neuroscience in Education, Professor of Cognitive Developmental Neuroscience, and a Fellow of St John's College.

Through her research, Professor Goswami has identified the importance of children's awareness of linguistic rhythm patterns in learning to read. She has also revealed how the neural process of rhythm perception is impaired in developmental dyslexia. Her discoveries are enabling transformative educational interventions with the potential to benefit millions of children worldwide.

[Further information and to register](#)

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.

