

Dear Students,

We hope you have enjoyed a pleasant break.

Student appointments with Disability Advisers and Assistant Disability Advisers can be booked for this term [using Moodle](#). You should see DRC Appointments in your list of Moodle courses. Please contact us if you do not have access to the course or have problems booking.

Appointments will take place on-line using Microsoft Teams. If you have a preference for another platform – e.g. phone, Skype or Zoom – we may be able to provide this on request. If you prefer an in-person appointment, please contact us so that your request can be considered.

We are pleased to welcome two new Disability Advisers to the DRC, Hannah Barton and Helen Tully.

Hannah will be supporting students at the following Colleges for all non-SpLD (e.g. dyslexia, dyspraxia, ADHD) disabilities: Corpus Christi, Emmanuel (PG only), Fitzwilliam, Jesus, Trinity Hall and Pembroke. You can meet Hannah here:

[Meet Hannah Barton, Disability Adviser - YouTube](#)

(closed captions and a transcript are available)

We will introduce Helen in a video next month, but she would also like to say hello now:

“Hi. I’m Helen Tully and the newest member of the team here at the DRC. I join the team as a Specific Learning Difficulties adviser working with Helen, Ken and Joanna where I will be largely supporting students with dyslexia, dyspraxia, dyscalculia and ADHD. Most recently I was the SENCO at The Perse School in Cambridge where I worked in various guises for over 14 years. Having initially trained as a teacher, I am also a specialist teacher of dyslexia and a qualified assessor.

I am also a mother of three children and the owner of several dogs, cats and chickens! I am very happy to be here and look forward to exciting times ahead.”

You will find below numerous messages, resources and advertisements which may be of interest to you.

We wish you well for this term and will be back in touch next week with an update from our colleagues at the [Libraries Accessibility Service](#).

Please do not hesitate to contact us with any questions, concerns or feedback that you have.

Best wishes,

The DRC Team

disability@admin.cam.ac.uk

Audiobooks User Experience Trial

Cambridge University Libraries are exploring the possibility of providing audiobooks for students.

We are currently recruiting for a user experience trial, which would be an exciting opportunity to try out an audiobook platform and share your views on it.

Participants will receive a £10 voucher of their choice (subject to availability), such as national book tokens. Email disability@lib.cam.ac.uk for more details. We would be very pleased to hear from you, though please note that there are a limited number of places.

Message from the Student Advice Service – Cambridge SU

Welcome back to Lent term 2022! We hope you have had a wonderful holiday and a well-deserved break.

In his latest update, the Vice-Chancellor announced that the University's teaching plans for this term are to provide in-person teaching wherever possible and students are expected to be in residence.

If you have any questions or concerns about returning to Cambridge or about any other aspect of your student life, whether personal or health-related, you can get in touch with our professional Advisors who can help you find the answers to those questions.

The support and advice we provide is free, confidential, independent and impartial. To find out more information about the Service, [please visit our webpages](#). Or to make an enquiry or book an appointment to speak with an Advisor, [please use our contact forms](#).

Message from the University Counselling Service

The University Counselling Service offers one to one counselling/CBT sessions as well as groups and workshops, which are currently being delivered online via zoom. If you do not have access to a private space you are welcome to book a room in the counselling service, within the Student Services Centre, for your session over zoom and this can be arranged through your counsellor or by contacting reception on counsellingreception@admin.cam.ac.uk

[Our groups and workshops are open to any student on the University Register](#)

This term we have added some new workshops to our programme which include:

- Learn Grounding and Soothing Techniques
- A Good Night's Sleep
- How art thou? Accessing emotions through an art related method
- Become Your Own Wellness Coach

You can sign up to counselling/CBT and the groups and workshops [via the UCS website](#).

[The Dan Saw Show at the Cambridge Junction](#)

Cambridge Junction are proud to present dance theatre performance The Dan Daw Show on 22nd & 23rd February.

Dan Daw is a dance artist with cerebral palsy who has been labelled an 'inspiration' to many, something he's understandably tired of. This show is about being an inspiration to himself, care, intimacy, resilience, and ownership.

Teaming up with theatre director Mark Maughan (The Claim, Petrification), Dan takes ownership of the beautiful mess that encompasses all that he is, and lets go of who he once was to make room for who he wants to be. Dan is joined in an intimate evening of play by performer and collaborator Christopher Owen (Joe Moran, Scottish Dance Theatre) where Dan takes back the power by being dominated on his own terms.

[Info and a trailer can be found on our website](#). All tickets are Pay What You Feel from £2.50.

Cambridge Junction is a fully physically accessible venue, and the show has integrated captions. All shows in the Arts season at Cambridge Junction are presented with a reduced capacity to enable distancing, and we have [strict Covid 19 entry requirements in place](#).

Participants with autism spectrum conditions wanted for sociological research

I am Sherita Tam, a doctoral student at the Cambridge Sociology Department. I am currently looking for participants with ASC to take part in my sociological research, which examines experiences of digital self-tracking in everyday life (e.g., tracking sleep patterns, mood changes, time use, etcetera, to gather and evaluate personal activities by using digital technologies), the lived reality of living a life with autism and the idea of neurodiversity.

Outcomes of this research will contribute insights to interest groups who strive to provide better support for people with autism. You will be given a £10 Amazon voucher as an appreciation for your time and contribution.

The study will involve an online interview which shall last up to 60 minutes via Zoom or Microsoft Teams at a time of your convenience. The interview setting will be adjusted to serve individual needs and preferences.

Participants of all genders with the following criteria are welcomed to take part:

- Clinically diagnosed and/or self-identified with ASC
- Aged 18 or above
- Have experience in using digital self-tracking technologies, wearables and/or apps for personal and/or clinical purposes

Participation in this research is voluntary. You will be provided with a participant information sheet and a consent form before the interview. If you are interested in participating or have any questions, please contact me at wmst2@cam.ac.uk

Autism Research Participant Opportunity

[The Richards Lab](#), based within the School of Psychology at the University of Birmingham, conducts research into autism, genetic syndromes and intellectual disability.

We are conducting an exciting research project which aims to investigate wellbeing and mental health in autistic young people between the ages of 14-25 years. [Participation involves completing an online survey](#) and participants are reimbursed £5 for taking part.

Please contact Lucy License with any questions or concerns:
lal277@student.bham.ac.uk

Other resources/stories of interest

[Keep Your Head](#) brings together reliable information on mental health and wellbeing for people across Cambridgeshire.

[Studying for a PhD with ADHD – tips and advice from one student \(timeshighereducation.com\)](#)

[Voice Collective](#), a UK-wide project based at Mind in Camden (London) supports young people who hear voices, see visions and experiences that others don't.

[AbilityNet's The DSA Claim It! campaign](#) offers advice and information about Disabled Students' Allowances (DSAs).

(Please contact the DRC if you have any questions regarding applying for funding. [Our funding information pages.](#))

[Disabled Doctor's Network](#) provide advice and guidance for disabled doctors and students in the medical profession within the UK

[Camsight](#) runs free pilates classes for people with a sight impairment on Monday evenings and Wednesday mornings at the YMCA in Cambridge. Please contact: Githa@camsight.org.uk

Please note: The DRC 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 an recommendation from the DRC or responsibility for the content.