Wellbeing and Disability Services Help Desk

Wellbeing and Disability Services reception is now being delivered by the iPoint team at the iPoint desk, Level 4, Student Central. The iPoint opening hours are Monday to Friday 8.00am-6.00pm throughout the year except summer and Christmas (9.00am–5.00pm).

All appointment bookings and students arriving for appointments and drop-ins are referred to the iPoint. General phone enquiries for Wellbeing and Disability Services can be made through ext.1001 or 01484 471001 and the enquiry will be directed to the appropriate team or individual.

In addition to this change, Wellbeing and Disability Services are offering a Help Desk Service. Students can approach the desk with queries about the general support on offer from the service, as well as queries about their individual support. This may include enquiries about any of the following (this list is not exhaustive):

- the group or workshop programmes
- progress through the Disabled Students’ Allowance – what action to take next
- how to access counselling
- evidence required if a student has a disability/long-term condition
- how to access an educational psychologist assessment
- queries about facilities for disabled students at the University such as parking permits

The Help Desk is located in Student Central behind the yellow screens, in the vicinity of the former Wellbeing and Disability Services reception and is currently available 9.00am–5.00pm. Our aim is to reduce student waiting time for quicker queries, facilitate more timely access into support services and guide students through the Disabled Students’ Allowance more promptly and efficiently.

If you have any feedback about either the Reception or the Help Desk, we’d really like to hear from you (contact details on page 2).

Relationship Discussion with The Marian Project

On the 27th January there will be an opportunity to participate in an evening discussion about the nature and complexity of relationships with Cherill Watterston of The Marian Project, 6.00pm-7.30pm in the Ramsden Café, 2nd Floor, Ramsden Building. Students and staff are welcome to attend.

Dates of Disability Coordinator Meetings:

Tuesday 15 March 2016, 2.15pm-3.45pm, Workshop Room, Student Central
Wednesday 13 July 2016, 11.00am-12.30pm, Workshop Room, Student Central
Training Dates

<table>
<thead>
<tr>
<th>Topic</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Working with students with Asperger syndrome</td>
<td>Thursday 11 February 2016</td>
<td>1.15pm-4.15pm</td>
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<tr>
<td></td>
<td>Wednesday 23 March 2016</td>
<td>1.15pm-4.15pm</td>
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<tr>
<td>Working with students with dyslexia</td>
<td>Tuesday 22 March 2016</td>
<td>9.15am-12.15pm</td>
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<tr>
<td>Mental Health Awareness</td>
<td>Dates and times to be announced</td>
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Please book for these courses through the staff development group.

The Service welcomes requests from staff for bespoke training tailored to meet your requirements.

Upcoming Events

From 26 to 28 January 2016, Wellbeing and Disability Services are holding an event focussing on Domestic Abuse, Sexual Abuse, and Forced Marriage and an information stand will be located on Level 4, Student Central. On Wednesday 27 January 2016, between 11.00am-2.00pm, a number of external organisations will be attending to provide additional information about support that can be offered.

Sock it to Eating Disorders

The Wellbeing and Disability Service in conjunction with beat (national eating disorder charity) will be running a ‘Sock it to eating disorders’ campaign during eating disorders awareness week which falls on 24 February to 2 March 2016.

Please join us on Friday 26 February, 10.00am-3.00pm in The Atrium, Central Services Building, where we will be running a tombola, guess the number of socks in the jar and answering questions/queries about eating disorders. Please visit the beat website for more information on the campaign:

University Mental Health Day

3 March 2016 is University Mental Health Day. We have a tea and chat event with cake (for a small donation) which will go to a local mental health charity. There will be local organisations at the event offering advice and guidance. Please come along between 11.30am-2.30pm to Student Central and CSB Atrium.

For any queries about the above events, please email studentwellbeing@hud.ac.uk