Disability at Oxford and Pembroke

There are over 2,500 students with a declared disability at Oxford, representing around 11% of the total student body – so you are not alone.

“Disability” is a category that is much broader than many people think. The definition of a disability we use is that described in the Equality Act 2010 and includes a wide range of conditions, both visible and invisible, which have a substantial and long-term impact on day-to-day activities.

Disability can include:

- Specific learning difficulties (SpLD)
- Sensory or mobility impairments
- Mental health conditions
- Autistic spectrum disorders
- Long standing illnesses or health conditions.

Little known facts about common “invisible” disabilities at Oxford:

- Around 40% of students with disability have a specific learning difficulty. This includes dyslexia, dyspraxia and ADHD, for example
- Around 20% of disabled students describe a mental health condition. This includes long-standing clinical depression, an eating disorder, or a bipolar condition.

Disclosing a disability

You are not obliged to tell anyone about your disabilities, but if you do it makes it much easier for the University to give you any help you need and this may improve your overall experience at Oxford. The University is bound by the Equality Act to make adjustments for its disabled students but beyond that it is committed to encouraging and welcoming disabled students. You can find a number of disabled students’ profiles sharing their experiences of Oxford at: www.ox.ac.uk/admissions/undergraduate/why-oxford/support-and-wellbeing/students-with-disabilities/students-disabilities-videos?wssl=1

Accessibility at Pembroke

The Main Site of the College is largely disabled accessible for Undergraduates, including all quads, the Hall and Hall Bar, JCR, Chapel, The Pichette Auditorium, Farthings Café and the ground Floor of the Library. All conference and seminar rooms in Rokos Quad are wheelchair accessible and most have hearing loops and lighting suitable for persons with conditions such as epilepsy and Autism. If you would like to book a room with these facilities, including arranging tutorials over the course of a term, you can contact the events department.

Email: conferences@pmb.ox.ac.uk

A map which indicates disabled accessible facilities and lifts can be found here: http://www.pmb.ox.ac.uk/sites/default/files/library/Documents/Conferences/college_map_hs-firepoints.pdf

A university wide building access guide can be found here: http://www.admin.ox.ac.uk/access/

Accommodation
Pembroke offer specific accommodation for the students with physical disabilities. These are ensuite rooms with disabled accessible wet rooms. These rooms are also suitable for profoundly deaf students. Such disabled accessible rooms are some of the ‘E’ band rooms, which when occupied by a disabled student are charged at a ‘D’ Band rate. Arrangements, such as ensuring an ensuite room, can also be made if you suffer from chronic illnesses which require the regimentation of routine or specific consideration of immune defences and hygiene.

You can talk to Jane Osbourne or David Green about accommodation needs and arrangements to help support you during your time at Pembroke

jane.osborne@pmb.ox.ac.uk
david.green@pmb.ox.ac.uk

**Academic support for students with disabilities**

**Library and Study Provision**

If you have a physical, sensory, mental or specific learning disability, chronic illness, mental illness or injury which effects your academic progress or ability to access learning materials, there are a number of specific provisions that can be tailored to suit your study needs (a full list of which may be found here [https://www.ox.ac.uk/students/welfare/disability/study?wssl=1](https://www.ox.ac.uk/students/welfare/disability/study?wssl=1)) There are also many people you can talk to, both in Pembroke and at a university wide level about making the best arrangements to support you.

Some of these include:

**The Disability Advisory Service**

The Disability Advisory Service (DAS) provides information and advice on disability issues at Oxford and facilitates support for all UK and international students with disabilities. The team of advisors will discuss with you your experiences and expectations of study and support and consider how they might be met here at Oxford to ensure you can get on with your studies.

The DAS works with you, Pembroke, and your department and other relevant University services to identify any support you might need. One of their key jobs is to make recommendations for your support. They do this by discussing your disability with you to understand the impact of your disability on your study and gather any medical or educational evidence they might need. They will then write a student support plan with you, to summarise their recommendations. This information will be shared with Pembroke and your department who are responsible for implementing your support. They will also provide you with a copy.

Tel: 01865 280459
Email: disability@admin.ox.ac.uk

The Service is open 09:00-17:00, Monday to Friday. There is Level/Lift access throughout, hearing Support System in meeting rooms, and automatic doors at main entrance and throughout.

‘ARACU’: Accessible Resources Acquisition and Creation Unit

ARACU has existed since the mid-1980s to make the resources of the Bodleian Library more accessible to readers who are unable to use printed material in its regular format. When the service started it was aimed primarily at people with visual impairments, but it is open to other disabled readers.
For the most part, ARACU sources digital copies of books and other reading material, but they can also produce it in other accessible formats such as DAISY (Digital Accessible Information System) audio, Braille or tactile diagrams.

To use the service, talk to the Disability Advisory Service when you are discussing your other needs as you will need to be referred. They will put you in contact with someone who will meet up with you, take a few details of the material you need and how you would like it.

The Academic Office at Pembroke
academic.office@pmb.ox.ac.uk.
Academic Registrar: Camilla Romaine Telephone: +44 (0)1865 276411
Deputy Academic Registrar: Lynn Wilkinson Telephone: +44(0)1865 286089

The Pembroke Librarian
Laura Cracknell, Email: laura.cracknell@pmb.ox.ac.uk

Oxford University Disabilities Librarian
Teresa Pedroso, Email: disability.librarian@bodleian.ox.ac.uk.

Exam Arrangements
Similarly, if your disability or illness effects your ability to sit exams, or your method for exam completion, there are a number of arrangements which can be made, such as extra time, rest breaks, computer use, or taking exams in college. These arrangements can also be made up to four weeks before exams begin in the case of serious illness or injury.

It is also possible, if necessary, to apply during or after exams for consideration of factors affecting performance in examinations, this may include previously declared disabilities.

To discuss alternative exam arrangements contact the academic office and/or the disability advice service.

For fuller details see the Academic page of this website, and the university guides on sitting examinations and alternative exam arrangements:
https://www.ox.ac.uk/students/academic/exams/guidance?wssl=1
https://www.ox.ac.uk/students/academic/exams/arrangements?wssl=1

You can also speak to the JCR Academic Rep and Disabilities Rep.

Liaising with College Tutors
Your college tutors are there to care for you in both an academic and pastoral role. They want you do well academically and to thrive at Pembroke. They are also bound by the equalities act to make reasonable adjustments to facilitate your learning. It is worth discussing the effect your disability may have on your ability to work with your tutor so that they can arrange manageable workloads, deadlines and timetabling.

While the DAS will provide Pembroke, your department, and yourself with a copy of your support plan, this will not be shared with your tutor. If you would like your tutor to be aware of your
disabilities you may pass your support plan, and any other information you would like them to know, onto your tutor yourself.

The JCR Disabilities Rep can help guide and accompany you through this process.

If you do not wish to discuss this with your tutor directly, you can speak to the academic office, the DAS, or a SpLD tutor, who can help your tutor implement support for you on your behalf.

**Liaising with Departments**

Each Department and college has a disability contact, you can find the disability contact for your department here: https://www.ox.ac.uk/students/welfare/disability/contacts?wssl=1

**Outside the University**

**Mencap - Oxford**
Mencap provides support and recreational activities for children and adults with learning difficulties in the Oxford area. Tel: 01865 557 489 Email: katie.hollier@yahoo.co.uk

**Oxford Public Libraries**
There are 43 libraries and 5 mobile libraries which offer concessions to people who are disabled, including blind or partially sighted and deaf or hearing impaired. Contact the Libraries Customer Service Unit for more details Libraries Customer Service Unit Tel: 01865 810 240
www.oxfordshire.gov.uk/libraries

**Welfare support for students with disabilities**

**JCR Reps**

The JCR Disabilities rep is one of the first contacts for students facing welfare issues arising from disability, whether emotional, psychological or physical, they are able to offer support and a friendly face, and will deal with any issues you bring to them with sensitivity and in confidence. They can help you to get in contact with the right people if any further support is required, and can assist you in bringing your concerns to college staff. Similar to the Disabilities rep, the welfare reps are available for you to talk to about your welfare support, and provide further care from within the Undergraduate community.

**Peer support**

The Peer supporters are undergraduate and graduate students who have formally applied for the role and have been selected by the Peer Support Panel in Pembroke in consultation with a professional Peer Support trainer and the Senior Common Room (SCR). They have received training in active listening, to enable them to listen effectively, communicate sensitively, maintain confidentiality, respect boundaries and recognise when and how to encourage referral to professional support services.

Peer support offers an easily accessible and relatively informal opportunity to talk through issues which may be concerning you. Often it can help simply to get things off your chest or to know that someone is genuinely willing to listen and take time to understand what’s on your mind. Sometimes just talking things through is enough; sometimes it may lead you to seek more professional help.
Where appropriate, they may encourage you to seek more formal support through college welfare, your GP or the University Counselling Service.

A list of all the current Pembroke Peer supporters can be found on the JCR facebook page and on posters around college. Pembroke are also paired with New College for Peer Support training and Supervision, we have two members of the New College Peer Support team who are available to you if you would rather speak to someone outside of Pembroke.

They are currently Macushla Lovell-Meade: macushla.lovell-meade@new.ox.ac.uk
And Mike Spenceley: michael.spenceley@new.ox.ac.uk

There are also members of the Peers of Colour and Rainbow Peers who identify as disabled and would be able to support you through problems in which disability and issues of ethnicity, race or sexuality or gender orientation interest with or have an impact on issues arising from disability.

https://www.facebook.com/oxunipoc/

https://www.facebook.com/rainbowpeers/

Junior Deans

The Junior Deans at Pembroke, working as part of the Decanal Team, are responsible for looking after the safety and welfare of students. They act as welfare advisers to the JCR, and are able to take concerns higher up in the College Staff chain if necessary.

The Chaplain

The College Chaplain, Andrew Teal, is always happy to talk to any students regardless of their faith in complete confidentiality. To contact him to set up an appointment email him at: chaplain@pmb.ox.ac.uk

The Oxford University Counselling service

OUCS often work with students with disabilities. They see students with the type of significant mental health conditions which fall into the category of disability but also students with physical disabilities or those who have a long term chronic physical illness, where these conditions are having an impact on their student experience in a way that causes emotional distress. A professional clinician can help to normalise your experience and place it in context, bring objectivity, critical distance, and experience of dealing with problems of all kinds.

They offer individual therapy and a range of other resources including workshops, groups and self-help resources such as podcasts.

During term (0-9 Weeks) reception is open 9am-5pm Monday-Friday.

Website: www.ox.ac.uk/students/shw/counselling/
Tel: 01865 270300
Email: counselling@admin.ox.ac.uk

The Student Advice Service

OUSU’s Student Advice Service offers free and confidential advice, information and directs Oxford University Students to relevant support services. Independent from Colleges and the University, the service exists to provide an entirely student-focused experience. Three friendly and experienced
Advisors can help answer your questions and signpost you to services to assist with any problems you are facing. You can speak with them in confidence about academic issues, welfare or anything else affecting you during your time at Oxford.

Website: www.ousu.org/advice/
Tel: 01865 288466
Email: advice@ousu.ox.ac.uk

For a more information on Welfare Support within Pembroke and the University, you can go to the Welfare section of this website.

**Outside the University**

**Mental Health Resource Centre**
Drop-in centre for information and advice. Restore, Manzil Way, Cowley Road Tel: 01865 728 981

**My Life**
A self advocacy group run by and for people with learning difficulties in Oxford. Tel: 01865 204 214
Email: office@mylifemychoice.org.uk www.mylifemychoice.org.uk

**Oxfordshire Befriending Network**
Offer support and company to people with potentially life threatening illness. East Oxford Community Centre, Princes Street Tel: 01865 791 781 Email: enquiries@oxonbefriending.net www.befriending.net


**Healthcare for students with disabilities**

**Basic medical aid**

**College Doctors**
The College requires all students to register under the NHS with the College Doctors’ at the 19 Beaumont Street Practice. The surgery is situated at 19 Beaumont Street, Oxford, OX1 2NA. Appointments can be made in person, by telephoning 01865 240501, or via the College Nurse.

**College Nurse**
Sarah Dragonetti
nurse@pmb.ox.ac.uk

You can find more information on the Health and Wellbeing section of this Website.
Prescription charges

The NHS offer help for funding of prescriptions, more information about which can be found under the ‘other considerations’ section of this page. However, the JCR will also refund the cost of all prescriptions, including private, to all students within the JCR, able-bodied and disabled. Refunds request can be made in confidence, or anonymously through the JCR Disabilities rep. To claim a refund, simply pidge the receipt for your prescription with your account number and sort code, with your name if you wish, to the disabilities rep who will keep a record and pass on details for payment to the treasurers. The reference for payment is JCR Prescription.

Disability specific therapies

Oxford University Hospitals Specialist Disability Service
The Specialist Disability Service is an experienced team who specialise in the management of complex disabilities and call on a wide array of professions including Clinical Scientists, Occupational Therapists, Rehabilitation Engineers, and Speech and Language Therapists. Their aim is to maximise a person’s quality of life and independence. They do this by providing comprehensive assessment, advice, information, recommendations and where necessary, the design and manufacture of customised equipment.


A comprehensive list of health care services for people with learning difficulties can be found here: http://apt.rcpsych.org/content/8/2/138

Physical Disability Physiotherapy Service (PDPS)
The PDPS is a small specialist service providing physiotherapy for people with a long-term neurological disability. It is a local community based service. There is an emphasis on enabling patients and their carers to manage their disability in their own environment.

Sexual and reproductive health considerations for disabled Students

Romantic and sexual relationships and sexual health are areas of great concern for many students, and as a disabled student, you may face added complications, or a comparative lack of support and sexual and reproductive healthcare. However, The University, NHS and many charities provide information on a range of topics to best help you to discover the best course of action for you to approach sexuality and disability.

Consent and Communication

Communication about sexual needs and ‘capability’ are particularly important as a disabled student. It is important to be able to have frank conversations with a (potential) partner on how your disability or illness may affect sexual activity and vice versa.

As well as Consent workshops, OUSU frequently run Disability, Sex and Relationships workshops which cover, among other things, how to discuss particular needs pertaining to mobility considerations, and the implications of disabilities such as Autism, and hyper or hyposensitivity, and the routines and aids that can be used to overcome or incorporate these.

Contraception

Any other medication you take to control your disability or illness may have an impact on your eligibility to use hormonal contraceptives. The GPs at the Beaumont Street Surgery will be able to discuss this with you. More information can also be found here:
Physical and sensory, disabilities and hyper or hyposensitivity may also impact your ability to use barrier methods of contraception. Doctor’s surgeries and sexual health clinics will be able to discuss with you the use of alternatives to latex in condoms and dental dams, for example, and how best to approach asking your partner for assistance.

**Self-care and Everyday Management**

It is particularly important for persons with Disabilities and chronic illnesses to take good care of their everyday health physical and psychological health, including paying attention to diet, exercise and sleep. More information on how best to ensure a routine that will help you to effectively manage your disability while at University can be found on the Health and Wellbeing section of this website, and on the NHS website here: [http://www.nhs.uk/livewell/disability/Pages/Disabilityhome.aspx](http://www.nhs.uk/livewell/disability/Pages/Disabilityhome.aspx)

**Social and Sport**

**OUSU Campaign: Oxford Students’ Disability Community (OSDC)**

OSDC exists to:

- Bring together students with disabilities for social events
- Campaign for better understanding and treatment of disability
- Support and advocate for students with disabilities at Oxford
- Run informative talks and events promoting positive awareness of disability

OSDC runs events every week in term time, including socials, mental health themed art and support groups, disability themed talks, and workshops.

They also have close ties with the other OUSU liberation campaigns, (eg. WomCam, LGBTQ Campaign and Campaign for Racial Awareness and Equality) and work closely with them to host lots of intersectional events. OSDC also host events and activities to commemorate Disability Awareness Week in Hilary term.

Website: [www.xdisability.com](http://www.xdisability.com)

Email: oxdisability@ousu.ox.ac.uk

[https://www.facebook.com/groups/oudsc/](https://www.facebook.com/groups/oudsc/)

**PHAB - Oxford**

A social club for young people of all ages, some of whom have a physical disability who meet every Friday 7:15 - 10.00pm at Wesley Memorial Hall, New Inn Hall Street, Oxford.

Email: john@paladin.demon.co.uk

[www.paladin.demon.co.uk/oxphab](http://www.paladin.demon.co.uk/oxphab)

For other groups in Oxfordshire contact: [www.phabengland.org.uk](http://www.phabengland.org.uk)

**OXTALK**

Oxford and District Talking News produce weekly local news tapes for the blind and visually impaired. Tel: 01865 766 442 Email: mail@oxtalk.org.uk [www.oxtalk.org.uk](http://www.oxtalk.org.uk)

**Cinema Card**
The Cinema Exhibitors Association (CEA) has introduced an ID card for customers wishing to take advantage of the free ticket policy for carers. This card is accepted by all major Cinema chains in the UK. The card entitles the holder to one free ticket for a person accompanying them to the cinema. You can take your friends, the person accompanying you does not need to be your registered carer.

The Pieguide: [www.shop.thepieguide.com](http://www.shop.thepieguide.com)
Online shop for Disability Atlas, Accessible Places to Stay Book, Blue Badge Holders, etc

Oxfordshire Befriending Network

Ferry Sports Centre
Pool, gym, sports hall etc - wheelchair access to most areas. Diamond Place, Summertown, Oxford OX2 7DP Sports activities for visually impaired young people at Ferry organised by Action for Blind People. Tel: 01865 467 060 www.oxford.gov.uk/leisure

Local Sports Clubs aimed at people with physical or sensory disabilities, and their friends and families

Wheelchair Basketball Club
Contact – Julia Hyde
Tel - 01865 2259339 or 07887 650398
Email – Julia.hyde@oxfordshirepct.nhs.uk

Oxfordshire Boccia Academy
Contact – Paul Guest
Tel – 01865 741336
Email – Paul@oxsrad.org

Abingdon Fencing Club
Contact - Ian Smith
[www.abingdonfencing.org.uk](http://www.abingdonfencing.org.uk)

Oxford Fencing Club
Contact – Matthew Thompson
[www.oxfordfencingclub.co.uk](http://www.oxfordfencingclub.co.uk)

Banbury United LD Football Team
Contact – Roy Mold
Tel – 01295 257302
roymold@aol.com

Bardwell FC
Contact – Richard D'Silva
Tel – 07798 813632
Richard@bardwellfc.com

Disabled students allowance
A step by step guide to applying for Disabled Students allowance and other related support can be found here: [https://www.ox.ac.uk/students/welfare/disability/needs?wssi=1](https://www.ox.ac.uk/students/welfare/disability/needs?wssi=1)

You can access a brief summary of the changes being made to Disabled Students Allowance, and how this may affect you here: [link to other attached document?](#)

**Discrimination and harassment**

**Equality act 2010**


The Act provides general legal protection against direct and indirect forms of discrimination, based on the protected characteristic of disability (and others, such as sex, race and sexuality). This includes a duty to make reasonable adjustments to facilitate disabled students in their education.

**Unconscious bias sensitivity**

Unconscious bias refers to a bias that we are unaware of, and which happens outside of our control. It automatic and triggered by our brain making quick judgments and assessments of people and situations, influenced by our own background, cultural environment and personal experiences. The university is beginning to offer unconscious bias training to members of staff to help them overcome such biases toward disabled students among others during the application and teaching possesses and as part of university life. Currently some of the Porters at Pembroke have received this training.

More information on unconscious bias sensitivity can be found here: [http://www.ecu.ac.uk/guidance-resources/employment-and-careers/staff-recruitment/unconscious-bias/](http://www.ecu.ac.uk/guidance-resources/employment-and-careers/staff-recruitment/unconscious-bias/)

You can find more information about all of the topics in this section here: [http://www.disabilityrightsuk.org/](http://www.disabilityrightsuk.org/)

**After Pembroke**

**University Careers Service**

The Careers Service is there to support you in making decisions about life after Oxford. If as a disabled student, you have extra concerns when you are planning your career. The Careers Service have several specialist services they can offer including:

- Talking through your rights as a disabled person
- Discussing with you the decision to disclose your disability to potential employers
- Explaining about funding schemes for the disabled such as access to work
- Describing specialist employment schemes for the disabled

They can also advise and signpost you to organisations, such as EmployAbility, City Disabilities, GreatwithDisability and Change 100 who provide internships for disabled students.

**Employers Forum on Disability**

Supports organisations to recruit, retain and serve disabled customers. The site includes information on publications, events and the Disability Discrimination Act.

Email: enquiries@efd.co.uk

[wwwefdco.uk](http://wwwefd.co.uk)
Further considerations

Information about accessibility in the City

Blue Badge Scheme
Oxford County Council administers blue badges. For an application form contact the Access Team on 0845 050 7666

Concessionary Bus Pass Oxford City
Tel: 01865 252 849 Email: customerservices@oxford.gov.uk www.oxford.gov.uk

Rail Travel
Special arrangements can be made for disabled or mobility-impaired passengers. For example, staff can meet you at your departure station and accompany you to the train, and similar arrangements can be made at your destination. Before you travel, visit the National Rail website for contact details of the train operator (including mobility-impaired help lines and minicom/textphone). It is best to contact the train operator at least 24 hours before your journey as they will be better able to help. The Rail Travel for Disabled Passengers guide will help you plan your journey so that you may use the stations and trains that are best equipped to meet your needs. It should also help you to get the best value for money. The Disabled Persons Railcard allows you to buy discounted rail tickets. If another adult is travelling with you they can also travel at the same discounted rate.

Tel: 0845 605 0525 0845 601 0132
Minicom: 0845 605 0600 Email: enquiry@atoc.org
www.nationalrail.co.uk/passenger_services/disabled_passengers

Personal independence payment
As a disabled student living independently, you may be eligible for Personal Independence Payment to help with some of the extra costs caused by long-term ill-health or a physical, sensory disability, an SpLD, chronic illness or long term mental illness. Information about the changing rates of PIP, and how to apply for PIP can be found here: https://www.gov.uk/dla-disability-living-allowance-benefit

NHS Help with healthcare costs
A full list of the financial support aviable to help with costs of health care, including prescription costs, and other services such as travel to appointments can be found here: http://www.nhs.uk/NHSEngland/Healthcosts/Pages/help-with-health-costs.aspx

Voting
If you are unable to attend a polling station due to disability, you can arrange to vote by proxy or post. Large print voting papers are also available at Polling Stations. Tel: 01865 252 987 Email: elections@oxford.gov.uk

Difficulty in gaining contact or using suitable information
Directory Enquiries BT has a free directory enquiries service for blind or disabled people. Just ring 195 between the hours of 8.00am - 5.00pm
Further resources

You can find Information fact sheets about a range of disabilities and their potential impact on studying (and vice versa), together with local and national support services listings here: https://www.ox.ac.uk/students/welfare/disability/resources?wssl=1

Further Contact information

NHS Advice Service: 111

Nightline: 01865 270 270 or Skype: oxfordnightline

OUSU Student Support Services: www.ousu.org/advice/lifewelfare/supportservices

OUSU VP Welfare and Equal Opportunities: Alasdair Lennon, vpweo@ousu.ox.ac.uk

http://mindyourheadoxford.org/

Student Minds Eating Disorders Support Group: www.studentminds.org.uk/eating-disorder-groups.html

Students Against Depression: studentsagainstdepression.org

Talking Space Oxford: www.talkingspaceoxfordshire.org

Oxfordshire Primary Care Trust: www.oxfordshirepct.nhs.uk

Oxford City Council:
PO Box 10, Oxford OX1 1EN Tel: 01865 249 811 www.oxford.gov.uk

Oxfordshire County Council:
Oxfordshire County Council, County Hall, New Road, Oxford, OX1 1ND Tel: 01865 792 422 www.oxfordshire.gov.uk

South Oxfordshire District Council
Benson Lane, Crowmarsh Gifford, Wallingford, Oxon OX10 8ED Tel: 01491 823 000 Fax: 01491 823 001 Email: info@southoxon.gov.uk www.southoxon.gov.uk

Vale of Whitehorse District Council
Vale of White Horse District Council, Abbey Close, Abingdon, Oxon OX14 3JE Tel: 01235 520 202 www.whitehorsedc.gov.uk

West Oxfordshire District Council
Council Offices, Woodgreen, Witney, Oxon, OX28 1NB Tel: 01993 861 000 Fax:01993 861 050 www.westoxon.gov.uk