

Guidance for Mature PGRs

Wellbeing and accessibility
support



Wellbeing Services are available to support you during your time at Exeter, with a diverse range of support services. It is a free service for students, and there is no minimum or maximum threshold on accessing our support: they are here for everyone.

<https://www.exeter.ac.uk/students/wellbeing/>

Wellbeing Website

Visit the website to view the whole range of support available.

<https://www.exeter.ac.uk/students/wellbeing/>

The screenshot shows the University of Exeter Student Wellbeing website. The browser address bar displays <https://www.exeter.ac.uk/students/wellbeing/>. The website features a navigation menu with links for University home, Study, Research, Business, Alumni and supporters, Our departments, Visiting us, and About us. The University of Exeter logo is prominently displayed, along with a search bar labeled "Search website". The main heading is "STUDENT WELLBEING". A secondary navigation bar includes links for Home, About our service, Exeter Access Centre, Policies, Student Wellbeing (Cornwall), A-Z index, Wellbeing Blog, and Contact. The content area shows "Current students > Wellbeing Services" and a video player titled "Introduction to Wellbeing Services - Exeter" with a play button and a "Share" icon. Below the video, there are several orange buttons: "Urgent support", "Wellbeing Events" (with a sub-link for "Upcoming free events and activities will be shared on our Term 1 schedule"), "Prospective Students", and "Student Wellbeing (Cornwall)".

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Supporting all students



- > Disability Support
- > Care Experienced Students
- > Student Carers
- > Estranged Students
- > International and EU Students
- > LGBTQI+
- > Mature Students
- > Men's Mental Health Matters
- > Multicultural Counselling

Accessing our support



- > Emotional and Mental Health Support
- > Exam adjustments & Individual Learning Plans
- > Education Welfare Advisors - Academic Worries
- > Residence Life - Support in Accommodation
- > Multifaith Chaplaincy
- > Sexual Violence
- > Support for Postgraduate Students
- > Study abroad, Distance Learners
- > Exehale room - a calm space on campus

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Advice and resources



- > [Advice for Family and Friends](#)
- > [Advice for staff](#)
- > [Declaring a Disability](#)
- > [Screening for Specific Learning Difficulties](#)
- > [Autism Support](#)
- > [Local and National Services](#)
- > [Prospective Students](#)
- > [Taking Care of Your Wellbeing](#)

Online support, groups and webinars



- > [Silvercloud Online Mental Health Programme](#)
- > [24/7 Online Support With Togetherall](#)
- > [Wellbeing Webinars](#)
- > [Groups and Courses](#)
- > [Peer Support](#)
- > [My Wellbeing Toolkit](#)
- > [Talks and Activities](#)
- > [Not seeing what you need? Let us know](#)

Wellbeing Website

There is a whole section dedicated to PGR support.

<https://www.exeter.ac.uk/students/wellbeing/support/postgraduate/>

The screenshot shows a web browser displaying the University of Exeter's Wellbeing website. The page is titled "STUDENT WELLBEING" and features a navigation menu with options like "Home", "About our service", "Exeter Access Centre", "Policies", "Student Wellbeing (Cornwall)", "A-Z index", "Wellbeing Blog", and "Contact". A search bar is visible in the top right corner. The main content area is titled "Support for postgraduate students" and includes a breadcrumb trail: "Current students > Wellbeing Services > Advice and support > Support for postgraduate students". The text on the page describes the challenges of postgraduate study and the support services available, including workshops and funding streams. On the right side, there are several orange buttons with white text and arrows: "Urgent Support", "Book an appointment with PGR Support", "PGR Parents and Carers", and "Support for Distance Learners". At the bottom, there are three orange boxes with white text and downward arrows: "Funded support available for PGRs", "Funding streams for disability related support", and "Disability related support: FAQs".

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PGR Student Handbook

> Information on every aspect of a postgraduate degree, from registration to your final examinations, including how to raise concerns about your studies, interrupt or move to part time if needed.

The Wellbeing Thesis

> An online resource for postgraduate research students to support your wellbeing, learning and research.

International Staff and PGR Network

> This new group provide a space for people to connect, share experiences and information. Meetings are initially online and monthly.

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Funded support available for PGRs

Postgraduate Researchers (PGRs) who experience a physical disability, mental health difficulty, long term health condition or specific learning difficulty may be able to apply for disability-related funding.

To be eligible, students must have a health condition or disability which fits the criteria of disability under the [Equality Act 2010](#), (i.e. has or is likely to last over a year and has a significant impact on day-to-day activities).

Funding can help towards additional costs that a student may incur as a result of their disability. This may include:

- Specialist equipment (e.g. digital voice recorder, assistive software)
- One-to-one support (e.g. specialist study skills, specialist mentoring)
- Other costs you have to pay because of your disability (e.g. a travel allowance)

Please be aware that personal care cannot be funded through this funding stream, although Adult Services in your county may be able to help.

In order to apply for this funding you will need to submit evidence of your disability/health condition to Wellbeing Services. Appropriate evidence would include:

- An Educational Psychologist or Specialist Teacher diagnostic report for Specific Learning Difficulties;
- Medical evidence from your doctor or medical health professional either directly from the practice or by using our [Medical Evidence form](#)

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Funding streams for disability related support

How is your postgraduate research funded?

The process for applying for disability related funding is dependent on the funding stream for your postgraduate research.

- United Kingdom Research and Innovation (UKRI) students can apply for [Disabled Students' Allowances \(DSA\)](#) through Wellbeing Services;
- Self funding students and University of Exeter funded students can [apply for the Disabled Students' Allowances \(DSA\)](#) through Student Finance England, Wales, Scotland, or Northern Ireland;
- International and EU students can apply for funding for disability related equipment through charitable trusts or scholarships.

To discuss other sources of support for you, including accessing one to one support, please [book an appointment](#) with the AccessAbility or Mental Health pathway to explore your needs in further detail.

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Disability related support: FAQs

When can students start applying for DSA funded support?

You can apply for DSA as soon as you have your award grant number.

Do I have to reapply for DSA funding if I had DSA in place as an undergraduate student?

You will have to apply for DSA again if you have an additional disability that hasn't yet been assessed in relation to DSA, if you wish to access Non Medical Helper support such as Specialist Mentoring or Study Skills support or you have additional costs due to your disability for example the requirement to take taxi journeys.

When can students start accessing their DSA support e.g. Mental health mentor support/study skills?

Students would generally start accessing this support once their study skills assessment has been agreed and finalised. However, in some circumstances students may be able to receive up to 3 sessions of support while waiting for their assessment to be finalised. The student will need to speak to the wellbeing services about this.

Can students still access DSA/disability related support when they interrupt their studies?

When students interrupt their studies the university will fund up to one month's support after the interruption date, to help the student to plan their period of interruption and to discuss support that they may need to access during the interruption period. The university will also fund up to one month support prior to the student returning to university to help them plan their return to studies.

How long will postgraduate students be eligible for DSA funding?

Students can only receive funding until the end of their funded period (Research Council Studentship), usually the first 3 years. They will receive this payment through a stipend. Once the stipend finishes and the student is in their write up year, no financial further support can be obtained through DSA funding.

If a student takes an extended period of time to finish or to write up their postgraduate research, funding of continued/ongoing support would need to be reviewed. Students should contact Wellbeing Services if they wish to discuss support available in further detail.

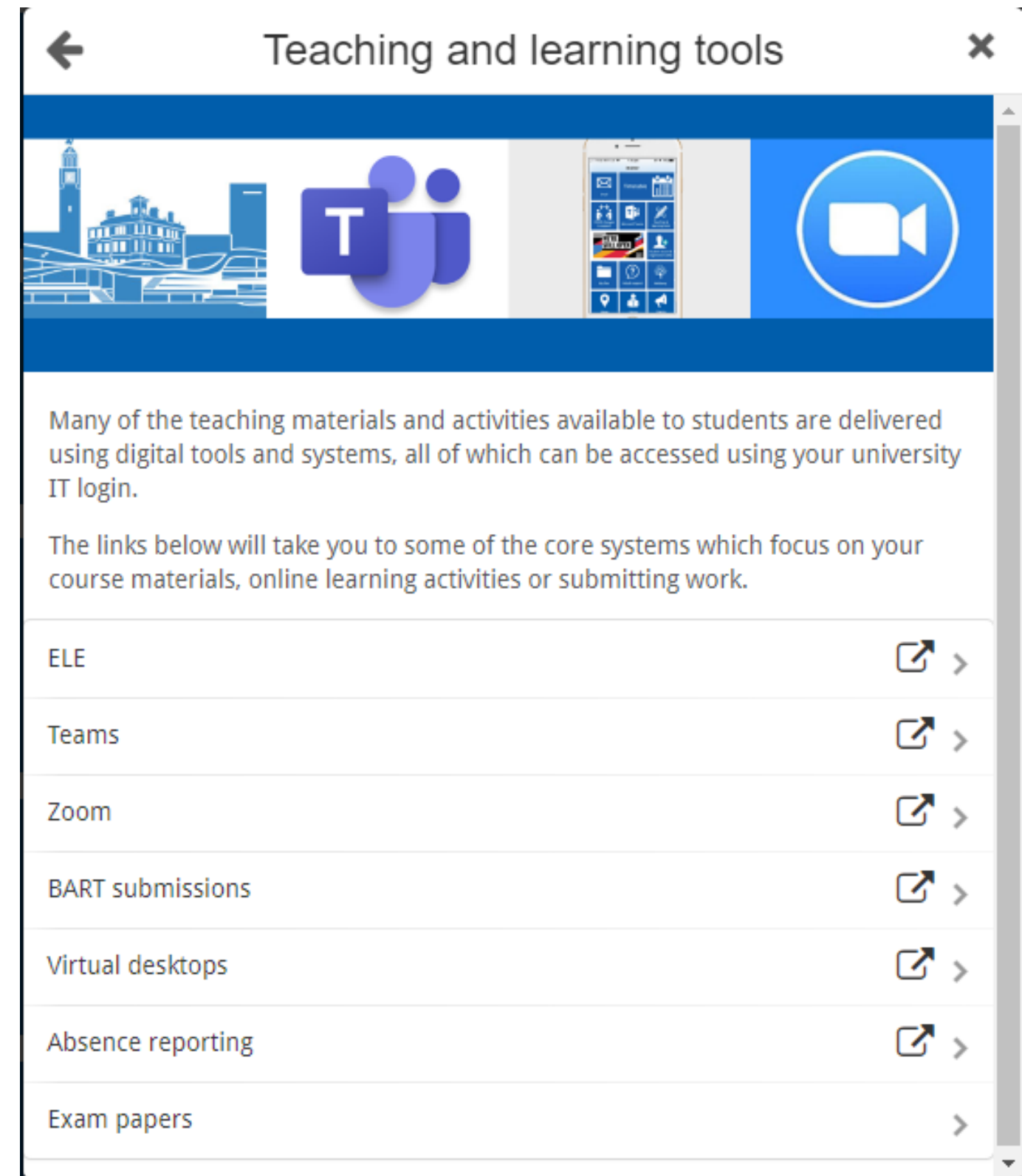
You can also access wellbeing resources through the ELE platform.

Logon to iExeter

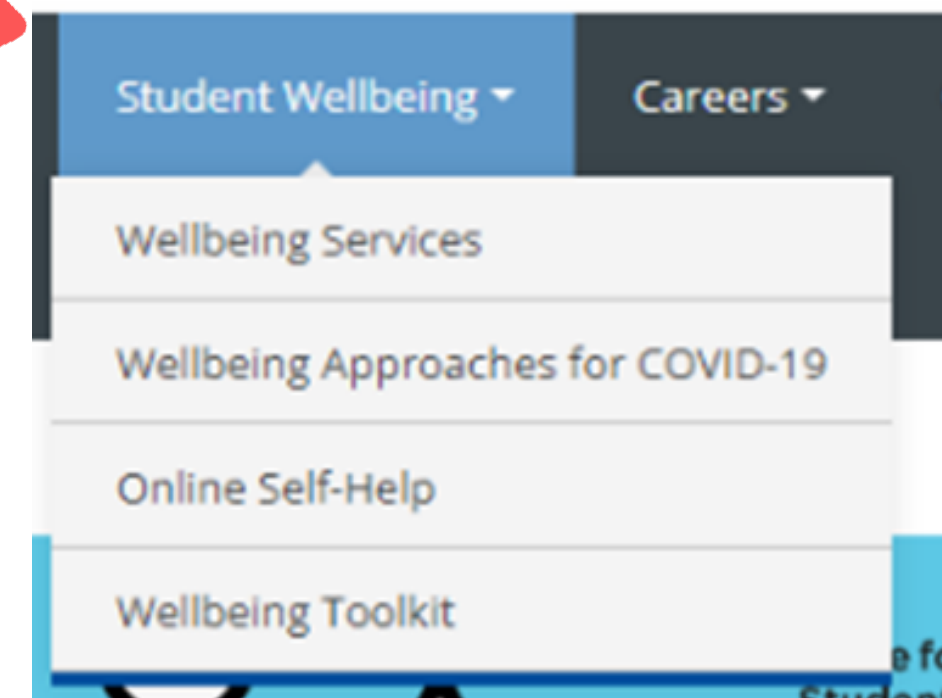
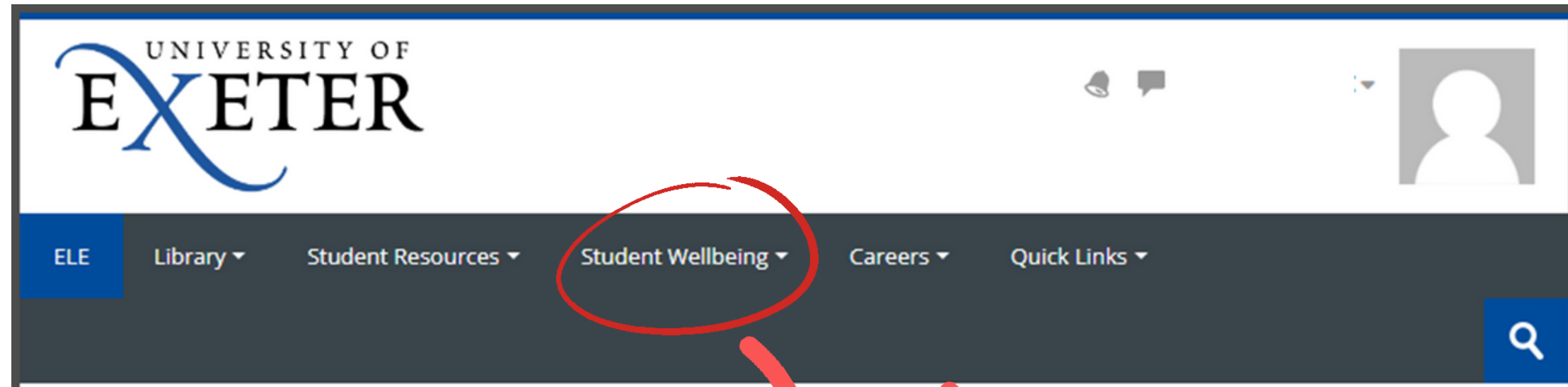


In iExeter select

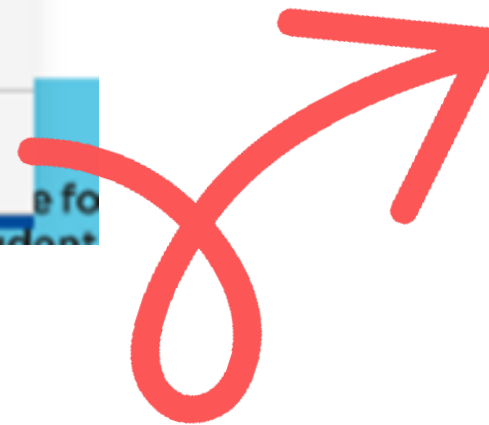
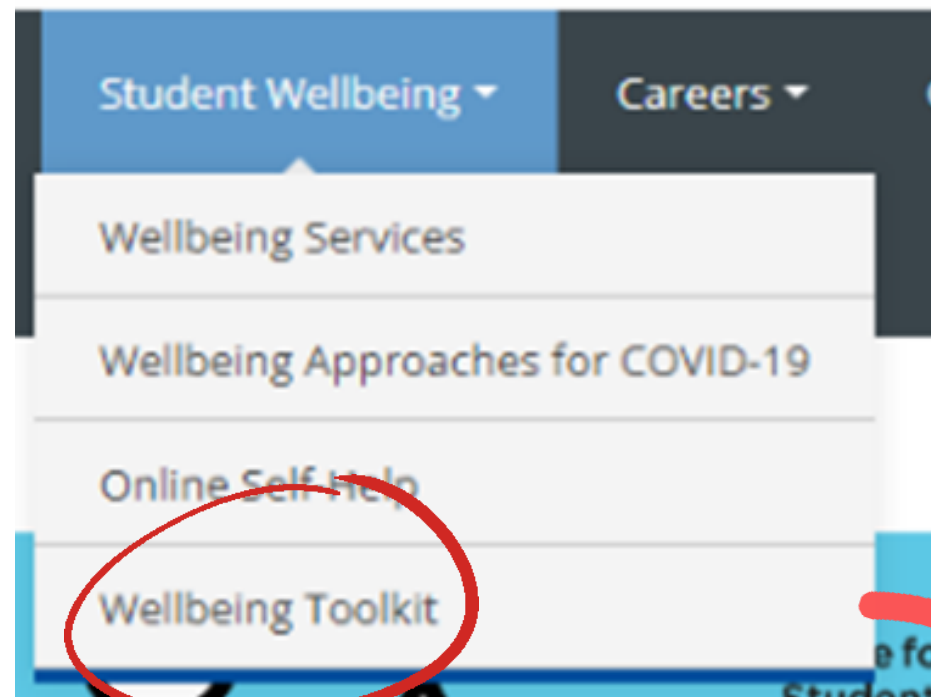
And then select



ELE Resource



Resilience Toolkit



Home > Courses > University Resources > My Wellbeing Toolkit

Resilience Toolkit

A toolkit to help you develop skills that can improve your resilience and wellbeing

- About this toolkit
- Quiz
- Identifying Your Values
- Identifying Your Strengths
- Looking After Your Wellb...
- Creating Action Plans
- Building Your Connections
- Developing Self Compass...
- Problem Solving Techniq...
- Changing Thought Patter...
- Your Feedback
- Further Support

How to apply for an Independent Learning Plan (ILP)



New PGRs

You are encouraged to get in touch with us as soon as possible if you experience any of the following:

- A specific learning difficulty such as dyslexia or dyspraxia
- A mental health difficulty lasting (or likely to last) up to a year or more
- A physical disability
- Sensory impairments
- A long term medical condition

Wellbeing supports students experiencing the above through an Individual Learning Plan (ILP).

Independent Learning Plan (ILP)

Visit the website page

<https://www.exeter.ac.uk/students/wellbeing/resources-and-services/appointments/booking-form/>

Complete the form and upload your supporting evidence.

If the form doesn't work, download it from

[Document](#)

Email the form and your supporting evidence to accessibility@exeter.ac.uk

Independent Learning Plan (ILP)

The Accessibility Team will review your form and evidence.

A member of the team will contact you to arrange an appointment to discuss how best to help you.

Your ILP will be emailed to you and sent to your supervisors.

A copy will also be uploaded to MyPGR.

The screenshot shows the University of Exeter SRS website interface. At the top, there is a navigation bar with 'EXETER SRS' and tabs for 'Student', 'Finance', and 'ePDP'. A search bar is on the right. Below the navigation bar, there are several sections: 'Consent to use your data' with an 'Update your data consent preferences' button; 'Registration for Students' with a red header and a message about logging in from Wednesday 24th August 2022; 'System maintenance' with a red header and a 'SYSTEM DOWNTIME' notice for Monday 22 August 2022; and 'Facilities' with a list of links including 'Key links', 'Edit preferred name', 'Edit address', 'Collect your 2021/2 candidate number', 'Edit Emergency Contact information', and 'Change your IT password (new window)'. On the right side, there is a 'View my ILP' section with a dropdown menu containing 'Show my ILP (student view) [User manual]', 'View my ILP', and 'Download a PDF copy of my ILP'. Below this is the 'MyPGR' section with various task links. A red arrow points to the 'View my ILP' option in the dropdown menu.

In MyPGR you can select to view your ILP or download a copy of it

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