



Regent
College
London

Disability support services at RCL



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Welcome

At Regent College London (RCL), we welcome all students to study, regardless of their physical or mental health condition(s) or disabilities. We aim to provide individualised support and reasonable adjustments to ensure students are able to access their learning.

► What is a disability?

A disability is a physical or mental health condition or impairment that has substantial or long-term effects on your ability to carry out standard daily activities. At RCL, we know that not all disabilities are visible, and we strive to foster an inclusive and accessible environment.

► Specific learning differences (SpLDs) and neurodevelopmental conditions

At RCL, we're proud to welcome students with specific learning differences and neurodiverse conditions. We understand that these can sometimes make learning more challenging, but you won't be facing those challenges alone. Our friendly Wellbeing team is here to listen, understand and support you to thrive in your studies.

► Support services for disabled students at RCL

- One-to-one support sessions, face-to-face and online
- Personal Emergency Evacuation Plans (PEEPs)
- Individualised support plans
- DSA application support
- Referrals to external organisations
- Guidance and advice

▶ How to disclose a disability or medical condition

If you haven't already disclosed your condition during application and enrolment, you can schedule a one-to-one support session with the team through Regent Digital or by emailing us at wellbeing@rcl.ac.uk.

▶ Personal Emergency Evacuation Plans (PEEPs)

If you feel that, for any reason, you might not be able to safely and independently leave the building in an emergency, you may need a Personal Emergency Evacuation Plan (PEEP). A PEEP sets out the support you might require so that you, fire marshals, and the Campus Operations team all know what to do in case of an emergency.

▶ Disabled Students' Allowance

▶ What is Disabled Students' Allowance (DSA)?

DSA is a government funded grant for students with a disability. The purpose of DSA is to cover study-related costs for disabled students. This can include specialist equipment, assistive technology and one-to-one support from a non-medical helper. Unlike the tuition fee loan or maintenance loan, the type of support you are awarded is based on your individual needs, not your household income. As DSA is a grant, it does not need to be paid back.

▶ Who is eligible for DSA?

Students applying for DSA must have a formal diagnosis of at least one of the following:

- A mental health condition e.g. schizophrenia, depression, bipolar
- A specific learning difference (SpLD) e.g. dyslexia, dyspraxia, autistic spectrum condition
- A long-term health condition/chronic illness e.g. diabetes, arthritis, heart disease
- A physical disability and/or mobility impairment
- A sensory impairment e.g. deafness or visual impairment

DSA applicants must also meet the below requirements:

- Students must be a UK citizen and studying a UK undergraduate or postgraduate course. A degree apprenticeship does not meet the requirements.
- Students should already qualify for student finance.

If you are interested in applying for DSA, you can find more information at [gov.uk/disabled-students-allowance-dsa](https://www.gov.uk/disabled-students-allowance-dsa)

If you would like support with your application, please contact a member of the team at wellbeing@rcl.ac.uk

► Support plans and reasonable adjustments

At RCL, we understand that students with disabilities and/or medical conditions may experience barriers to their learning and wellbeing. We take a holistic approach to supporting our students and offer a support plan tailored to meet our students' needs. All support plans require evidence before being approved. The staff member developing your support plan will inform you of the qualifying evidence you will need to provide.

► The support plan process

1) Registering for a support plan

Students can register for a support plan by submitting the [Student Support registration form](#). A member of the team will then contact you within 72 hours.

2) Booking a support session

Once you have completed the registration form, a member of the team will invite you to book a support session. These sessions are one-to-one, free and confidential, and can take place remotely or face-to-face on campus. You can use this session to talk more about your condition, any challenges you have been experiencing and how we can support you.

3) Providing evidence

To be eligible for a support plan, we require evidence of your condition or situation. For mental health and medical conditions, we require evidence provided from your GP or a medical specialist. For specific learning differences (SpLDs), we require either a full diagnostic report or a neurodevelopmental assessment report.

► Common reasonable adjustments

- Extended deadlines
- Exam arrangements
- Rest breaks
- Ergonomic equipment

► Consent to share

We cannot share any information regarding your condition, or the adjustments provided on your support plan without your permission. We ask for your consent to share when you register for a support plan. This is completely your choice. However, if you choose not to give consent, this may impact your support provisions.

▶ Regent Digital

We are available on Regent Digital under the “Wellbeing Support” tile. If students aren’t quite ready to speak with us, they can access our self-help resources. Students can also use Regent Digital to book online or face-to-face support sessions. Students seeking urgent support should contact the Wellbeing team: wellbeing@rcl.ac.uk.

The screenshot displays the Regent Digital interface for 'Wellbeing Support'. The top navigation bar includes the Regent Digital logo, the text 'Student Wellbeing PERSONALISE', and notification icons. The main content area is a grid of 12 tiles, each representing a different support service. The tiles are: 'Wellbeing Support' (top center, featuring a person meditating), 'Self Help Resources' (top left, featuring a hand holding icons), 'External Support' (top middle-left, featuring a handshake), 'Disability' (top middle-right, featuring a wheelchair), 'Safeguarding' (top right, featuring a shield), 'Book an online support session with the Wellbeing Team' (middle left, featuring a tablet), 'Cost of Living' (middle middle-left, featuring a calculator), 'Talking Therapy and Counselling' (middle middle-right, featuring two people at a table), 'Sexual Health and Contraception' (middle right, featuring a DNA helix), 'Book a face to face confidential session with the Wellbeing Team' (bottom left, featuring two people at a table), 'Exam Support' (bottom middle-left, featuring books and a calculator), 'FAQ' (bottom middle-right, featuring a speech bubble), and 'Back' (bottom right, featuring an arrow). A sidebar on the left lists various dashboards and services, including 'Send feedback', 'DASHBOARDS', 'Staff', 'Learning Platforms', 'Library & Resources', 'Regent College Digital Dashboard', 'Referencing', 'Student Wellbeing', 'International Student Support', 'Personal Tutoring', and 'Send feedback'.

► Partnerships and external support services

At RCL, we strive to ensure that students have access to a range of support services, whether in-house or externally. Therefore, we have partnered with a number of external organisations to offer a more holistic support package. We can directly refer a student to a particular organisation to access their services, or students are welcome to explore independently.

Thomas Pocklington Trust

TPT works to improve opportunities and equality for blind and partially sighted people. They support in areas of education, employment, access and inclusion, and health and fitness.



Rethink Mental Illness

Rethink is an organisation providing mental health services in England. The organisation offers crisis support, helplines, advocacy and several other services across England.

Papyrus

Papyrus is dedicated to the prevention of suicide and offers services across the UK, including their suicide prevention helpline, HOPELINE247. Alongside this, Papyrus offers training to individuals and organisations about mental health and suicide prevention.



NHS Talking Therapies



NHS provides Talking therapies or counselling for people with anxiety, depression, phobias and other mental health challenges. They can offer Cognitive Behavioural Therapy (CBT), counselling, psychotherapy and other forms of therapy. You can self-refer via the website or request a referral from your GP.

City Disabilities

City Disabilities offers a free mentorship scheme, putting people with a disability or long term medical condition, in touch with others who have first-hand experience of the professions organisations they might want to join.



► Seeking assessments

Do you suspect you may have dyslexia, dyspraxia, autism or ADHD? If you are wondering how to arrange an assessment, please see our guidance below.

► **Autism and ADHD Assessments**

Autism or autistic spectrum condition and ADHD assessments are free with the NHS. If you would like to request an assessment, we recommend speaking to your GP and requesting a referral. Please note that there are significant waiting lists for these assessments.

You can also seek a private assessment, which will usually have shorter wait times, but there will be a fee. If you would like to seek a private assessment, we recommend:

[CF Psychology](#)

[National Autistic Society](#)

► **Dyspraxia (developmental coordination disorder) assessments**

Dyspraxia is usually diagnosed in childhood, but it is possible to be assessed and diagnosed as an adult through the NHS. If you think you may have dyspraxia and would like an assessment, we recommend speaking with your GP, who can guide you through the next steps.

► **Dyslexia and dyscalculia assessments**

The NHS does not provide assessments for dyslexia or dyscalculia, so if you

would like to be assessed, you will need to go through a private organisation. We recommend the following trusted providers:

[CF Psychology](#)

[British Dyslexia Association](#)

[Patoss](#)

[The British Psychological Association](#)

[Educational Guidance Service](#)

Assessment costs between £375 to £900, depending on whether you are assessed by a specialist teacher, a dyslexia assessor or an educational psychologist. Assessments can be offered remotely or in-person, whereas dyscalculia assessments can only be offered in-person.



► Key contacts at RCL

Wellbeing

wellbeing@rcl.ac.uk

Safeguarding

rclsafeguarding@rcl.ac.uk

Academic Skills

academicskills@rcl.ac.uk

Employability and Graduate Outcomes

careers@rcl.ac.uk

Bursary and financial support

bursariesandfunds@rcl.ac.uk

► External support services

Samaritans

24/7 crisis support helpline providing a free, confidential listening service.

Call: **116 123**

Email: jo@samaritans.org

Papyrus

Papyrus is committed to preventing young suicide. Their HOPELINE247 service is a free, confidential and non-judgmental space to share your thoughts.

Call: **0800 068 4141**

Text: **88247**

Email: pat@papyrus-uk.org

Mind

Mental health charity offering online resources and an online peer-support community, Side by Side.

Web: www.mind.org.uk

Call: **0300 102 1234**

Shout

Free, confidential, 24/7 text support service for anyone struggling to cope.

Text the word “**shout**” **85258**

NHS

Non-emergency line: **111**

Emergency services: **999**



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info@rcl.ac.uk

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London, WC1R 4BH

Fitzrovia

Regent Hill House
153 Great Titchfield Street
London, W1W 5BD

Wembley

Madison House
24-28 London Road
Wembley, HA9 7EX

Kingsbury

Masons House
1-3 Valley Drive
London, NW9 9NG

Southall

Bishops House
39-47 High Street
Southall, UB1 3HF

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