

Wellbeing and Disability Support

Regent College London

A guide for new students

At Regent College London, we have a dedicated Wellbeing and Disability Team here to support you from day one. Whatever you are managing, you do not have to face it alone. The sooner you tell us, the sooner we can put the right support in place for you.

Ready to declare your disability or health condition?

Tell us at enrolment or contact us at any time: wellbeing@rcl.ac.uk

What Is a Disability?

Under the Equality Act 2010, a disability is a physical or mental health condition that has a substantial and long-term effect on your ability to carry out everyday activities. At Regent, we know this looks different for everyone.

You do not need to look disabled to access support. Many conditions are hidden, fluctuating, or only affect you in certain situations. All of them count.

Disclosing is not about labelling yourself. It is about giving yourself every advantage you deserve. Our team will always handle your information with care and discretion.

CONDITIONS WE SUPPORT

N Neurodiverse Conditions

Dyslexia, ADHD, autism spectrum conditions, dyspraxia, dyscalculia, Tourette's, processing disorders

M Mental Health Conditions

Anxiety, depression, OCD, PTSD, bipolar disorder, schizophrenia, eating disorders, personality disorders

P Physical and Mobility

Wheelchair users, chronic pain, fibromyalgia, arthritis, scoliosis, limb difference, muscular dystrophy, cerebral palsy

S Sensory Impairments

Deaf and hard of hearing, blind and visually impaired, dual sensory impairment, tinnitus

L Long-Term Health Conditions

Diabetes, epilepsy, MS, lupus, cancer, Crohn's disease, endometriosis, heart conditions, chronic fatigue syndrome, ME

H Hidden Disabilities

Many conditions are invisible. Chronic illness, pain conditions, and fluctuating conditions all count. You do not need to look disabled to access support.

A Acquired and Temporary

Conditions acquired during your studies such as a serious injury, post-operative recovery, or a newly diagnosed condition.

+ And Many More

This list is not exhaustive. If you are managing any condition, impairment, or health issue that affects your studies, please get in touch. If in doubt, ask us.

Not sure if your condition qualifies? Many students feel this way. Please get in touch and we will have a confidential conversation to help you understand what support may be available. There is no obligation and no judgement.

Support Available to You

Once you declare, our team will work with you to build a support package tailored to your needs. Here is what we can put in place:

Disability Support Plan

A personalised document shared with your tutors, only with your permission, setting out the specific adjustments you need.

One-to-One Appointments

In-person and online sessions with our specialist advisers whenever you need them.

Referrals to External Services

We can connect you with counselling, specialist NHS services, and other organisations.

Reasonable Adjustments

Practical changes to your classes, assessments, and learning environment, including extended exam time, alternative formats, or specialist equipment.

DSA Application Support

We will guide you through the government funding application process from start to finish.

Personal Emergency Evacuation Plans

If your condition affects evacuation, we build a personalised safety plan with Campus Operations.

Disabled Students' Allowance (DSA)

DSA is a government grant that provides extra funding on top of your student finance to cover the additional costs of studying with a disability, long-term health condition, mental health condition, or specific learning difference. It is one of the most valuable things a disabled student can access, and we strongly encourage every eligible student to apply.

Key facts about DSA

- DSA is a grant, not a loan. You do not have to pay it back.
- It is not means-tested. Your household income does not affect how much you receive.
- It does not affect your maintenance loan or any other student finance you receive.
- DSA funds support and equipment up to a significant value each year, based on your assessed needs. It is not a cash payment to you.
- It can be used for specialist software, adapted equipment, study skills support, note-takers, and more.
- You can apply before your course starts or at any point during your studies.

WHAT DSA CAN FUND

Assistive Technology	Non-Medical Helpers	Study Support Costs
Specialist software, laptops and adapted equipment	Study skills tutors, note-takers and mentors	General costs linked to your condition

DSA can also fund the cost of a needs assessment, where a specialist evaluates what support would help you most. This assessment is confidential and is used to build your recommended support package.

WHO IS ELIGIBLE

You may be eligible for DSA if you have any of the following:

- A specific learning difference such as dyslexia, dyspraxia, or dyscalculia
- A mental health condition such as anxiety, depression, bipolar disorder, or PTSD
- A physical disability or mobility impairment
- A sensory impairment such as deafness or visual impairment
- A long-term health condition such as diabetes, epilepsy, MS, chronic fatigue syndrome, or cancer
- An autism spectrum condition
- Any other disability or health condition that has a substantial and long-term effect on your studies

Important: You must be a UK student and already qualify for student finance to be eligible for DSA. International students are not currently eligible. If you are unsure whether you qualify, please contact us and we will help you check.

APPLY EARLY - IT MATTERS

The DSA application process can take up to 14 weeks from start to finish.

This means if you wait until you start your course, your support may not be in place for weeks or even months. Students who apply before their course begins are far more likely to have everything ready from day one. Do not leave it. Apply as soon as you can, and come to us if you need any help with the process.

COMMON MYTHS ABOUT DSA

"My condition is not serious enough"

DSA is available for a very wide range of conditions. If your condition affects your ability to study, it is worth applying. Let the assessment decide, not your own doubts.

"It will affect my other funding"

DSA has no impact whatsoever on your maintenance loan, tuition fee loan, or any other student finance. It is completely separate.

"The process is too complicated"

We will guide you through every step. You do not have to do this alone. Many students find it much simpler than they expected once they start.

"I should manage without it"

DSA exists precisely so that disabled students do not have to manage without support. Applying is not a sign of weakness. It is a practical and sensible thing to do.

HOW TO APPLY

1	Tell Us First	Contact us at wellbeing@rcl.ac.uk and we will advise you on eligibility and walk you through what you need before you apply.
2	Gather Your Evidence	You will need documentation of your condition. This could be a letter from your GP, a formal diagnosis letter, or a specialist report. We can help if you are unsure what is needed.
3	Apply Through Student Finance	Submit your DSA application via your Student Finance England online account. Applications for part-time or self-funded students use a separate form.
4	Attend a Needs Assessment	DSA will arrange a free assessment with an independent specialist who will evaluate your needs and recommend what support would help you most.
5	Support Is Confirmed	Your recommended support package is agreed and put in place. We will work with you throughout to make sure it is implemented properly.

Need help applying? Contact us at wellbeing@rcl.ac.uk and we will support you from start to finish.

What Happens After You Declare?

The process is straightforward and always at your pace.

1	You Tell Us	Let us know at enrolment or email wellbeing@rcl.ac.uk . Please include any evidence from your GP, medical specialist, or a formal diagnostic report when you get in touch.
2	We Schedule a Call	Once we have received your information, a member of our team will be in touch to arrange a relaxed, confidential conversation about your needs.
3	Your Plan Is Built	We create your personalised Disability Support Plan and share it with relevant staff, only with your permission.
4	Support Begins	Adjustments are put in place so you have the right support from day one of your studies.

Your privacy is important to us. We will never share your information without your explicit permission.

Why Declaring Makes a Difference

- The sooner you tell us, the sooner support is in place. Do not wait until you are struggling.
- You are always in control. You choose what you share and who it is shared with.
- DSA can fund specialist software, equipment, and tutors at no cost to you.
- Reasonable adjustments mean assessments reflect your ability, not your condition.
- Our team is warm and non-judgmental. Many have personal experience of disability themselves.
- Once declared, your support stays with you throughout your time at Regent.

A note on not declaring

Without a declaration, we are simply unable to put any adjustments or support in place for you. This means you could be working harder than you need to, without the help you are entitled to. We do not want that for any student.

By sharing this guide, Regent College London has made you aware of the support available. If you choose not to declare, we respect that decision, but we encourage you to reconsider at any point during your studies. Our door is always open.

Ready to declare? It takes just a few minutes.

Tell us at enrolment or contact us at any time:

wellbeing@rcl.ac.uk

Your information is confidential and will only be shared with your permission.