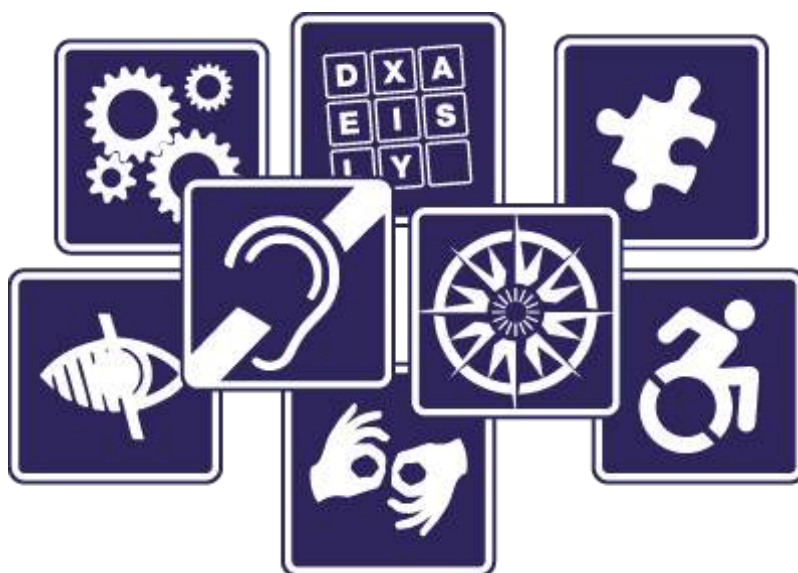


STAART Newsletter

January 2021



UNIVERSITY *of*
GREENWICH

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Nature's Heart

The main idea behind the digital painting called "Nature's Heart" is that we all are part of this world and we deserve to live even the most delicate of us. Everything around us is alive so even the wheelchair is created by plants since nature is all encompassing.

If I were to break down the painting into individual elements the mountains are there to represent overcoming obstacles and making progress. They also indicate spiritual or mental improvement.

The lake represents reflection and stillness that gives ones the mental strength to pass over obstacles.

The tree represents strength but also one's ability to find his/her roots into this world.

The butterfly stands for fragility but also for freedom. In this particular case, it also stands as the carrier of dreams. It is both fragile and it can fly over the mountain range carrying the dreams and wishes over the obstacles.

The main character is using a wheelchair made of vines and flowers which is natural and alive. For me is like one layer of life is encompassing the another, sheltering, helping but also connecting. With everything that is happening all around the world in this trying times it is a way of saying: every life no matter how fragile is precious because together with fragility you can find strength, determination and imagination. Stay safe and be creative.



Dr. Marina – STAART Ally

Job Hunting during Covid-19

Writing my friends is not my ally, therefore please do not judge me by my writing style. Simply trust me that I do write this article because – I did face the struggles looking for a job – as a graduate, with 'not enough relevant experience'. And exactly like you, I had to deal with additional challenges - like the shadow of depression or the fact that during the lockdown I was diagnosed with an anxiety disorder, and a phobia, like my PTSD was not already enough!

Let's get started. Have you ever looked for jobs? Did you find it challenging, and if you did, do you think looking for jobs during Covid-19 is easier? Do you find it more challenging to land the recruiter's attention? After sending hundreds of resumes, developing systems for tracking, automating, measuring my results, and following up with recruiters in a timely manner, I do believe I have made a discovery.

Before I move on to providing you with more information, let me ask you: Do you think your goal is getting noticed by the recruiter? If your answer is a yes, I am sorry to disappoint. You are not quite right! Over 98% of Fortune 500 Companies Use Applicant Tracking Systems (ATS). We need to change our objective – to secure a job and win the battle with the competition, you must understand your 'enemy'.

Writing this article, I aim to help you get your blinders off. Although it is merely impossible to pass the knowledge accumulated through researching a humongous amount of information on the topic of ATS, below, I will try to help you with a shortcut to the recruiter's desk. A little bit about me Not long time ago, I graduated with a First Class degree from the University of Greenwich. (July 2019) I somehow managed to

secure a job within 16 days. I worked as a marketing executive. I was a contractor, and my contract was due to finish in March. I already had interviews for other positions, and I was overly optimistic. Little did I know, a pandemic was on the rise. I kept on looking for jobs, but at the end of June, I was officially on the market. I was unemployed in London!

My journey as unemployed had begun. I have currently been unemployed for over five months and on the job-hunt for over seven months. Of course, I won't pretend I immediately noticed how to make a difference, or how can I fit in the market, or trick the ATS, and land on the recruiters' desk! I am sure many of you will realise that it takes some time to battle with one's obstacles as well as all the new challenges related to my unemployment. For five months, although I wasn't always very productive or even positive, I managed to read more than four books on the topic and consumed quite a few articles.

Did you know there are three main types of a resume? Did you know recruiters 'like' some more than others? Did you know that according to the stage in your career recruiters expect a particulate type of CV? Have you ever thought about how recruitment will look in 2030 or 2040? Do not worry if you didn't get around it, I didn't either. To be completely honest I think if I were not in this position, maybe I would have been ignorant to it even today. "Ignorance is a bliss," they say. Why am I telling you all this? On Monday, 2nd of November, I was finally getting the grasp of it. After another day of approximately 10 hours of tedious unpaid work on my resume, I applied to 4 roles and tracked only the response on them. The next day I ended up having three calls before noon, and yes you guessed it, 3 out of 4 applications made it through the ATS and to the recruiters' desk! I was my friend, having interviews!!!

The second lockdown was announced. I thought I wouldn't make it again, but for my surprise, I did harvest on my hard work. On the 24th of November, I finally received a job offer. I wish I had made the discovery sooner. I wish I could distinguish between all the noise on the internet. I know this is getting a bit long ... bear with me I simply want to invite you to reach out if you would benefit from a review on your CV. If you found the

above interesting, maybe you got an idea or learned something new please visit my LinkedIn profile and do endorse me for Engaging Content or Storytelling. By doing this, I will know to keep up



this work and share more about my findings. Please find the cheat sheet here: <https://bit.ly/Jobhuntcheatsheet> Now, you can choose if you want to invest your time in this research! I hope you found my article useful.

Mariya – STAART Graduate

STAART GRADUATE PROFILE - Nathalie

My name is Nathalie and I was diagnosed with Borderline Personality disorder when I was 18, after struggling with various mental health issues since I was a child. I completed a BA in Animation at Greenwich in 2020, finishing with First Class Honours.



I joined STAART in my 3rd year, after spending most of my studies hiding my diagnosis. When I first came to university, I had wanted a new start and I didn't want anyone's perception of me to be influenced by it. This worked until mid-2nd year when I fell into a depressive episode. I realised that I did need help and that I could no longer hide it from others - I needed to work towards accepting who I am and working with what I have. So, at the beginning of my 3rd year, I became part of STAART as an Ambassador and I finally felt accepted for the person I am and felt less isolated with my problems.

I am proud of what I have achieved through university because throughout my whole life, people have told me that I will always need support. They said I would probably never finish school, that I would not be able to hold a job or a relationship and that I would not be able to live independently. Even though graduating school was exceptionally tough for me, I did not want to accept that this would be what my life would look like. So here I am, 4 years after leaving school - I moved abroad by myself, I have a First-Class Honours degree and a stable relationship that has lasted for 3+ years. I can definitely say that I proved them all wrong!

I think the most important thing that I have learned during my time at Greenwich was accepting who I am and working with what I have. I do have this illness and that's ok; it may be hard, but it can also be an advantage. I am different, but at the same time I am just like everyone else, following my dreams and trying to be the best I can be. Setbacks are terrifying and discouraging, but part of the process, and they can be overcome. I've learned not to listen too much to what others say - they have never walked

in your shoes and you are the one who needs to decide what's best for you. So, I guess the skills that I have learned are about how to live my life for me, and how to make the best out of what I have.

The best thing about Greenwich for me is the people of STAART, who always made me feel welcome and accepted, and listened to my random outbursts of anxiety at 2am in the morning and calmed me back down. Also my tutors, who were very understanding of my situation and went the extra mile to help me succeed. I wouldn't have been able to finish my degree without them!

I have been very happy at Greenwich and felt very welcome, however there are always things that can be improved. I think it is very important that the University works on making every student feel like their voice is heard and works on enforcing the zero-tolerance policy better, so that others with experiences of racism or sexism are taken seriously and treated with care.

The mantra that I like to live by is 'All we have to decide is what to do with the time that is given to us' - J.R.R. Tolkien. I use this to remind myself that my life is all mine and that I am the one who decides what it should be like. It reminds me to let go of people that hurt me, to let go of things that worry me, to try other doors when the one in front of me doesn't open, to take new paths and even stray from the conventional path dictated by society. I believe that life doesn't need to be miserable as long as you decide it shouldn't be.

My advice to others is - don't make excuses for who you are, live the life you want to live and not the one other people want you to live. Make being happy an active decision. Ask for help when you need it. And spend more time outdoors.

The future is exciting for me. I am currently working on my MA in Digital Effects at Bournemouth University. Once I finish my Masters, I am hoping to hike the 630miles long South West Coast path, which I have wanted to do for several years now, before moving back to London to find a job in visual effects for film.

Joint webinar: The Disabled University Student Journey - from Outreach to Employment

On the 10th November, STAART, The Employability and Careers Service, Evenbreak and Diversity and Ability, joined forces to deliver a one hour webinar



discussing disability and the job market. Kiana (Evenbreak) and Charlie (Diversity and Ability) kicked us off with an overview of their organisations and provided useful advice on how disabled people can utilise the support available to be successful in the job market. Then, Emma (Employability and Careers Service), discussed the importance of sharing your disability throughout the job application process and the support that University of Greenwich students are able to access. Finally, we heard from the STAART team and one of their ambassadors who gave an interesting account of the role of STAART and the impact that the community has had on her studies at Greenwich. The panellists then took audience questions which included some further discussions on the Government support that

is available and advice on how young people can feel more confident to share their disability.

Overall, we had a wonderful experience as panellists and look forward to working collaboratively again in the future. It is not often that we get the opportunity to discuss important aspects of inclusivity so honestly and directly engage with different organisations who are all aiming for the same goals. Therefore, it is so important that we maintain these open dialogues and continue to share, engage and support each other. If you would like to find out more about the panellists, you can visit our webpages:

STAART: <https://www.gre.ac.uk/study/support/disability/staart>

Evenbreak: <https://www.evenbreak.co.uk/en>

Diversity and Ability: <https://diversityandability.com/>

Employability and Careers Service: <https://www.gre.ac.uk/careers>

Dr. Emma Pleasant

STAART Ally and Careers Mentoring Officer, University of Greenwich.

STAART GRADUATE PROFILE - Ryan Bryce



My name is Ryan Bryce and I live with anxiety, depression, ADHD, dyspraxia, and gender dysphoria. I graduated from BA (Hons) Creative Writing and English Literature in 2020 and am now training as a further education lecturer in PGCE Further Education and Skills, with a specialism in English and Creative Writing.

In regard to Greenwich itself, I came for an Open Day in July 2015 and instantly fell in love with the campus and the community. The idea that (and this is its best quality, in my opinion) Greenwich is a quiet pocket in the chaos of London was a fabulous prospect, and within my line of academic focus as a poet, the pure romance of the architecture and history of Greenwich itself struck me and stayed with me. After a couple of years spent ‘living a little,’ (as I tend to put it), I joined the university in September 2017.

My story with STAART began more by chance than anything else. When I started working within UK Student Recruitment at the university, at the start of my second year of my undergraduate degree, I had to train under the Student Ambassador project, and Dr Melanie Thorley - who heads the STAART scheme - came to speak about what STAART was. Having never heard of it, I listened intently, and approached Melanie after the presentation, my first question being, ‘Am I disabled enough?’ I hadn’t been diagnosed with ADHD or dyspraxia at that point, having only been given a diagnosis for moderate depression and slight anxiety a few years before. She reassured me that there wasn’t a scale of disability, and that it’s much more community based than I’d first thought.

Achievements-wise, I’ve been a visible and active force within academic and liberation communities. With the Students’ Union, I ran LGBTQ+ at Greenwich between 2018 and 2020 (one of the university’s biggest student societies), which gave me the opportunity to attend and speak at the NUS

LGBT+ Conference in Sheffield, and attend a conference in Manchester around disabled and LGBT+ identities in higher education. I also sat on the Activities Executive board during that time, who served to be a middleman (of sorts) between student group leaders and the SU staff. Within my time with the society, we won Event of the Year in 2019 for SHAG Week (Sexual Health, Awareness and Guidance) in coalition with the Feminism Society, which was a great privilege. To polish off that list, I ran for election as a full-time officer for the Students' Union in my third year, placing seventh out of 22.

I also hold a First-Class Honours degree from the University - something that would not have happened without the unfaltering and incredible support STAART has offered me - which means I'm able to continue with my career with no academic boundaries. I also ran several spoken word poetry events during my degree, which were well received and well attended.

I've learned a lot during my time at Greenwich, both about myself and about the world. I've learned how to speak, how to listen, and how to learn, which, vague as they might sound, are instrumental in my success both as a teacher and a student.

I live by the motto, 'There's always something.' To me, this means there's always a way, or place, or time, where something can and should be done, or for something you would like to do. The only obstacle I see in front of me is myself, and I know how to get around myself.

There's still work to be done, as there always will be. Accessibility for vulnerable students (whatever the reason for that vulnerability might be) still must be promoted and adhered to. The world is a happier and more interesting place when you listen to the whisper of the quietest voice. Platforms must be made and must be respected.

What's next for me? A lot, in so many words. After qualifying as a teacher, I'll be taking a Masters degree in Creative Writing with a concentration on spoken word and contemporary poetry, and after that, studying for a PhD in a similar subject, with hopes of lecturing at university-level in the future.

STAART WhatsApp Groups

Welcome back to term 2 and I hope everyone enjoyed the winter break! STAART has continued to grow this academic year and we are delighted to welcome many new members to the group. As of the end of August, the decision was made to introduce a new STAART WhatsApp group: STAART social, which means that there are now two STAART WhatsApp groups and members can chose to be part of one or both groups. Since the social group was launched, I am pleased that I was able to take on a sustained role as STAART's social secretary which involves adding new members to both groups and organising dates for events.

STAART – UofG is student led and used by members for the usual help and support, well wishes on birthdays, and general chat. STAART social is for the organisation of social events only. Together we have organised STAART's first virtual quiz, a few socially distanced get-togethers on both Medway and Greenwich campuses, and some much-needed virtual catch ups. Suggestions for events are always welcomed by anyone in the STAART family and we will be organising many more get-togethers throughout term 2 of the academic year, whether these be virtually or in person.

Melanie 🐾	Shona 🏞️	Holly M 🦄	Abi 😄🐮	Amy 🐅
Amy L 🍎	Becca 🔬	Brad 🥑	Brydi 🐮	Dami 🐅
Eilis 🍷	Georgia 🧀	Hannah 🎃	Kaitlyn 🌸	Kieran P 🌈
Leanne 🦀	Luke 🐅	Maryam 🧀	Michael 🐝	Nathalie 🍕
Peter 🐱	Rebecca 🐱	Richard 🐎	Ru 🐝	Ryan 🍷
Sam 🦉	Tori 🐅	Tyra 🐟	Vanessa 🦢	Zoe 😊
La-Vern 🦎	Joyce 🐅	Aishah 🐟	David B 🦢	Joao 🍷
Sarah 🦒	Melisa 🐸	Patrick 🌻	David K 🐍	Treavon 🚗
Queen B 🧪	Sophia 🐸	Lily 🌻	Boris 🐻	Louise 🧐
Kieran W 🧠	Kallan 🐸	Izzy 🌻	Caitlin 🐻	
Megan 🧐				

Shona – STAART Ambassador BSc (Hons) Human Nutrition

STAART: Not just an initiative

I had never heard of STAART prior to being introduced to Melanie Thorley. However since meeting her and some of her team, it is obvious to see what a valuable and important aspect of university life the group supports.

I first met Melanie at the Vice Chancellor's Carol Concert in 2017 when I heard a member of the STAART team talk openly about his experience joining Greenwich and how STAART had supported him. Not only



was I completely blown away by Brad's story, from the way he spoke, I could tell how much being part of this vital network meant to him. I made a point of going over after the speeches to introduce myself and explain how touched I was by how candid and honest he was. Talking to Melanie and Brad it became apparent how he appreciated the support he had received and how proud Melanie was of his achievements. That memory stuck with me for a very long time after that night.

Going to university can be a challenge, and for those who need more support STAART is there to help them through the transition by supporting prospective and current students. The STAART team visit schools, where some students are affected by self-doubt and wonder if they would be able to cope with attending university, and talk to them about being at university with a disability and the mechanisms in place to help them cope.

The work of STAART in helping students has enabled them all to achieve great things, for example, in 2020 STAART had four ambassadors graduate with a 1st class honours degree in their subject area. One previous graduate

is now studying at Greenwich for his PhD and recently designed a dyslexic reading ruler. And NRI's very own Abi Davis, who NRI is immensely proud of, won Merit Award for Outstanding Achievement award when she graduated in 2019.

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I am ashamed to say I was probably a little naïve when it comes to disabilities and learning difficulties, however watching the hard work this team put into the STAART network leaves me feeling as though I need to know and do more. I am unaware of half the activities the team are involved in across the university. However, I intend to learn more and support them in any way I can going forward.

Being a part of the STAART team is about learning vital life-skills, making friends, having a support network to help them through their time at Greenwich, and helping others. It can be a hugely enriching experience and the whole team work selflessly to help others, but they also have fun and support one another.

Often people don't receive the credit they deserve, and it's seen as just "doing their job", however Melanie and her amazing STAART team go above and beyond day in, day out.

Caroline STAART Ally and Marketing & Events Manager
Natural Resources Institute, University of Greenwich

STAART GRADUATE PROFILE - João Martins

My name is João, I am 30 years old and I live with anxiety and complex PTSD. I have just graduated from my BSc in Psychology with Counselling and am currently studying a MSc in Therapeutic Counselling, also at the University of Greenwich.

Having STAART during my degree was an immense support for me. It was like having cheerleaders all the way to the finish line. With every struggle, there was always someone there to give me support, advice or simply listen to me. I have a tendency to not believe in my skills and to be really hard on myself, which stems from a childhood filled with people telling me I was not good, not worthy and would never amount to anything. Joining STAART and listening and reading to other people living a similar experience to mine, or simply having non-judgemental and honest support from everyone, was very therapeutic and empowering.

Sometimes I would be having the worst day, allowing my ghosts and fears tell me that I was not good enough or that I should just quit studying and go back to waiting tables, and Melanie would just come into the office and change my day. I will never forget the morning after I had a huge fight with my childhood abuser, who had once again come into my life to make me feel small and unwanted, and how Melanie came into the room and gave me the biggest hug and offered me plants for my new house. Before this encounter I was feeling defeated and couldn't see past all the hurt, but that simple gesture from Melanie really inspired and empowered me and made me look forward.

Being on the STAART WhatsApp Group alone was inspiring. Reading and listening to what the other STAART members were going through and how resilient, strong, hopeful and fearless they sometimes were in face of adversity was very inspiring. Being part of such a supportive group has helped me grow as a person and gave me the tools to be able to find the strength within me to keep myself safe. Academically speaking, I was able



to graduate with a 1st and be accepted onto the Masters that I wanted to study.

I tend to be really hard on myself and not really give myself credit for the things that I achieve. I have this song that I listen to when I feel low - it helps remind me to ask for help, to be truthful, to honour all my feelings and to work as a team with my tribe/friends to overcome stressful situations. It says: "People like us we've gotta stick together; Keep your head up, nothing lasts forever; Here's to the damned to the lost and forgotten; t's hard to get high when you're living on the bottom."

The best thing about Greenwich is the support that you get from your lecturers and people like Melanie Thorley, Chris Colson, Nansi Eneva and STAART. I don't tend to remember or acknowledge my wins when I go through phases where my mental health and trauma play tricks on me. These people relentlessly kept showing me and reminding me of all the things I have accomplished and have been the biggest cheerleaders. By helping me get/giving me new job opportunities during the 3 years I was studying my undergraduate, I have gained invaluable work experience doing jobs that I was once too scared to apply for. They have definitely helped me with my confidence by just always listening to me, acknowledging my feelings and mentoring me.

To others I would say - allow space for the good feelings and the bad ones, as they are there to help you or challenge you, but most of all they are there to make you, you. And try to ask for help, even when it is really hard to do so.

I am currently studying a MSc Therapeutic Counselling and have just started working as a Mental Health Recovery Worker. I am currently on a path that feels right for me where I get to support other people. I am so much more confident and courageous than I was 3 years ago; and although I can now give myself credit for a lot of my growth, I know that part of my success comes from the support that I got from the people around me - my partner, my cats, my friends, the STAART family, Nansi Eneva, Yvette Fofah, Sam Morrison, Kimberley Herron, Tasnim Ali, Sarndeeep Raven, Christine Colson and Melanie Thorley.

STAART Webinars and Preparation Days 2021

Webinars:

As we are unsure when we will be returning to our campuses, we have decided to provide webinars instead of workshops. The webinars are for any person over the age of 16; who is considering university and has a disability, specific learning difficulty, long-term health condition and/or a mental health difficulty. You will need to book a place and the webinars will be using Zoom. The webinars are all on a Wednesday between 16:30 and 18:00 (GMT) and are free to attend. We use interactive software and you will need two internet-enabled devices or a split-screen. The webinars are:

- | | |
|---------------------------|--|
| January 17 th | Introduction to STAART. |
| February 24 th | Introduction to learning technology. |
| March 17 th | Know your learning style and personality traits. |
| April 28 th | Introduction to notetaking and notemaking. |
| May 26 th | Tips and hints for STEMM subjects |
| June 30 th | Thrive not strive at university. |

Preparation Days:

STAART Preparation Days are for the same audience as the webinars but for prospective students who live in London or Kent. They are similar to open days but have disability-specific information; STAART ambassador student life presentations; a

library tour and an opportunity to meet other prospective disabled students. The days are:

Thursday 22 April 2021 Greenwich campus SE10 9LS

Thursday 29th April 2021 Medway campus ME4 4TB

You will need to book a place to attend any of the events. The links to book can be found here:

<https://www.gre.ac.uk/events/prospective-students>

Dr Melanie Thorley

STAART Manager and Sociology & Education Graduate

Second STAART Art Prize Competition: Cats and Dogs

In August we created two STAART ART colouring books. The artists took a photo of their drawing before they coloured it in' and then after they had completed colouring it in. So that when people used the colouring books, they had an image to go from. The original plan was to have one colouring book but we had so many entries that we ended up creating two colouring books: one for Cats and one for Dogs. For the second STAART ART prize competition, we used the pictures from the cats and dogs colouring books. Anybody, anywhere could colour in any of the images in the colouring books, and post it to our dedicated ART Facebook page. Parents or friends could post on behalf of artists under the age of 16.

Both the colouring books and the latest competition have been a great success and allowed for a great distraction from lockdown. There were four prizes in total – the winner received a £25 voucher with 3 x £10 vouchers for the runners-up. However, as there was a draw for fourth place, we added an extra £10 voucher.

We had a good number of cats and dogs entered in this competition and it was really lovely to see that some of the winners of the competition were children. The youngest of whom was 4!

Four winners of this competition kindly provided us with a couple of sentences telling us why they participated in the competition and what they are going to spend the money on.



The winner of this competition was Sarah Jane's daughter Kaitlynne. Sarah-Jane told us:

Kaitlynne's teacher told us about the competition and

explained she thought Kaitlynne would be great at it as she loves art with a passion for cats too! The competition picture kept Kaitlynne super busy for over a week as she was adding and editing all the details. She wants to spend the prize money on more art supplies to complete more projects to keep her busy.

The first of the runners-up was Alanah's daughter Caitlin. Alanah told us:

She said I love drawing and creating new things. This was an opportunity to not only do what I enjoy but also get recognised for it too. I would love to spend my prize money on sewing bits, a new hobby of mine that I'm about to start. Thank you very much for this opportunity.



Georgia was another runner-up. She said: Thank you Melanie and STAART for running these creative competitions. I had so much fun getting artie and colouring in Woofle with makeup and Sharpie, I'm looking forwards to the next competition on Easter eggs and many more to come.



Abi was another runner-up of her rendition of her cat Morris. Abi told us:



I participated because it combined by love for cats and colouring. I have a whole bunch of stationary supplies because I was told colouring can be

quite relaxing – and they are right! I found colouring the lovely witch cat to reflect my own cat Morris was a fun activity for the evening, and made me want to get into colouring more.

And finally Noé – aged 4

I hope some of you think about participating in our next STAART ART competition which will be throughout April 2021 and the task will be to decorate an Easter egg image. Lastly, a final congratulations to all the winners of the competition! I hope you enjoy spending your vouchers.



Holly – STAART Ambassador and 2nd year LLB law student.

Redesigning the pipette for inclusivity - a project you can be involved in!

One of the most important skills for Science students to be able to perform is being able to accurately use a pipette in the laboratory. This fundamental skill is difficult to master given the dexterity and interpretation of sensory feedback in the hands/thumb needed to operate the pipette correctly to provide accurate pipetting.

Many students, both disabled and non-disabled, find pipetting difficult. Even those experienced students in their second and third year can find pipetting accurately a challenge, given that there is only feedback in the form of a “pressure” point. For those disabled students that have conditions that cause complications in manipulating their hands, using a traditional pipette can pose a barrier in practical classes or laboratory research.

A team of researchers at the University of Greenwich is very excited to announce the launch of a project which aims to deliver solutions to these barriers and we are seeking co-investigators to help with designing solutions.

Students (you!) are an intrinsic part of this project and there are already a number of future, current, and Greenwich Graduates who will be part of the project. Working with the team of co-investigators, we need you to help shape the work undertaken in this project, explaining your individual needs and include your feedback in both the design, development, and testing stages.

Focus group meetings will take place online using Teams and opportunities including in-person pipetting workshops on our beautiful Medway Campus may follow, COVID and interest-permitting. Details of focus groups will follow, so keep your eye out in the STAART newsletter and on our Facebook page in the coming months!

To register your interest please contact staart@gre.ac.uk.

Becca STAART Ambassador & 1st year BSc Biology

Calendar

January 2021

4th – World Braille Day

11th – Paget’s Awareness Day

27th – Holocaust Memorial Day

February 2021

1st-7th - Sexual Abuse & Sexual Awareness Week

1st-7th – Children’s Mental Health Week

1st-28th – Raynaud’s Awareness Month

1st-28th – LGBTQ+ History Month

4th – World Cancer Day

8th – International Epilepsy Day

28th – Rare Disease Day

March 2021

1st – Self Injury/Harm Awareness Day

1st-7th – Eating Disorders Awareness Week

1st-31st – Ovarian Cancer Awareness Month

1st-31st – Endometriosis Awareness Month

Editors: Brydi Edwards, Melanie Thorley

STAART - Support through *AccessAbility retention and transition

Contact us for more information



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