



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

E-Portfolio

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Introduction

In this E-Portfolio I will present a new project, launch a campaign focus on supporting student with fibromyalgia. Task 2 a Blog and Task 4 a flyer

Task 2 Blog

Young fighters with Fibromyalgia



Illustration (Moor , 2017)

Hi everyone. I create this blog to make people aware about all invisible disability how affect young people and any ages. **WE ARE NOT TOO YOUNG TO BE SICK!!!**

This artefact is an old idea to support students with disability

As a young person living with chronic pain, a been struggling not just to learn to live with my pain in the last year after having my diagnostic. Every day I must be motivate and don't let de pain to control my life and do my daily activities.

Students need more support; they are struggling to:

- travel,
- focus in class
- finish in time all the assignments or exams
- deal with the deadlines

A good support for students from university in my opinion is to let the students to ATTEND TO ONLINE CLLASS when they have a flare-up or to unwell.

With your answers will do a study case to see how we can improve the quality of life for students with disability, working together with NHS, government and university's

Question!

How your pain affects your mental health and how impact on your study?

What you think the government and university have to do ,to help the students?

You can make a post here or e-mail me to: Youngfighter@.uk



(Lupus UK, 2017)

I found a studies from 2019 proving that: There are 14.6 million disabled people in UK .

- 9%of children are disabled.
- 21% of working age adults
- the employment rate of disabled is 53%.

Disabled students now make up a significant part of the student populations in 2017, 13.2 per cent of students attending an English university or college reported having at least one disability and they are struggling, to attend to classes and focusses on studying because health problems how impact the mental health, and the students deals with anxiety and depression (Office for students UK October ,2019)

After doing my research for my blog I found on the government website a list with non-visible disability:

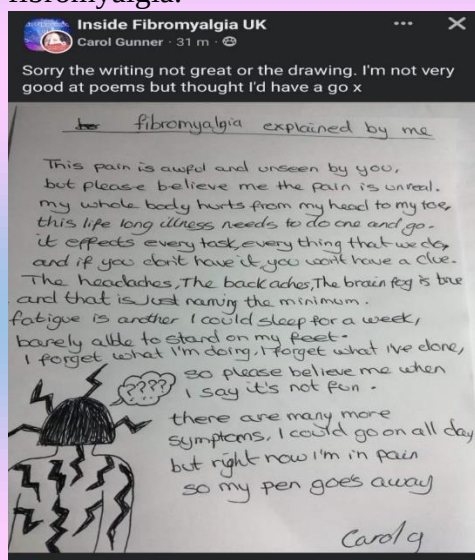
- Mental health conditions- for example, anxiety depression, obsessive compulsive disorder, (OCD), schizophrenia, Personality disorders.
- Autism and Asperger syndrome
- Sensory processing difficulties
- Cognitive impairment, such as dementia, traumatic brain injury, Learning disabilities
- Non-visible physical health conditions, search as chronic pain, respiratory conditions, diabetes, incontinence
- hearing loss
- Multiple sclerosis
- Lyme Disease
- low or restricted vision (DPTAC August 2020)



(Woodward 2015)

Some of invisible disabilities they are miss diagnosed or symptoms are attributes to a wrong diagnostic, fibromyalgia, and chronic fatigue syndrome. Young people who suffered with this type of health problem They are struggling to receive the support from the GP. However, fibromyalgia is a condition marked by whispering chronic pain and fatigue, with known cause. (Saling and Felson, 2021)

After I participate at a few meetings about “How to leave with chronic pain” I asked for feedback from participants, next picture will be feedback for Carol how suffer with fibromyalgia.



(Feedback post for a follower)

Thank you everyone for support and leasing my story. This is my post for today, I will keep everyone updated with my stories and events.

I will add a link for everyone who want to access a Facebook page, the dedicate people who suffered fibromyalgia. **Fibro fighters** support group

<https://www.facebook.com/groups/1894hhjjhvhhvgvjk25785939009>

Post by Claudia Dragan in July 2022

FIBROMYALGIA WARRIORS!

WE NEED SUPPORTERS!

(NHS logo, 2019)

MARATHON ON 15TH August 2022 10:00
am at Kennington Park



(Operation Smile 2022)

15£ tax for each participant, all the money will be used for buying the chair for students.

The application process will be open between 1st-14th Aug at any campus of university Wales Trinity Saint David at the reception or online send email to fibromyalgia.support@.22.net

Working together with Students union, NHS, and DSA, we try to organise a fundraiser for new comfortable chair for students struggling with musculoskeletal problems.

CONTACT DETAILS: Nr 015678755673 – 09:00-15:00

- fibromyalgia.support@.22.net

Our goals are to buy 20
new chair! 190 £ each
3,800£ Total



SUPPORT TEXT TASK 4

My inspiration about to make a flyer for a marathon come from TCS marathon how support charity

I choose this to do this flyer to support my idea about how to come with extra support to be more comfortable in class. My idea to buy special chair for student with mobility problems to help them to be more comfortable sitting 6-8 in class.

NHS is the first support for the student and any person, I use NHS logo because is a source of information about Fibromyalgia syndrome (FMS) . With help from GP and professional care provider you can have support as medical investigation, treatment, mental and financial support. Illustration (Moor , 2017)

Adding information about collaboration with Students Union and DSA (Disabled Students' Allowance) will support my idea, when a student is struggling with any aspect for them conditions, they will receive all the support necessary to help them during the study.

The picture with people running at the marathon I use to make people to be interesting in my idea and to give a visual view

The style of the font is chosen to attract people to read, using a font with big capital letters is used to highlight the idea of the flyer and make more visible. This type of font is good to highlight the most important information

The reason of choosing the colours of my flyer is because the purple colours is represented for fibromyalgia. The combinations of the colours make a good reference to the fibromyalgia logo.



The international logo for Fibromyalgia.
Illustration (Moor , 2017)

Conclusion

In conclusion, what i learn during this class and working on E-Portfolio, is that if you have a new idea or you want to support a existent idea. You have to be sure; you will provide all the information in a way that all people will understand, and you make clear what you want is the aim of your project.

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