

# ND&D Nexus

Brought to you by the Learning Support Team



## Welcome!

Dear **ND&D Readers**,

Welcome to the **second edition** of our **Neurodiversity & Disability Nexus**! Thank you to all who have given feedback on our debut issue! It's been great to hear how well it's been received, and we look forward to bringing you further articles and inspiration!

As we head into the summer months, we do take a moment to **Pause** on [p.12](#) looking at self-care and mindfulness. We have new and exciting neurodiversity sessions in the coming months - see [p.13](#).

The **QA Neurodiversity Network** continues to grow, and as a Team we are **LOVING** these monthly sessions spending time with learners and colleagues discussing all things ND! This edition features a collation of all the resources and strategies shared in the session on [p.7](#)!

We would **love** to feature some of our **VIPs** (our Apprentices!) in ND&D in a **Student Spotlight** feature - if you would like to share your apprenticeship journey and experiences please click [here](#)! Your feedback for ND&D Nexus is invaluable, so please do **share your thoughts** on our publication [here](#). If you have an idea for a feature please use this [form](#) to submit!

**Thank you** for being part of the **QA ND&D community** - your voices, stories, and insights are what make our learning support space so vibrant! We're **excited** for what's ahead and can't wait to continue learning, growing, and celebrating neurodiversity and disability together!

Until next time - take care, look after yourself, stay passionate, enjoy the sun, and keep shining! 🌟

*the Learning Support Team*



In this edition you can look forward to:

- **Speech-to-text:** Kolsuma discusses the benefits of using this tool
- **Book recommendations:** from Kayleigh, and Micha
- **What to watch:** Tracie recommends two documentaries
- **ND&D in Focus:** this edition we look at cerebral palsy
- **Neurocrafted:** Kirstin introduces a new series on understanding the neurodivergent brain
- **Creativity Corner:** Autism in Visuals
- **QA Apprenticeships Neurodiversity Network Review:** we discussed **Masking**, and held a summer **ND Skills Share**
- **Event Calendar:** Upcoming dates
- **Helpful Links:** Further resources and support available to help you



## We've grown!

In the space of just one issue both Teams have grown – yay! Some of the faces may be familiar to QAA Apprentices as the three new Team members are joining us from the Functional Skills Team. Joining the QAA Learning Support Team are **Ruth Cochrane**, and **Ashlea Shannon**, and joining DA Learning Support Team is **Stacey Cox**.

We are absolutely thrilled to welcome the guys as **Learning Support Specialists** to our respective Teams! They come equipped with incredible skills, knowledge, experience, and enthusiasm, and we're so excited to be working with their proficiencies in further developing our Team offering and support to our Apprentices.



**Mark Soady**  
Apprenticeships  
Head of Learner  
Services

## QAA Learning Support Team (Levels 3-5)



## DA Learning Support Team (Levels 4-7)



**Ray Campbell**



**Lisa Martin**



**Vix Wrigley**



**Kayleigh Dachtler**



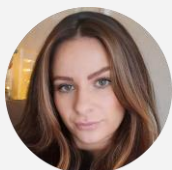
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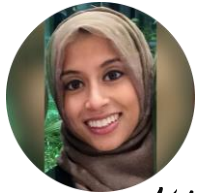


**Jacob Rollinson**



**Stacey Cox**

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*by Kolsuma*

## Speech-to-Text: A Tool for Untangling the Mind

Do you ever find that you have a thousand ideas racing through your head? Or maybe they float and merge into one another? Do you find it difficult to get started on a piece of writing?

This is where **speech-to-text tools** can help:

- ☑ You may think faster than you type
- ☑ If spelling is a challenge, you don't get stuck; you can keep going without worrying about how to spell difficult words
- ☑ It frees your brain; when spelling and punctuation aren't eating up your mental energy, you can focus on your ideas, opinions & creativity



Here are some free speech to text tools to try:

**Microsoft Word Dictate** – Found under the 'Home' tab. Just click 'Dictate' to start.

**Google Docs Voice Typing** – In Chrome, go to Tools > Voice typing and click the mic.

**ChatGPT Voice** – Tap the mic icon to speak; your words are transcribed.

**SpeechTexter** – Supports multiple languages. Great for notes and short paragraphs.



Using speech-to-text:

**Planning stage** - When gathering initial thoughts for a report or assignment, use the tool to get all your ideas down on the screen. Then use subheading and titles to break these ideas into the introduction, main paragraph/s, and conclusion.

**Drafting essays and assignments** - Get a rough draft down quickly by dictating instead of typing. You can refine it later, but the hardest part - getting started- is done.

**Summarising texts aloud** - Read your study material out loud and use speech-to-text to generate summaries.

**Creating Flashcards for revision** - Speak key terms and definitions, which can be transcribed and later transferred to flashcard apps like Anki or Quizlet.



Whether you're planning an essay, summarising notes, or capturing racing thoughts, speaking your ideas can help overcome blocks and bring clarity. **Why not give it a try and see how your productivity transforms?**



## A Good Read

by Kayleigh

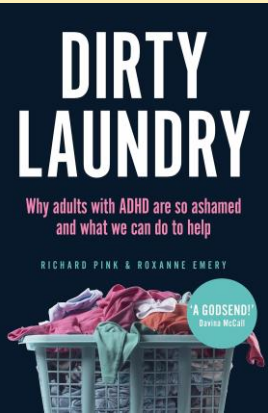


### Dirty Laundry: Why adults with ADHD are so ashamed and what we can do to help by Richard Pink & Roxanne Emery

*"As someone with ADHD, this book has been **incredibly helpful** for both myself and for my loved ones. **Rox** writes her viewpoint from the person with ADHD (ADHDer) helping you relate and know **you're not alone** and gives some tips that have helped her with different "symptoms". **Rich** writes his viewpoint from the person supporting an ADHDer and how he realistically supports Rox with compassion.*

*Reading both viewpoints has been fascinating as I have **felt seen and validated** by Rox, and Rich has provided me with understanding of some of the things my partner and other loved ones have been doing already, and have also used specific suggestions from the book.*

*Overall, the book has made me realise where I have been masking (because we don't always know), given me **self-compassion** for the things I struggle with and helped my loved ones understand and continue to support me.*



*The book is also available through **Audible** and **Spotify** if you prefer to listen. They have another book called "Small Talk" (although I haven't read it yet), a podcast "late bloomers" and you can follow them on social media. I hope they can help you and your loved ones too."*

[Dirty Laundry](#) is written by Richard and Rox who use the handle [@ADHD\\_Love](#)

### Fake Dopamine



- Binge-watch TV
- Mindless scrolling
- Junk food
- Overdrink coffee
- Work without rest
- Unneeded shopping
- Over-yesing
- Gossiping
- All-night gaming
- Late-night phone use
- Gossiping

### Real Dopamine



- Catch sunrise
- Prayer/Meditation
- Sip healthy tea
- Walk with friends
- Exercise/Yoga
- Read
- Slow down
- Rest
- Deep breathing
- Cooking healthy meals
- Music/Art/Creativity

Image Credit

## App Recommendation



**Plant Nanny**  
SPARKFUL  
£ free (in-app purchases)

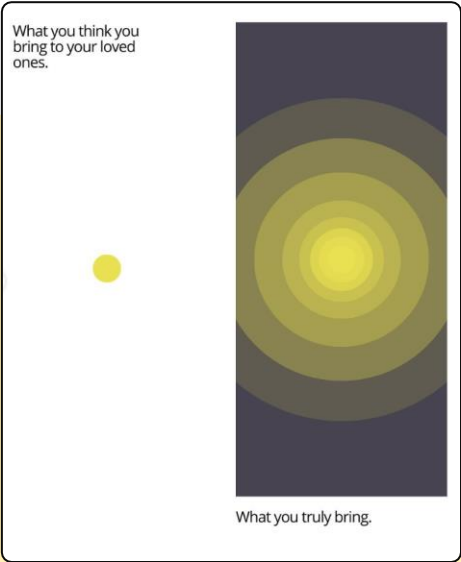
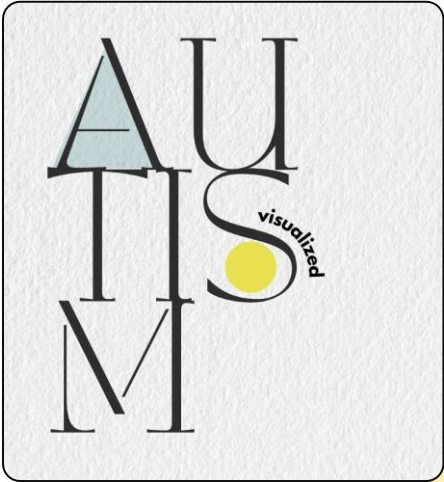
'Essential to life, **water** is often under-consumed leading to dehydration, fatigue, skin problems, and other serious health issues. Address these problems with [Plant Nanny](#) your cute and friendly **hydration companion**! This water reminder app **motivates you to drink** water daily and lets you grow adorable plants in parallel with your hydration journey. Drink water, hydrate your plant, and watch your personal greenhouse flourish. It's a fun, interactive way to ensure you **maintain good hydration habits.**'

*Bonus: the graphics are adorable!*

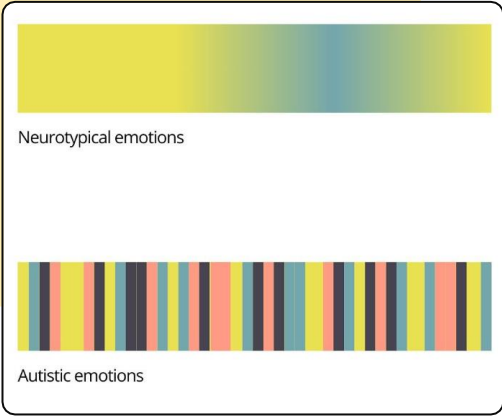
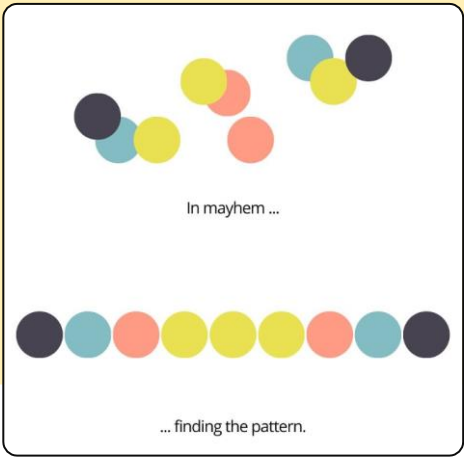
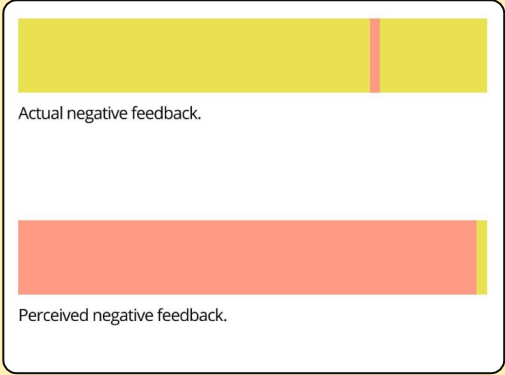
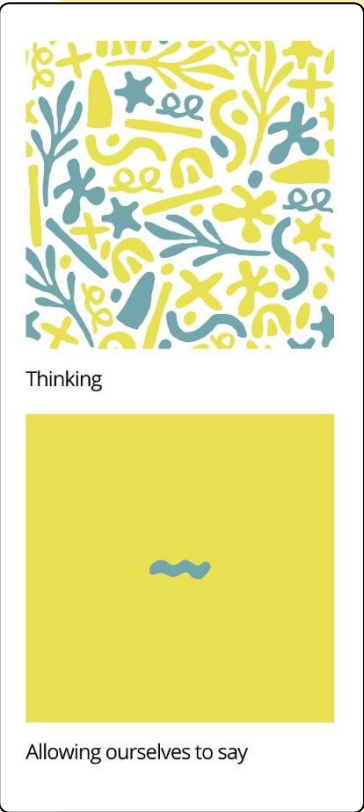
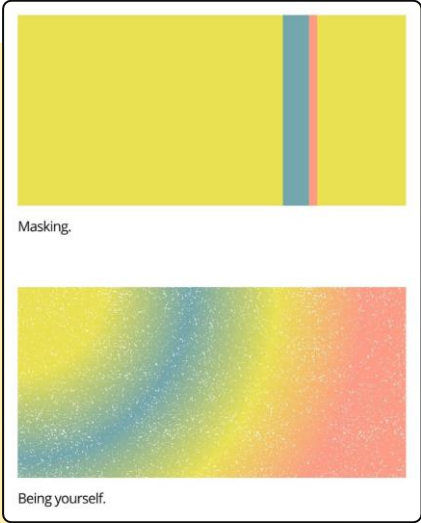
## Creativity Corner

A selected piece of neurodiversity inspiration!

🎨 Conveying autism with as few words, shapes, and colours as possible.



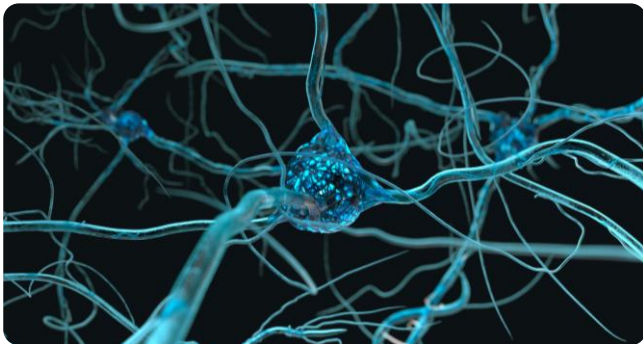
@asd.therapy on [Instagram](#)



## What To Watch

**Jamie's Dyslexia Revolution** on Channel 4 and **Inside Our Minds** on BBC Two are both reshaping how we talk about and understand dyslexia, by putting the lived experiences of neurodivergent individuals front and centre.

*by Tracie*



In **Jamie's Dyslexia Revolution**, celebrity chef Jamie Oliver draws on his personal experience to expose the UK education system's failure to support dyslexic students.

Through interviews with young people, educators, and policymakers he highlights the emotional toll of being misunderstood and the **urgent need for reform**.

Jamie's call for better teacher training and early diagnosis resonates deeply with neurodiverse students and lecturers, urging institutions to embrace **inclusive teaching practices** recognising diverse learning styles.

**Inside Our Minds**, presented by Chris Packham, offers a more intimate and artistic exploration of neurodivergence. Episode 4, "**Inside the Dyslexic Mind**," follows two individuals as they collaborate with visual artists to express how dyslexia shapes their thinking.

Their creative projects challenge the narrow stereotype that dyslexia is merely a reading disorder, revealing instead a **rich tapestry of strengths**: creativity, resilience, and unique problem-solving abilities.

A standout moment is the heartfelt conversation between Packham and his step-daughter Megan, who is herself dyslexic. Their dialogue underscores how **understanding and empathy** can evolve, and how shared experiences can foster deeper connection.

Packham recalls a time when people with dyslexia were simply called 'word blind' and in the bottom set at school. These documentaries advocate for a shift in perspective: dyslexia is not a deficit but a **different and valuable** way of experiencing the world.

For neurodiverse students and educators both offer **validation & inspiration**, encouraging a future where every mind is seen, supported, and celebrated - *Inside Our Minds* has additional episodes covering ADHD, and Autism.



**Sunday 20<sup>th</sup> July is  
National Ice Cream Day!**

On Demand Video Links:

- [BBC iPlayer - Inside Our Minds](#)
- [Channel 4 - Jamie's Dyslexia Revolution](#)



# ND&D Nexus

Brought to you by the Learning Support Team



## Review – Neurodiversity Network

*by Mitzi*

We've had two more incredible Networking Sessions, book [here](#) and get the next dates in your diary!



Our third ND Network session in May was our most attended yet – an incredible **86 participants** joined! It's clear word is spreading, and our network is **growing stronger** each session.

May's theme, **Are You a Masking Ninja?**, sparked deep and meaningful conversations, exploring the concept of neurodivergent experiences of masking, how we navigate social spaces by concealing parts of ourselves, and the emotional complexity that comes with it.

One **powerful metaphor** emerged: the image of a Venetian mask being peeled away, revealing layers of identity. It raised the question: **how do we distinguish between the masks we wear and our authentic selves?**

In June we came together for a vibrant **Summer Skills Share** session, a brilliant opportunity to connect, collaborate, and exchange practical tips for balancing study and home life.

The session was full of **insightful discussions**; participants shared favourite strategies for staying focused during online meetings – using real-time transcripts to easily follow along, using Outlook's Dictate function to quickly capture thoughts for later organisation with AI. All the resources, links, study skills, and strategies discussed will be shared soon!

In our other breakout rooms, participants shared personal reflections, and **Parents' Corner** became a space for connection, mutual support, and shared experiences. The session was positive with a spirit of shared understanding.

Thank you to everyone who contributed – your insights make these sessions full of inspiration, support, and shared wisdom! We can't wait to see you at the next one! – book [here](#)

### Why Have We Created This Network?

We have enjoyed delivering neurodiversity awareness sessions to our apprentices over several years now, but we thought it was time to hear less from us and more from you! This is your space to discuss your experiences, learn from your peers and to grow together. You can participate as much or as little as you like.

#### Who Will Be Supporting You in the Networks?

We have 35 QA Apprenticeships Neurodiversity Champions and 10 specialists who will help facilitate each network and ensure your safety and security is maintained throughout.

#### Do I Need to be Neurodivergent to Attend?

No. This network is for everyone. So, whether you are attending to share or to learn you are welcome.



**Feedback from these two sessions includes** — “A brilliant way to connect with others struggling with the same as myself” — “Friendly and open, excellent advice with specific suggestions” — “Loved to connect with peers and find out about new ways of working around things in daily life” — “Community and the engagement, how everyone is open and lovely bunch.”

## Neurocrafted: Built to Think Differently

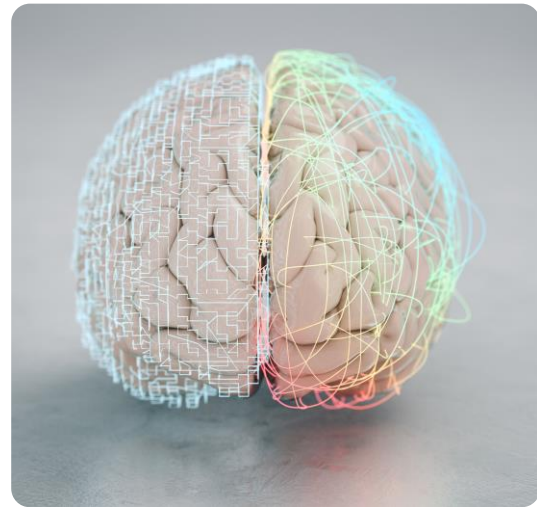
Our brains are **extraordinary!**

*by Kirstin*



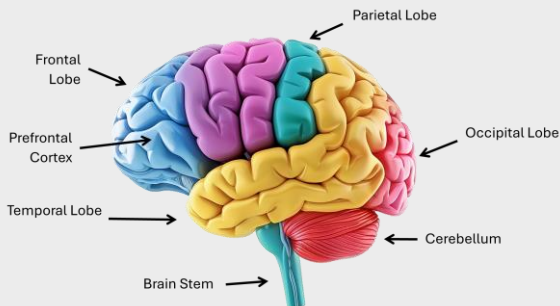
Built up of a **tapestry of neural pathways** – shaped by genetics, environment and experience - they are designed to engage with the world in endlessly unique ways.

While this can be amazing, it can also become challenging when navigating the expectations society places on us, especially for those who are neurodivergent.



**Our brains are as diverse as we are - we are all wired differently**

**But what does this mean?**



Our **brains diverge** in various ways: dyslexic brains show increased frontal lobe activity but reduced function in the parietal and occipital lobes - key areas for reading. Atypical development in the frontal and temporal lobes - areas responsible for emotional regulation and auditory processing - have been linked to Autism. ADHD is linked to weaker structure and function in the prefrontal cortex, which governs attention, memory, and emotion

In the **next edition**, we'll continue our journey and look at cognition.

Many people understand how their neurodivergence may manifest, how an individual may be affected, and the strategies that can be put in place to support. However a question that often goes unanswered is why? Why does my brain process information a certain way? The overarching answer to these questions is simply: **our brains are as diverse as we are**, and we are all wired differently ... but what does this mean?

This question isn't easy to answer, but by exploring it, we gain a **deeper understanding of ourselves** - helping us to navigate the world with greater compassion and kindness, both toward others and ourselves. To begin, we need to explore basic brain anatomy linked to neurodivergence (see the image on the left).

## Student Spotlight

Could **you** be in our next issue as a **VIP Feature**? We'd **love** to shine a **spotlight** on our Apprentice's successes!

If you would like to share your own ND&D experiences, your journey with our Team, how you navigate your workplace, strategies that help you, or share an insight into your apprenticeship journey please click [here](#)



## ND&D In Focus: Cerebral Palsy

*Our monthly dive  
into a neurodiversity  
or disability*

**Cerebral Palsy** is a term used to cover **several neurological conditions**. These conditions are caused **before, during, or shortly after birth** as a result of injury to the brain due to any of the following reasons:

- Limited or interrupted oxygen supply to the brain
- A bleed within the baby's brain
- A premature or difficult birth process
- The mother catching an infection whilst pregnant
- Changes in genes affecting development of the brain

Cerebral Palsy can affect **muscle control, coordination, and tone, reflexes, posture, and balance**. Often a person with Cerebral Palsy will display signs of the condition, but the effects can vary greatly from person to person.

**Spastic Cerebral Palsy** affects muscle stiffness or weakness.

**Athetoid Cerebral Palsy** affects muscle tone, causing involuntary spasms.

**Ataxic Cerebral Palsy** affects balance and coordination.

The **effect** Cerebral Palsy has on individuals ranges from the **very mild**, to more **severe** cases that can make it difficult for people to control their limbs.

**It is estimated that 1 in 400 babies born in the UK have a type of cerebral palsy**



There are some great accounts online from **apprentices who have cerebral palsy**; [Laney](#) completed an NHS apprenticeship and [Zach](#) became a qualified Personal Trainer.

**Disability Rights UK** published a series of [stories](#) from **disabled and neurodivergent apprentices** from a wide range of fields, detailing their successes and experiences – give them a read!



**'Cerebral Palsy' comes from the Latin words 'Cerebrum' and 'Paralysis'**

Primary cerebral palsy may **coexist** with **other conditions** affecting motor control and posture, muscle weakness, facial oral impairments impacting speech and swallowing, respiratory difficulties, visual impairments, or hearing difficulties.

**Apprentices** who have cerebral palsy may struggle with mobility, fatigue, pain, or communication challenges.

**Reasonable adjustments** may include extra time, academic support, equipment, workplace adjustments, or assistive technologies – if you need support reach out [here](#).

For more information or support for cerebral palsy please visit:

- [Cerebral Palsy ARF](#)
- [CerebralPalsy.org.uk](#)
- [Scope UK: Cerebral Palsy](#)
- [How Universities Can Be More Inclusive](#)

## Support for Apprentices

### What support can I get?

If you have a learning difficulty, disability, or a physical or mental health condition, you can get **extra support** during your apprenticeship.

Your employer and training provider must make **reasonable adjustments** to ensure you're not disadvantaged. These may include:

- Specialist equipment
- Extra time for tasks
- Adjusted work arrangements
- Physical changes to the workplace

They should regularly review these adjustments to ensure your needs are being met.

If you are currently receiving **ongoing support** on your QA Apprenticeship your Learner Support Specialist will regularly **review** your support to ensure that your adjustments remain effective throughout your learning journey. You should **let us know** of any **changes** to your needs, or if you believe your support needs adjusting.

### Access to Work

Access to Work is a **government scheme** that offers grants to apprentices to help them pay for any reasonable adjustments they need in the workplace. Read about Access to Work [here](#).

Support may include **specialist equipment, assistive software, support workers** like BSL interpreters or a job coach, **physical adaptations** to the workplace, or **mental health support**.



### Occupational Health

Some employers may use an Occupational Health Assessment for a worker to find out the right **reasonable adjustments** to implement, to support someone struggling with their physical or mental health, and to support **managing any risks** to mental health such as work stress.

Occupational Health can support employees to **access** support, **return to work** after a period of sickness, or to **manage** and avoid any further health or absence issues.

### Private Health Care

Certain companies offer private health care schemes where employees may be able to access **additional levels** of support including **ongoing support, diagnostic assessments**, and **specialist neurodiversity support** and **mentoring**.



If you have a learning difficulty or disability there are **rights** that protect you against discrimination. These rights cover many areas, including **employment** and **education**. You're also **protected** during the application and interview process by [The Equality Act 2010](#). Learn more about Disability Rights [here](#).

## Could it be Dyslexia?


The **British Dyslexia Association** provide **support** and **advice** for people of all ages exploring potential dyslexia. They have a great section on their [website](#) around signs of dyslexia in adults, providing the [Adult Checklist](#) which you can complete to see if you any have traits of dyslexia. **Indicators** can include:


- Erratic spelling
- Reading struggles
- Unable to skim read
- Difficulty writing
- Concentration difficulties



### DYSLEXIA

TRAITS I STRUGGLE  
TO EXPLAIN TO  
NON DYSLEXIC PEOPLE






#### My brain processes ideas faster than I can write them

The thoughts are there, and they make sense — but the second I try to write them down, they **vanish** or tangle up. It feels like trying to translate something while it's still being spoken. My brain moves at one speed, and my hands can't keep up. That **disconnect** is frustrating and hard to explain.


@learnactivate



#### I dread written instructions

A wall of text feels like a trap. I can miss crucial steps just because my brain skips a line or **misreads** a word. People assume I didn't read carefully — but I did. I read it over and over and still missed it. Not because I didn't care, but because my brain works differently.


@learnactivate



#### Silent reading still drains me

Even when I'm not reading out loud, it takes a huge amount of **mental energy** to process each word. I lose my place easily, miss important details, or read things out of order. It's not relaxing — it's work. Quiet doesn't mean easy.

@learnactivate



#### Timed tests aren't built for me

I know the answers — I really do. But under time pressure, my brain freezes. I **get stuck** on reading the question, not because I don't understand, but because I need more time to decode it. By the time I get to the actual thinking part, the clock's already running out.

@learnactivate

[@learnactivate](#) discuss some of the challenges dyslexia can bring.

If you have **dyslexia** or experience **traits of dyslexia** and find academic reading or assignments challenging, please reach out to our Team. We can work with you to put the right **support and adjustments** in place to help you succeed in your Apprenticeship.



## Pause.

by Sarah



**Summer** can be a strange season. We can long for the warmth, the light, the colour – but for some of us, it can also bring **dips in mood**. Whether it's the lack of routine, sleep difficulties, seeing others holidaying, or working through while colleagues come and go each week, it's **natural** to feel unsettled.

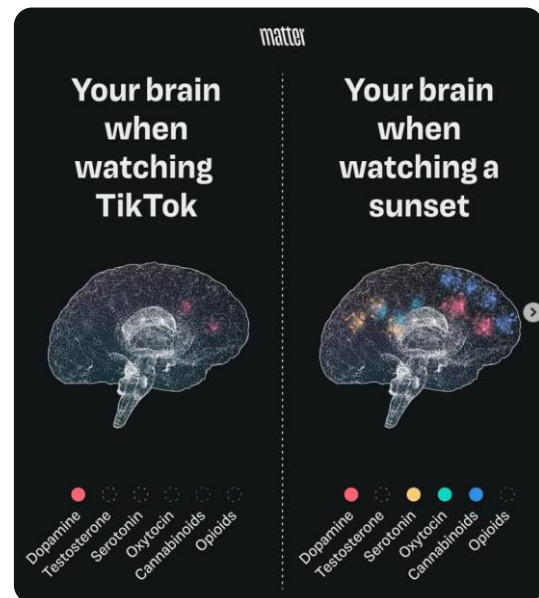
So here's a gentle reminder: **it's okay** if summer isn't idyllic for you. Not everyone gets time off, and not everyone feels their best in the summer months.

We hear about **mindfulness** a lot these days: **practicing self-care** is so important. If your diary's empty, try booking in a long weekend, or even just an afternoon off. Go for a walk, watch a sunset, look for a shooting star ✨ (upcoming [Perseid shower](#)) or do something creative!

My current hyper-fixation is **magic painting** - yes, the kids' kind! All you need is a saucer of water - they even come with a brush! No choosing colours, no pressure, just calm - moving the water and the colours. I've found some great adult-style magic painting books on [Amazon](#) and in [The Works](#) – I highly recommend it!!



So whether you have loads of plans, or not much in the diary, spend time in nature, practice self-care, **notice and enjoy the little moments**, and **take care of yourself** this summer ✨



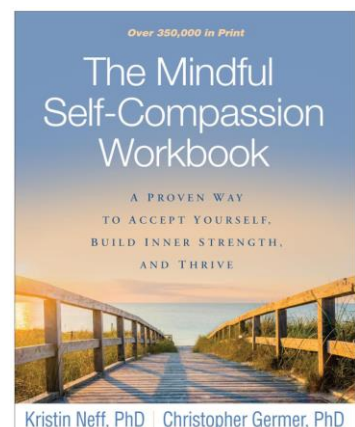
[@matterneuroscience](#) published a series of images showing **brain mapping** against varying activities. As neurodivergents we are often drawn to the “quick fix” **dopamine** hits – social media, texting, online shopping – (check out the list on [p. 4](#) of real vs. fake dopamine) - but what can **enrich our brains** and ignite our wider neurotransmitters firing are activities such as hanging out in nature, creative activities, and seeing people in real life!

## A Good Read by Micha

### The Mindful Self-Compassion Workbook

By Kristin Neff & Christopher Germer

“A practical and evidence-based guide on **HOW to be kinder to yourself**. Self-compassion is a skill that's particularly relevant for ND folk, as it's something we can tend to struggle with. Kristin's work is some of the most profound I've read. She shares the importance of developing both the yin & yang of self-compassion; the soothing, validating & comforting, alongside the providing, protecting, & motivating. This book is perfect for **managing neurodiversity**, as the short chapters & activities allow for easy reading and implementation. It's one of my top recommendations for learners.”



[Amazon: Book Link](#)

## Upcoming Events:

Back by popular demand! Our **Introduction to Neurodiversity** sessions resume! Sessions are repeated monthly and are designed for those who know very little about neurodiversity – join us if you can, to learn more! - book [here](#)

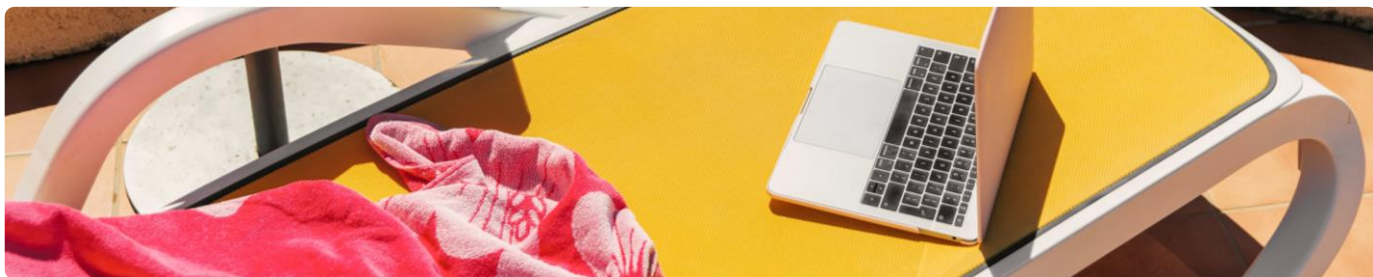
Join us on **Wednesday 9<sup>th</sup> July** for **Memory, Metacognition and Me** - in this session, you will receive an introduction to memory and metacognition before exploring how you can leverage both to enhance your working/learning experience - book [here](#)

On **Wednesday 6<sup>th</sup> August** we'll be looking at **Hacking Your Executive Function** - in this session, you will be introduced to executive function (EF) and the difficulties that compromised EF can bring. As a common challenge for neurodivergent individuals, we will explore strategies that can be used to 'hack' the challenges many experience – book [here](#)

We would love to see you at our **QA Apprenticeship Neurodiversity Network** sessions!

- **Wednesday 16<sup>th</sup> July** - Tired or Toasted? How Do You Know When It's Burnout?
- **Wednesday 20<sup>th</sup> August** - Office or Obstacle Course? Rethinking Work for Neurodiverse Minds

Book onto all our QA Neurodiversity Network sessions [here](#)




## AoA Masterclass

### Master Your Minutes: Productivity Hacks to Take Control of Your Time

With Amy Hopper  
Founder TOA Group

Friday 11th July, 12-1:30pm



A Live Webinar by the  Association of Apprentices

All QA Apprentices are entitled to a free **AoA Association of Apprentices** membership (see [p.14](#)) where you can access content, resources, regular events, and Masterclasses.

On **Friday 11<sup>th</sup> July** they are hosting in an interactive 90 minute masterclass with Amy Hopper titled **Master Your Minutes: Productivity Hacks to Take Control of Your Time**. In this interactive workshop you'll discover how to:

- Work smarter not harder
- Achieve your goals without burning out
- Manage your time effectively and make the most of each day
- Find the way that works for you

[Link - AoA Master Your Minutes: Productivity Hacks to Take Control of Your Time](#)

## Feel you need ND&D Support?

If you are currently a QA Apprentice **without** learning support in place and you have a formal diagnosis, disability, or think you may be neurodivergent please complete a **self-referral form**

You need to have a disability or learning difficulty in line with **The Equality Act 2010** to receive support with us but are not required to have a formal diagnostic report for us to put reasonable adjustments in place. Watch our **Learning Support Team Video** [here](#)

You may have a formal diagnosis, disability, long-term medical condition, long-term mental health difficulties, have adjustments in the workplace, have received support in the past, or just be exploring a potential neurodiversity – **please link in with us!**

If you would like to discuss receiving learning support please complete the correct **self-referral form** for your Apprenticeship and we will be in touch!

### QAA Learning Support (Levels 3-5)

[Self Referral Form](#)

Email – [Specialist.LearningTeam@qa.com](mailto:Specialist.LearningTeam@qa.com)

### DA Learning Support (Levels 4-7)

[Self Referral Form](#)

Email – [DASpecialist.LearningTeam@qa.com](mailto:DASpecialist.LearningTeam@qa.com)

## Helpful Links:

Check out the [Apprentice learner's portal](#) for information and support around your Apprenticeship. Access information on **your wellbeing, your success, your experience, your future,** and **your programme** and engage with everything QA can offer you on your journey!

If you feel that you'd benefit from **pastoral** or **welfare** support, then check out our incredible **Safeguarding Team**; they provide all kinds of support from crisis intervention, regular check-ins, mental health support, and short or long-term mentoring support. Please complete a [Self-Referral Form](#), or if you have a concern about a peer use this [Referral Form](#).

QA has partnered with the **Association of Apprentices (AoA)**: a membership organisation that connects apprentices across the UK. In working with AoA, QA provide **access to social and professional networks**, learning, guidance, and support to enhance the apprenticeship journey. All QA apprentices are eligible for **free AoA membership**. Find out more [here](#)



## DA Only:

**The Academic Community of Excellence (ACE)** team provide guidance for **Degree Apprentices** alongside regular classes on topics such as academic style, critical analysis, relating theory to practice, research skills, reflective writing, referencing, and much more - [ACE DA Learner Portal](#)