MARK: Hi everyone and welcome to our webinar on Free Training on Inclusive Technology for Students. I can see you are starting to filter in. So welcome to the webinar. It has just gone one o'clock. So I am going to give it maybe just one or two minutes to see when the people attending starts to drop off a bit. Again, welcome to everyone that's joining us. Welcome to our webinar on Free Training on Inclusive Technology for Students. I think see you are starting to join the webinar, we're going to start in one or two minutes and just making sure everyone is here, that intends to join us live. Hello Tony, I just see you in the chat, hello and welcome. Great, I think we'll start then. So welcome everyone that's joining us today on our webinar on Free Training on Inclusive Technology for Students. My name is Mark Gaddes and I am the Digital Marketing Manager and I am joined by Liz Green, Administration Manager and this webinar looks to be at most an hour and it will include a Q&A session and just a really big welcome from myself and Lizi, next slide. So what is this webinar on? Today we're going to be looking at the common barriers to learning encountered by students, so there is be lots of information from Lizi and hello from myself and hello from Lizi, just a few house keeping bits from myself. So there are live captions for the webinar, so a big thank you to Judith from MyClearText for providing that on the bottom of the screen. That is an actual human providing the text. So thank you very much Judith from MyClearText. Slides, a transcript and recording will be made available post webinar. So emails will go to attendees and absentees for the link to this. So do make sure you share that to your colleagues who are interested in the material. Depending on how you are joining us there is a Q&A window that you can use and there is also a chat window. The distinction we want to make is there is a Q&A window and I can make sure that I share that with you. Chat is just more for general chats. So perhaps you want to chat among yourselves, we can make a log of the chats available to you after but we'll do a follow up log post and the last bit from me is there is a feedback form which will be presented post webinar that you can use to ask questions and to give feedback on how we did on the webinar. So we want to start with a poll and the reason is it's important for us to know particularly a bit about who we have got on this webinar, there is a fair few of you, we had over 300 people register for this webinar. So I am just going to launch a poll and depending on how you joined the webinar you may not see this, if you can't see something it's maybe just how you chose to join the webinar. So if you can, can you tell us a bit more about yourself, a teacher or a library staff member, a student or perhaps you don't fit any of those categories easily, please put a message on the chat window. So I can see about 69% of you voted. So I am going to give it a couple more seconds. Great, and I am just going to end the poll and I am going to share the results. Disability adviser was the largest category. So we have 26 people on the webinar disability advisers but the spread is even. So library staff 16% and other 21%. Lots of different job titles coming through on the chat. So thank you to everyone for sharing your world. Sounds like we have a lot of different people in the webinar, so Lizi I know you are catering to a lot of different people and I am going to hand over to you.

LIZI: Okay thank you Mark. So I am just going to start by giving information about AbilityNet. So we're a technology charity and we provide a range of paid for services and our goal is removing barriers for people in the digital world so we want everyone on a level playing field. So we keep up to date with the latest Apps and assistive technologies and that allows us to give information out in lots of sources. You probably will need some tailored solutions for your needs but this session is just aiming to give an overview of things that might broadly help your students in your institution. So obviously sharing knowledge is a key thing for us, it's all well and good for the technology to be there but if no one knows it's there, nobody is going to be able to use it, so sharing knowledge is a key thing. We have a range of different ways of doing that, we have fact sheets and blogs and we have also have My Computer My Way which is our online portal of looking at built in tools already on your PC or tablet or laptop or whatever piece of software you are running. And it's about all those things built into those and how you access those things and we have bespoke training courses for students for academic staff and we hold technology and disability events. And the TechShare Pro event we do later on in the year.

MARK: Just adding to that, we are a charity so this webinar is just an example of one of the free resources and the free things that we offer.

LIZI: So we have the free fact sheets on the website available to download. There is loads of disabilities things in those we have disability resources and news and blogs which are kept up to date well. I am always going on there and reading those and we have My Commuter, My Way which I mentioned and lots of our useful links. So I just wanted to mention something we're developing specifically related to students, it's call My Study My Way. So it's there to help universities and colleges to create an inclusive environment for everybody at their institute. So what My Study My Way is, is a platform where students log on and they fill in some questions about their needs and their disability if they have one. Once they have answered all the questions in the platform it generates the report and it pinpoints their needs and points them in the direction to help and the data is collated to the university and for example, if multiple students are reporting they have the same issues the data will be flagged to the institution. So, if you do want more information about that please do contact us and we can point you in the right direction of the right people to speak to for more information on that platform.

MARK: Somebody just asked about audio that's going in and out. I am just making sure that's okay. Is there an audio issue for anyone else? So Lynn said it's fine for her and Caroline said it's fine for her. A little bit for some people. So we'll be aware of it but it might be specific to how you have joined us Karen. Yeah. So a few people patchy. We'll be aware of it and we'll do our best to not move our mics around too much. In and out probably for a lot of people but hopefully you can still hear us, if not you have the captions.

LIZI: Okay. So we're going to focus on some main areas during this webinar, of key things relevant to education. So we're going to have a look at things available for mental health and that's a key issue we recognise especially in the student population. Okay. So starting with focus, so we have just listed some of the common barriers and challenges we have come across in our work with students and other workshops. So the top ones are getting in the right frame of mind to work and being able to stay focused and not being able to get enough done and procrastination is a huge one and feeling like you have not generated any work is a downer. So the first Apps that I want to talk about related to these are some ambient noise, so it can really encourage people's creativity and that's background noises. And coffitivity is the noise of a coffee shop. So you download the App and turn it on and press play and all it does is have an ongoing stream of coffee shops and no distinguishable sound other than that general background noise. Study Ambience, you can choose your sound, so you can have things like a crackling fire or rain fall in a forest and more to your preferences and we have popped the three on here, coffitivity is on IOS, Noisli and Study Ambience is Android. So it gives you some options across all the platforms there and should be something suitable for everybody running those devices. Also I would like to mention, we were talking the blogs earlier, there was a blog that went up recently which goes into a lot more detail about the studies behind these Apps. So check that one out if you have time because she goes into a lot of detail about that.

MARK: And the benefits as well, I was reading that this morning.

LIZI: Yeah, the second App for focus are Forest and Cold Turkey and those Apps are content blockers. So these are designed for students who have a tendency to look at their phone every five minutes or 30 seconds. I am definitely one for doing this as well. So what these Apps do is you set them up for time periods that you cannot access your phone, so the Forest App, you set the time period on your phone and it comes up and if you don't use your phone for the time you set it up, so you set it up for 30 minutes and if you don't use your phone for 30 minutes it grows a little sapling into a tree on to the screen. If you touch your phone inside the 30 minutes the little sapling dies, it's very sad. And if you get to the end of your time period you get a fully fledged tree and it plants it into your digital forest, so you can build a whole forest of trees

MARK: So the question is have you got this App open now and is your tree growing?

LIZI: I don't have it open now but if I did my tree would be growing. So it's a great one, we did have a student come to us and said I used that Forest App but all it made me realise is I don't really care about trees and I was like, okay! So it works for some but it doesn't work for others. Cold Turkey is a web based content blocker, you set it up for the amount of time you want and it grows out of your screen. It's not fancy but it might suit some people rather than others. So, the third thing I want to talk about regards to focus is a technique, it's called the Promodoro Technique, it was made by an Italian man and I can't pronounce his name. But the principle of the Promodoro Technique is that if you break down your working time into smaller amounts of time you will be much more effective. So it started out at 20 minutes of working time to a five minutes. So you can change the amount of working time and breaktime that you can have. So it's really adaptable to your specific needs. So the App brings up a simple clock face which has the working time and the break time split out in to different sections. So you turn on the clock and it starts ticking down the 25 minutes of working time and when you finish that you can take a five minute break and do whatever you need do on your phone and it will ring another bell and the timer will start for the next 25 minute session. So you run four of the 25 minute session and when you get to the end of the four sessions you take a longer break. It seems like a really simple thing but it's something psychological and I tried it myself in our office on a Friday afternoon and it does make you get so much more work done. There is just something about the mentality of being able to focus for the 25 minutes, it seems much more manageable than if you have to sit down and do two hours of work. Just the thought of two hours, but if you think I have only got to go for 25 minutes, it's much more manageable.

MARK: I think what is interesting about this one I remember when I was at university, I certainly was not aware of any Apps that did this, so having something that facilitates it and does that action for you rather than creating numerous alarms and timers, having something --- yeah, people are probably aware, well I wasn't aware that there was an App for this.

LIZI: Yeah, so there is other Apps and also worth a quick mention there is an Alexa skill. So if you say Alexa turn on the timer. It does that. Great. We're going to move on to note taking and organisation now. So again some of the common barriers and challenges we have come across, concentration is still a massive thing and keeping up with note taking and listening and writing at the same time causes issues and organizing your notes once you have taken them and being able summarise the notes and being able to see the screen and the board in the lectures and not being able to write down the information quick enough. So we're going to talk through a new options we have that may help people with those. So the first thing I want to talk about is Office Lens, so as the name suggests it's parted of Microsoft office 365. So what Office Lens is, it's a camera but it's a more intuitive camera. It's got different settings, there is white board mode and business card mode and photo mode. So it can change the way it takes a photo based on the medium you are taking a photo of. So on the next slide here I have a demo video and this is using Office Lens in white board mode. So I will play the video and I am just going to talk through it while it goes. So the first thing you would do, notice it when it comes up in white board mode it creates that red box that finds the white board you are looking at and takes the picture and if I am taking it from an angle it makes a straight. So you can put it in your gallery, so we popped it into One Note and once the photo is in there you can start editing it. So I am writing text notes and you can do hand written notes over the top of it which we'll do in a minute. You can highlight your photo and it drops the highlighting into the photograph so it doesn't cover up any of the text on the white board and you can see it's taken the shine off the white board. The key thing is you can take the photo at a different angle and it pulls it around straight. We have often had students saying they don't take the down straightaway but they don't want to take a picture of the white board but they don't want to go right up to the whiteboard because it's really obvious to their peers. So they don't want to be seen as being different. So the fact that you can just pull out your phone and take the picture from your seat and get this picture that's pulled straight and no shine on it and add your own notes at a later date when you get back. So just moving on to the next slide where we're going to talk about some of the things One Note does, I am quickly going to go over One Note because there is two blogs specifically related to One Note. It has so many cool little tricks and neat things it does, I could spend hours just talking about One Note because it does so much stuff. So I am going to tell you about really basic features. Obviously One Note is in the Microsoft suite again and the great thing about it, once you got your log in details for your account on Microsoft you can access your One Note on line, on desk top and in the App. So you can make all your notes in the lecture in the App and then go to your laptop at home and log on to the desk top version and all the notes are there and you can carry on and make the notes into something bigger and you can see along the top bar of the desk top version, you can set different tab pages for different notes. So it really is just an online notebook, I guess that's why they called it One Note. So all of those tabs represent the different pages you would have inside a hand written notebook. It has the functions with the photo so you can draw on the notes and you can type on the notes, you can do whatever you want. And it's just a great storage platform and everything is really easy to navigate and you are not losing all your bits of paper remembering where you put them and everything is there and you can access it anywhere that has a computer and internet access. If you are in the library and you don't have your phone or laptop with you, you can log on to the computer in the library.

MARK: We do have a few on there about note taking hacks to improve students health and mental health and well-being and at the bottom of that it has a related reading section which links it other ones. So what we try to do in our blogs is make sure it's very much for disabled students and specific to them but you will find a lot of the features would be beneficial to any students really. So they are worth checking out and as I say, I just dropped one into the chat box and you can make a note and come back to.

LIZI: I will mention one fun thing that One Note does. If you write a maths equation and press enter it will solve is for you. I don't know how complicated it gets so I don't know if it would solve a massive complicated question. So the next App I am going to talk about is my favorite. I use this all the time. So it's Google Keep. Just to offer an alternative to anybody that doesn't want the Microsoft options. So Google Keep, I call it the digital post it note. Again, I have got a little demo video here that keep can do. So I will play that and talk over it as we go. Google Keep you will see as soon as I open it it's a note taking App but it lays them out in a different way to One Note. So you have the ability to do lists and the great thing about the lists is you can share them with other people that have Google accounts so that's really great for students. If you live in a share house you can write the list and share it with the house mates and once you click them it takes them off and puts them to the bottom of the list so you can clearly see it's been done. So it's great for sharing even projects, you can tick it off and the great thing about Google Keep is it has time reminders but also has location based reminders. So it uses Google maps so set location based reminder, so I am setting the location to be at Tescos and as long as you have the notifications turned on in the smartphone, it will ping you a little reminder that will bring up your shopping list and it's also great for students, you can pop into the library. So the demo is of voice recording notes. So the great thing, it also translates it into text. So it transcribes into text. So you can take pictures from the phone and add them in and like with the One Note you can annotate over the top of the Apps and some examples there, some people drawing some pictures on Google Keep. So the difference for me between One Note and Google Keep, Google Keep is for the short notes, the little reminder things you want to do. One Note is probably more suited to long lecture notes, I don't know how people would feel about putting all of their lecture notes on to this. If you do decide to do that you can pop labels on to each note. So you can create a set of labels and they can maybe be home, you can set labels for each of your lectures and you can categorise all of your notes into those labels and once you have the label the set up you can select the label and also there is an example that you can change the colour on all your notes, so if you want to set a label and set a colour to the notes you can have all of the notes into green to be one lecture and all of the others in yellow to be another. A side note with the colours is someone with dyslexia might mind it useful to put all of the notes on a yellow background and it does have on OCR function and you can take a photo and you can see the demonstration on the right-hand side. I took a photo of one of our Ability Net flyers and it's pulled all the text into editable text.

MARK: It sounds like a great App and I can see why it's your favorite and I particularly like the bit about the location reminder, for a student perhaps they are in a lecture and the lecturer mentions a book to read and next time they go to the library they get a nice reminder. We had someone in the office and he told the story about his wife and she was scolding him for not getting flowers for whatever occasion and he used Google Keep, and next time he was at the shops, must get flowers popped up. So we're making sure we're telling you the student side of this but whenever I hear Lizi talking about these Apps I think I should be using half of these myself.

LIZI: We're just going to move on to a couple of Apps about time management. I think Google Keep definitely crosses the barriers here and you can definitely use that in the time management arena as well. But just some of the barriers that came up is being able to prioritise and being able to get up in the morning and being overwhelmed by the amount of work you have to do, I am going to talk about alarm sleep. My colleague described this and I never had anyone described this in a better way and he called it, the most annoying alarm clock you will every need in your life. So it's a very simple idea that they have developed but it really, really works. So you set your alarm at night and you set what they call as missions. So you have to set yourself a mission. So these can be anything from, there is one where you have to scan a bar code. There is maths puzzles, there is taking a picture and replicating it. So before you go to bed you take of the picture in the bathroom of the sink and when the alarm goes off it keeps getting louder. So what you have to do is go back into the bathroom and take the same picture of the sink you took the night before. It's very sensitive on accuracy. If you are not great at taking pictures, maybe you are not concentrating make don't use the photo one. The bar code one is great. Don't take a bar code of something on the bedside table. Go to the kitchen and take the picture of the bar code on a can of baked beans and then in the morning you know you have to go to the kitchen and take a photo of the baked beans before the alarm will stop beeping at you. The maths puzzles, I am not great at maths, we did the simple ones at three in the afternoon and we couldn't solve it and there is a time limit and if you are thinking about it too long it will give you another one. If you are good at maths that's fine. The bar code one worked fine. It did the job and it did what I needed it to do, but when I was a student I was a prime candidate for turning off the alarm and missing my lecture and I did it more than once, so it's great for that because it encourages you to get up and about. And for people that struggle to get up in the morning it's just that extra incentive to get up and out. Give it a try if you want to but be warned. Then I just want to talk about Swipes. So it's a list making App but we decided to include it on here even Google Keep has a list making ability. Swipe is an easier platform and it just makes lists and that might be beneficial for some students, students with autism might not like the idea of having all of those post it notes that can look busy if you have a lot of things going on the screen. So I am going to show you a video of how it works. So it's a very simple App. So you go on to the App and you press the little plus button in the bottom corner and you start to make your list. So you type in whatever you need and you can do lists and as the name suggests, once you complete a tasks, you need to swipe it away. If I swipe to the right it comes up with a green tick and moves it to the next page and comes up with your done list. But what you can do if you are not ready to do something at that particular time you can swipe it to the left and you can set a reminder for a time of day or a specific date that it will give you a reminder that you need to do it. So when you swipe the list it gives all done for now and gives a little jingle. So again you can do it then and swipe is off to the right if you are ready or set it again that you are still not ready to use it, so it's really simple and it's going to be a lot more helpful for some people if all they want to list what they need to do and help the organisation in that way. So that one is swipes. Briefly, we want to talk about some Apps for mental health. It's a really key topic. We see a lot of students with mental health issues, so it's feeling of lack of motivation and anxiety and depression. It's also things for new students and being alone in a new environment. It's a really big change for students when they go to university and they are suddenly just on their own without their parents or family and all their friends necessarily and just them having access to support as well. We do mention that just by no means are we saying that these mental health Apps are a solution to the problem and we're also not saying they are going to take over from actual human advice and care but what they could do is be able, give someone the ability to start a conversation. Someone that maybe wouldn't talk about it at all might be able to use one of these Apps and just start to help them enough to give them the confidence to carry on and get help elsewhere. So that's what we're trying to get across to people that these might just be a start point to be able to start talking about things. So there are hundreds and hundreds of mental health Apps, they all do sort of similar things. Some of them are slightly different. So just to talk about a few we would like to point out but it's a real --- I think there are so many because it's such an individual thing, there is going to be some that work for you and some that don't work for you so it's just going to come down to try and error of what you like. So I am going to run through these and talk about the SAM App. So catch it, works on the CBT based principle, so cognitive behavioural therapy. So the CBT principles around general mental health and it's got lots of breathing exercises and calming tips and lots of things to try and do for self help and bring in some mindfulness ideas. What's is the up, it's got ACT, acceptance commitment therapy. So it's got lots of breathing exercises. So mind shift. Again CBT strategy but it's more of a mindfulness way and it was developed by the Canadian government. They had a lot of problems with SAD disorder because they get so little daylight in some periods of the year and they had a lot of people with mental health issues and so they developed mind shift and this kind of medication and breathing techniques in there as well. Calm harm is a slightly different one, it aims to provide distraction techniques for people who might be self harmers, it's teaching them ways of distracting themselves when they get those feelings. So again, there is loads to talk about in there and it's all personal preference. So go and have a look at them definitely and see what is available. So what I am going to demonstrate to you is the SAM App and I particularly like this one. So the SAM App was developed by the University of West England. You may be aware that there was a lot of press around mental health issues specifically that university. So they have put a lot of work and effort into developing this App and I think it's really great what they have done. So I will just show you the bits that I like on that App. So the first thing I really like about Sam is it doesn't look like a mental health App. It disguises itself in the nature of someone looking over your shoulder might not know what you are doing. So you can go into the anxiety tracker and move the slide bars about how you are feeling and it tracks it and it's not great, this is a demo machine so we don't use it often enough but you can do it as often as every hour. You can track your feelings of anxiety and you can get a plot in a graph of how it changes over the course of the day. What we find about students is they might think they are going to be particularly anxious before they go into a lecture and they start at the beginning of the week but they might be more anxious when they complete the lecture, so you can see on the screen here, this is just a little distraction technique where you just colour in the picture or move the screen off the picture. And there is also calming breathing techniques and you build up through the levels and it looks like a game. So you could just be there colouring on the screen and nobody knows you are doing something in an anxiety based App. It was a key thing that came up from students is they don't want to be seen as different. So it won't make them seem different because you look over and everyone is playing games on their phone and it just looks like another game. And also have a social media thing and there is links to self help organisations and information that points them in the direction of real human help which is definitely a key thing with mental health issues. Okay. That's the end of everything I am going to show you App wise, so just hand back to Mark for another poll.

MARK: That was great Lizi, you compressed a lot of things into a short amount of time. We have about ten minutes left so I want to make sure we move on to the Q&A quickly, but we have another poll we want to run to get thoughts from you before we go to that. So after this, there is a Q&A. So I know there is been a few questions in the chat box, if you make sure if you have a question that you put it in the Q&A box now, just because what we'll do is, any questions we don't get around to answering I will make sure to connect with Lizi and we'll answer them in a follow up post on the website but I want to ask you a question Lizi. You have explained a lot and you have obviously talked about Apps and it's really interesting to hear you make the section between Apps and students and particularly students with specific needs and specific, for disabled students. I already know the answer to this but for the wider audience out there, where does the expertise come from?

LIZI: So we also run DSA needs assessments at AbilityNet. We have nine centres across the country. So along with those guys I have done a lot of work learning about these Apps when we decided it was something we want to go into and we have workshops groups where we share knowledge of what we found and we do practical demos. So my involvement came from the fact that I was just super interested and you probably thought, my job title is Administration Manager and it doesn't resonate to that. But AbilityNet we have over 250 volunteers across the country that do in-house help for elderly people. So I go on visits to people as well so my knowledge of Apps came from personal wanting to learn so when I do those visits I have things to show people when I do the home visits that are kind of life changing to those people who might as well as being elderly and disabled there is a lot of isolation out there. That's where it's come from.

MARK: I was listening and thinking that's a question I would ask, we're recommending these Apps and great to hear Lizi showing her preference for them and yes, just so everyone is aware a lot of these come from one to one needs assessments and one to one relationships where we're actually working with an individual student. So a lot of these Apps and a lot of the suggestions this is just a tip of the iceberg, these are the ones that eventually flow to the top.

LIZI: A really key thing is people having stuff that's reliable. And lot of staff said to us we wouldn't be keen to recommend stuff to students that's maybe going to disappear in six months or six weeks because it doesn't get the funding and the student comes to us and says you told me about this App and I put my whole life on it and now it doesn't work. So we were really keen to stick with the big names and the things that have been around for a while and got good reviews to give that reassurance, we can never say something is not going to disappear but we try really hard to recommend reliable things.

MARK: I am going to move on and launch another poll. It works best for people that joined us on a desk top device, have you found the information shared on this webinar useful. We're hope to get a lot of people saying yes, if not you might have a particular thing you were expecting us to cover. And also do you feel the information on the webinar would be of interest to your colleagues and connections and we have a sense of who you are but actually, what about the people that you are connected to, do you think they would benefit from this. So we have already had 75% of people voted on the webinar now. So Lizi, I am please to give you some feedback, a hundred percent of people voted they found the information shared useful and with hundred percent of people said they think it would be of interest to their colleagues. So well done for what you have prepared but we're not done yet because I am going to stop sharing and I am going to ask Lizi to move on to the next slide. So one thing we do want to highlight is about your tech demo days, so this is a very short session, on line session of something that we deliver in universities and colleges in person. We deliver tech demo days and these are fun, friendly interactive events and we do something similar to today but obviously, the difference between 40 minutes and actually having a few hours with something like Lizi is you are able to cover a lot more, we're able to cater for what we do a lot more for the specific needs of an institution. So they are a great opportunity, we can look at things such as specific needs for physical impairment and hearing impairment and visual impairments et cetera and we can look at learning tools and bars or extensions and plug ins and add ons and inbuilt accessibility features and just general tools and tips. So this is a note on that. Obviously if you are completing the post webinar feedback you might want to show your interest in one of those but yeah, just to connect the dots for us, there was a bit of a sample of what is usually a much longer session. If we go to the next slide. We should find a bit of time to answer some questions. We have a few come through and I don't think we'll get around to answering all of these but any that have come through I will share with Lizi and we'll try and do a follow up post shortly after this webinar in the comes days or weeks. So some of these will be short answers from yourself. But I am going to try and pronounce his name. Which of those Apps are free?

LIZI: all of them on some platforms, so the Forest App is not free on IO S it's free on Android. The company that developed is developed an App called Flora for free. The Microsoft One Note you have to have the office 365 package to get the full capability. Everything else is free.

MARK: Another question. So you mentioned the Forest App. There have been a few questions about the content blockers and the Cold Turkey, people are asking are they for PC.

LIZI: Cold Turkey is on PC and Forest is just an App. There is just a couple that we talk about. There are multiple different ones available on different platforms, so we just put Forest and Cold Turkey in there because one is App and one is web based.

MARK: Great. Thank you. Somebody asked about Google Keep. Can it be used to transcribe live lectures?

LIZI: I am not sure about the accuracy because you can do the voice recorded notes but I am not sure the accuracy would be all that good. I think it would really depend on the quality of your mic. So if you are trying to record on your phone you probably wouldn't get a good enough quality of recording for it to transcribe. There is some really great software that does it but it's all pricey, it's something that we get asked about a lot. We haven't found much. There is an App called Otter which is a transcribing App and I think you get 300 minutes a month but I have to check that and let you know, you get an amount of free minutes of recording and that's a transcription App. Again I have only trialed it in a small setting, so I don't know well it would fair in a lecture theater. It would be depending on the mic you are using and the quality of the recording.

MARK: There might be some Apps that might give you the same output. So it might be that we recommend some of those Apps when we do the follow up. I have a question, are there any Apps for promoting more sleep for students who don't have a healthy sleep study balance.

LIZI: Not that I have come across but it's definitely something I would be interested in doing some research on. Leave it with me and I can have a look at see if anyone heard of it.

MARK: And obviously we have a network of assessors, so we can go back to them. So that's good. This is quite an interesting one and appropriate one. Again this is only if you know, if not we can follow up in the follow up post on the website. Does the SAM App, do you know if it sign posts towards local human help?

LIZI: I believe. I don't know if it goes to local or goes to more national help. I know it definitely sign posts to human help but I would need to check in the App with the locations turned on as to whether it goes locally.

MARK: Great. I am going to have another look. Yeah, there is quite a few questions about My Study My Way so we'll make sure we put some information out to people about that. I think people are interested in a bit more information about that so lots of questions about the Apps. So just to reiterate a lot of them are free but some of them, depends on what platform you are on. People are asking about tech demo days so if you have asked a particular question we'll come back to you. And yeah, there is some other great ones but I am aware of the time and we have probably got attendees moving to their next meeting at two. So I am going to stop there and thank Lizi and I learned something so I am sure some people on the webinar learned something and will be taking it back to their colleagues and I want to thanking all our attendees and thank you for joins us for the hour and feedback forms will be sent around and any comments but future webinars and anyone that's on the webinar, slides, transcripts and recording will be made available post webinar, so look out for emails from us in the coming days and early next week just with that content, we're more than happy and encourage you to share and so thanks again Lizi and look forward to having you on a future webinar soon. Thanks everyone, buy then.