

School of Medicine, NUI Galway

Postgraduate Student Maternity Supports and Information for Staff

1. Scope

This guide provides information on existing maternity supports for School of Medicine (SoM) postgraduate (PG) students in relation to study, health, safety and financial issues that may arise when there is a need for maternity leave. Information for SoM staff who may have a role in advising postgraduate students on relevant supports applicable to their circumstances is included.

Maternity supports extend to postgraduate students, both postgraduate taught (PGT) and research (PGR), who become pregnant during their studies; prospective pregnant students; students who have given birth within previous 26 weeks (or are continuing to breastfeed) or students who have become parents. Information for students whose partner is pregnant or adopting is included.

2. Guiding Principle

The SoM's priority is to support PG students who are pregnant or who are caring for a child in completing their programme of study. The school is committed to being as flexible as possible while ensuring academic standards are not compromised. The health and safety of a pregnant student is of paramount importance, and the school is committed to assisting students in a sensitive, non-judgemental and confidential manner.

3. Notification

It is **strongly recommended** students disclose relevant details at the earliest opportunity so the following issues arising are explored:

- 3.1 Any necessary health and safety measures, such as a risk assessment, that must be carried out (please refer to section 4.2 for further information)
- 3.2 Pregnancy related absence is taken into consideration
- 3.3 Pregnancy related absence can be discussed with funding bodies for PGR students
- 3.4 Plans are put in place to deal with issues arising from the absence (e.g. research team coordination)

Students should contact programme coordinator to formally notify the school. PGT Students may contact PGT Coordinator in the School Office som@nuigalway.ie; PGR students may contact College Administrator CMNHS@nuigalway.ie for advice on leave of absence application process.

4. Risk Management and Study Support Plan

Once the student contacts programme coordinator to inform the School of maternity, maternity support or adoption circumstances, the programme coordinator is expected to arrange a meeting with the student within 5 working days of the date of notification. The aim of this meeting will be to discuss potential options for study support and, for new and expectant mothers, the implementation of appropriate risk management procedures.

Risk Management

Please refer to section 5-54 of [NUI Galway Safety Statement Policy](#) (NUI Galway, 2017); which outlines regulations for pregnant, post-natal and breast feeding employees. The same regulations will be applied to postgraduate students, particularly in terms of carrying out a risk assessment.

The [Risk Assessment Form \(NUI Galway, 2013\)](#) for Pregnant, Post Natal or Breastfeeding Employees is available on NUI Galway's Health and Safety webpage (NUI Galway, 2013) and describes a list of hazards that may affect new and expectant mothers. The assessor completing this form will discuss each item with the expectant mother and indicate if any of these hazards are present in the work environment, providing details and documenting what corrective measures must be taken.

Study Support Plan

Students should be given time to reflect on study support options described during the meeting before having a follow up meeting with programme coordinator to agree a written study support plan. This plan should be retained by student and staff member and shared with other relevant staff members as necessary, and with the student's permission.

Students should meet the designated staff member regularly to review the study support plan and, where necessary, further adjustments may be considered.

Study support considerations may include:

- 4.1 For students undertaking Postgraduate Taught (PGT) Degree programmes:
 - i. Arrangements for periods of absence and means of allowing the student to catch up on lectures/tutorials missed for pregnancy/birth/adoption related reasons.
 - ii. Adjusting timescales/deadlines for assessed course work if the pregnancy or birth/adoption prevents compliance.
 - iii. Seeking approval from the School for alternative means of assessment, where considered necessary.
 - iv. Allowing deferral of first sitting of an examination if pregnancy or birth prevents the student from taking the examination at first sitting. This is applicable only if module has a second sitting option. Some modules have autumn and winter assessment periods, where no second sitting opportunity is possible. In such circumstances, if students do not meet the module requirements within the academic year a mark of INC (Incomplete) may be returned for the module,

however the student may incur repeat fees when they return to complete requirements during the next academic year.

4.2 For all Postgraduate Students

i. Adjustments in Response to Risk Assessment.

Hazards associated with Pregnant, Post Natal and Breastfeeding Employees are listed in [NUI Galway Safety Statement Policy](#) which is adapted from the Health and Safety Authority. The risk assessment procedures described may be adapted for PG students in terms of carrying out a risk assessment. The main hazards are Physical Agents (e.g., Physical Shocks and vibrations, Manual handling of loads, Noise, Ionising Radiation, Non ionising electromagnetic radiation, Extremes of cold or heat, Movements and postures) Biological agents, Chemical agents, Processes (e.g., Scheduled carcinogen risks) and Working conditions (e.g., Underground mining) (NUI Galway, 2017). If it is not practical to alter study conditions to respond to highlighted risks then students may need to take time out from study to avoid the risks. This should be discussed with the student.

ii. Leave of Absence Postgraduate Taught (PGT) Students

A university-level 'Student Leave of Absence Policy – Undergraduate and Taught Postgraduates QA287' is currently being drafted and expected to be completed in 2018. The purpose of this Leave of Absence policy is two-fold: 1) To outline the application process students must comply with, and 2) To outline the impact that taking a Leave of Absence will have when the student returns to their programme.

The current process for applying for a Leave of Absence for PGT students in the School is outlined in Figure 1.1.¹²

¹ This process will be updated to reflect changes in new University Policy.

² A PGT student seeking temporary period of leave must explore academic, fee/funding and visa implications before applying for a leave of absence.

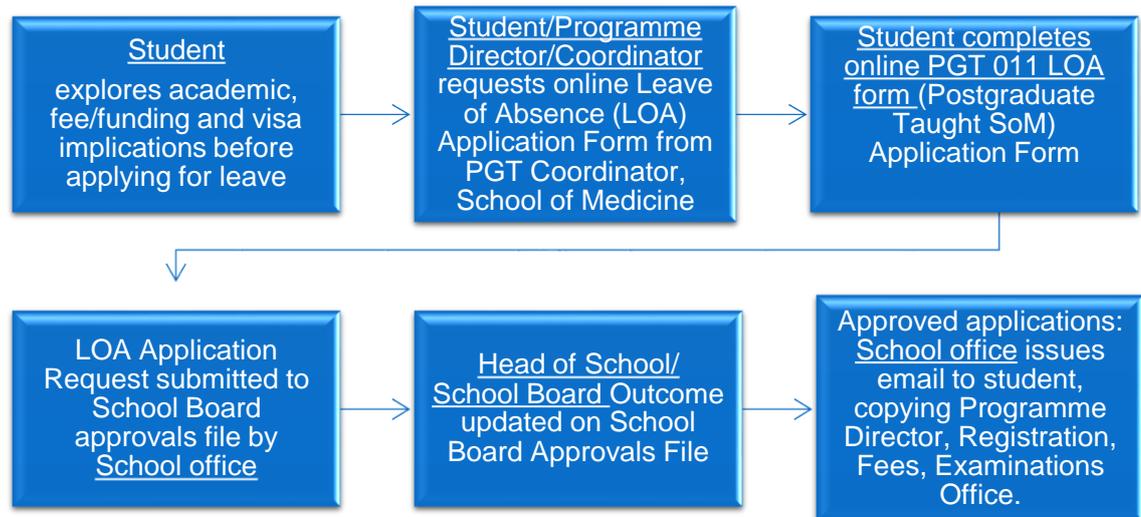


Figure 1.1 Leave of Absence Application Process for PGT students

Students must:

- explore academic, fee/funding and visa implications before applying for a leave of absence.
- request online application form, from school by emailing som@nuigalway.ie with 'Leave of Absence PGT' as subject line.
- seek approval from Programme Director or Programme Coordinator.
- complete and submit online Leave of Absence application form.

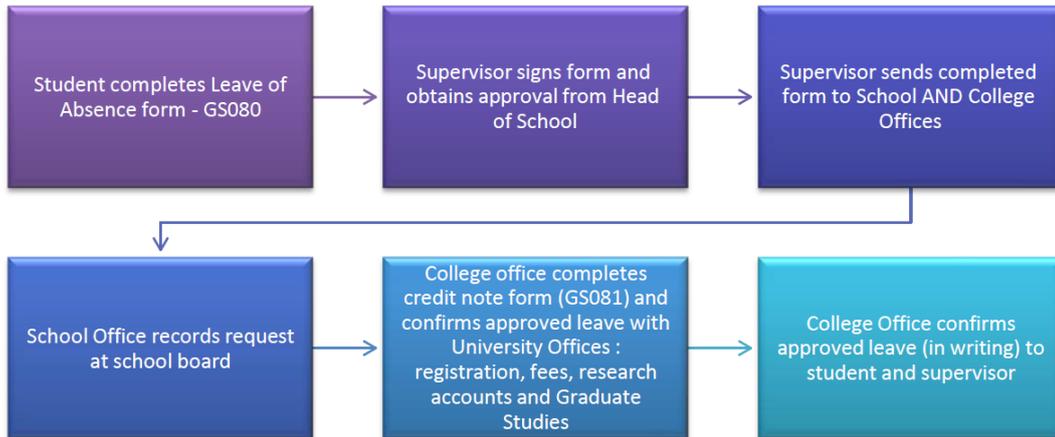
iii. Leave of Absence Postgraduate Research (PGR) Students

The Leave of Absence procedure for PGR students is outlined in the Student Handbook available on College of Medicine, Nursing and Health Science research webpage (NUI Galway, 2016) and for convenience is linked to here:

- [PGR Students –Leave of Absence \(LOA\) Procedure](#)

Figure 1.2 Leave of Absence Application Process for PGR students(NUI Galway, 2016)³

³ A PGR student seeking temporary period of leave must explore academic, fee/funding and visa implications before applying for a leave of absence.



iv. Return to study

Return to Study- PGT

It is the responsibility of the student to contact the registration office (Appendix 2) prior to their return date to confirm student's intention to return to study. If the student is not returning on or by the approved return date, the student must reapply for leave of absence. The maximum length of leave of absence is for one academic year. If the leave of absence goes beyond the time limit for the programme the student may not be approved for an extended leave of absence. E.g. If the time limit for a twelve-month masters is two years, the programme must be completed within two academic years of being offered the programme. If a student applies for a leave of absence for one academic year and does not return to study but reapplies for another leave of absence, the second leave of absence may not be approved as it would be outside of the time limit of completing the programme. The programme director/coordinator can advise time limit for specific programmes.

Return to Study - PGR

It is the responsibility of the PGR student to contact the fees office, registration and research accounts (if applicable) to notify them of their return to formal studies in the University and to update their registration status following the end of their approved leave of absence (Appendix 2). For contacting research accounts, confirmation from the budget holder may also be required and students are advised to discuss this matter with their supervisor(s).

Students returning from prolonged leave of absence may consider transferring to part-time study. Funded PGR students should refer to funder's terms and conditions or contact supervisor/research accounts in order to establish any funding implications of such a change in registration status.

v. Transferring to Part-Time – PGT and PGR

Students are advised to contact supervisor or programme director to confirm if they support their application for transferring to part-time from an academic perspective. PGT transfers will require Head of School and School Board approval. PGR will require College approval where recommendation from supervisor and GRC will be required. Students are required to explore fee and visa implications associated with the change in registration status.

4.3 For International Students - PGT and PGR

- i. Students should seek specific advice from [International Affairs Office](#) before making any arrangements including leave of absence or change in registration status.
- ii. In some cases, students may be required to return to their home country for the duration of their Leave of Absence (more than 60 days). The International Affairs Office will be advise students on this. [When a Non-EU student is on Leave of Absence, the International Affairs Office is obliged to inform the local GNIB \(Garda National Immigration Bureau\) Office who on a case-by-case basis decide on "leave to remain status"](#).
- iii. International students receiving assistance from a financial sponsor should contact their sponsor and agree amended arrangements in order to ensure they have clarity regarding all related requirements and impacts of these arrangements.

5. **Students whose Partner is Pregnant or Adopting**

Students who become fathers or partners of a pregnant student (including same sex partners) will be entitled to request time out of study. This may include time off for medical appointments prior to, and after, the birth as well as a period of maternity support/shared parental leave.

Students should note that leave of absence will not be granted for any period longer than one year or shorter than one month.

PGR students should check with their funding body if maternity support leave is permitted and to establish the implications of a leave of absence on their funding arrangements prior to arranging leave. Most funding bodies will cease payments for the duration of leave of absence.

For international students, specific advice should be sought from International Affairs Office in relation to visa constraints before making any arrangements for time out of study.

PGT students should contact fees office to confirm if there will be fee implications if they apply for a leave of absence.

6. **Adoption- Postgraduate Research and Postgraduate Taught**

Students about to become parents through adoption should inform the School of Medicine (PGT students) and College of Medicine, Nursing and Health Science (PGR students) of their circumstances as soon as possible. Arrangements can be made to allow time out of study, in line with sections 4 and 5 above, as appropriate. This may vary depending on the age of the child, the programme of study being undertaken, and the point in the academic year at which the adoption takes place.

7. Supporting Information – Postgraduate Taught and Postgraduate Research

7.1 Access to university facilities

PG students on maternity leave, maternity support leave or adoption leave where their status has been updated to 'Leave of Absence' on the student record system will retain their student identity cards.

Students on a Leave of Absence are not expected to be studying and are therefore not entitled to teaching or research supervision or other academic provision (e.g. thesis chapter reading) or access to laboratories.

Where there is concern about knowledge of the field being affected by the length of maternity related or adoption related absence for PGR students, the student and supervisor should agree in advance how the student will be kept up-to-date with developments in the field. Examples include sending reading lists of key reading and new research and taking steps to ensure access to key journals.

7.2 Financial Considerations

i. Tuition Fees

Students are liable for all elements of the fee (*i.e.* the Student Contribution (where applicable), the Tuition Fee and the Student Levy, at the time of registration). Students should contact the [Fees Office](#) (NUI Galway) directly for advice on fee implications of taking leave of absence or fee implications of registration status changes, such as changing from full time to part time studies where they change course streams.

Pregnant PGT students seeking Leave of Absence for pregnancy related maternity reasons are advised to contact the [Fees Office](#)(NUI Galway). In general, pregnant students will incur an additional student levy on returning the following academic year following a Leave of Absence for pregnancy related maternity reasons.

PGT students seeking leave of absence for maternity/adoption support must contact the [Fees Office](#) (NUI Galway) to discuss fee implications. If they are to return the following academic year they may be liable for tuition fees on return. An approved Leave of Absence may have financial implications for students in receipt of funding, maintenance and/or fee grants.

The University's forthcoming (expected 2018) 'Student Leave of Absence Policy – Undergraduate and Taught Postgraduates QA287' is expected to include further detailed information on implications a LOA has on tuition fees.

Students who decide to permanently withdraw from the university should follow withdrawal application procedure available on the Student Information Desk (SID) [Course Withdrawal Webpage](#) (NUI Galway). There is a specific withdrawal application form for PGR students that is available on page 34 of [Student Handbook \(NUI Galway, 2016\)](#) and also on the [Student Information Desk website](#) (NUI Galway).

ii. Funding

PGT students in receipt of funding (e.g. SUSI) should contact their sponsor or relevant funding body for advice on funding related issues that may arise as a result of taking a leave of absence from their course. PGT students who take a leave of absence should note that financial support from funding bodies may stop when leave begins.

Students may contact the Students' Union and/or the [accommodation and welfare office \(NUI Galway\)](#) for advice on available financial supports.

iii. PGR Funding/Awards

Funded PGR students should refer to their funders' terms and conditions regarding the funding/financial implications of taking a leave of absence from their studies. In general, funding ceases for the duration of the leave. See extract below from NUI Galway PGR leave of absence process where the supervisor is responsible for ensuring stipend payments are ceased:

'PGR student completes a leave of absence application form which requires a signature from primary supervisor.

[GS 080 - Leave of Absence for Research Students](#)

Supervisor is responsible for ensuring that stipend payments are ceased for the duration of the leave. If the supervisor is not the budget holder, they must discuss this with the relevant person (NUI Galway, 2016).'

Funded international students should contact [International Affairs Office](#) (NUI Galway) to discuss any visa implications'.

iv. Financial Aid Fund

Only fully registered students are eligible to apply for [Financial Aid Fund \(NUI Galway\)](#).

v. Financial Advice and Support

The Accommodation & Welfare Office, 1st Floor, Aras Ui Chathail can advise students on budgeting, managing your money and sources of income available to students, e.g. [SUSI \(SUSI Ireland\)](#).

PG students should contact the Department of Social Protection to enquire if they are entitled to state benefits during their pregnancy related leave of absence.

International students with a financial sponsor should contact their sponsor for information on any support that may be available to them.

vi. Insurance

The Department of Foreign Affairs recommends that all students going abroad should be covered by comprehensive health and travel insurance policies (NUI Galway).

International students may refer to International Office for details on health insurance providers.(NUI Galway)

vii. Accommodation

University accommodation (student residences e.g. Corrib Village, Goldcrest Village) is not suitable for children and therefore it is not permitted to live in this accommodation with a baby.

viii. Babies and Children on Campus

It is not appropriate for babies and children to be present at lectures, seminars or other teaching activities due to potential disruption for the parent and other students.

There may be conferences held on campus which are child friendly where it is permitted to attend with an infant. Student should contact conference organizer to confirm if babies are welcome.

Appendix 1 presents a list of Baby Changing and Nursing Mother Facilities at the NUI Galway campus, Clinical Science Institute, Galway University Hospitals and Associated Saolta Group Hospitals.

ix. Childcare

The University Crèche

The University Crèche facility is located at 50 Upper Newcastle Road, Galway and is available to children of staff and students of NUI Galway.

Parents of children who are interested in enrolling children in the Crèche should contact spraoinuig@gmail.com. For a tour of the centre or more information, please contact Crèche Manager on 091 493739.

x. Complaints

Any student who is dissatisfied about the standard of service, action or lack of action by the school or university in relation to maternity supports may raise a complaint to the Student Support Office. In such instances, students should refer to NUI Galway's [student complaints procedure](#). There is typically a focus in the first instance on resolving problems informally before proceeding with the university's formal complaints procedure.

Alternatively, students may contact the School of Medicine Athena Swan committee by emailing somnuigsat@nuigalway.ie if there are any maternity related issues specific to the school that they are seeking information on or would like to discuss.

8. Guidance for Staff

Staff must ensure students are not treated less favourably or alternatively with undue special treatment due to their circumstances. The school is legally obliged to be as flexible as possible to facilitate continued learning while ensuring academic standards are not compromised. Staff should not attempt to influence any student's decisions but should provide impartial advice. Information given by students should be treated confidentially and with sensitivity.

Staff are required to respond to a student's request to discuss maternity matters within five working days and to arrange a meeting as soon as possible thereafter. If the staff member is not the Programme Director/Coordinator or Supervisor, these individuals should be kept informed subject to permission from the student.

8.1 Determining appropriate degree of flexibility

Maternity supports will depend on a number of factors such as:

- students' circumstances
- time of year
- structure and content of the programme
- restrictions imposed by professional bodies
- health and safety matters

- i. Deciding appropriate supports should involve the student rather than the School applying predetermined options.
- ii. The school does not have to agree to any or all requests made by the student. There may be situations where a request may be impossible or unreasonable for the school to implement. However, the school should not decline a request solely on the grounds that it is too costly to implement.
- iii. The school should ensure advice is sought from [International Affairs Office \(NUI Galway\)](#) in relation to international students requiring pregnancy related leave before any arrangements are agreed.
- iv. It is recommended that reasons for declining a request are documented and that it is discussed with the student why the particular request is not possible.
- v. In cases where a leave of absence request would result in completing the programme outside of time limits, the School may decline a request for further time out from study.
- vi. Arrangements for maternity supports should be kept separate from any other arrangements (e.g. disability support) to ensure that arrangements are put in place for the required amount of time.

9. Sources of Information and Help

A directory of support services, organisations and useful resources Galway is available on the link below.

[Directory of Support Services, Organisations and Useful Resources Galway](#)

Maternity related supports are listed in Appendix 2.

Acknowledgements

Thanks to all who made contributions to this document including:

- Student Matters Workgroup: Dr Aoife Lyons, Dr Rosemary Geoghegan, Dr Kathryn Lambe, Dr Lisa Kelly, Prof Gerard Flaherty
- Vice Dean of Graduate Studies: Dr Colette Kelly
- Prof Dara Byrne, Dr Sarah Brennan, Medical Academy Administrators: Ms Caroline Toher, Ms Gillian McGlinchey, Ms Liz Cavanagh, Ms Ann Marie Gilchrist, and Ms Tonya Watts, Equality Manager, for collating nursing mother facilities at NUI Galway campus, Medical Academies and Saolta University Hospitals.
- [School of Medicine SAT Committee](#)
- Registration Office Administrators: Ms Bríd Ryan, Ms Sally Connolly
- Fees Office Manager: Dr Conall Hawkins

- Student Support-Accommodation Officer: Ms Teresa Kelly
- Senior Human Resources Manager: Ms Niamh Kavanagh
- Head of Equal Opportunities Office: Ms Aoife Cooke

Note

This guide has been prepared, through consultation with appropriate individuals and policies within the university, for students and staff as part of the School of Medicine's Equality, Diversity and Inclusion initiatives. It will be reviewed periodically for necessary updates.

References

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- GALWAY, N. 2018. *University Breastfeeding Support Group* [Online]. School of Medicine Athena Swan Student Matters Webpage Available: <http://www.nuigalway.ie/medicine-nursing-and-health-sciences/medicine/athenaswan/studentmatters/> [Accessed 2nd Nov 2018].
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The university acknowledges that this document has had regard to the policies produced by universities in the UK and Ireland.

Approved by School of Medicine School Board Month Date

Appendix 1 Baby Changing and Nursing Mother Facilities NUI Galway

1. Baby Changing Facilities NUI Galway Campus

[For Building Locations Please Refer to NUIG Campus Map by Clicking Here](#)

Alice Perry Engineering Building No 21 Campus Map

ENG-G013 (*Nursing Mothers' room, incorporating Baby Changing facilities*)

Enter through main door and turn left down the corridor, the nursing mothers' room is on the left.

ENG-1007

Exit the elevator, turn right, baby changing room is towards the end of the corridor on the right, across from the Environmental Analysis & Rector Laboratory.

ENG-2007

Exit the elevator, turn right, baby changing room is towards the end of the corridor on the right, across from the classrooms.

ENG-3008

Exit the elevator, turn right, baby changing room is towards the end of the corridor on the right, across from the Power Electronics Research Centre.

Kingfisher Sports Centre No 18 Campus Map

110 Nursing Mothers' Room

Go through the turnstiles at the entrance, take the stairs on the left. Turn right at the top of the stairs, and the nursing mothers' room is on the right.

O'Donoghue Centre for Drama, Theatre & Performance No 27 Campus Map

ODC-G005

Enter through the main door (beside SULT). Turn left, and the baby changing facilities are on the right.

2. Nursing Mother Facilities on NUI Galway Campus

[For Building Locations Please Refer to NUIG Campus Map by Clicking Here](#)

Alice Perry Engineering Building No 21 Campus Map

ENG-G013

Enter through main door and turn left down the corridor, the nursing mothers' room is on the left.

Kingfisher Sports Centre No 18 Campus Map

110 Nursing Mother's Room

Go through the turnstiles at the entrance, take the stairs on the left. Turn right at the top of the stairs, and the nursing mothers room is on the right.

Lifecourse Institute No 25 Campus Map

G002 Rest Room

In the main foyer, go left towards the corridor of classrooms. The rest room is on the right.

Aras na Macleinn No 9 Campus Map

Nursing Mother's room – currently underway tbc 18/19

3. Nursing Mother Facilities in Clinical Science Institute and Galway University Hospitals⁴

	Clinical Science Institute CSI	University Hospital Galway UHG	Merlin Park University Hospital MPUH
Visitors	N	Y	Y
Staff	Y	Y	Y
Separate Facilities Staff/Visitors	N	N	N
Sole use as BF facility	N	Y	Y
Fridge and Sterilising Unit for Staff	Y- Fridge CSI 1011	Y-Fridge	Y- Fridge
Co use as toilet	N	N	N
Room Number	CSI 1011	Lactation Room Ground Floor Nurses Home ⁵	First Floor Block A
Request access	School of Medicine Office (Chief Technician) som@nuigalway.ie	Complete online application form⁶	Open access

⁴ Galway University Hospitals GUH are composed of University Hospital Galway UHG and Merlin Park University Hospital MPUH

⁵ Nurses Home-Use entrance on left side of the building nearest emergency department. Lactation room is opposite entrance.

⁶ Details will be forwarded to AnnetteS.McCabe@hse.ie or Jacqueline.Stanley@hse.ie Services Department UHG

4. Nursing Mother Facilities NUI Galway Medical Academies

Medical Academy	<u>Donegal Medical Academy</u>	<u>Sligo Medical Academy</u>	<u>Mayo Medical Academy</u>	<u>Ballinasloe Medical Academy</u>
Academy BF Room	Y –on request	Y –on request	Y –on request	N ⁷
Academy Fridge	Y	Y	Y-shared with staff and students	N
Request access	<u>Donegal Medical Academy Administrator</u>	<u>Sligo Medical Academy Administrator</u>	<u>Mayo Medical Academy Administrator</u>	<u>Ballinasloe Medical Academy Administrator</u>

⁷ Students/Staff may access nursing mother facilities in Portiuncula University Hospital. There are no separate facilities in Ballinasloe Medical Academy.

5. Nursing Mother Facilities in Associated Saolta Group Hospitals

Saolta Hospitals	Letterkenny University Hospital LUH	Sligo University Hospital SUH	Mayo University Hospital MUH	Portiuncula University Hospital PUH ⁸
Facility available?	Y	Y	N	Y
Visitors	Y	Y [OPD]	-	Y
Staff	Y	Y [OPD]	-	Y
Separate Facilities Staff/Visitors	N	N	-	Y
Sole use as BF facility	Y [ED] N[Gynae]	Y	-	Y
Fridge and Sterilising Unit for Staff	N	N	-	Y
Co-use as toilet	N	N	-	N
Room Number	Breastfeeding room in the Emergency Department Gynae Ward Floor B	Out Patients Department OPD unit	Quiet unit in Out Patients Department OPD	Room 205 Second Floor
Request access	Open Access	Administrator Centre Aisle in OPD	Open access from 8.30am – 5pm ⁹	Ward Manager, Maternity Ward, Second Floor

⁸ Achieved Baby friendly status

⁹ Contact Clinical Nurse Manager if access required outside of hours.

Appendix 2 Maternity Related Supports

i. Student Health Unit

Provides on-campus medical care to full-time registered students in a confidential, professional and courteous manner. Family planning, emergency contraception, Physiotherapy Services, Psychiatric Referral, Travel Advice and Vaccinations, Hospital & Consultant referral service

📞 Contact 091-492604 for any queries.

🌐 www.nuigalway.ie/health_unit/

🕒 Monday – Friday, 9.15am – 12.30pm and 2.30pm – 4.30pm

📌 Appointment times are allocated on a 'First Come First Served' basis.

ii. Fees Office

✉ fees@nuigalway.ie

📞 +353 (0) 91-492386

🌐 www.nuigalway.ie/student-fees/

iii. Registration Office

✉ Áras Uí Cathail, NUI Galway, Galway IRELAND

📞 091 49 3063

✉ reghelp@nuigalway.ie

🌐 www.nuigalway.ie/reg

iv. International Affairs Office

7 Distillery Road

NUI Galway

Galway

IRELAND

📞 +353 (0)91 49 5277

✉ international@nuigalway.ie

🌐 www.nuigalway.ie/international-students/contacts.html

v. University Breastfeeding Support Group

Ms Anne Fallon (School of Nursing & Midwifery) and Dr Rachel Hilliard (University Women's Network), with the help of La Leche League and other colleagues, are facilitating a monthly, on-campus support group to provide peer-to-peer support for breastfeeding mothers. Please contact Anne (anne.fallon@nuigalway.ie) for further information.

Please join us on the third Wednesday of every month for:

- Cuppa, biscuits and chat
- Information on breastfeeding
- Mother-to-mother support

All mothers, babies and toddlers, expectant women, grandmothers, and female supporters are most welcome.

Please feel free to drop in when suits or come for the whole time. Please refer to [School of Medicine Athena Swan Student Matters Webpage](#) (NUI Galway, 2018) for details of meetings dates, times and venues.

vi. **The University Crèche**

Spraioi Early Learning Centre operates the University Crèche, located at 50 Upper Newcastle Rd.

Parents of children who are interested in enrolling children in the Crèche should contact spraoinuig@gmail.com

For a tour of the centre or more information, please contact Crèche Manager, Niamh Heneghan, on 091 493739.

vii. **Money Advice and Budgeting**

Financial Aid Fund, meet with Dave Barry our student finance advisor

✉ 1st Floor, (Aras Ui Chathail)

✉ dave.barry@nuigalway.ie

🕒 10.00am - 12.45pm and 14.30 -16.45pm

🌐 www.nuigalway.ie/student-life/accommodation/

viii. **Students Union Welfare Officer**

☎ +353 (0) 91 492747/086 3853659

✉ su.welfare@nuigalway.ie

🌐 <http://services.su.nuigalway.ie/site/view/773/>

ix. **Chaplaincy**

Pastoral, advisory, social supports including nurturing the spiritual dimension of your life.

🕒 Monday to Friday, 9.00 am to 3.45 pm

St. Declan's, 6 Distillery Rd.

☎ 091-950555

✉ chaplains@nuigalway.ie

🌐 www.nuigalway.ie/chaplains/

x. **Student Counselling**

One to one counselling for students

• Online resources for students

• Pastoral care for staff

☎ 091-492484, ext 2484

✉ counselling@nuigalway.ie

🌐 www.nuigalway.ie/counsellors/

Local Community Services Outside NUI Galway

xi. **Westdoc**

Out-of-hours family doctor service for participating GPs

☎ 0761 07 4050

xii. **Parentline**

A confidential helpline for parents and guardians

☎ 1890 927277

🌐 www.parentline.ie

xiii. **Nurture**

Offering professional counselling and support in the area of women's maternal mental health, in relation to conception, pregnancy and childbirth.

☎ 01 843 0930 (to make appointment for centre in Galway City)

✉ info@nurturecharity.org

🌐 www.nurturecharity.org

xiv. **Family Support Service**

Provide a range of services that offer advice and support to families.

☎ Galway Bay 091 510997	Loughrea 091 872724
Westside 091 527568	North Galway 093 37255
City North 091 760330	Connemara 086 0431568
City East 091 768296	South Galway 091 737328
Ballinasloe 090 96 46255	

xv. **SpunOut.ie**

An interactive online community providing health and lifestyle information, signposting to support services, a youth media space, and a platform for youth engagement.

🌐 www.spunout.ie

xvi. **Reach Out.com**

Pregnancy and Parenting while in education

🌐 <https://ie.reachout.com/inform-yourself/money-work-and-study/study/pregnancy-and-parenting-while-in-education/>