

HI!

YOUR
STUDENTS'
ASSOCIATION

YOUR STUDENTS' ASSOCIATION NEWSLETTER

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ISSUE: 007

OCTOBER 2024

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YOUR STUDENTS' ASSOCIATION NEWSLETTER

HI

CROSS-CAMPUS UPDATES

WELCOME TO OUR STUDENT VOICE REPS!

You've hopefully been aware in your class about the [Student Voice Rep](#) role—volunteers from each course who represent their fellow students' views on learning and the broader student experience. If you're an SVR, welcome to your exciting new position! We will contact you shortly about training, the new SVR Teams space, conversations about learning, and much more.

To all other students, keep in touch with your SVR about your views on being a UHI student—they (and HISA) need your ideas and suggestions!

INTRODUCING OUR NEW SUBJECT INTERN

Your Academic Partner College provides your learning experience. Still, all UHI courses are also grouped into six subject areas and two faculties, where many decisions about learning and teaching are made. This year, we are piloting a Subject Intern in one of these areas, Business, Leisure and the Creative Economy (BLCE), to bring student expertise to decisions made in this subject area across UHI's campuses. Charlotte Usher, a Creative Writing student at UHI Moray, is our Subject Intern for BLCE this year and will work one day a week with staff and students involved in these courses. Please find out more about this [on our website!](#)

BLACK HISTORY MONTH

Black History Month is celebrated in the UK every October. For this year, we're sharing the bios of four influential Black Scots to celebrate them and recognise that our Scottish culture is built by people across a broad spectrum of race, class, and creed. Read the bios of Jessie Margaret Soga, Ncuti Gatwa, Andrew Watson, and James McCune Smith [on our website here!](#)

FRESHERS ROUNDUP

Thank you to everyone who attended our Freshers events across UHI this year. We hope you enjoyed them, too, and that your study year is off to a great start! If you missed it, you can catch up with some of our crucial information and introductions by watching our recording of the online Freshers session [here!](#)

Looking for community?
Join the Students of
Colour Network!



TAKE THE BIG STUDENT HOUSING SURVEY SCOTLAND - HAVE YOUR SAY, £150 TO BE WON!

We believe all students deserve to have safe, affordable, and secure housing, so we're working alongside **NUS Scotland** to collect and share insight about your housing experiences to help us understand what's needed to improve your life while you're studying.

[Take the survey now here!](#)

What you tell us will better inform NUS Scotland's requests of government and other authorities and help us make evidence-based decisions when planning action with our institution and community partners.

The survey takes approx. 5-8 minutes to complete, and in doing so, you're not only helping us as we campaign on your behalf, but you're also in with a chance of winning £150. **Deadline 21st October 2024.**

Thanks in advance for your help. We really appreciate it.

40% OFF HARPER COLLINS BOOKS

If you're looking for a great book to sit down with, look no further than the Harper Collins website, where you can use our voucher code **UHI40** to get 40% off every book on their website! The offer closes on the 25th of October!



**HARPER
COLLINS**
sale

FOR HISA STUDENTS

40%
OFF ALL BOOKS

USE CODE: **UHI40**

FREE SHIPPING ON ORDERS OVER **£25**

[GO TO STORE](#)

11TH OCTOBER - 25TH OCTOBER



nus scotland
national union of students

**WIN
£150
prize**

**THE BIG
STUDENT
HOUSING
SURVEY**

TAKE THE SURVEY!

#FIXSTUDENTHOUSING

We believe everyone has the right to safe, clean, affordable and secure housing.

But this isn't the reality for many students and apprentices in Scotland.

Take our 5-minute survey and you could win £150!

[LINK IN BIO](#)

Survey open to all students in Scotland. Closes Monday 21 October. Visit nus-scotland.org to find out more.

UHI STUDENT CARERS POLICY REVIEW

Are you a Student Carer? Would you like to help UHI to review its Student Carers Policy? Are you interested in reading UHI's policy and offering feedback? This could take an hour or so of your time and will help ensure the policy is relevant to people in your situation. If so, please contact Rachel Burn at HISA by 18th October at Rachel.Burn@uhi.ac.uk.

Gaelic Word of the Month

With the launch of our new Gaelic Language Plan, we're looking to incorporate more Gaelic into our content and day-to-day work. We want to be more accessible for UHI students whose first language is Gaelic, as well as encouraging non-Gaelic speakers to give learning it a go!

At the Students' Association we're also trying to learn more Gaelic ourselves, each month in the newsletter we'll cover a new word of the month, as well as give you some links to resources for further learning. This month's word is:

"Tannasg" meaning "Ghost"

Use [this Gaelic dictionary](#) to learn other words, as well as how to pronounce them! And learn more [here!](#)

SABHAL MÒR OSTAIG SHORT COURSES!

Keen to take the next step in your Gaelic learning journey?

Check out these [short courses](#) at Sabhal Mòr Ostaig launching in October!

TEST YOUR KNOWLEDGE!

Test your Gaelic knowledge and learn new words by matching the word below to its meaning! Check your answer using the Gaelic dictionary [here.](#)

"brochan"



toast



porridge



pancakes

STUDENT JOBS AND OPPORTUNITIES

BECOME A STUDENT TRUSTEE AND SHAPE THE FUTURE OF HISA!

Are you ready to make a real impact on student life? HISA is looking for motivated students like you to join our Board of Trustees! As a Student Trustee, you'll help guide the strategic direction of HISA, ensuring that nearly 30,000 students across UHI are well-represented and supported.

Why You Should Apply:

- **Create Change:** Play a crucial role in shaping the future of HISA and advocating for student needs.
- **Develop Leadership:** Gain valuable experience in governance and decision-making at a senior level.
- **Flexible Involvement:** Just one day a month with travel expenses covered!

How to Apply:

Submit a supporting statement (no longer than one side of A4) explaining why you want to be a Trustee, along with your CV, via BreatheHR. We especially welcome applications from under-represented groups within UHI.

For more information, contact Rachel Burn, HISA Chief Executive Officer, at hisa@uhi.ac.uk. Don't miss your chance to make a difference—[apply today and help shape the future of HISA!](#)

This is a rolling recruitment process, which means we can close the applications upon receiving a satisfactory number; therefore, please apply immediately.

THE FILMS OF SCOTLAND COMPETITION!

You are calling all young filmmakers in Scotland! If you're 26 or under, SYFF wants you to make a film about today's Scotland –the culture, the landscape, the people, the food... whatever inspires you. The best films will be shortlisted and shown at a special event in March 2025, and prizes will be awarded. Winning films will be placed in the National Library of Scotland as part of Scotland's story for future generations. [Find out more here!](#)

HANDSHAKE

The UHI Futures Team recently launched Handshake, a new career management platform for students. Handshake offers real-time communication with local and international employers, enhancing job prospects. Students can book appointments with the UHI Futures Team, attend online events, access career resources, and connect with alumni and peers in similar fields. All enrolled students have been uploaded into Handshake, but to maximise the benefits, they must first activate their accounts and update their profiles. Read more about Handshake and contact careers advisers Iain. Eisner@uhi.ac.uk or Helen. Anton@uhi.ac.uk for further information. Visit the website [here!](#)

WORK WITH SAMH

SAMH offers two exciting new opportunities for young people aged 12-25, including students, to become directly involved in the organisation's work. Read more about the opportunities on offer [here!](#)



Start your career journey – download the Handshake app

HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

Trick or Treat? Financial Help Awaits!

A Spooktacular Guide to Student Funding

Halloween is a time for thrills, chills, and... financial scares. Fear not if you're haunted by living costs like bills, groceries, or rent! **The UHI Discretionary (Hardship) Fund** is here to save the day.

What Is This Fund?

Imagine a non-repayable grant swooping in like a superhero to lift the burden of financial stress. The Discretionary Fund is an income-assessed grant for students struggling with living costs. No need to worry about paying it back – once it's yours, it won't come back to haunt you!

Full-Time Students, Take Note

You must apply for your full funding entitlement from SAAS (Student Awards Agency Scotland), SFE, SFW, or SFNI, including the Student Loan. Only then can you apply for the Discretionary Fund.

International students, beware: this fund isn't usually available due to SAAS/Rest of UK residency conditions. However, don't give up hope yet – your local Student Funding Team can provide further advice on your situation.

Who Is Eligible?

The Discretionary (Hardship) Fund is designed to tackle financial barriers that might prevent you from starting or continuing your education. Whether facing a sudden economic crisis or dealing with ongoing issues like disability-related expenses, this fund could be your lifeline.

To access this support, you must provide documentation proving your financial situation. Think of it as showing your financial "skeletons," necessary to reveal your need for assistance.

Suppose you're receiving a Nursing and Midwifery Student Bursary. In that case, you won't be eligible for the regular Discretionary (Hardship) Fund – but **the Nursing and Midwifery Fund** can provide support tailored to your needs.

Maximise Your Options

While the fund is generous, it's wise to explore other ways to boost your income first. A part-time job can fend off some financial frights, and reducing unnecessary spending (sorry, pumpkin-spiced lattes) can go a long way.

How to Apply: Unravel the Spell

For Further Education students, the first step to obtaining financial support is to visit their local Student Funding Team. They'll give you the enchanted form you need.

For Higher Education students, your application can only be made online through your HUB/Student Journey account – it's like your own portal to magical assistance! If you need help accessing the Student Hub, don't be spooked – **the Accessing the Student Hub Guide** or a **helpful video** will lead the way. Check out the **Uploading Documents to Your Student Funding Application** guide to upload your documents and complete the spell. With these resources, you'll be casting your application in no time!

Need Help? Contact the Funding Team!

If your financial situation makes you feel spooked, contact your local Student Funding Team. They're ready to help answer your questions and guide you through the process.

So, while Halloween may bring plenty of scares, your finances don't have to! Take control with the Discretionary (Hardship) Fund and ward off those ghouls of financial hardship. With little support, you can focus on enjoying the tricks and treats, not the terrifying costs!

me 3 weeks before Halloween: "i'm not spending that much money this year"

me 3 days before Halloween:

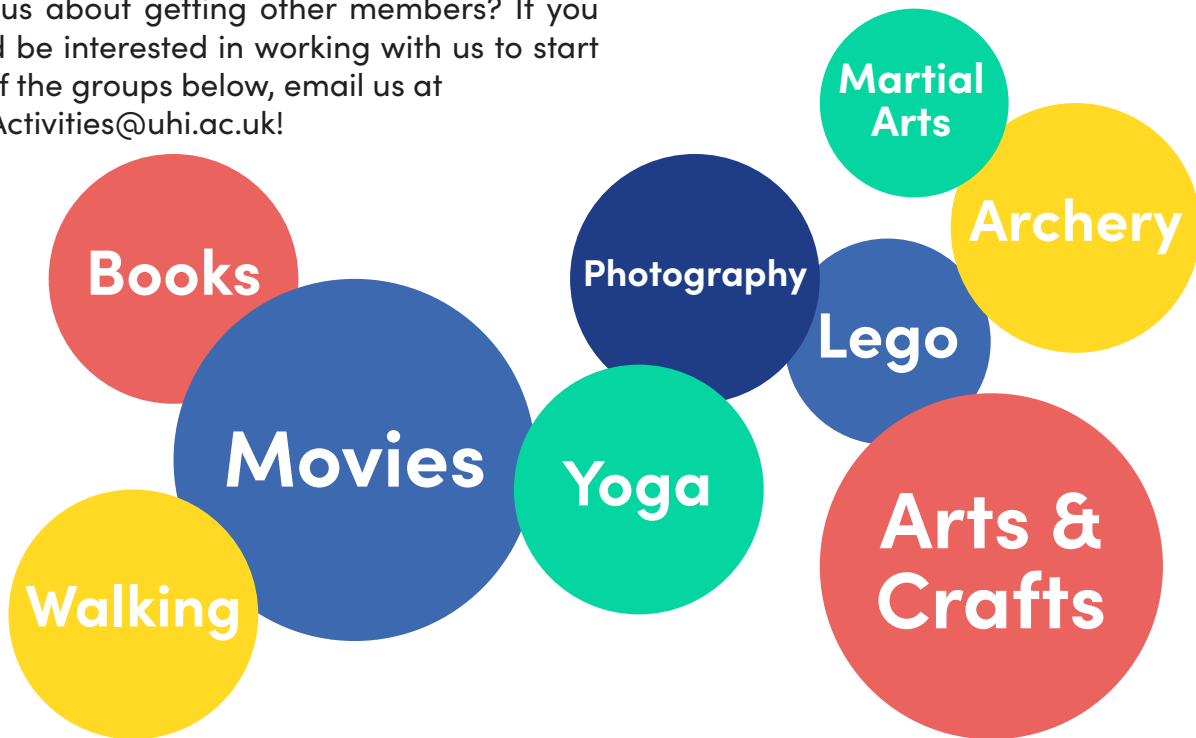


SPORTS CLUBS, SOCIETIES & NETWORKS!

THE RESULTS ARE IN!

We recently surveyed over 300 students to better understand what type of new groups and activities might appeal most to you. The results showed some clear favourites, and we want to help you get the groups going!

Want to start one of these groups but unsure about leading? Want to lead a group but nervous about getting other members? If you would be interested in working with us to start one of the groups below, email us at HISAActivities@uhi.ac.uk



Club Member

VIP

Living History Society
Perth Rugby
Inverness Pandas
E-Sports and Gaming

Skye, The Highland Cow

Don't miss out!
Joining a club is easy! Visit our website or send us an email!

HISA

VOLUNTEER - YOU SCRATCH MY BACK, I'LL SCRATCH YOURS

Volunteering is a fantastic way to get involved in your community and help improve the lives of those around you. It also offers a lot of personal benefits to the volunteer. It enables you to build skills and experiences for your CV. You can practice some of the responsibilities and tasks of a job while in a lower stakes environment. You get to meet new people and learn from mentors. And like Skye, here, you might even develop a new interest in local heritage. Sometimes volunteering will even put you on the path of a dream career! Whether you're interested in sporting, the arts, the outdoors, heritage, or caring for others, there are plenty of volunteering opportunities to match.

[Check out our new volunteering directory](#) to get a start your journey and get in touch if you are looking for something not listed!



Skye visits The Blackhouse, Arnol, Isle of Lewis to learn about unique opportunities to volunteer in Gaelic!



SPORTS UPDATE

A fantastic win for our women’s shinty team at the Scottish Student Shinty Festival hosted by University of Strathclyde. The team, sponsored by Kishorn Port and Dry Dock Ltd, consisted of five women from UHI and three from University of Aberdeen, entering the tournament as a combined UHI/Aberdeen team. Organised by Scottish Student Sport, the tournament encourages new players to get match experience, and four members of the team had only just started playing.

We won two games in the group stages against Edinburgh and St Andrews, before moving on to face the home team, Strathclyde, in the final. The UHI/Aberdeen team took a 5-1 win, a fantastic achievement for the women and a great way of wrapping up Scottish Women and Girls in Sport Week.

We had some other events going on around the campuses for Scottish Women and Girls in Sport Week including weightlifting, volleyball and mountain biking.

A new basketball club, the Inverness Pandas, has started up in Inverness so if you’re looking to slam dunk your way through the autumn term, you can find out more about them on our website. The start of the university year is a great time to get involved in any of our fantastic sports clubs- whether you want to compete and win medals, or if you’re just looking to meet new friends and have fun!

BUCS and SSS: We are changing the way that students will be able to enter BUCS and SSS competitions and will require students to get in touch with our Sports Development Coordinator (amanda.fleet@uhi.ac.uk) to be invoiced prior to the event for entry fees.

LOCAL UPDATES: INVERNESS

UPCOMING EVENTS

Get ready to bring on the Halloween spirit with our Trick or Treat & Treasure Hunt event on Thursday, October 31st! This event promises a day full of fun, sweets, and mysterious clues.

Visit various departments within UHI Inverness to get yourself some trick or treat sweets, give them your favourite Halloween-themed joke (try to keep it appropriate please!) and they will reward you with a hint for the location of one of the hidden Halloween-themed props around Inverness campus.

These are the departments participating in trick or treat:

- HISA Office
- Hairdressing Reception
- IT Helpdesk
- The Bothy
- Student Support
- Shop (ground floor)

How to participate:

- Visit the HISA office (2nd floor at the top of the main stairs) to collect a treasure hunt form
- Write down the locations of the Halloween-themed props on the form as you find them – you can take photos of the props and email them to us if that's easier for you
- Pop into the participating departments to get yourself some treats and hints
- Return your treasure hunt form to the HISA office when you're done
- Prizes for the 3 top treasure hunters!

If you'd rather not take part in the treasure hunt, you're still more than welcome to trick or treat at the participating departments – and we'd still love to hear your jokes if you have any!

SVR

Thank you everyone for signing up to be a Student Voice Representative this year at UHI Inverness! We currently have 103 reps that volunteered for this fantastic role, but it is never too late to sign yourself up! Training will commence on the 21st of October. Your HISA Inverness office team are looking forward to getting to know you all and the quality of your experience within the college and what we can do to make it better. Don't forget that it's not only serious talk but fun too! The first Welcome meeting is on the 12th of November, so don't forget to put it in your diaries and take some notes!

COMING SOON

Our new affiliated student bar Tooth & Claw are planning to visit you on campus with a pop-up bar, they will also be advertising their HISA Halloween Costume Night that takes place on the 31st of October. Don't forget to bring your ID as all students get a 10% discount on their drinks. Get your costumes ready!

NEW SOCIETIES

A BIG welcome to our new Queerness+ and Dance societies! You can sign up on our HISA website, or pop into the office as we are always happy to help. Good luck to the societies, and we can't wait to see you in action!

LOCAL UPDATES: UHI HOUSE/CfHS

SVR

Did you know you can sign up to help your class and improve the learning experience for not only you and your classmates but for future students as well! **You can sign up via our website.** Online training will commence on the 21st of October, once you've signed up to be a Student Voice Rep, keep an eye on your inbox with more information! Your HISA team are looking forward to getting to know you all and what we can do to make your student lives better.

COMING SOON

Our new affiliated student bar Tooth & Claw are planning to visit UHI Inverness campus with a pop-up bar, where they will also be advertising their HISA Halloween Costume Night that takes place on the 31st of October at Tooth and Claw. Don't forget to bring your ID as all students get a 10% discount on their drinks. Get your costumes ready!



LOCAL UPDATES: PERTH

YOUR PERTH OFFICERS UPDATES

Your local officers have set their objectives for this year. This is what they will be working on for YOU alongside anything else you may need.

We will provide updates at SVR meetings and in our newsletters but if you have any questions around their objectives or want to help in any way, don't hesitate to get in touch!

Xander's Objectives

- Exploring and advertising more funding opportunities for students at UHI Perth, working with Student Services and other organisations to share money saving tips alongside advertising funds for students
- Opposing course and teaching staff cuts and reducing the impact from them on learning and teaching, working in partnership with students and staff
- Protecting front line student services from cuts with a focus on improving students staying at UHI Perth and not dropping out



Andi's Objectives

- Better promotion of Treetops service times, The Retreat appointment times and Sports Injury Clinic appointment times to support students needing to run these services to complete their course
- Running regular events on campus to create a sense of belonging on campus, especially those living in halls of residence
- Looking to ensure food and drink provision on campus is suitable for our students



UHI PERTH SPORTS MASSAGE AND INJURY CLINIC

Sports Massage Clinic - Tuesdays from 4-6pm. • Sports Injury Clinic - Thursdays from 4-6pm.
£15 per appointment.

£10 reduced rate for any UHI Staff and Students (valid proof will be required to obtain this discount).

[Book here!](#)

Email sportsinjuryclinic.perth@uhi.ac.uk for further information

Hair and Beauty Appointments will also be opening soon – keep an eye on the website [here](#) or email salonappointments.perth@uhi.ac.uk for details.

STUDENT VOICE REP UPDATE

We are excited to announce that we now have over 150 student voice representatives registered in UHI Perth! This is an amazing number, and we have already begun addressing the issues you have brought to our attention. Some of our representatives have completed their training, and online training sessions will be held from 21st October. Our first SVR Council Meeting is scheduled for 6th November from 12:30-13:30 in the Brahan lecture theatre. Please inform your representatives if you have any comments, complaints, or compliments to share, and we look forward to hearing from you!

If you are interested in being a student voice representative but haven't signed up yet, there's still time! Contact your PAT or HISA to register as a HISA student voice rep.

MACMILLAN COFFEE MORNING

We had a fantastic time at our coffee morning, raising just under £400 for Macmillan Cancer Support. The brilliant hospitality team at UHI Perth baked delicious cakes, scones, and pancakes and served countless cups of coffee and tea with a smile. Thank you to everyone in the hospitality department (staff and students) for their support and thank you to all of you for coming along to Treetops and making the event such a success!



EVENTS COMING SOON...

Music Bingo (23rd October 12:00)

Join us for music bingo in the Webster from 12:00 on 23rd October. We have some great prizes up for grabs!

Halloween Hunt (31st October)

HISA are hiding Halloween props all around the Perth campus. Take part in our spooky scavenger hunt to find our Halloween props to win petrifying prizes!

Perth vs Shetland Quiz (Coming in mid-November!)

The HND Business and Admin and IT students in collaboration with HISA would like to invite you to a Perth VS Shetland Quiz. Keep an eye out on the HISA social media channels and emails for the upcoming Perth VS Shetland Quiz which will take place Mid-November!

Here at HISA Perth, we are looking into the events that we hold and what you, the students would like to see from us. We have created an anonymous questionnaire that we would like our students to complete to better understand what you would like us, Your Students' Association, to organise in the future. Find our questionnaire [here!](#)

LOCAL UPDATES: MORAY

MORAY OFFICER UPDATE

Hi everyone, it's Sarah Marshall here, your DP for UHI Moray. What a fantastic few months it has been so far. I am settling in well into this role and love the challenges it brings me. Firstly, I just want to say a massive thank you to all the students that attended the freshers fayre and our coffee morning for Macmillian Cancer Support where we raised over £20 alongside the coffee mornings held across campus. It was so lovely to see so many faces. Also, a massive congratulations to all our students who have graduated; you should all be so proud of yourself.

I wanted to share with you all my goals for this year so you know what I plan to do for you, and you can ask me about them:

- I want to ensure that all students are aware of what HISA is, what we stand for, and what we can do for students. I also want to have regular meetings and good relationships with key staff in Moray so I can solve your issues faster.
- Coffee mornings are a good opportunity for our community at UHI Moray to come together and support each other, so I will be looking to host these regularly across our campuses. This will be alongside regular events and activities that I plan on hosting throughout the year, including a musical group (think Glee!) and events tailored to improving mental health and wellbeing.
- I have been affected personally by cuts in public transport to and from campus, and I know a lot of you have as well. I want to work alongside students to have conversations with public transport providers in our region to try and make sure they understand the impact of this and hopefully improve transport links across our region.



STUDENT VOICE REPS

Thanks to those of you who have volunteered to be Student Voice Reps (SVR) for your course—we have over 50 at UHI Moray! Some classes are still missing this key role, and it is very important we ensure the student voice is heard across Moray Street, Linkwood, and Biblical Gardens. To find out if your class still needs a rep, speak to your PAT, LDW, or HISA!

Our first meeting will take place at lunchtime on Thursday, 31st October, so please let your rep know what you're enjoying about your course and what could be better!

COMING SOON

More events - be sure to follow us on socials OR tell us what events you want to see on campus!

LOCAL UPDATES: SHETLAND

STUDENT VOICE REPS

Thank you to all the students who have come forward and volunteered as Student Voice Reps. Your contribution to the student experience at UHI Shetland will prove invaluable as we go through the academic year. Rep training will start after the Autumn recess, so check your emails for your invite. If you aren't sure who the rep is for your class, you can ask your lecturer. If you would like to be a rep, it is never too late to come forward, so please check out the SVR section of our [website](#) for more information.

DEPUTE PRESIDENT DROP-IN SESSIONS

Harley Green, your elected depute president for UHI Shetland, continues with his timetable of informal drop-in sessions for students. If you have anything you want to discuss about your student experience or have any concerns about the changes facing students, please come for peerie yarn.

22nd October
11:30am-12:30pm
Lerwick Campus:
HISA Office,
Room D4

1-1 Catch Ups With Your Local Officer



Drop in and chat to your Shetland Depute President Harley about your concerns or issues with your course, student life or even just how your week is going!

29th October
11:30am-12:30pm
Scalloway
Campus: Library

1-1 Catch Ups With Your Local Officer



Drop in and chat to your Shetland Depute President Harley about your concerns or issues with your course, student life or even just how your week is going!

SHETLAND STUDENTS SOCIETY

We are looking for students who want to make new friends and get involved with student life to join the Shetland Students Society. This is for any activity any student would like to try out! Contact hisa.shetland@uhi.ac.uk for more information.

As part of our student society, George Wallington seeks participants for his Twisty Puzzle Appreciation Society. George is UHI Shetland's self-proclaimed speed cube champion, so if you think you can steal his title, please join him and other puzzle enjoyers. If you want to learn how to solve a Rubik's cube, then come along and give it a go! Learn, practice, improve, and show off – all abilities are welcome. Email george.wallington@uhi.ac.uk for more information.

ONE CAMPUS STUDENT BRIEFINGS

UHI Shetland recently held a series of student briefings on the move to one campus and are looking into Scalloway as the preferred option. UHI Shetland is seeking to consult with students on the following questions:

- 1 – If we could build a new college from scratch, what three things would a new college include?
- 2 – What do you think would make people in Shetland want to come to UHI Shetland instead of going to a college on the mainland?
- 3 – How could UHI Shetland attract people from mainland Scotland to come to Shetland to study here?

Further briefings will be held following the Autumn recess on 7th and 13th November, with the venue and time to be confirmed, so if you have opinions, concerns or answers to the above questions or on the proposed move and want your voice to be heard, then please make sure you attend. Should you be unable to attend, you can get in contact with your elected officer, @Harley Green, via email or at one of the scheduled drop-in sessions advertised above.

UHI PERTH VS UHI SHETLAND QUIZ

The HND Business and Admin and IT students in collaboration and support with HISA would like to invite you to a Perth VS Shetland Quiz. Keep an eye out on the HISA social media channels and emails for the upcoming Perth VS Shetland Quiz which will take place Mid-November!



LOCAL UPDATES: ORKNEY

STUDENT VOICE REPS

We are still looking for Student Voice Reps at UHI Orkney. This is a really rewarding initiative to be part of, and one that brings positive results, not just for reps but also benefits the student community as a whole. If you think you would like to be a rep, but don't know much about it, then please get in touch with hisa.orkney@uhi.ac.uk for a peedie chat about the role and how you can improve the student experience at UHI Orkney. Alternatively, you can check our [website](#) for guidance on how to sign up.

STUDENT FUND RAISER

One of our Students, Emily Johnson, participated in the Ribbon Run, in the occasion of Baby Loss Awareness Week, from the 9th to the 15th of October.

We are very proud to announce she managed to raise, as of Tuesday the 15th, £84 for SANDS to help support families and individuals having been through pregnancy loss or the death of a baby. SANDS have also arranged for the Cathedral to be lit up pink and blue to raise awareness of this issue that impacts many people in our community.

If you would like to learn more about her cause and potentially support it, even after the events of BLAW, here is the link to her Ribbon Run Page:

[Sands - Emily Harris-Taylor](#)



STUDENT PANTRY

The Orkney Student Pantry, run by a group of local students, provides free food and toiletries to all UHI Orkney students in need. You can find the pantry inside the College, down the main staircase, in front of the library. Donations are always welcome, and the Orkney Student Pantry also positioned a donation box for this purpose in the foyer area near the reception desk. You can leave sealed food and toiletry items there. For any questions and to get involved, email orkneystudentpantry@uhi.ac.uk.



CLOTHES SWAP

Declutter your wardrobe and grab whatever you fancy for free, at the Clothes Swap initiative at UHI Orkney! The Clothes Swap is open to both students and staff, here is how to join the initiative in a few simple steps:

1. Check out the list of accepted items to see what you can bring to the Clothes Swap.
2. Drop off your donations at the Student Association's box in the foyer of the College. Please note that all donated clothes must be clean and in very good condition.
3. Every Tuesday and Thursday 10 am – 4 pm, you will be able to browse through the donations and pick your favourite items for free from our Clothes Swap Rack. You will find the latter positioned in the corridor leading to the Conference Room, inside the main College building. For any questions and to get involved, email hisa.orkney@uhi.ac.uk.

List of Accepted Items: · Shirts & blouses · Jumpers, hoodies, sweaters, cardigans & blazers · Jackets & coats · Trousers, jeans & skirts · Dresses & jumpsuits · Scarves, hats & gloves · Activewear (shirts, shorts, leggings, joggers) · Maternity wear



LOCAL UPDATES: NORTH, WEST & HEBRIDES

EARLY STUDENT EXPERIENCE SURVEY

We want to hear about your student experience so far. Whether it's about your classes, support services, or student life, your feedback is essential in helping us understand what's working well and where we can improve.

The Early Student Experience Survey launched on the 30th of September, and it's your chance to shape the future of student life at UHI North, West and Hebrides.

Check your student email for your personalised link to the survey. It only takes a few minutes, but your input could make a big difference!



LEARN ABOUT GENDER BASED VIOLENCE

We highly encourage all students to participate in this free e-learning module and contribute to a safer campus at any time. Created by Rape Crisis Scotland, this short and interactive resource will help you to recognise potential GBV happening to you and others. A range of learning tools are utilised throughout the module, such as quizzes, videos and case studies.

There are two options available for this module:

If you would like to receive a certificate for your learning, please send an email from your student account to support@uhi.ac.uk titled 'Add to GBV Course'. We will add you to the course on Brightspace and let you know when it is ready.

Should you need to participate anonymously, **you can instead.** Instant access will not track your details, so you cannot generate a certificate. **You can also leave anonymous feedback** for the module creators.

The GBV Module Privacy Notice provides more information on why and how we will process your data. It would be best if you were over 18 and aware that the content may be triggering.

[Accessing the Gender-Based Violence module in the Brightspace Quick Start Guide](#)

CARE EXPERIENCED WEEK

Care Experienced Week Scotland 2024 (October 19th–26th) is about celebrating and raising awareness for people who've grown up in care. It's a chance to highlight their stories, successes, and the challenges they've faced while pushing for positive changes to the system. Whether you're care-experienced or an ally, it's a week to come together, share experiences, and show support. This year's Care Experienced Week theme is **'Belonging and Connection'**, which perfectly embodies what this week is all about.

Want to get involved or learn more about what's happening this year? Check out the details on their website!

Care Experienced Week - Who Cares? Scotland (whocaresScotland.org)



The Nevis Centre // Fort William
31/10/24 // 7.30pm // Tickets £22.50

STUDENT VOICE REPS

We would like to extend a warm **THANK YOU** to everyone who has volunteered to be a Student voice Rep (SVR) for your course. Currently, we have 30 reps in North, West, and Hebrides!

Some classes still lack this important representative role, and it is very important that we ensure the student voice is heard across North, West, and Hebrides.

If you want to find out if your course still needs an SVR or if you would like to volunteer, speak to your lecturer or contact HISA directly.

The first SVR meeting will be held at lunchtime on November 27th, so make sure you let your rep know what you are enjoying about your course and what could be better!

Artisans
North
The Masonic
Lodge,
Thurso
11 to 3pm



LOCAL UPDATES: SAMS & ARGYLL

ARGYLL

It's been a busy time across the UHI Argyll sites for HISA, with many locations taking part in the recent MacMillan coffee morning at the end of September, raising £72.41! We hope to do similar things again where we can.

We've also introduced a new suggestion box at our Dunoon campus's social area, with different questions every week for students to share their thoughts on. This is on top of the many other ways you can keep in touch with us!

And don't forget we are still seeking Student Voice Reps (SVRs) in some classes.



SAMS

There's so much happening at SAMS, and it was great to meet so many people at our bustling freshers' fayre in Oban, where lots of UHI clubs and societies, not to mention wider community groups, received lots of interest from new and returning students.

A thank you to everyone that showed up for the Water Sports Festival on the 14th of September

We even have two new clubs to add to our existing ones – a **Mountaineering and Climbing Club** and a **Soup Club!**

We are planning a quiz night with the Wind and Wave Club on the 28th of October at 7pm at the OSC Clubhouse. £5 entry. Do come along!

And don't forget we are still seeking Student Voice Reps (SVRs) in some classes.



STUDENT-FRIENDLY RECIPE

- Hearty Lentil & Vegetable Stew

We will be sharing recipes with you to help students eat healthily and cope with the cost-of-living crisis. Tell us what you think and suggest a recipe for a future edition.

INGREDIENTS

- 1 cup dried green or brown lentils (rinsed)
- 1 medium butternut squash (peeled and diced)
- 2-3 carrots (sliced)
- 1 large potato (diced)
- 1 small onion (chopped)
- 2 cloves garlic (minced)
- 4 cups vegetable broth (or water + bouillon cube)
- 1 can (14 oz) diced tomatoes
- 2 cups kale or spinach (chopped, stems removed if using kale)
- 1 teaspoon dried thyme
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- Salt and pepper to taste
- 1 tablespoon olive oil
- Optional toppings: Fresh parsley, grated Parmesan, or a dollop of Greek yogurt

Tips

Meal Prep: This stew keeps well in the fridge for 3-4 days and also freezes beautifully for up to 3 months.

Budget Variation: You can use frozen butternut squash or spinach to save money. Swap out the vegetable broth for water and bouillon cubes for an even cheaper option.

Make it heartier: Serve with crusty bread, a side salad, or over a bed of rice for a more filling meal.

METHOD

Makes 3-4 portions

Sauté the Aromatics: In a large pot, heat the olive oil over medium heat. Add the chopped onion and garlic, and sauté until softened and fragrant, about 3-4 minutes.

Add the Vegetables: Stir in the butternut squash, carrots, and potato. Cook for another 5 minutes, stirring occasionally, until the vegetables start to soften slightly.

Add Lentils and Broth: Add the lentils, vegetable broth, and diced tomatoes (with their juice) to the pot. Stir in the dried thyme, smoked paprika, ground cumin, salt, and pepper.

Simmer the Stew: Bring the stew to a boil, then reduce the heat to low, cover, and simmer for 25-30 minutes or until the lentils and vegetables are tender. Stir occasionally to prevent sticking.

Add Leafy Greens: Stir in the kale or spinach, and let it cook for an additional 5 minutes until wilted and tender. Adjust seasoning with more salt and pepper if needed.

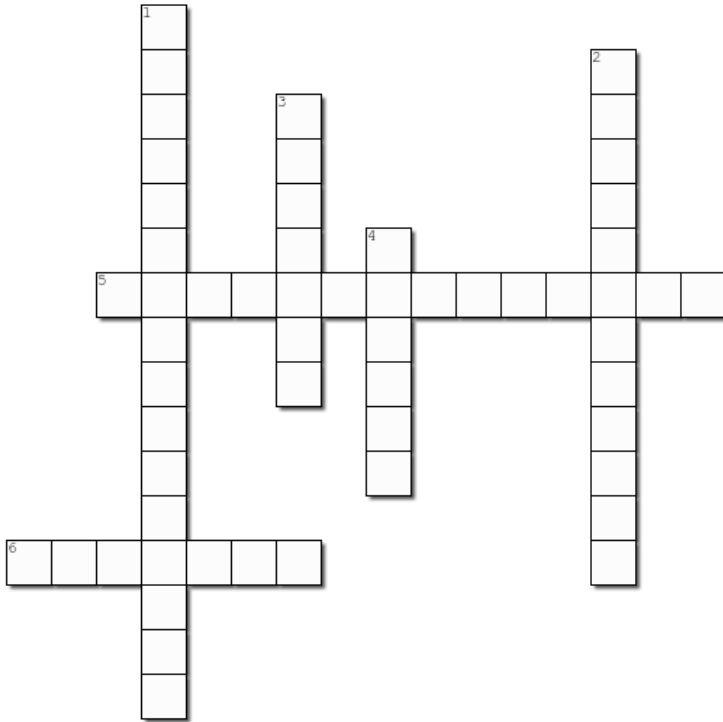
Serve and Enjoy: Ladle the stew into bowls and garnish with optional toppings like fresh parsley, grated Parmesan, or a dollop of Greek yogurt.

PUZZLES AND COMPETITIONS

PUZZLES

Halloween Crossword

Complete the crossword puzzle below



3	1		9	6				2
6				1	3	4		5
			4	2				3
7		5		8	6		2	
1	2	8	5			3	6	4
9	6	3	1	4	2		8	7
5		6	2			7	4	9
	9				8		3	
2	3	7	6	9			5	

Created using the Crossword Maker on TheTeachersCorner.net

Across

- 5. Night when people go door-to-door for sweets
- 6. Original Scottish name for Trick or Treat

Down

- 1. Haunted Scottish castle, known for its ghostly history
- 2. Traditional Halloween treat for kids
- 3. Scary carved vegetable often seen on doorsteps
- 4. Popular costume inspired by the undead

Thank you for reading this issue of Hi!, the Highlands and Islands Students' Association Newsletter. Got some feedback for us? What did you like in this issue? What did you find useful? What didn't you like? We're always looking to improve and would love to incorporate your suggestions into our development plan for the newsletter.

Email us at hisa@uhi.ac.uk with the subject line: "NEWSLETTER FEEDBACK - OCT24" to tell us your thoughts!

