

HI!

YOUR MONTHLY NEWSLETTER

   www.hisa.uhi.ac.uk

HISA

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NOVEMBER 2025

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**AT INVERNESS
AND MORAY!**

MORAY PRESIDENT BY-ELECTION



We are pleased to announce that Charlotte Usher has been elected as the new Moray President. Congratulations to Charlotte on her achievement, and a big thank you to all the nominees who participated and contributed to the election. 🎉🎊

Full results can be read [here!](#)

SIGN UP TO BE AN SVR!

Want to be the voice of your classmates?
Become a Student Voice Rep (SVR)!

- 🗣️ Gather feedback
- 💡 Share ideas
- 🚀 Make a difference at UHI!

Why join?

Meet new people, build your skills, boost your CV & get recognised for your impact!

Make a difference to your student experience and [sign up](#) today!


REPRESENT
YOUR FELLOW STUDENTS


HAVE YOUR SAY AT THE HISA ALL-STUDENT MEETING!


Your voice matters. HISA will be holding an All-Student Meeting on **Wednesday 5th November 2025, from 1pm–2pm**, to debate and vote on a motion about whether to hold a referendum on National Union of Students (NUS) membership this academic year (2025–26).

This is an important opportunity for students to shape the conversation and ensure that any decision reflects the views of the whole student community. Whether you're passionate about the issue or just want to understand more, your participation helps make the process fair, open, and truly representative.



 **Date:** Wednesday 5th November 2025

 **Time:** 1pm–2pm (online)

 **Book your place by:** Noon (12:00) on Tuesday 4th November 2025

Make your voice part of the discussion—**book your place via the [link](#)** and take part in shaping the future of student representation.

UHI TRANSFORMATION – YOUR VOICE IS NEEDED!

The initial results of our student survey on the UHI Transformation programme have been submitted to the university, but we still need more responses to make sure UHI hears from as many students as possible!

Got questions and not sure where to start?

We've got you covered! Pop into your local HISA office and ask our friendly team members there or check out our webpage on Transformation [here!](#) You can also find more information, FAQs and the link to the survey.



HISA 10TH ANNIVERSARY! 🎉

We've turned 10! For a decade, HISA has championed, supported, and empowered students across the Highlands and Islands.

As we celebrate this milestone, we're looking back on our journey — sharing stories from past presidents and students — and looking ahead to an exciting future.

Ten years down, and we're just getting started!

Read the full article, including interviews with former HISA presidents, on our website [here!](#)

“Community is key. It's that element that made me love HISA and UHI so much. Every community is different and should be celebrated. Bringing people together and elevating each other is so important. I wish you all the best of luck in achieving that.”

Luke Humerstone, HISA President 2015-2017

@TEAMHISA PHOTO COMPETITION WINNER

Congratulations to Noralba Cardenas for winning our Welcome Week social media competition! 🎉 We asked UHI Students new and old to follow us on our social media pages and post a photo of themselves with our mascot the Highland Cow! (Ours is called Skye, but any Highland Coo would do!) We received loads of fantastic entries, so thank you to everyone who participated. All the names were put into a hat and Noralba was drawn as the winner! Enjoy your brand-new cycling gear! You can see Noralba's photos here, as well as on the front cover of this issue!



OUR STATEMENT ON THE UPCOMING STRIKES BY UNIVERSITY AND COLLEGE UNION (UCU) MEMBERS

As UHI's student representatives, we recognise the significant potential impact that the planned industrial action by UHI UCU branch members is likely to have on the studies of some UHI students. As the voice of UHI students, we are urging the university to do everything in its power to reach an agreement with UCU to avert industrial action and to minimise any disruption to the academic experience. We've released a full statement - as well as info about where students can go for help and advice - on our website [here](#).

PGR INDUCTION WELCOME!

We were very happy to welcome the latest cohort of PGR students to their induction at UHI Inverness. The Inverness team were on hand with a table of goodies and to meet research students from across UHI who attended and heard all about what UHI has to offer. In the evening HISA took them bowling to the new Hollywood Bowl near campus for a couple of free games and a drink!



EQUALITY AND LIBERATION

GENDER EXPRESSION FUND

Newly created, the HISA Gender Expression aims to help remove the financial barriers of gender expression for trans, intersex, non-binary, and gender-fluid, and gender non-conforming students. This fund provides financial support (of up to £100 per student) to purchase gender-affirming products or pay for transport to appointments related to gender identity. Your wellbeing and privacy are very important to us, so visit this link to find out more:

[LGBTQ+ Support](#)



We see you. We love you. We will stand with you.

WANT TO MAKE CAMPUS SAFER FOR EVERYONE?

Have you experienced gender-based violence at college or university? Rape Crisis Scotland is working with students and recent graduates, from diverse communities, to help make colleges and universities safer, more supportive places to live, learn and connect.

They're inviting you to share your insights or ideas to help shape meaningful change – at a pace and in a way that feels right for you.

Interested in getting involved? Fill out a short confidential form and choose how you'd like to take part [here](#).

16 DAYS OF ACTIVISM TO END GENDER-BASED VIOLENCE

November 25th to December 10th marks the 2025 UN Campaign to end gender-based violence. This year's campaign focuses on one of the fastest-growing forms of abuse: digital violence against women and girls and those marginalized by their gender identity. This year's campaign is also a reminder that digital safety is central to gender equality. Digital abuse includes the non-consensual sharing of intimate images, cyberbullying, trolling, online harassment, sexual or gender-based AI-generated deepfakes, hate speech and disinformation, online stalking, and other crimes. Such behaviour is considered gross misconduct by UHI and HISA's code of conduct and will not be tolerated. If you believe you may be impacted by gender-based violence please reach out to your Student Support team, HISA, or call the Rape Crisis Scotland helpline at 08088 01 03 02.

UHI also provides an online disclosure tool available at [UHI Online Disclosure Tool - Home](#).

TRANSGENDER AWARENESS WEEK AND REMEMBRANCE DAY

Update on Trans Rights and EHRC's proposal for Single Sex Spaces

The Equality and Human Rights Commission have withdrawn their interim guidance that seeks to force segregation by sex (reported at birth) in facilities and single-sex spaces. This guidance disregards 15 years of Scotland's inclusive interpretation of the 2010 Equalities Act and the provisions under the Gender Recognition Act of 2004 that allows individuals to change their sex for all legal purposes. UK Businesses and European equalities watchdogs have criticised the guidance as transphobic, exclusionary, and unworkable. In October, the EHRC pressured Parliament to pass a new final guidance into code; however, some MPs have insisted that Parliament scrutinize the guidance fully before acting and that the EHRC provide additional required documentation. Furthermore, the Good Law Project goes to court on November 12th to challenge the Supreme Court's redefinition of the term "woman" that excludes trans women. In the meantime, our communities are kept in limbo as we wait to see whether the UK government will condemn these practices that exclude and harm the trans and non-binary community.

At HISA, we continue to stand up for the rights of our trans and non-binary students to access education and services in a way that protects the human right to dignity, privacy, and safety. Please keep an eye on our socials and visit our campaign page [Transgender Awareness Week](#) to learn more.

STUDENT OPPORTUNITIES

SCOTLAND NOW! PHONE PORTRAIT AWARDS

The Scottish Arts Trust are running a free portrait competition for anyone over 16 years of age who lives in Scotland. Your submission must be taken on a phone, in Scotland, of someone who lives in Scotland - and it must have been taken after 1 January 2025. Their goal is to create a stunning virtual portrait of Scotland now with current portraits from across the country. The top 60 entries will feature in a rolling exhibition at National Galleries Scotland: Portrait during the Scottish Portrait Awards exhibition in 2026/27. In addition, first prize will win £500! See the full details and submit your photo [here!](#)

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 and encourage non-Gaelic speakers to try learning it!

At HISA we're also trying to learn more about Gaelic ourselves; each month, in the newsletter, we'll cover a new word of the month and give you some links to resources for further learning.

This month's word is:

"bileach" meaning **"leaves"**

Use this Gaelic dictionary to learn other words and how to pronounce them!
<https://learngaelic.net/dictionary/> Learn more here! <https://speakgaelic.scot/>

SOCIETY SPOTLIGHT!

Did you know we have a new Gaelic society? Join Gàidhlig Còmhla (Gaelic Together)- a society for anyone interested in learning and practising Scottish Gaelic, no matter your level! Join us for fun events, conversation, and lots more! [Gàidhlig Còmhla \(Gaelic Together\)](#)



SABHAL MÒR OSTAIG SHORT COURSES

Are you keen to take the next step in your Gaelic learning journey? Check out these [short courses](#) at Sabhal Mòr Ostaig!

UHI GAELIC TOOLKIT

Check out even more Gaelic resources and learning from UHI [here!](#)

HISA ADVICE SERVICE

-HERE TO SUPPORT YOU

Finding Balance: Working While Studying

Lots of students work while studying—whether it's to help cover bills, build experience for your CV, or just have a bit of extra cash. Working alongside your studies can be a great way to grow your confidence and learn new skills. But it can also be a lot to juggle. Late shifts, long commutes, or unpredictable rotas can easily start to affect your coursework, sleep, or general wellbeing.

If you notice things getting stressful, don't try to push through alone. Have a chat with your Personal Academic Tutor (PAT) as they can help you find ways to manage your workload and keep things balanced. You can also reach out to the HISA Advice Service for free, confidential support. We'll listen, help you explore your options, and make sure you know what kind of help is available.

And while we're on the topic of support, know your rights at work. You should be getting at least the [National Minimum Wage](#) for your age, along with proper breaks and paid holiday if you qualify. Even if you're working part-time or on a zero-hours contract, you still have legal rights. Don't let anyone tell you otherwise!

It's also worth thinking about joining a [trade union](#). Unions can offer advice, help if issues come up at work, and campaign for better pay and conditions. Many have cheaper memberships for students or young workers. Being part of one can really empower you to stand up for yourself.

Working while studying can be a great thing, as long as the balance feels right. If things start slipping, reach out early. You don't have to figure it all out on your own; we're here to help.



SPORTS CLUBS, SOCIETIES & NETWORKS!

SPORTS!

Looking to get sporty? If you are a student at Perth, Moray, or Inverness, be sure to introduce yourself to your Active Campus Coordinators. You might already know Lindsey Brown (Perth) and Jack Whyte (Moray), but a big welcome to the new Active Campus Coordinator at Inverness, Chloe MacGregor! Make sure to stop by their offices to say hi!

Want to compete in Sports? Talk to your local Active Campus Coordinator or check out the registration process on our website: [Competition](#). Taking part in competitive sport is a great way to stay active, develop teamwork and leadership skills, and build confidence both on and off the field. It provides a chance to challenge yourself, make new friends, and represent your university with pride. Through HISA's competition registration process, you can access opportunities within BUCS (British Universities and Colleges Sport) and SSS (Scottish Student Sport).

NEW UHI-WIDE SOCIETY!

UHI Commons

The society built by students, for students. We're all about building bridges and connections across the UHI partnership, helping students from every campus come together as one community. By hosting events both online and in person, we're creating new ways for UHI students to meet, collaborate, and share experiences. Come see what we can do next together.

Join us on Discord by visiting our society page [UHI Commons](#).



SOCIETY SPOTLIGHT: HISA SOCIETY OF THE YEAR

We were delighted to join UHI Inverness in celebrating the presentation of the 2025 HISA Award for best club or society to the UHI Scribblers. This incredible society helps support the new creative writing degree by offering workshops, talks, social spaces, online pantos, charity activities, and more for students interested in creative writing. Principal Chris O'Neil commended the society for "thinking about means of communicating culturally with an elegance and finesse that is really important". The society was celebrated for their passion, support for the curriculum on offer, and proactive welcome to new students. Lynne Russell, the club's president, stated that she wanted the club "to be a space that brought students, alumni, and lecturers together to have fun, learn about the world of creative writing, and to support each other—but importantly to create a community". As part of their mission, they provide funds to support a student to attend their residential who might not otherwise be able to join. To compliment the event, Scribblers hosted a writing competition around the theme of community, with first place going to Deborah de Oliveira and her poem "We, the Woven" which she read at the ceremony. May her words inspire you to create community and express meaning through art.

We, the Woven - By Deborah de Oliveira

Are we just strangers, walls apart,
Each heart a lone, unlit spark?
They shout in headlines, whisper lies,
Our paths divided by bigot cries.

But lies can't break what hands have sewn,
Nor fracture roots now deeply grown.
This quiet **truth** we've always known:
We rise together, not alone.

A **shared** laugh at a coffee stall,
A neighbour's knock, a video call.
These threads, though small, begin to bind,
A patchwork strong, communal mind.

They try to splinter word **from** word,
Rewrite what's felt, reshape what's heard.
But stories told from soul to soul
Escape control, and make us whole.

They fear the circle we create,
Where difference does not lead to hate.
Where meals are shared, and names are learned,
And **bridges** grow where trust is earned.

We, the woven, hold the line;
Not **built of** blood, skin tone, or sign.
But built of care, and act, and voice,
Of showing up, of conscious choice.

Let them push fear, scream divide,
We'll answer with the love they hide.
For every lie that threatens fall,
We rise in truth. **Words** free us all.



LOCAL UPDATES: INVERNESS

INVERNESS COMPETITIONS!

Short Horror Story competition and an Autumnal Photography competition, based within the Inverness Campus!

This Autumn, HISA Inverness is hosting two festive competitions, and each winner will receive a themed £50 voucher of their choice. The winning entry for each competition will be displayed throughout the campus and will appear in the next edition of the HISA newsletter.

Is creative writing your thing? Get into a spooky mood with our Short Horror Story competition! The story must be 500 words or less and submitted via the following link [Short Horror Story Competition – Fill in form](#) or scan the QR code on the posters throughout the campus. Copies of the winning entry will be available outside of the HISA Office (room 214) as well.

If you prefer photography, get involved with our Autumnal Photography competition! This includes landscape, nature and architecture photography. The photograph must be taken this Autumn between the 20th of September to the 28th of November 2025. Submit your Autumnal photo via the following link [Autumnal Photography Competition – Fill in form](#) or scan the QR code on the posters throughout the campus. The winning photo will be displayed for all Inverness students to see!

Submissions for both competitions close on the 28th of November at midnight.

LOCAL UPDATES: UHI HOUSE

DROP-IN SESSION!

On November 11th, 12-2pm there will be a HISA drop-in session for any and all students to come and have a chat with us. Whether you want to speak about setting up a club, suggest events (Therapets, food truck outside, special talks? There are plenty of options!). We can also signpost you to different services, like our Advice service, the student support team at UHI Inverness, and many others.

Don't forget, you can still sign up to be a student rep and speak up on behalf of your fellow students! If you haven't already, you can fill out [this form](#). All training is provided once you are signed up and you'll be invited to attend meetings, be told about events we're hosting and many more opportunities!

Have you heard about UHI Transformation? If not, have a look at it [here](#) and fill the survey out to have your say! It's so important that you have your say on this as it will affect not only you but future students. Make sure you speak up so that this happens with your input, rather than something that is done to you.

For anyone who is planning a visit to UHI House (Centre for Rural Health Science), on the following dates, please do be aware that UCU are striking so you may see picket lines.

- 30th October
- 5th November
- 17th November
- 18th November

If these strikes affect your studies in any way, shape or form – please do know that you can reach out to our [Advice service](#)

LOCAL UPDATES: HTC

Nothing to report from HTC this week! We'll be back next month with more info but for now remember that you can get involved with ANY HISA events running at a campus near you!

LOCAL UPDATES: PERTH

UPCOMING EVENTS AT UHI PERTH

Here is a summary of all the great things happening on campus in the coming weeks!

- **Tuesday 4th November:** Student Voice Rep Meeting, Brahan Lecture Theatre 1230-130pm
- **Wednesday 5th November:** TheraPets, Library 10-11 and Goodlyburn 12-13
- **Thursday 27th November:** Bystander Training, 10-12 (Book via HISA)
- **Thursday 27 November:** Sign Making for Reclaim the Night March, Brahan Library, 12 – 2pm
- **Wednesday 3 December:** Reclaim the Night March, Perth, 5.30pm
- **TBC:** Webster Christmas Glow Up (SVR Social!), Webster, 11-3pm



OFFICER UPDATE!

Andi Garrity – Perth President

- After an ongoing discussion with College Management over the past few months we are very pleased to have agreed to an increase in student representation on the EDIT (Equality, Diversity & Inclusion Team) Committee. We are therefore looking for four SVRs who would be interested in joining this college committee alongside me. If you're interested, please let me know!
- I've been invading lots of your classes and doing the Student Voice Rep Trainings with you.
- Working with student associations/unions across Scotland on the National Student Housing Campaign. We attended a Living Rent Rally outside Scottish Parliament with over 150 members of the public and had a speaker from Heriot-Watt University Student Union.
- Also been involved in some discussions with other members of the Board of Management and the staff trade unions about UHI Transformation



Millie Foster – Perth Depute

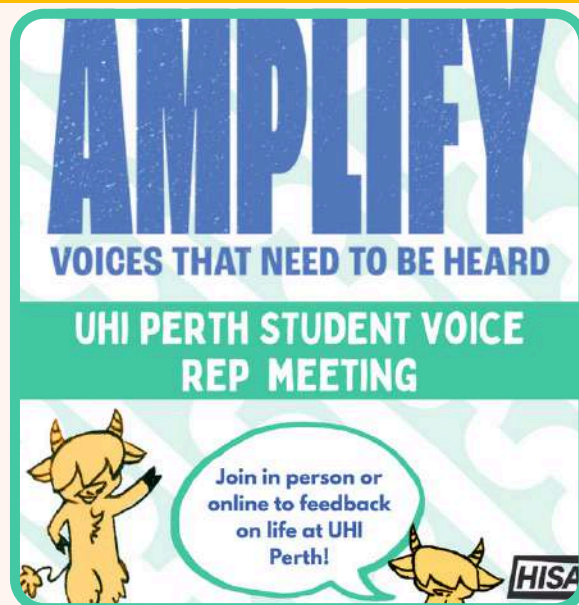
Hello everyone! I hope you had a wonderful Halloween! I have been working away in my silly little costumes for the Shrek Escape room and the Halloween Costume competition! The Shrek escape room is put on in the library and will continue to put on events in collaboration with HISA. Keep a look out for fun and autumn event this November!

STUDENT VOICE REPRESENTATIVES

Our first Student Voice Representative meeting of the semester will be held on 4th November from 12:30 – 13:30 in the Brahan lecture theatre.

This meeting is an opportunity for all student representatives to provide feedback on their learning experience and life at UHI Perth. You will also hear from our local officers Andi and Millie about how HISA is working to improve your student experience this year. Members of UHI Perth's leadership team will be present to respond to your feedback.

If you have not yet signed up to be your class representative, there is still time! Click here or visit us in our Webster office to find out more.



LOCAL UPDATES: MORAY



NOVEMBER MORAY SVR MEETING

Moray Student Voice Reps, we hope that you're settling nicely into your role. We are very excited to invite you to the first in-person SVR meeting of this academic year. It will be held in room C008 (Moray Street campus), from 12-1pm on Thursday 6th November. We'll bring the snacks!

Don't worry if you can't make it along this time. In the email sent out about this meeting, there's a link to an online form which you can use to submit feedback. You should also have been added to the SVR group on Teams, and we encourage you to use this as a discussion forum for your feedback.

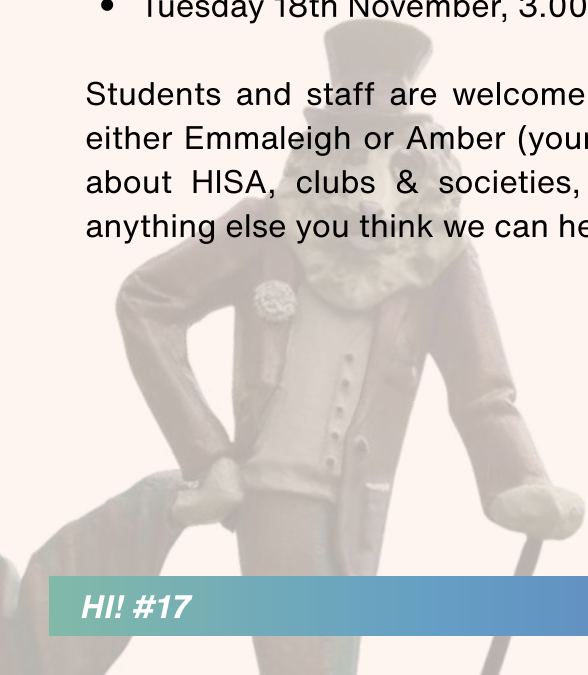
If you aren't an SVR, be sure to find out who the Rep for your class is, and let them know how things are going so far this term! The next meeting will be in December, so keep talking to your fellow students. Thank you for your efforts so far!

LINKWOOD & BIBLICAL GARDENS: HISA DROP-IN SESSIONS!

Your student Depute President, Emmaleigh Hay, is committed to giving all UHI Moray students the chance to get in touch with HISA this year. We recognise that the HISA office and SVR meetings are in the Moray Street Campus, so to make things easier for those of you based at Linkwood or the Biblical Garden, we'll be holding drop-in sessions in November!

- Tuesday 4th November, 3.30 - 4.30pm at Linkwood
- Thursday 6th November, 3.00 - 4.30pm at Biblical Garden
- Tuesday 18th November, 3.00 - 5.00pm at Linkwood

Students and staff are welcome to pop in anytime during these sessions and say hello to either Emmaleigh or Amber (your HISA Local Coordinator). Bring us any questions you have about HISA, clubs & societies, networks, Student Voice Reps, the Advice Service, and anything else you think we can help you with. We would love to see you there.



IT DROP-IN SESSIONS

Having trouble with your laptop? Struggling with multi-factor authentication? Want to get faster on the computer?

Come along to UHI Moray's IT drop-in sessions, led by IT trainer Louisa Thain! These sessions are free and open to all UHI Students. Each week focuses on a different topic, so you may find it beneficial to attend regularly, or alternatively you can just pop in once to ask about a specific issue. Sessions run every Friday afternoon from 1.00 - 2.30pm, in C103 (Moray Street Campus).



LOCAL UPDATES: NWH

THERAPETS TO BRING SMILES TO STORNOWAY CAMPUS

Feeling a little stressed? Need a quick mood boost? For the first time ever, Therapets will be coming to UHI North, West and Hebrides Stornoway campus to help both staff and students unwind with some quality pupper cuddles!

The furry friend from **Canine Concern Scotland's Therapet programme** will be visiting to spread a little joy, comfort, and calm. Spending time with animals has been shown to reduce stress and improve wellbeing, and this is your chance to experience it for yourself!

Date: Every Tuesday

Time: 1pm – 2pm

Location: HISA Student Lounge

All sessions will be free, drop-in and open to everyone! Just pop along, say hello, and enjoy a well-earned break with a happy dog!

UPCOMING SVR MEETING DATES!

The first set of North, West and Hebrides Student Voice Rep meetings will be held on **Tuesday the 11th of November at 1pm – 2pm** and **Thursday the 13th of November from 4pm – 5pm**. If you are an SVR, come along to the meeting that suits you best and bring your class's feedback!

If you aren't able to make either, then don't forget to fill in the **feedback form** that will have been emailed to you with the meeting links. You should also have been added to the SVR teams space; all information and links have been posted there as well as emailed out to you. If your class doesn't have an SVR, then we encourage you to sign up! Click [HERE](#) to be taken to the SVR registration form.

THURSO CHRISTMAS CRAFTERNOON!

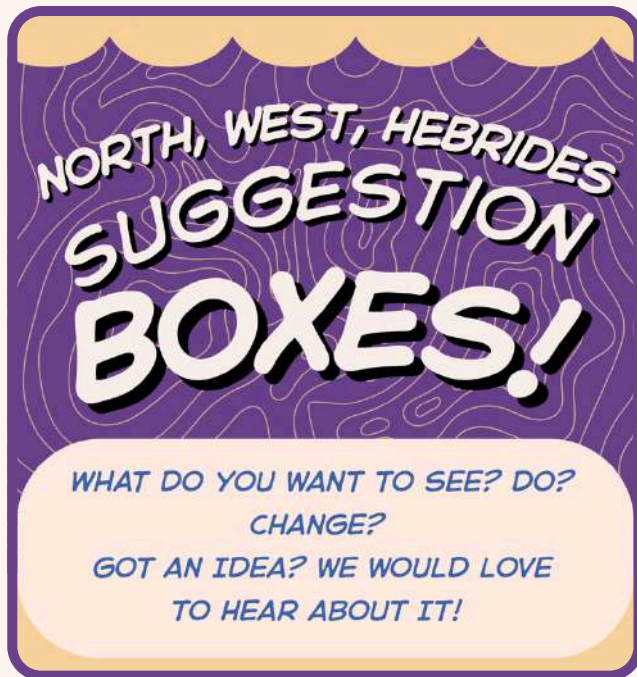
Get into the Christmas spirit early by joining us in making some festive crafts! Escape the stress of assignments for a few hours and get into the holiday spirit early by making some beautiful, personalised Christmas decorations and cards - or even just do some relaxing colouring.

Date: Monday 1st December
Time: 12pm – 3pm
Location: Thurso Campus Library

Come along, grab a seat, and let's get crafting! We can't wait to see what festive creations you come up with.



HAVE YOUR SAY WITH OUR NEW ONLINE SUGGESTION BOX!



Got an idea to make student life even better? Want to see more events, societies, or changes around campus, or online? We want to hear from you!

Your local HISA team has launched a brand-new Online Suggestion Box for all students across UHI North, West & Hebrides. It's a quick and easy way to share your ideas, feedback, or suggestions about anything that matters to you: from wellbeing and facilities to events and everyday student life.

All responses can be submitted anonymously, and every comment is read by your local HISA team. Your feedback helps shape what we do next--so don't be shy! Your voice really does make a difference!

Share your thoughts here: [Suggestion Box](#)

On Campus? There's Suggestion Boxes There Too!

We also have set up physical Suggestion Boxes across 6 of our physical campuses – Thurso, Fort William, Stornoway, Alness, Dornoch, and Portree! So, keep an eye out for our boxes based near your local reception.

Check back each month to see what we have done with your ideas, feedback, or suggestions. We aim to address every single submission – no matter what!

LOCAL UPDATES: SHETLAND

UPDATE FROM YOUR SHETLAND PRESIDENT

Hello everyone, I hope your studies are going well and the first assignments have been submitted! Over the last month, I have been busy with a lot of the internal committee meetings and sharing a student point of view. You may have seen on the news that UHI Shetland is no longer looking to have student accommodation at the Knab, and the Board has decided to look at re-opening the top floor of Port Arthur house into another 10 beds. The future campus project is on-going; however, the project is being looked at overall again as there are some challenges with space especially around the specialist teaching rooms taking up space. I am continuing to share the student views at the meetings around the future campus and ensuring the best result for future students. As always if there are any questions, ideas or general comments around the project please do contact me either face-to-face or in person.



WINTER NOVEMBER WELLBEING CATCH-UPS AND CHRISTMAS DECORATION MAKING!

In collaboration with student support, we will be hosting catch-up sessions in Briggistanes on the 25th, 26th, and 27th. Have yourself a hot chocolate and help make decorations ready to decorate the canteen the following week!

WINTER FAIR AT UHI SHETLAND - 2ND DECEMBER

Have you forgotten to start your Christmas shopping? Don't you worry, we have got you covered! We will be having local craft businesses, the NHS and other businesses selling lots of goodies and maybe handing out some freebies. It is recommended to bring cash on the day of the fair as some craft businesses may not be able to accept card payments. Hope to see you there!

LOCAL UPDATES: ORKNEY

OFFICER UPDATE - MILA TABONE

We are very excited for our first monthly Games Night! They will be held every first Monday of the month until the end of the semester.

We have acquired both 'UNO' and 'Cards Against Humanity', to join our trivia game, and we can't wait to see the fun and shenanigans they may bring. It was incredibly fun to play with you at our games night during freshers, and we hope you will enjoy these new regular evenings just as much!

Thank you to all who visited us in our cave at the bottom of the stairs for a Halloween, or Samhain treat!



WHAT'S ON THIS MONTH?

!After a successful Games and Pizza night, we will be running a Tea and Games night on the first of each month, starting on Monday 3rd with Cards Against Humanity!

Tea and Games night 🍵 🎲

- Monday 3rd @ the Hub (Skills Development Scotland)
- 6.00pm - 7.30pm
- There will be lots of tea and a different game each month
- Run by Mila and Esméemilja from your HISA Orkney team



WHAT'S ON THIS MONTH?

Roll with Pride 🛼🛹

- Saturday 8th @ the arena, Pickaquoy Centre
- 10.30am – 11.30am
- Free event, Quad Skate hire £2
- run by Orkney Pride and HITRANS (Highlands and Islands Transport Partnership)
- no experience needed, all wheels welcome

Glad Drags Grand Night Out 🏳️‍🌈👯

- Friday 14th & Saturday 15th @ the Rugby Club (opposite the Pickaquoy Centre)
- Doors 7pm for an 8pm start – late
- £10 concession (student, disabled, etc) available on Eventbrite and from the Blide
- Contact Esméemilja / the St Dragnus Committee with any 'queeries' stdragnus@gmail.com

Games Club 🎲🎮

- Wednesday 26th @ the Overblikk restaurant in the college
- 5:30pm - 8:30pm
- suggested donation £2, first session free
- games available but welcome to bring own
- run by Orkney Pride

STUDENT VOICE REPS

🗣️ Be the change you want to see!

Are there aspects of your student experience that could be better? Is there something you love and want to be sustained? Maybe you want to become more confident speaking to people or learn how to negotiate and advocate in a supported environment. There are so many benefits to being an SVR and we hope to see you when we begin class visits and SVR training later this month.

Sign up here [Student Voice Reps](#)

GROW
YOUR CONFIDENCE AND SKILLS

LOCAL UPDATES: ARGYLL

NEW HISA SOCIETY!

Kara Martin, one of our excellent Argyll SVRs, is setting up a HISA Society for UHI Argyll students who are neurodiverse, disabled, struggle with mental health issues (or any combination of the three). The idea of the group will be to provide support and a sense of community, share resources and tips, and be a friendly face to help students navigate their studies.

Kara is on the lookout for committee members. So, if you are an Argyll student, and would be interested in helping set this society up, then please email HISA.Argyll@uhi.ac.uk and we will put you in touch!

STUDENT VOICE REPS

Our November SVR meeting will be held on Teams, on 5th November. If you are signed up as a Student Voice Representative (SVR) then your invite will be in your email inbox.

If you are not an SVR, but have any feedback, ideas, or comments that you would like to be raised with HISA and/or UHI, then please do share them with your friendly rep and they can be discussed at the meeting!



LOCAL UPDATES: SAMS

10K CHARITY SWIM FOR CANCER RESEARCH UK!

Some of your fellow SAMS students are taking part in a fundraising 10k swim for Cancer Research UK! The swim team currently consists of Christopher, Islay, and Alice.

Help them reach their target by following this [link](#). If you want to join the fundraising team, go [here](#).

We at HISA are really impressed whenever students go above and beyond to help the wider community, so well done Team SAMS!



EVENTS @ SAMS

What: Christmas Jumper and Pyjama party

When: Friday 21st November, 11am to 3pm

Where: Café Camus (SMB)

To get everyone in the festive mood and provide a bit of a respite from the stresses of revision, we are holding a festive shindig on campus. Come along wearing your comfiest festive attire! Think naff Christmas jumpers, pyjamas, and slippers! Help decorate the tree and enjoy free festive refreshments including (but definitely not limited to) hot chocolate and mince pies. Gluten-free and vegan options will be available, where possible!



EVENTS @ SAMS



What: Study Sessions

When: Monday 24th to Friday 28th November, 12pm to 4pm (every day!)

Where: Café Camus (SMB)

SAMS Study Sessions are an excellent opportunity to study in a relaxed and supportive environment during Study Week.

Compare notes, ask friends and your peers to help with understanding complex concepts, and help them understand in return. We will have some free study materials (such as revision cards, pens, etc) available for you to use as you need. Oh, and also enjoy free hot drinks and brain-food snacks!

STUDENT VOICE REPS

Our next SVR meeting is on Thursday 6th November 12.30pm – 1.30pm, in Etive (SMB).

If you have anything you would like fed back to us at HISA (or the wider SAMS/UHI structure), anything we can help with, and any ideas of how to make the SAMS student experience better, then please do reach out to one of your reps ahead of the meeting, so they can raise it with us!

STUDENT-FRIENDLY RECIPE

Halloumi Flatbreads

Pumpkins ain't just for carving! They're also delicious roasted or blended into a soup or sauce! Not to mention they're really good for you, make the most of pumpkin season!

See the full recipe [here!](#)

STUDENT FOOD SAFETY

First time sharing a kitchen? Make sure you're up to speed with the basics of food hygiene. Here are the Food Standards Agency's top tips

- Wash your hands before preparing food and after handling raw meat
- Keep all surfaces, chopping boards, utensils and dishes clean by washing with warm soapy water between tasks
- Use separate chopping boards for raw and ready-to-eat foods
- Never wash raw chicken or other meat as this can spread bacteria onto hands, surfaces and clothing
- Change or wash re-usable dish cloths, tea towels and sponges regularly, and allow them to dry fully before reusing

[Check out the FSA student guide for more food hygiene advice.](#)

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 - NOV25" to tell us your thoughts!

