

## **UHI | PERTH**

**On behalf of the Student Services team, we are excited to extend a warm welcome whether you are returning student or coming to UHI Perth for the very first time. As you embark on this journey of learning, growth, and exploration, we want you to know that we are here to support you every step of the way.**

**For our new students, we are thrilled to have you join our vibrant community. Your enthusiasm and potential bring a renewed energy to our campus, and we can't wait to witness the incredible contributions you will make during your time here. Remember, you are not alone on this adventure – the Student Services team is dedicated to ensuring your smooth transition and helping you make the most of your college experience and reach your full potential.**

**To our returning students, welcome back! Your continued commitment to your education and your engagement within our community are truly inspiring. We are eager to build upon the connections we have established and to continue providing you with resources and assistance to enhance your academic journey and personal growth.**



## Additional Support Service additional.support.perth@uhi.ac.uk



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## Student Engagement Service

## Transition Service

## Additional Support

### Did you know?

**Your current PLSP expires at the end of each academic year, you will be required to make an appointment with either your Additional Support or Wellbeing and Support Officer to renew this for Academic Year 23/24.**

**As the PLSP is a rolling document, an appointment is required to ensure that it is up to date and still appropriate for your learning needs.**

To do this, please contact [additional.support.perth@uhi.ac.uk](mailto:additional.support.perth@uhi.ac.uk) and request an appointment with your Officer.

For HE students in receipt of DSA, your DSA will also need to be reviewed prior to the beginning of the academic year.

We have 3 in-house Needs Assessors who are available for any support required with DSA applications. Please use the email address above to request a meeting.

**It is essential to roll your PLSP forward to ensure any alternative exam arrangements are put in place.**

# Assistive Technology of the Month



## The Leading Note Taking Platform for Learning | Glean

With Glean, you never have to worry about missing important information from class again! Record lectures in full, listen back at your own pace, and annotate with different note types to create a complete learning resource - tailored to you.

Licences for Glean are available for a loan from the Additional Support Service. If you think that this would be something you are interested to find out more about, please contact us on [additional.support.perth@uhi.ac.uk](mailto:additional.support.perth@uhi.ac.uk)

### Glean Posters

**Glean**

### The Antidote to Information Overload

**95%** of students who struggle with the following report that Glean improved their grades

- Attention & Concentration**  
Difficulty focusing on work or feel restless when learning in a classroom environment?
- Information overload**  
Feeling overwhelmed with your workload or the volume of information in class?
- Organization**  
Having a hard time juggling multiple responsibilities and planning your studies?

Sound like you?  
Come talk to \_\_\_\_\_  
or email [hello@glean.co](mailto:hello@glean.co)

**Glean**

### Reach your learning potential with Glean

The note taking tool designed to improve learning

- Capture everything from class**  
Record your classes so you don't miss any important information  
Convert audio to text for a full transcript  
Take time stamped written notes
- Integrate your notes into your learning**
  - Stay focused with Glean's study timer
  - Study your way with Reading View
  - Access notes across all devices (including Mac, Windows, iOS, Android & Chromebook)
- Organize your thoughts**  
Import slides (PowerPoint & PDF)  
Create to-do lists with Tasks  
Group notes by class or subject
- Refine your notes after class**
  - Listen back after class and add more detail
  - Add your own images or search the web
  - Look up definitions in-app

Interested?  
Come talk to \_\_\_\_\_  
or email [hello@glean.co](mailto:hello@glean.co)

### Student Booklet

**Glean**

### Do you listen and engage in class...

...or try to write everything down?

Want a tool that lets you do both?  
Come talk to \_\_\_\_\_  
or email [hello@glean.co](mailto:hello@glean.co)

## Our Counsellors Recommend...

A warm welcome to all our new students  
and all our returning students too!

For those returning you may be familiar  
with the Our Counsellors Recommend  
content but for our newbies we will  
explain!

Our counsellors work with students and quite often  
come across really useful and interesting resources  
and concepts which we would like to pass on. So, with  
this in mind the counselling service will look to share  
with you all a variety of resources including  
recommendations for audiobooks/books, apps,  
podcasts, quotes, websites and worksheets along  
with ted talks, tips resources and articles.

We really hope you find something of use  
within what we share. If you have any  
suggestions for things we can include then  
please get in touch with us  
[counselling@perth.uhi.ac.uk](mailto:counselling@perth.uhi.ac.uk)

We will kick off with this TedEd talk.

**A 3-step guide to believing in yourself - Sheryl Lee Ralph**

**Sheryl Lee Ralph is a force, delivering iconic performances both on stage and screen. But she didn't always know if she'd make it big. In a lively talk sparkling with actionable advice, she shares how her struggles taught her what it takes to believe in herself – and how we can all find the self-confidence to keep moving forward.**



**Being organised and prepared will hold you in good stead as you begin college. We share below 9 easy steps to be more organised.**

**How to be more organised in 9 easy steps**



# Understanding Me

A psycho-educational support group,  
open to all students.

We aim to develop self-awareness and insight,  
increase self-confidence through learning, sharing  
and supporting.

Topics will include:

- Emotions & Feelings
- Relationships
- Communication
- Self-Esteem
- Anxiety



If you are interested in attending, please email  
[claire.nelson.perth@uhi.ac.uk](mailto:claire.nelson.perth@uhi.ac.uk)

# Creative ME Group

A friendly, therapeutic space to explore thoughts & feelings through drawing.

## Drawing for wellbeing

Not an art lesson or art therapy.  
No skills needed and materials are supplied.

facilitated by  
Annie Garrigan

To register interest, please email  
[annie.garrigan.perth@uhi.ac.uk](mailto:annie.garrigan.perth@uhi.ac.uk)



# LGBTQ+ & ALLIES GROUP

ALL STUDENTS WELCOME! A  
SAFE SPACE TO HAVE  
FRIENDLY DISCUSSIONS AND  
ACTIVITIES

EVERY WEDNESDAY 2-4PM

FOR MORE INFORMATION PLEASE  
CONTACT

[APRYLL.CUNNINGHAM.PERTH@UHI.AC.UK](mailto:APRYLL.CUNNINGHAM.PERTH@UHI.AC.UK)

OR

[FIONA.SMITH@UHI.AC.UK](mailto:FIONA.SMITH@UHI.AC.UK)

**UHI | PERTH**



YOUR  
STUDENTS'  
ASSOCIATION



**UHI Perth is in a fortunate position to be able to offer its students the opportunity to get 1:1 peer support from Mindspace here on the UHI Perth Campus on Wednesdays making it easier than ever for students to get the support that they need.**

“Mindspace has helped me understand and challenge my thoughts more and to ensure I look after my wellbeing... I am starting to believe I am allowed to be happy, I do have something to offer”

**Peer support is neither mentoring nor befriending but a belief that anyone, with the right support, can live a fulfilled life. Peer Support at Mindspace is completely FREE and open to anyone over 16 years of age! If you are interested in signing up for the Peer support sessions at UHI Perth or would simply like more information about this service, then please contact Alexander Weir -([Alexander.weir.perth@uhi.ac.uk](mailto:Alexander.weir.perth@uhi.ac.uk)) or visit the [Mindspace website.](#)**

# NEURODIVERSE GROUP



**This group aims to celebrate our differences and offers students a space to chill out, eat lunch, enjoy activities, socialise (or not), and be accepted for who we are and our many strengths.**

**When - Weekdays (12-2pm)**

**Where - Room 031 (Braham)**

**\*starts Monday 04/09/23 and runs until Friday 06/10/23. After this initial 5-week period this group will run one day a week. Details to be confirmed**



Alex Weir



Nicola Menzies

**For more information email  
[wellbeingandsupport.perth@uhi.  
ac.uk](mailto:wellbeingandsupport.perth@uhi.ac.uk)**

## Awareness day



**World Suicide Prevention Day, observed on September 10th each year, serves as a crucial reminder of the importance of mental health and the significance of reaching out to those in need by creating 'hope through action'. Amidst the challenges that life presents, it's essential to recognise that no one should face their struggles alone, particularly students who often grapple with various pressures.**

**This day highlights the need for open conversations, destigmatisation of mental health issues, and the availability of support for everyone, especially students. It is a reminder that seeking help is a sign of strength, not weakness. Students, who often navigate academic stress, social pressures, and personal challenges, should know that there are numerous resources available to them and we encourage anyone struggling to reach out to one of the team. Whether through the wellbeing drop in which takes places every weekday between 9.30am-11.30am in the student support hub, counselling services, hotlines, online resources, or local mental health organisations, there is a network of caring individuals ready to lend an empathetic ear and provide guidance.**

**Over the month of September Student Services will be inviting local organisations to our campus to raise awareness of the importance of suicide prevention and the fantastic support available in our community.**

# Focus Like A Jedi



In this workshop you will learn the best **TOOLS** from the world of Mindfulness, Counselling, Hypnosis & Ancient Wisdom. to improve your **FOCUS & PERFORMANCE**

Optimise the functioning of your mind to create sustainable growth, success and improved performance on your terms

**Wednesday 20/09/23 @ 3pm**



To book your place please email [wellbeingandsupport.perth@uhi.ac.uk](mailto:wellbeingandsupport.perth@uhi.ac.uk)

Ewelina Szczeblewska  
Transformational Therapist & Coach  
Certified Hypnotherapist  
Rapid Transformational Therapy Therapist  
[www.bravingthebeing.com](http://www.bravingthebeing.com)  
+44 7854352836

# THE MAN CAVE

For Students

The Man Cave group for students is a support network where students can meet up, chat with friends, have fun and support each other

\* The group will meet every second week.

**REFRESHMENTS AVAILABLE**

**First session on Wed 13/09/23 at 3pm  
Room 202**

For more information about this group or to declare your interest in attending please email -

**[alexander.weir.perth@uhi.ac.uk](mailto:alexander.weir.perth@uhi.ac.uk)**

**UHI | PERTH**

# Decider Skills

Teaching people to live a more skilful,  
less impulsive life.



The Wellbeing & Support Service are running a series of licensed workshops called **Decider Skills**. These workshops will teach you the necessary skills needed to help you change your behaviours and responses in stressful situations to help you lead a happier and more successful life.

## Dates and timings

Session 1:	Friday	15th	Sept	10am – 12pm
Session 2:	Friday	29th	Sept	10am – 12pm
Session 3:	Friday	6th	Oct	10am – 12pm

\* Ideally students would need to be able to attend all 3 sessions

**To book a place please contact us on  
[Wellbeingandsupport.perth@uhi.ac.uk](mailto:Wellbeingandsupport.perth@uhi.ac.uk)**

## Support



# RASAC

Weekly RASAC drop-in for staff and students.

**When – Every Tuesday between 12 pm – 2 pm**

**Where – Student Support Hub (Brahan Building)**

- No Appointment required
- Find out what RASAC do
- Meet a RASAC Support Worker
- Get added to our Support Waiting List, if you decide support is for you

**The First drop in session of the 2023/24 academic year will take place on Tuesday 05/09/23**

The RASAC worker will have access to a private room for when confidential conversations are required.

For more information about RASAC please **Visit their website.**





# Student Services

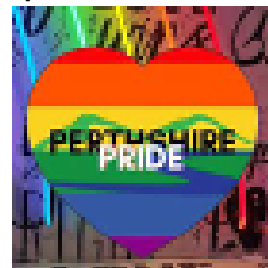
## *Did you know?*

Did you know there are a variety of free condoms available to collect from the Student Support Hub in the Brahan Building? We know asking for such things can be... well, embarrassing... however, these are here for you to collect as and when you like without having to ask. We have paper purple bags to the side you can use to store them, along with information leaflets on how to use a condom, pregnancy, STI's and other forms of contraception.



- **'GLOW'** is a youth group for 13–25-year-olds, which runs every Tuesday from 6-8pm in the Health & Wellbeing Space in the AK Bell Library. Sign up or find out more information here: [Glow | LGBT Youth Scotland | LGBT Youth Scotland](#)

- **'Tea N Biscuits'** youth group for trans, including non-binary, young people aged 13-25 in Tayside. It is an online group in Dundee and Perth every Monday from 6-8pm which you can sign up for or find out more here: [Tea n Biscuits | LGBT Youth Scotland | LGBT Youth Scotland](#)



- **Pink Saltire:** an LGBT+ charity who run a variety of projects across Scotland, including Perth & Kinross Hub research, COVID Relief Support and Rainbow Responders: [PINK SALTIRE – Your Community Voice](#)



- **LGBTQ+ Social Photography** – group that go on outings, adventures and meet-ups to share their love for photography which whichever camera you have to hand: [PoPaB LGBTQ+ Social Photography - Perth & Kinross | Facebook](#)

- **Perth LGBT+ and Friends:** [Perth LGBT+ Friends - Perth, Scotland | Facebook](#)

- **Scottish Bi+ Network:** [Support – Scottish Bi+ Network](#)

- **Perth's Transgender and Intersex Group:** [Transgender Perth, Scotland | Facebook](#)

- **Perth Parrots** – Perth's LGBT+ Football Team: [Perth Parrots Floorball Club | Facebook](#)

September 2023

# Out of hour support

We know from time to time our students may require out-of-hours support when our campus is closed, and would like to remind everyone of our free online external services that students



## Spectrum Life

Spectrum Life offer 24/7 out of hours mental health support. All calls are answered by clinically trained counsellors or psychotherapists.

Finally, we have a dedicated space on the UHI website with a wide range of information, guidance, and resources for students to help them with their physical wellbeing and mental health.

**Suicide Prevention is Everybody's Business**  
Visit the website or download for free from your app store



Contacts



About Suicide

**Suicide?  
Help!**



How to Help



Safety Plan

[www.suicidehelp.co.uk](http://www.suicidehelp.co.uk)