

UHI | PERTH

Assistive Technology of the Month

MyStudyBar/Read and Write Gold

These two softwares are available on campus for students to use. These are literacy based softwares which support students with a range of difficulties they may face with their studies, primarily aimed at students with Specific Learning Difficulties (SpLD) but can be accessed and utilised by all students. Each software contains a variety of functions.

Further information is below.

MyStudyBar

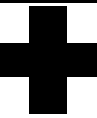
Helps overcome problems that students commonly experience with studying, reading and writing. The tool consists of a set of portable open source and freeware applications, assembled into one package.

- FREE to download and use
- Over 15 apps to choose from
- Designed to support all learners
- Puts a whole range of individual and essential tools at your fingertips
- Flexibility and independent learning

[MyStudyBar \(callscotland.org.uk\)](http://callscotland.org.uk)



Read and Write Gold



Improving students' reading confidence and attainment with the world's bestselling literacy software this is a flexible toolbar that supports students on any device.

- Improve your reading comprehension by listening to text being read aloud
- Understand the meaning of unfamiliar words with text and picture dictionaries
- Construct sentence with ease and develop your writing skills with the help of word prediction

[Read&Write For Education - Reading, Literacy & Assistive Software | Texthelp](#)



Read&Write

For further information or a software demonstration please contact the Additional Support Service on additional.support.perth@uhi.ac.uk

Did you know?

Disabled Students Allowance (DSA)

The Disabled Students Allowance (DSA) is a supplementary allowance for UK domiciled students to cover any extra costs or expenses incurred while studying, arising because of a disability.

Costs covered can include items such as laptops and printers, assistive technology and Non-Medical Personal Help (NMPH) such as Study Skills Support or Mental Health Mentoring.

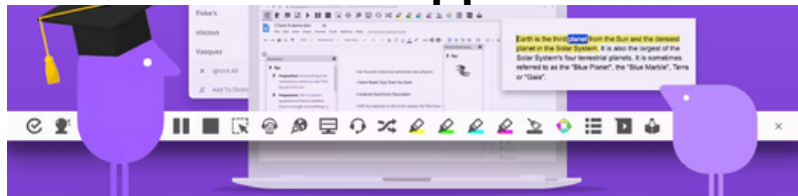
Do I Qualify?

If you are HNC or above you may be eligible – however, exclusions may apply. Students who are studying both full time or part time may be eligible, for further information please contact the Additional Support Service

When do I apply?

Applications for the upcoming academic year will begin in May for DSA, closing date for applications is March 31st. New and continuing students will need to reapply for DSA each academic year, it is best to do this as soon as possible once applications open.

For further information on DSA, a video can be found at the following link to provide an overview of what is available and who can be supported.



What is the Disabled Students' Allowance? - YouTube

Awareness event

April is Stress Awareness Month and throughout the month UHI Perth will be hosting events and raising awareness about the impact of stress and the importance of using effective methods to manage stress in our everyday lives.

Stress is a normal part of everyday life, and a certain amount of stress is actually beneficial as it acts to motivate us and help us achieve our goals.

Therefore, it is vitally important to be able to recognise the difference between good stress and bad stress and develop our understanding of the devastating impact that high levels of harmful stress can have on our mental and physical health. At times when we are experiencing high levels of stress it's important to know what you can do to manage this stress to allow us to lead happy and fulfilling lives.



Stress Management Society
from distress to de-stress

To learn more about Stress as well as learning how to take action using some useful coping strategies please check out the [website](#). [#ACTNOW](#)



April 2023

Stress Awareness Month events

Come along to one of Student Services Stress Awareness Events at UHI Perth to learn more about stress, learn some coping strategies and have a little fun all at the same time.

The ASW staff will also be hosting a variety of free sessions for staff and students to help relieve stress including fitness classes, social sports, taster climbing sessions and much more.

1-week free gym pass (Available during stress awareness month)

Complete the PARQ form and select “Stress Awareness Week staff and students” in the membership section.

Turn up to ASW anytime.

Creative Arts for Wellbeing

Using creative arts to improve wellbeing using the theme of guided imagery drawing.

Wednesday 26th April 10 am – 11 am

No skills required; materials will be supplied

To book a place on the course please contact Annie.Garrigan.perth@uhi.ac.uk

Therapets (Canine Concern Scotland)

**Tuesday 18th April 12- 2pm
Braham lecture theatre**

Campus 5K walk

Wednesday 12th April 12pm

Wednesday 19th April 12pm

Stress buster event

Join in with our stress busting activities including mindful colouring, beauty therapy treatments, games and much more. *refreshments available

**Thursday 20th April 12-3pm
Webster building**

**Wednesday 26th April 12-3pm
Webster building**

Climbing Taster sessions

FREE climbing taster sessions (up to 6 spaces per session) every Wed in April from 12pm – 1pm (5th, 12th, 19th and 26th April) Book here:

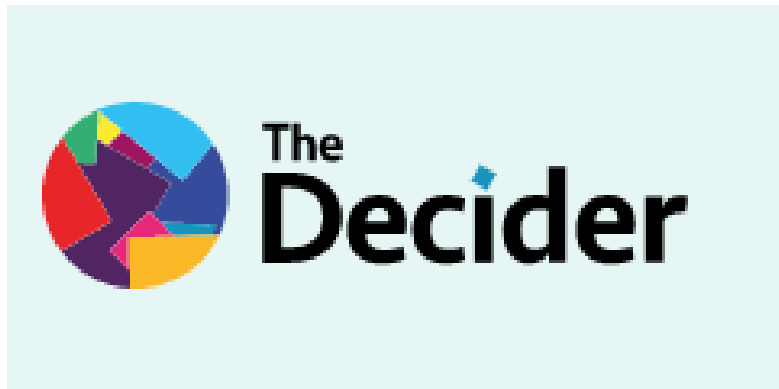
<https://calendly.com/climbmanager-perth/stressrelievingclimbtaster>

April 2023

Workshop

Decider skills

The Wellbeing and Support Service are proud to promote a proactive approach towards managing the mental health for all students at Perth College UHI. We believe that everyone can learn and develop skills that help us recognise and manage our emotions and learn how to use effective mental health coping strategies to improve our lives. We will be offering students an exciting opportunity to participate in The Decider Life Skills course which commences on Friday 28/04/2023 at 10am.



The Decider skills course will run over 3 weeks on Fridays from 10 am – 12 pm. These sessions will be offered face-to-face on Campus at Perth College and will last two hours each. Refreshments will be provided.

Friday 28/04/23 – 10 am – 12 pm

Friday 05/05/23 – 10 am – 12 pm

Friday 12/05/23 – 10 am – 12 pm

The Decider Life Skills are effective, evidence-based methods and teach memorable skills that are easy to learn and fun to teach. The skills are designed to enable participants to make changes to help manage distress, regulate emotion, increase mindfulness and enhance effective communication. Feedback received from previous participants tells us that they have gained the skills to help them manage their own emotions and mental health more effectively and in turn live a more skillful, less impulsive life.

If you are interested in attending these sessions, then please email wellbeingandsupport.perth@uhi.ac.uk and we can add your name to the list. Please include your name, student number and contact details.

[Decider skills website.](#)

April 2023

Groups

NEURODIVERSE GROUP



The Neurodiverse Group takes place every Wednesdays between 12 pm – 2 pm in room 204 (Brahan building) and we would welcome any interested students to come along and join us.

This group aims to celebrate our differences and offer students a space to chill out, enjoy activities, socialise and be accepted for who they are and their many strengths.

There is no need to book just come along and join Alex Weir and Nicola Menzies. For more information about this group please email wellbeingandsupport.perth@uhi.ac.uk

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



LGBT++ ALLIES GROUP



The LGBT+ & Allies Group is a safe, comfortable space where all students are welcome. We meet every 2 weeks in room 962 in the ASW Building on the below dates and times for friendly discussions and board games 😊

Tuesday 11th of April - 2pm to 4pm

Tuesday 25th of April - 2pm to 4pm

For more information, please contact:

Apryll: apryll.mackie.perth@uhi.ac.uk

Todor: HISA.Perth.President@uhi.ac.uk



spectrum
.life

Where
wellbeing
works.

Got an event that we're not shouting about?
Email us on hello@heartlands.lgbt with all the details!



LGBT+ Activities Calendar

Perth & Kinross

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27/03	 Weekly Training @ Glenasm CC 6pm - 8pm  GLOW @ AK Bell 8pm - 9pm		 Rock 'n' Dragons @ Tim Hortons (Perth) from 6.30pm	 Trans Day of Visibility  Football Programme with Out & About in Perthshire 6-7pm	 Transgender Perth 7pm - 10pm	2
 Cuppas & Chats @ Brew & Chew, Perth 2pm - 3.30pm  Monster of the Month Decard & Red 2pm	 Weekly Training @ Glenasm CC 6pm - 8pm  GLOW @ AK Bell 8pm - 9pm		 Rock 'n' Dragons @ Tim Hortons (Perth) from 6.30pm  Parrots Fitness North Inch, Perth from 6.45pm	 Football Programme with Out & About in Perthshire North Inch CC, Airthurst 6-7pm	 Transgender Central Scotland (Dunblane) 7pm - 10pm	9
10	 Weekly Training @ Glenasm CC 6pm - 8pm  GLOW @ AK Bell 8pm - 9pm	 Social Meet-up @ No.3 One Stop Shop, Perth from 5.30pm - 8pm	 Rock 'n' Dragons @ Tim Hortons (Perth) from 6.30pm  Parrots Fitness North Inch, Perth from 6.45pm	 Football Programme with Out & About in Perthshire North Inch CC, Airthurst 6-7pm		16
17	 Weekly Training @ Glenasm CC 6pm - 8pm  GLOW @ AK Bell 8pm - 9pm		 Perthshire Rainbow Table @ St. Columba's, Craft 7.30pm  Usual drinks - see above/below weeks	 Football Programme with Out & About in Perthshire North Inch CC, Airthurst 6-7pm		23
24	 Weekly Training @ Glenasm CC 6pm - 8pm  GLOW @ AK Bell 8pm - 9pm	 Lesbian Visibility Day	 Rock 'n' Dragons @ Tim Hortons (Perth) from 6.30pm  Parrots Fitness North Inch, Perth from 6.45pm	 Football Programme with Out & About in Perthshire North Inch CC, Airthurst 6-7pm	 Creatives @ Soutar Festival	 Rock 'n' Books meetup Perth 2pm - 4pm



See lgbtyouth.org.uk for youth groups across Tayside & Scotland



Weekly free outdoor circuit style fitness on the North Inch, Perth

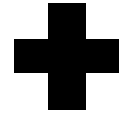


Sign up to events and activities at www.heartlands.lgbt/activities and share new activity ideas too!

For more info and to sign up to your next event, visit www.heartlands.lgbt

April 2023

Groups



The Man Cave group for students

This is a social group for people to come together and chat or even just listen to others that may be experiencing something similar to you.

You are not alone in how you feel.

More and more we are seeing men in our society struggling with poor mental health and finding themselves stuck, unable to find a source of relief for the pain or pressure of society. The aim of this group is to empower men to talk openly about mental health in a relaxed and non-clinical environment and learn skills to be part of our own, and others' wellbeing recovery by developing tools, techniques, and networks to support our mental health.

It is well known that talking is one of the best methods to reduce mental distress and it is hoped that anyone that comes along to this group will feel the benefits of talking, spending time with others, and working together to promote positive mental health for men.



Future sessions

26/04/23

10/05/23

24/05/23

07/06/23

After the Easter break the group will meet every second week on Wednesdays at 3 pm in Room 961 (ASW) starting on Wed 26/03/23.

Where – Room 961, Academy of Sports and Wellbeing (ASW), UHI Perth

These sessions are very informal though we will have a variety of fun activities that people can join in with if they would like. The group will last roughly an hour and there is no requirement to book a place to be able to attend. There will be refreshments available.

This group will be facilitated by Alexander Weir (Mental Health Coordinator) and Todor Pavlov- Kennedy (HISA Perth President). For more information about this group or to let us know that you would like to attend you can contact us at alexander.weir.perth@uhi.ac.uk.

April 2023

Support

Mindspace



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”

What is Mindspace Peer Support?

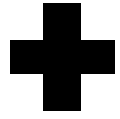
Mindspace peer support workers use and share their personal experiences, focusing on building relationships within a safe learning environment. Both parties have an opportunity to learn from and support each other, focusing on respect, strengths, empathy and hope, with everyone honoured as an expert within their wellbeing and recovery.

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) or visit the Mindspace website.

Support



RASAC Drop-in

Student Services are pleased to announce that in partnership with **Perth RASAC** (Rape & Sexual Assault Centre) we will be able to offer a weekly drop-in for staff and students to attend here at UHI Perth. Within these drop-in sessions staff and students can find out more about what RASAC do, find out about the support available both personally and for other that you may be concerned about, as well as make referrals to their services. There are no appointments required and you can just drop in for a chat to the Student Support Hub between 12 – 2 pm on Tuesdays.

These sessions will start from Tuesday 18/04/23.

Where – Student Support Hub (Braham 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 RASAC worker will have access to a private room for when confidential conversations are required. This will initially be running as part of a 6 week trial between 21/02/23 - 28/03/23 though may be extended depending on uptake.

For more information about RASAC please Visit their [website](#).

Our Counsellors Recommend...

Mental Health Spring Clean

Description automatically generated We are at that time of year when we are transitioning from Winter to Spring and the lighter and brighter days and better weather can feel like a welcomed change. It can be a time when we naturally start to change things around in our homes, things like thinner duvets, swapping out our wardrobes and generally having a good clear out and freshen up. It makes sense then that we may want to pay attention to doing that for ourselves as well as our homes. It can be a good symbolic process to go through, to actively make choices and have agency within our lives. By actioning things that we want to do we may also be more inclined to follow through on our plans.

We are sharing below some things that you may want to consider under the umbrella of a mental health spring clean. There may be things you already do, and some may spark a curiosity within you.

Self-expression

Noun

1. the expression of one's feelings, thoughts, or ideas, especially in writing, art, music, or dance.

At times we can feel that we are trapped inside of our own bodies. That there are things that need to be said, things that need to be done and we carry a lot of emotional and mental 'stuff' around with us that would be better being expressed.

There are lots of ways of expressing ourselves and in a healthy way allowing our thoughts and feelings to come out.

Journaling can be a good way of getting thoughts and feelings out from our head and down on paper/electronic format. Below are some journal prompts that you may wish to ask yourself.

Journal prompts



What is one new thing you would do if you knew you couldn't fail or get hurt?



Who are your role models?
What qualities do you have in common with them? What qualities do you want to practice emulating more in your life?



"Fine" is a "feeling in need of expression." When is the last time you said, "I'm fine," or "it's fine," but you really needed to work out the feeling to its fullest expression?

*The act of self-expression - through writing a journal or letters
- often enables a survivor to distance himself from his fears.*

Nathaniel Philbrick

Do something for someone else



Doing things for other people is a great way to shift the focus from your own stuff to that of someone else's. Being of service to others is a great way to lift your spirit and it gets you to engage with others. Feeling a connection to others is important for us, we get a lot out of helping other people.



What could you do for someone else today?



Is there someone in your life who you could offer some kindness to?

Student Services

Student Podcast Group

A bit like a book club, but you listen instead!

Thursday 27th April from 3-4pm

Room 961 in the ASW



244 - Friday Fix: Don't Believe Everything You Think

Your brain lies to you. But, it's tough to recognize those lies sometimes.

Your brain will convince you that you messed everything up or that no one likes you. Or it will trick you into thinking it can predict the future and it'll tell you something bad is going to happen.

Whether you think you're not smart enough to succeed or you believe that you'll never get out of debt, your beliefs can quickly turn into a self-fulfilling prophecy.

Fortunately, you don't have to believe everything you think. In fact, you can learn to recognize how your brain tries to trick you into believing things that aren't true.

As part of a group, we will listen to the podcast and discuss our thoughts, ideas and experiences.

We look forward to seeing you there.



Student Services

Did you know?

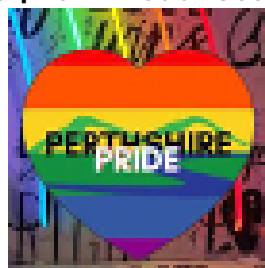
Did you know there are a variety of free condoms available to collect from the Student Support Hub in the Brahan Building? We know asking for such things can be... well, embarrassing... however, these are here for you to collect as and when you like without having to ask. We have paper purple bags to 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.



Did you know? Student Services can provide Foodbank vouchers? As we are coming through the COVID-19 pandemic and the cost-of-living crisis is affecting us all, we know times are tough. Along with the fantastic 'Big Project' where you can collect food items, clothes, and toiletries, we can also provide these vouchers to you should you require them.

For more information, please feel free to contact us at
wellbeingandsupport.perth@uhi.ac.uk

- **'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](#)



- **'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](#)

- **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**

- **Perth's Transgender and Intersex Group: Transgender Perth, Scotland | Facebook**

- **Scottish Bi+ Network: Support – Scottish Bi+ Network**

- **Perth Parrots – Perth's LGBT+ Football Team: Perth Parrots Floorball Club | Facebook**

Student Services Staff Spotlight



Tell us about yourself?

Hi, I'm Apryll, I'm 29 years old and will be turning the big 30 this year. Fun fact, I wasn't born in April, despite what my name may suggest.

I live in Fife, although originally from Perthshire, with my fiancé who I marry in July this year, and my 2 spoiled puppies, Beau who is a collie/retriever mix and Arlo who is a Romanian Rescue (we are not quite sure what breed he is, but he's beautiful 😊).

What is your role at Perth College UHI?

I started at UHI Perth in the summer of 2019, and the following summer I took on the role of Student Support Worker within Student Services. I provide emotional and guidance support for students throughout the year and run daily drop-ins along with support appointments in the Student Support Hub. I am the first port of call for students who are looking for mental health support, whether it be for struggles at home, exam stress, relationship problems, low self-esteem, attendance issues etc. or something that requires internal or external sign posting for more in-depth support. I work with a variety of external organisations such as RASAC and The Neuk where I can refer students for support, along with our other support services within UHI Perth.

I am also the support contact for care experienced students and co-ordinate the Get Ready for College pre-entry workshops through summer, which is helpful for those who may be feeling anxious about starting their course. I deliver workshops with my colleagues, such as 'Decider Skills' and facilitate the student led LGBT+ and Allies Group. I am also a duty worker which means I work on a rota system with the other duty workers, and we provide cover to support students in crisis or in immediate need of support whilst in College.

Student Services Staff Spotlight

What's the best part of your job?

My favourite part is getting to work with our students. As cliché as it sounds, speaking to and supporting those who don't have an outlet to talk about things that may be happening at home, or the stress they feel with their course, or coming to disclose something that has plagued them for a long time is incredibly rewarding and fulfilling.

What is a typical day at work like?

Most days are busy; however, I like that 😊. I come in and do my emails in the morning along with my drop-ins from 9.30-11.30am, then the rest of the day is made up of support appointments and any admin work (with a few cups of tea along the way...)

Favourite quote/saying?

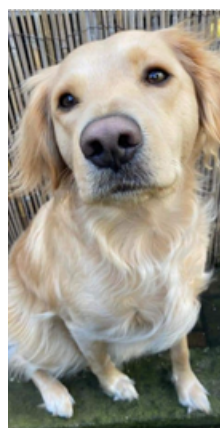
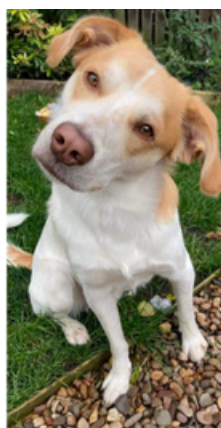
I won't lie, I'm pretty boring, but I do love spending time with my puppies weather that's snuggles on the couch or walkies somewhere. I very much enjoy being around my friends and family, especially when the warm weather is here and we crack the BBQ on!

Favourite type of food?

Chinese or Italian food is my favourite – definitely a carb hog. However, I do also have a rather insatiable sweet tooth.

Favourite holiday destination, and why?

I think my favourite holiday so far was Gumbet in Turkey. My fiancé and I went on a day's boat tour around several different 'must see' areas on my birthday, where we got to hold an octopus, swim in a mud cave and dive to see the fish!



Student Services Staff Spotlight



Where would you like to travel next?

My next holiday will most likely be my honeymoon, so I would like to go somewhere like Mexico, Cuba or Bora Bora! (one can dream).

Favourite TV show or film?

I am very much a horror movie and true crime documentaries connoisseur. However, I have recently been binge watching Peaky Blinders and re-watching the Black Mirror series.

As a child, what did you want to be when you grew up?

When I was young young, I wanted to be an actress – I even played in the Christmas panto, Goldilocks and the 3 bears. Turns out I'm not cut out for the limelight. After this, I really wanted to become a midwife – I wanted to help bring life into the world and support new mums and their babies. Now, I support people just in a different way 😊.

April 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.

Togetherall



Togetherall is a digital mental health support service which is also available online, 24/7, and is completely anonymous. In addition to the online community, they have a wealth of useful resources and tailored self-help courses covering topics such as anxiety, sleep, weight management, depression and many more.

For more information on Spectrum Life and Togetherall please visit the wellbeing and support page on the [Perth College Website](#)

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

