

UHI | PERTH

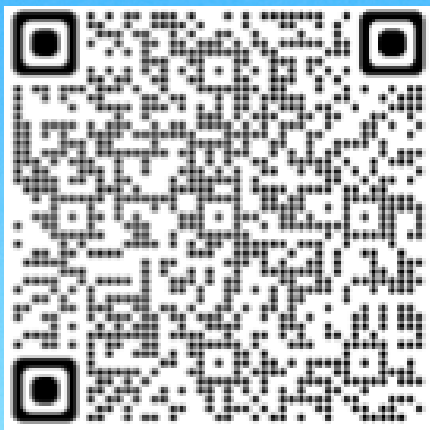
The Big Project



The big project has been running in the Brahan, Goodlyburn and Webster buildings at UHI Perth from December 2022 with amazing donations to help keep this project running up until the end of term 2023. And will now be coming to an end. Please let us know if you will need support over the summer months. With over 3000 items placed out for students and staff to help them in times of need. I would like to thank everybody who has helped run this and make it possible. Sam Monie



Letham4All Community Fridge provide free and very low-cost food, plus other supporting services for the Letham community. Based at 119 Rannoch Road, Letham. Find opening hours and more at www.letham4all.org.uk or search for Letham4All on Facebook.



Scan this QR code to find other local food ladders in Perth and Kinross.

Thank you from Student Services

As we reach the end of another academic year, Student Services wanted to take a moment to wish each and every one of you a fantastic summer. Congratulations on all your hard work and accomplishments throughout the year. You have shown resilience, determination, and an unwavering spirit, even in the face of challenges.

To those who are moving away from UHI Perth and on to the next stage of your journeys, whether it's graduating, pursuing further education, or entering the workforce, congratulations on reaching this significant milestone. You have worked diligently to acquire knowledge, skills, and experiences that will propel you forward. We encourage you to embrace both the excitement and uncertainty that lies ahead, and trust in the foundation you have built during your time here at UHI Perth and we wish you the very best of luck.

For those of you who will be returning to us next academic year, we encourage you to reflect on your accomplishments and the growth you have experienced over the course of this year. Take this well deserved summer break as an opportunity to relax, recharge, look after yourselves and prepare for the upcoming academic year. Until then, we wish you a safe, restful, and enjoyable summer filled with laughter, relaxation, and cherished moments with the important people in your lives.

Have a wonderful holiday!

Student Services



PKAVS

Improving Wellbeing,
Empowering Communities

RECOGNISING & SUPPORTING CARERS IN THE COMMUNITY

Carers Week
5th - 11th June 2023



For more information please follow the PKAVS link.

PKAVS CARERS WEEK 2023 EVENTS TIMETABLE

Monday 5th June

Carers Information & Wellbeing Event *2 High St, Perth Civic Hall* 10am - 2pm
Performances by the "Gie it Laldy" Carers choir at 11am & 1pm

Tuesday 6th June

Perth Carers Social Group Coffee, Natter & Quiz 10am - 12.30pm
The Gateway

Parent Carers Walk and Picnic - Aberfeldy 11am - 1pm
Birks of Aberfeldy - Booking Essential

Male Carers Meal - Perth 5.30pm
The Manzil, York Place - Booking Essential

Wednesday 7th June

Perth Dementia Group *North Church Hall, Perth* 10am - 12.30pm
Health & Wellbeing Café 2pm - 4pm
Salvation Army Cafe, King Edward St, Perth

Thursday 8th June

Perth Holistic/Social Therapies 10am - 3pm
Booking opens 1st of June - The Gateway Centre, Perth

Crieff Carers Café 10am - 3pm
Royal British Legion Clubroom, Crieff

Friday 9th June

Carers Information & Wellbeing Event *Rattray Memorial Hall* 10am - 2pm
Performances by the "Gie it Laldy" Carers choir at 11am & 1pm

Carers Information Event with Sing-Along - Aberfeldy 10am - 2pm
Birks Cinema, Aberfeldy

Change Mental Health Open Day 12pm - 4pm
Nimrod House, Kinnoull Causeway, Perth

Male Carer Get Together - Perth 2pm - 4.30pm
Carers Hub, Lewis Place

Saturday 10th June

YC & YAC Event *Perth College UHI* 11am - 2pm

Sunday 11th June

Relaxation with Rosemary - Guided Facial & Meditation 6pm - 7.30pm
Zoom - Booking Essential

Pride Month 2023

LGBT Pride Month is typically held in June and is dedicated to the celebration and commemoration of lesbian, gay, bisexual, and transgender (LGBT) pride.

Pride Month began after the Stonewall (US) riots, a series of gay liberation protests in 1969 that changed gay rights for a lot of people in America and around World.

In June 1970, the first 'gay pride' marches were held, and the LGBT Pride movement was born.

Come along to your local Pride March to celebrate LGBT identity, self-acceptance, legal rights, and pride:

Dundee: Saturday 10th and Sunday 11th of June

Kirkcaldy: Saturday 1st of July

Perth: 26th August



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 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. Two of our in-house Needs Assessors are available throughout the Summer months for any support required with DSA applications. Please use the email address above to request a meeting.



Any equipment which you have on loan from the Additional Support Service will need to be returned prior to the summer break. This will enable us to ensure that the equipment is updated and renewed prior to the new academic year. If you are continuing your studies and will require the same equipment in the new academic year then we can add you to a waiting list, ready to contact in August and reissue the updated equipment prior to the commencement of your classes.

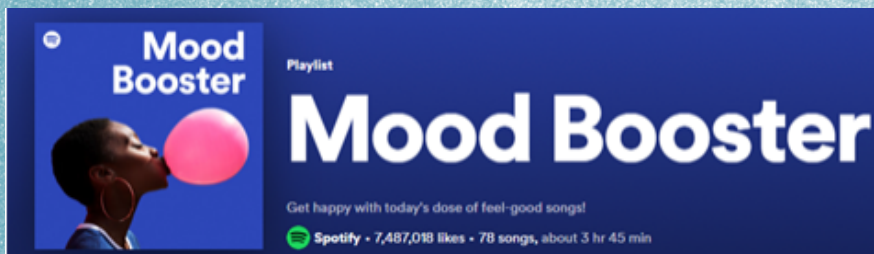
Our Counsellors Recommend

The Power of Music

We know that music can influence our thoughts, feelings and behaviours and so why not put that to good use if we are feeling down. Have you ever been on a night out and a song has come on and instantly you are drawn to the dancefloor to dance it out or in the gym and motivation levels are dipping and a song comes on over your headphones which instantly makes you want to powerwalk that last 5 minutes?

Music can be mood changing and what we choose to listen to can have the potential to change how we are feeling. How amazing is that?!

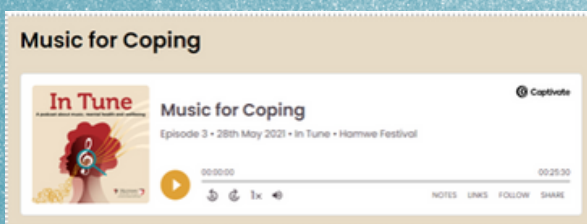
So, the next time you find your mood dipping and are in need of a bit of musical positivity, try choosing a mood boosting playlist, there are so many to choose from across music platforms. Scan the QR code below to try this one.



“I’ve found that no matter what life throws at me, music softens the blow”.

Bryce W. Anderson

Podcast Recommendation



This episode explores the role of music in coping with stress.

The ability to cope with stressors is integral to mental health. Managing stressors consists of problem-focused coping, i.e. acting on the problem, and emotion-focused coping i.e. regulating one’s emotional response to the problem. Music can relax and support emotional regulation for individuals facing stressors such as preoperative anxiety and terminal illness.



Groups

NEURODIVERSE GROUP



The Neurodiverse Group takes place every Wednesdays between 12 pm 2pm 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 😊

For more information, please contact:

Apryll: apryll.mackie.perth@uhi.ac.uk
Todor: HISA.Perth.President@uhi.ac.uk



Groups

Groups



The Man Cave group for students

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

"You are not alone in how you feel"

Future sessions

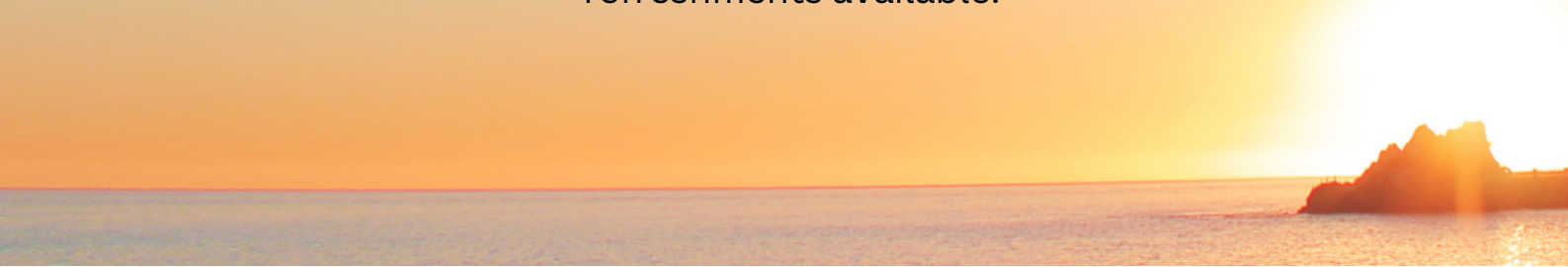
- 07/06/23
- 21/06/23



**The group meets every second week on
Wednesdays at 3 pm in Room 96I (ASW)**

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.

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.



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 last drop in session of the 2022/23 academic year will take place on
Tuesday 20/06/23**

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.

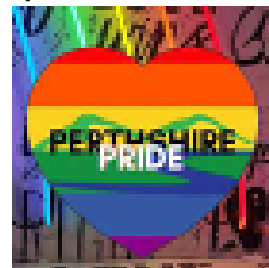


Did you know? Student Services can provide Foodbank vouchers? As we are coming through the COVID-19 pandemic and the cost-of-living crisis is affecting us all, we know times are tough. Along with the fantastic 'Big Project' where you can collect food items, clothes, and toiletries, we can also provide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

• Scottish Bi+ Network: Support – Scottish Bi+ Network

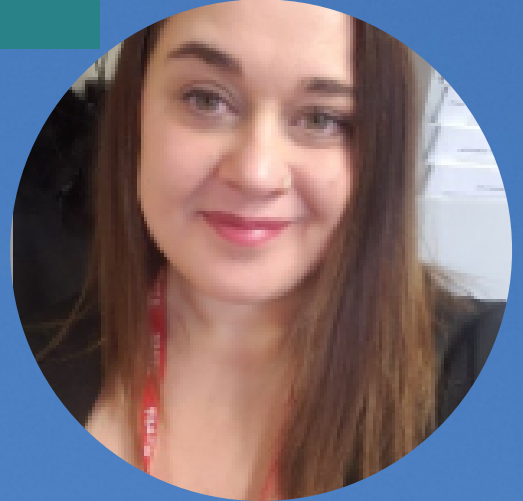
• Perth's Transgender and Intersex Group: Transgender Perth, Scotland | Facebook

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

Student Services Staff Spotlight

Tell us about yourself

Hi, I'm Claire and I've worked at UHI Perth in many guises since 2003. I also studied here when I was 16 to 19 years old on an administration course. I live in Perth. You will find me in the gym a few nights after work, practicing what I preach...a wee bit of self-care! I love a good podcast to listen to, my faves are true crime.



What is your role at UHI Perth?

I am one of the Student Counsellors on campus. I have been in this role since 2020 and I'm based in an office in the Goodlyburn Building.

What is the best part of your job?

I really enjoy working with students within counselling sessions. It never fails to amaze me the amazing things that can happen within sessions. Being present with someone else whilst they explore what's going on within their lives is one of the best parts of my job. Helping students to become more empowered, self-aware and confident is so rewarding.

Student Services Staff Spotlight



What is a typical day at work like?

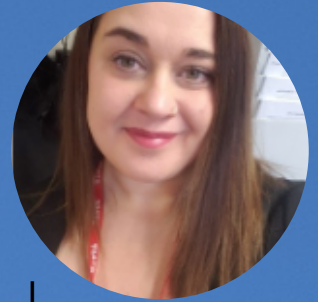
My morning usually starts with me checking and responding to emails and enquiries to mine and the counselling inboxes. I send out reminders to students of upcoming sessions. I meet with students face to face and online for counselling sessions and then spend some time writing up my notes. Sometimes I have meetings or training to attend.

At times I need to write some content for the 'Our Counsellors Recommend' part of the Student Services Newsletter. On Wednesdays I cover duty cover as part of our team, responding to students who may need assistance that day. Each day is varied, and I enjoy that about my job.

What has been your most memorable moment since working at UHI Perth?

Probably my route into my current role. What stands out for me is memories around my time studying for my counselling diploma. The placement hours that I attained and then successfully securing the role as Counsellor. I started at the college as an Administrator within the library, then became a Library Advisor and then my path took me down a very different route into the world of mental health and support work. I really enjoyed my time as Student Support Worker and working within the Student Hub. I feel that I am happiest doing what I do now and finally feel I have found what I want to do and where I belong.

Student Services Staff Spotlight



Favourite Film?

My favourite film as a young person was Terminator 2. I loved the Sarah Connor character, she mesmerised me.

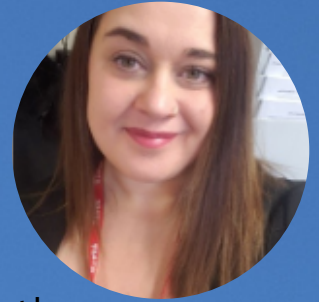
As an adult I really enjoy horror films, the scarier the better. I am also a fan of Dirty Dancing (think I've seen it about a million times!) and Legend with Tom Hardy who plays both Kray twins.

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

I wanted to be just like Clara the long-distance lorry driver from a children's TV programme called Pigeon Street. I have no idea why this appealed to me so much, maybe it was because our names were so similar or whether the tune that went along with Clara's segment of the programme was so catchy?! Whatever the reason I had thought that long distance lorry driving would be so much fun!



Student Services Staff Spotlight



Who or what inspires you?

I am inspired by good and kind people. Those who have other people's intentions at heart. Professionally I am inspired by Mandy Saligari who is a therapist who specialises in addiction, parenting and relationships. She runs a successful counselling business in London, has presented a Ted Talk on feelings and took part in a TV series called 'In Therapy' where she counselled famous people on camera so that people could get an insight into what happens in counselling sessions.

What makes me the happiest?

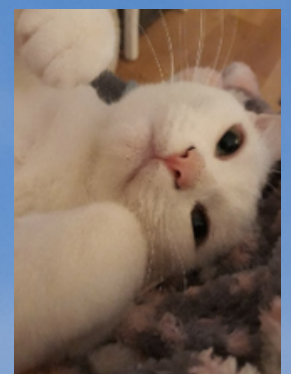
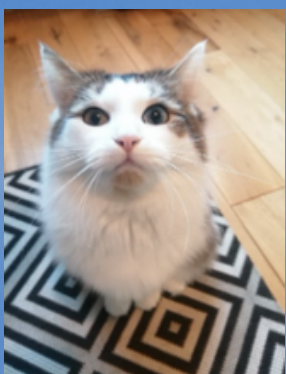
My friends mean the world to me, and they are all so important within my life. I know I always have them there to support me and have the best laughs. I love spending time with each one individually or when some of us can get together and have a really good night out or get together.

I also have 2 indoor cats that are my little fur friends.

There's never a dull moment with them about and I love how they both have their own little personalities and quirks. Minnie is 8 and Pepe is 3.

Favourite Quote

"Be yourself; everyone else is already taken" –
Oscar Wilde



June 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

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

Suicide? Help!
www.suicidehelp.co.uk

The Suicide? Help! logo features four icons in a 2x2 grid: a teal phone handset, a purple question mark, a pink hand holding a heart, and an orange lifebuoy. The text 'Suicide? Help!' is in a large, bold, teal font, and the website address 'www.suicidehelp.co.uk' is at the bottom.