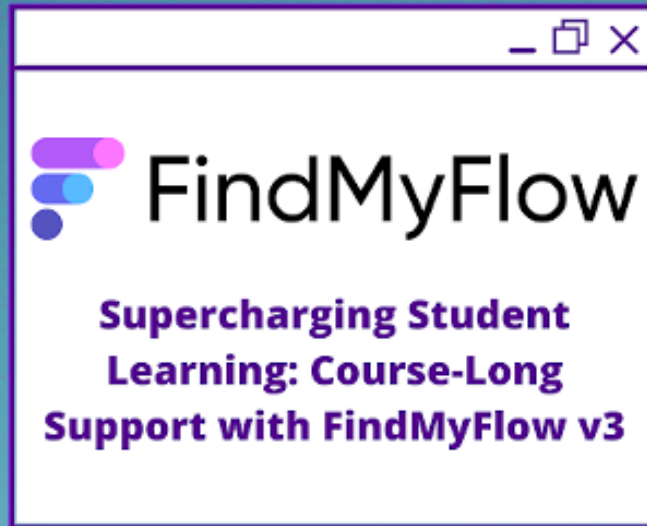


Assistive Technology of the month



AT Fest 2024 (techedology.com)

Find My Flow

SUPERCHARGING STUDENT LEARNING: COURSE-LONG SUPPORT WITH FINDMYFLOW V3

Learn how FindMyFlow empowers students to put their recommended AT into action and tackle any study task with confidence – wherever and however late they get started!

Tailored learning paths, bite-sized tutorials, and reflective practice guide students along a personalised journey at their own pace. With expert wellbeing strategies from Calm, and collaborative tutoring features, FindMyFlow offers course-long support that helps students to learn, reflect, grow - and find their flow!

UHI | PERTH

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](#)

UHI | PERTH

At UHI Perth, we want to better understand how you make use of the various physical spaces and buildings on our campus. Your input is therefore crucial to help us understand what works, what doesn't work and what could be better.

This survey will only take an average of 5 minutes to complete and your input will help us to plan improvements that will help with your studies.



‘make sure you have your input by end of play Friday 15 March

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Watch out for Aprils newsletter where we will be looking at putting in links to the pages that students Should be interested in with some great Videos.



YOUR
STUDENTS'
ASSOCIATION

GOOD VIBES FESTIVAL

14th

March 2024

Live music, food,
art workshops, and more...

10AM-2PM

**Union-Link
Webster**



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COUNSELLING INFORMATION SESSIONS

If you're not quite sure what counselling is or how it can help, but you feel like you would like to talk to someone, then why not book into one of our counselling information sessions and meet with a counsellor.

Sessions with Annie Garrigan
11am or 11:30am
Tuesdays

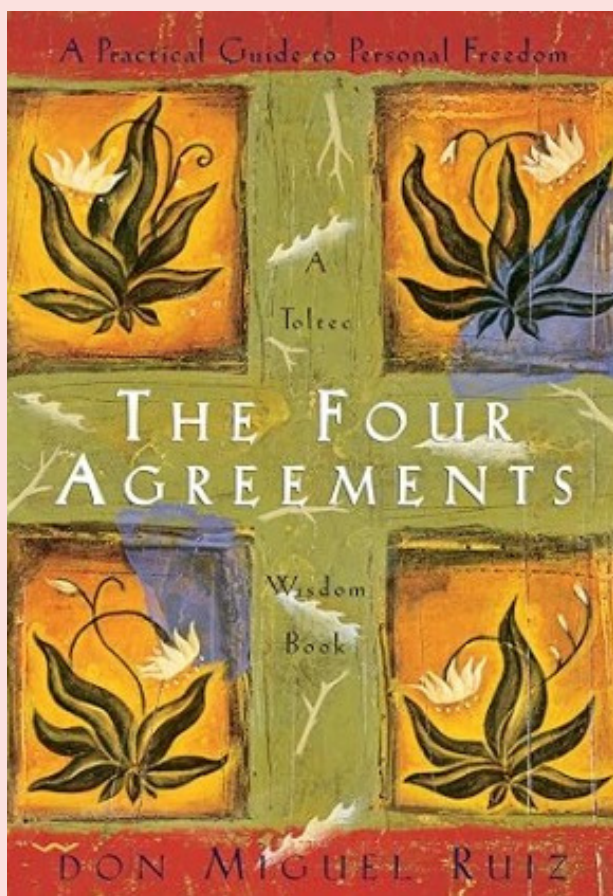


Sessions with Claire Nelson
11am or 11:30am
Thursdays

Alternatively, email counselling@uhi.ac.uk
to request a slot.

Our Counsellors Recommend...

BOOK RECOMMENDATION



In The Four Agreements, bestselling author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

- 1.Be Impeccable With Your Word
- 2.Don't Take Anything Personally
- 3.Don't Make Assumptions
- 4.Always Do Your Best



1:1 Peer Support Sessions at UHI Perth

Free side-by-side support for UHI
Perth students over the age of 16
years living with or experiencing
mental health challenges

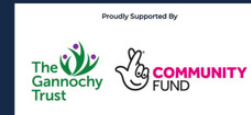
For more information or to book your
Peer support sessions contact
wellbeingandsupport.perth@uhi.ac.uk

UHI | PERTH

**We believe that anyone can live a
meaningful life!**

What does Mindspace Peer Support offer?

- Manage emotional and psychological challenges
- Explore connections within the community
- Improve health and wellbeing
- Access financial advice and support
- Access childcare advice



UHI | PERTH

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.



Alex Weir



Nicola Menzies

When
Wednesdays (12-2pm)

Where
Wednesdays - Room 319 (Braham)

For more information email
wellbeingandsupport.perth@uhi.ac.uk

THE MAN CAVE

For Students

This 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 at 3
pm in room O18 (Braham building)

REFRESHMENTS AVAILABLE

Next sessions

Wed 28/02/24

Wed 13/03/24

Wed 27/03/24

Wed 17/04/24

Wed 01/05/24

Wed 15/05/24

For more information about this group or to
declare your interest in attending please email -
alexander.weir.perth@uhi.ac.uk

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Did you know?

That between 26th February – 3rd March was Eating Disorders Awareness week.

Eating Disorders Awareness Week is a week-long campaign that aims to shed light on the complexities of eating disorders, including anorexia nervosa, bulimia nervosa, binge-eating disorder, and others. The event emphasizes the importance of early intervention, access to treatment, and reducing the stigma associated with eating disorders. It provides a platform for individuals to share their stories, raise awareness, and offer support to those in need.

It's important to remember that eating disorders are not all about food itself, but about feelings. The way the person interacts with food may make them feel more able to cope, or may make them feel in control.

- Approximately 1.25 Million people in the UK have an eating disorder*
 - Around 25% of those are male*
- Recent research from the NHS information centre showed that up to 6.4% of adults displayed signs of an eating disorder

To find out more you can visit the [Beat](#) eating disorders [website](#)



VoiceAbility

Support to access benefits if you are disabled

If you identify as disabled and want support to access benefits from Social Security Scotland, we're here to make sure you're heard

Freephone: **0300 303 1660**

Website: **voiceability.org**

Email: **helpline@voiceability.org**

**Sessions in Interview room 2 – Brahan building
Wednesday from 9am-12pm starting on the 21/02/24
running every week**

**Jacqueline Mason
Advocate**

Mob : 07918560891

email : jacqueline.mason@voiceability.org

Company number 378884
Charity number (Scotland) SC000361



DROP IN

**EVERY TUESDAY
@ STUDENT SUPPORT HUB,
BRAHAN BUILDING, UHI PERTH
12NOON – 2PM**

No appointment required
Find out what we do - Meet a support Worker
Get added to our Support Waiting List, if you decide support is for you
We Listen, Believe, Support



www.rasacpk.org.uk

Phone: 01738 626290

Email: support@rasacpk.org.uk

Company Limited by Guarantee (no SC389959)
Recognised Scottish Charity (no SC037982)

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

OR

FIONA.SMITH@UHI.AC.UK

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YOUR
STUDENTS'
ASSOCIATION

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



Gerald McLaughlin
Student Services Manager
Gerald.McLaughlin.perth@uhi.ac.uk
07812 669 209



Craig Lindsay
Additional Support Officer
Craig.Lindsay.perth@uhi.ac.uk
01738 877 616

Counselling Service counselling.perth@uhi.ac.uk



Claire Nelson
Student Counsellor
Claire.Nelson.perth@uhi.ac.uk
07920 703 894

Wellbeing and Support Service studentsupport.perth@uhi.ac.uk



Nicola Menzies
Wellbeing and Support Officer
nicola.menzies.perth@uhi.ac.uk

Student Engagement Service



Sam Monie
Student Engagement Coordinator
Sam.Monie.perth@uhi.ac.uk
01738 877 380



Alexander Weir
Mental Health Coordinator
Alexander.Weir.perth@uhi.ac.uk
07967 170 090



Becky Angus
Additional Support Officer
Becky.Angus.perth@uhi.ac.uk
01738 877 382



Annie Garrigan
Student Counsellor
Annie.Garrigan.perth@uhi.ac.uk
07385 433 513



Nic Henderson
Wellbeing and Support Officer
Nicola.Henderson.perth@uhi.ac.uk
07920 703 902



Ashley King
Transitions Officer
ashley.king.perth@uhi.ac.uk
01738877233
07552211639

Transition Service



Apryll Cunningham
Student Support Worker
Apryll.Cunningham.perth@uhi.ac.uk
07385 029 889

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](#)

March 2024

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



Comments



About Suicide

Suicide? Help!



How to Help



Safety Plan

www.suicidehelp.co.uk