

UHI | PERTH



**The Big Project is now
back up and running from
Brahan and also
Goodlyburn Receptions.
“Take what you need”.**





MINDSPACE

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

Proudly Supported By



Creative ME Group

A small, friendly, therapeutic space to explore thoughts & feelings through drawing and creative arts.

Creative Arts for Wellbeing

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

facilitated by
Annie Garrigan
MBACP, APCCA

Upcoming Group Times:
1230-130pm, second Tuesday of each month

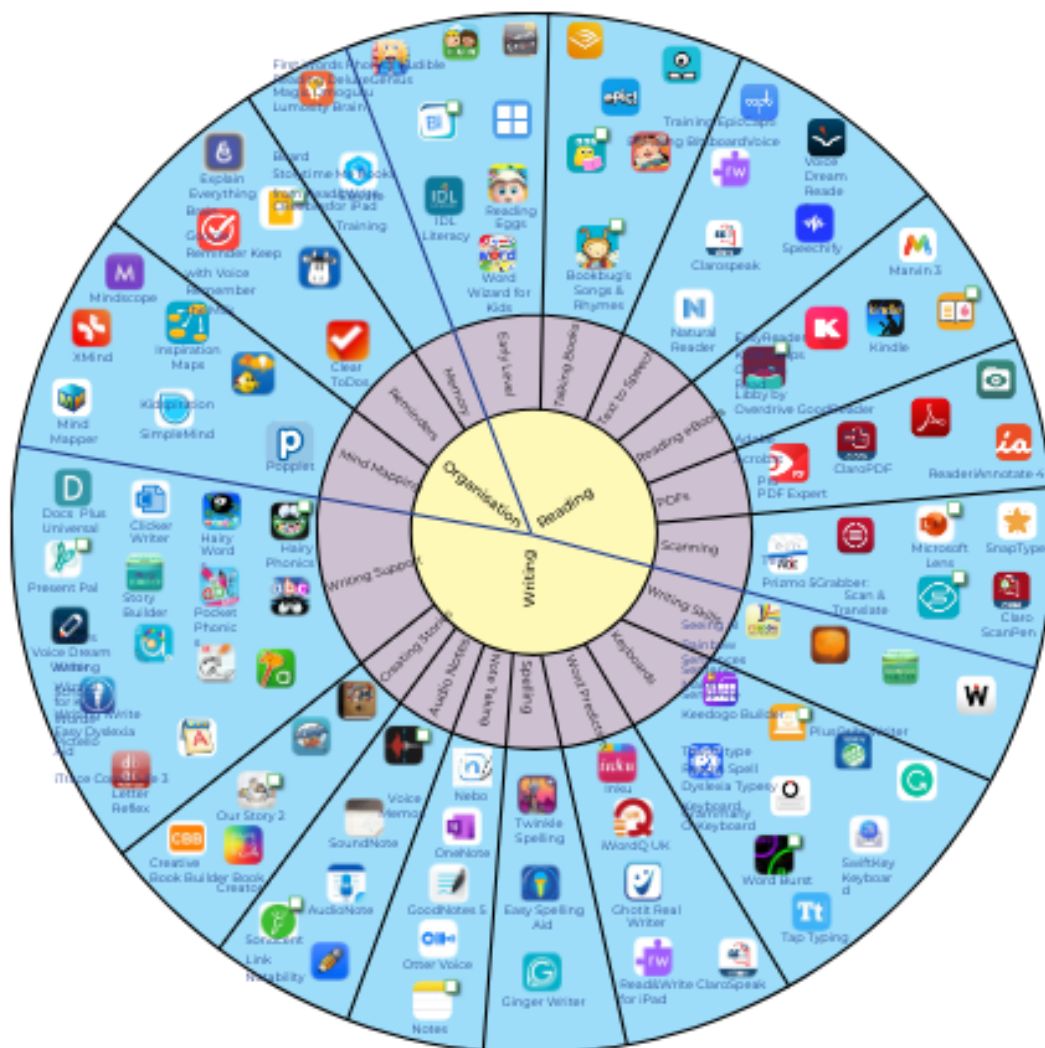
- 1230-130pm, 14th November, Room 204 (Braham Building)
- 1230-130pm, 12th December, Room 204 (Braham Building)
- 1230-130pm, 9th January, Room 204 (Braham Building)

For more information, please email
annie.garrigan.perth@uhi.ac.uk

Additional Support

Did you know?

iPad Apps for Learners with Dyslexia/ Reading and Writing Difficulties



The 'Wheel of Apps' is not comprehensive, but attempts to identify the iPad has a range of built-in tools to support reading relevant, useful apps and to categorise them according to difficulties and writing. To find out more view our range of short video guides for people with dyslexia, guides:

Note that some apps address a range of difficulties. To save space, <https://bit.ly/iPad-Video-Short-Guides> we have not placed individual apps into multiple categories, but have listed them under a single category that is particularly relevant to the We also have a free online module on Using the iPad to app. Support Literacy: <https://bit.ly/iPad-Support-Literacy-Module>

Links on the electronic version of the poster are 'clickable' and will take you to the Apple App Store.

 Free apps (no in-app purchases offered)

**Some apps are free on the App Store but there are in-app purchases for full functionality.



Additional Support

The iPad has a range of built-in tools to support reading and writing. To find out more view our range of short video guides:
<https://bit.ly/iPad-Video-Short-Guides>

We also have a free online module on Using the iPad to Support Literacy:

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Note that some apps address a range of difficulties. To save space, we have not placed individual apps into multiple categories, but have listed them under a single category that is particularly relevant to the app.

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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 018 (Brahan building)

REFRESHMENTS AVAILABLE

Next sessions

~~Wed 08/11/23~~

Wed 06/12/23

Wed 22/10/23

Wed 20/12

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

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

Every Tuesday & Wednesday (12-2pm)

Where

Tuesdays - Room 202 (Brahan)

Wednesdays - Room 317 (Brahan)

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

Student Ambassadors



RASAC's prevention team inspire students to engage in activism and stand for gender equality. Our Student Ambassador programme is a worthwhile experience for students to engage in as you will gain opportunities to learn about feminism and discuss sexual violence and the cause and impact on our society. We also offer opportunities to be part of making a difference through attending various events such as Reclaim The Night, Pride and International Women's Day. We have also been invited to the Scottish Parliament, to hear our voice to discuss the criminalising of public sexual harassment.

Student ambassadors meet every three weeks on the campus UHI Perth. Anyone who is passionate in social justice is welcome to join and no experience is necessary.

If you are interested, please email info@rasacpk.org.uk

RASAC will have a stall outside of the UHI Perth library on Monday 5th December between 08.30-11.30am

Therapet

Student Services are pleased to announce that on Monday 13th November we will be hosting the popular Therapet event as part of the self-care week.

Monday 13/11/2023

12-2pm

Brahan Lecture Theatre

Therapet have arranged for 6 of their volunteers and their pets to come UHI Perth as part of the 'Paws Against Stress' project. Take some time to prioritise self-care by coming along this event. Spending some quality time with man's best friend has many positive affces on an individuals wellbeing and for many people it can significantly lower stress levels. .

For more information about Canine Concern Scotland or the Therapets please visit - [CCST | Edinburgh | Canine Concern Scotland Trust inc. Therapet.](#)



16 Days of Action against gender Based Violence



As part of this year's 16 Days of Action Against Gender Based Violence, RASAC P&K are hosting an event at the AK Bell Library on Wednesday 29th November from 10am-12pm, during the 16 Days.

This year's theme for 16 Days is 'Imagine a Scotland without Gender Based Violence'. To do this, we'll be exploring the reality of GBV for women and girls across the UK today.

We'll be showing the Channel 4 Documentary 'Undercover: Sexual Harassment - The Truth', followed by a panel discussion with workers from RASAC P&K and other professionals from across P&K working to end violence against women and girls.

This is a free event and is strictly for over 18's only.

Book your space using the link below:

[Perth Violence Against Women Partnership - RASAC P&K: Sexual Harassment – The Truth at A K Bell Library - Soutar Theatre event tickets from TicketSource](#)

Hope to see you there!



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



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Student Services Manager
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Craig Lindsay
Additional Support Officer
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Nicola Menzies
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07552211639



Apryll Cunningham
Student Support Worker
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07385 029 889

Student Engagement Service

Transition Service

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

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

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