

HI!



YOUR STUDENTS' ASSOCIATION NEWSLETTER

    www.hisa.uhi.ac.uk

ISSUE: 008

NOVEMBER 2024

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CROSS-CAMPUS UPDATES

OUR NEW STRATEGIC PLAN

We recently launched our new Strategic Plan for 2024-2027! This plan is our core document that directs the work at the Students' Association every day, including Student Voice, Clubs and Societies, Advice, and Officer Campaigns. You can read the full document on our website [here!](#)

UHI NEW OPERATING MODEL

UHI is embarking on an exciting and transformational journey, exploring ways of becoming a more efficient and effective institution that will devote more resources to enhancing the student experience and ensuring long-term financial sustainability.

To achieve this, the UHI partnership is working toward greater integration across all its colleges through a comprehensive transformation programme centred on a 'new operating model'. This initiative, though still in its early stages, represents a collective effort to strengthen UHI's operational structure and ensure it enhances the student experience.

As the programme evolves, UHI is committed to extensive consultation and engagement with students, ensuring that their voices shape the future of the institution. A public consultation is expected to begin in early 2025, inviting students to actively participate in discussions and help guide UHI's future direction. Further information will be shared as details become available. In the meantime, you can read more about it [here!](#)

40% OFF HARPER COLLINS BOOKS

Got some books on your wish list for Christmas? Need gift ideas? HarperCollins have another discount code for Black Friday. They are offering 40% off all books on [harpercollins.co.uk](https://www.harpercollins.co.uk) with the code BLACKFRIDAY40 at checkout.



BLACK FRIDAY
sale

40%
OFF EVERYTHING

USE CODE: **BLACKFRIDAY40**

FREE SHIPPING ON ORDERS OVER **£25**

GO TO STORE

15TH NOVEMBER - 1ST DECEMBER

LEAN LIBRARY EXTENSION

The UHI Library has adopted a new extension called **Lean Library** and seeks your views. It's a browser extension that lets you find resources across the web. **Find out more and give your feedback!**

Take the library with you

Spend less time worrying about access and more time researching.

Download the Lean Library browser extension and get seamless access anytime, anywhere.



SCAM CALLS WARNING

UHI has been made aware of some suspicious phone calls seeking to gather personal information from students. Sometimes, you may receive legitimate calls from UHI staff or external agencies (such as SAAS). However, bad actors may seek to impersonate UHI or other agencies to gain your trust. If you receive a phone call purporting to be from UHI, we recommend that you be cautious about giving out information. If in any doubt, hang up and contact your campus directly using the contact details on their website.

EQUALITY & LIBERATION

TRANSGENDER AWARENESS WEEK

Observed from November 13th-19th, with Remembrance Day on the 20th, Transgender Awareness Week seeks to increase understanding about transgender and non-binary people and the issues members of the community face. This year at HISA, we are spreading the word through educational articles, events, and a slideshow from our Queerness+ society. We can all build a supportive, inclusive community by educating ourselves and learning how to support one another. You can read all about it on our website [here](#).



**Transgender
Awareness Week**
November 13th-19th

ISLAMOPHOBIA AWARENESS MONTH

November is Islamophobia Awareness Month in the United Kingdom and, here at HISA, we want to use this opportunity to learn more about our Muslim communities and the prejudice they face. We've worked with our Islamic Society to hold chats with students and we have met with several charities to promote their services. To learn more about Islamophobia and how you can make a difference, [visit our webpage](#) for resources, an Exec statement, and a special video from President William Campbell.

16 DAYS OF ACTIVISM TO END GENDER-BASED VIOLENCE

This global campaign runs every year from 25th November, the International Day for the Elimination of Violence against Women, to 10th December, Human Rights Day. GBV refers to many forms of harm, abuse, and harassment directed against someone on the basis of their gender or in the context of gendered power hierarchies. You can get involved with the 16 days by joining us for “Reclaim the Night” marches in Perth and Moray, or by visiting our website [here](#) to take the White Ribbon pledge and learn more about stopping gender-based violence.

EMILYTEST GBV SURVEY

EmilyTest, a charity working to end GBV in education, has proudly put together the first ever Scotland-based survey on GBV in universities and colleges. Scotland seriously lags behind the rest of the UK in data collection for GBV in education. Please contribute to this effort to help reduce gender-based violence in education. Staff and students are both welcome to fill out the survey [here](#).

STUDENT VOICE REP UPDATE

STUDENT VOICE REPS BEGIN THEIR WORK!

In programmes across UHI, Student Voice Reps (SVRs) have been elected – and if that’s you, then congratulations! SVRs are the backbone of our work with UHI to improve the learning experience. We’ve been training and meeting with SVRs, both on campuses and online, and they are already speaking to students about what’s great about learning at UHI and what could be improved. So do tell your SVRs your ideas and suggestions about student life at UHI, and we can work together to make things better!



REPRESENT
YOUR FELLOW STUDENTS

SIGN UP FOR STUDENT VOICE REP

GAELIC WORD OF THE MONTH

With the launch of our new Gaelic Language Plan, we're looking to incorporate more Gaelic into our content and day-to-day work. We want to be more accessible for UHI students whose first language is Gaelic, as well as encouraging non-Gaelic speakers to give learning it a go!

At the Students' Association we're also trying to learn more Gaelic ourselves, each month in the newsletter we'll cover a new word of the month, as well as give you some links to resources for further learning. This month's word is:

"Fuar" meaning "Cold"

Use [this Gaelic dictionary](#) to learn other words, as well as how to pronounce them! And learn more [here!](#)

SABHAL MÒR OSTAIG SHORT COURSES!

Keen to take the next step in your Gaelic learning journey?

Check out these [short courses](#) at Sabhal Mòr Ostaig launching in October!

UHI GAELIC TOOLKIT

Check out even more Gaelic resources and learning from UHI [here!](#)

HELP BUILD A NEW GAELIC STRATEGY

Comunn na Gàidhlig is building a new Gaelic strategy to bring more young people to a level of functional fluency. Read more about the initiative [here](#). And click [here](#) to take the survey and have your say!

TEST YOUR KNOWLEDGE!

Test your Gaelic knowledge and learn new words by matching the word below to its meaning! Check your answer using the Gaelic dictionary [here](#).

"brot"



		
omelette	salmon	soup

STUDENT JOBS AND OPPORTUNITIES

BECOME A STUDENT TRUSTEE AND SHAPE THE FUTURE OF HISA!

Are you ready to make a real impact on student life? HISA is looking for motivated students like you to join our Board of Trustees! As a Student Trustee, you'll help guide the strategic direction of HISA, ensuring that nearly 30,000 students across UHI are well-represented and supported.

Why You Should Apply:

- **Create Change:** Play a crucial role in shaping the future of HISA and advocating for student needs.
- **Develop Leadership:** Gain valuable experience in governance and decision-making at a senior level.
- **Flexible Involvement:** Just one day a month with travel expenses covered!

How to Apply:

Submit a supporting statement (no longer than one side of A4) explaining why you want to be a Trustee, along with your CV, via BreatheHR. We especially welcome applications from under-represented groups within UHI.

For more information, contact Rachel Burn, HISA Chief Executive Officer, at hisa@uhi.ac.uk. Don't miss your chance to make a difference—[apply today and help shape the future of HISA!](#)

This is a rolling recruitment process, which means we can close the applications upon receiving a satisfactory number; therefore, please apply immediately.

THE UHI BUSINESS COMPETITION 2025 IS NOW OPEN!

Aspiring entrepreneurs are invited to pitch their business ideas for a chance to win a range of cash prizes and valuable support packages, worth up to £8,500!

Run by [Create](#), this competition is open to all UHI students and anyone over the age of 16 living in Argyll and Bute, Highlands and Islands, Moray or Perthshire.

"It's much more than just a competition; it's the opportunity to be part of a community that values creativity, collaboration and forward-thinking. If you have a business idea with potential to make a lasting impact, enter now!" - Roz Thomas, Enterprise Lecturer and lead of the UHI Business Competition.

Have an innovative business idea? [Find out more!](#)



UNIVERSITY CHALLENGE

Calling all UHI students! Could you be the next University Challenge team? Applications are now open for student teams for series 32!

- Application deadline: Friday 29 November 2024
- Auditions start: Wednesday 8 to Tuesday 28 January 2025

Interested in registering a team?

Contact rachel.burn@uhi.ac.uk to find out more about the application process.



JOIN HANDSHAKE & WIN £3,000!

UHI students - live rent free - your chance to win £3,000 with Handshake!!

- **Sign up:** Create your Handshake account with your UHI email in just a few clicks and secure your entry into the giveaway.
- **Share:** Boost your odds! Spread the word to friends and classmates and increase your chances to win.
- **Win:** Score 1 of 15 prizes worth £3,000 each— Ease your biggest financial worry and let your career live rent free!
- Enter [here!](#)

SCOTTISH GOVERNMENT CONSULTATION ROADSHOWS: HOW CAN WE CHANGE CARE?



The Scottish Government has asked Who Cares? Scotland and Barnardo's to meet with Care Experienced children and young people (up to age 26) and ask them to share their views on some important questions. The Scottish Government want to know what Care Experienced young people think about these four consultations:

- Moving On
- The Redesign of the Children's Hearing System
- The Future of Foster Care
- The Definition of Care Experience

Who Cares? Scotland and Barnardo's will listen to what Care Experienced children and young people have to say, collect all this information and present the views gathered in a series of reports to the Scottish Government in February 2025. Sign up to be involved [here.](#)

HISA ADVICE SERVICE - HERE TO SUPPORT YOU

Avoid the Academic Misconduct Trap – We've Got Your Back!

Let's talk about an important topic: academic integrity. You are here to learn, grow, and reach your goals. However, there are some common mistakes that can hold back your progress if you are not cautious. Don't worry – we're here to help you navigate the tricky matter so you can stay on track.

What is academic misconduct?

Simply put, academic misconduct is when you break the rules around how to do your coursework or exams. It includes plagiarism (copying someone else's work without giving credit), cheating in exams, or letting someone else do your work. Even if it's unintentional, it's still taken seriously, and it can have enormous consequences – think failing a module, getting kicked off your course, or even damaging your reputation.

Trying to avoid plagiarism be like:

Textbook: "He died in 1995"

Me: "In 1995 he died"



HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

The traps to look out for

Sometimes, it's easy to slip up without realising it:

- **Copy-pasting from the internet:** Even if you tweak a few words, that's still plagiarism unless you properly reference the source.
- **"Sharing" work with friends:** Helping out a mate might sound harmless, but you could both get in trouble if they copy your work.
- **Getting help from dodgy services:** Those websites offering to write your essays? Total scam. They don't care about you – and universities can spot their work a mile off.
- **Being unclear on referencing rules:** Each programme has its own way of doing this, and it's easy to get confused.

What we can do for you

We're not here to judge – we're here to help. If you're unsure about what counts as academic misconduct or how to avoid it, the Advice Service is the place to go. We can:

- Explain the rules around academic integrity in plain English.
- Help you understand how to reference properly or how to get further support.
- Support you if you've been accused of misconduct – you don't have to face it alone.

Sometimes, it's normal to feel a bit overwhelmed, especially if things aren't unclear. Reach out to us for advice early – the sooner you ask, the more we can help. We're all about helping you succeed and be stress-free. Got questions? Pop by, send us an email, or [check out our website](#). We've got your back!

SPORTS CLUBS, SOCIETIES & NETWORKS!

NEVER TOO LATE FOR A NEW CLUB!

Is there a club you would like to be part of but doesn't yet exist? Why not start a new one? It's as easy as finding a couple friends and filling out the application here:

[Start A New Club or Society](#). Why not start a club or society to share your favourite interests and hobbies with other students?

Since October 1st, we have had 8 new clubs start!

- The Man Cave Group: Perth
- Community Outward: Moray
- UHI Paddlesport (reformed): Fort William
- Inverness Mountaineering and Climbing Club: Inverness
- Language and Culture Group: Perth
- Knitting Club: SAMS
- #1 Furries of UHI: Online and Cross Campus
- UHI Bikes: Fort William

ADVICE FOR COMMITTEES

Growing membership for your club or society is important for the club to be sustainable! Here's a few ideas to recruit new members and grow your group!

- Take advantage of HISA/UHI events to meet other students.
- Host events and taster sessions.
- Identify target audiences and tailor your promotional efforts to appeal to specific groups.
- Use various marketing platforms such as social media and physical displays.
- Take lots of pictures of the exciting things your club gets up to.
- Share photos, posters, and events with HISAactivities@uhi.ac.uk so that we can post them online and in our newsletter!

COMPETITIVE SPORTS

The Perth Basketball Club and Perth Football Club took part in their very first Scottish Student Sport League fixtures playing at home against Heriot Watt and away against Glasgow Caledonia respectively. Both teams played incredibly well and enjoyed representing their university. A big thanks to the Perth Active Campus Coordinator, Lindsey Brown for making this happen.

We'll soon be on the lookout for experienced shinty players to defend the Littlejohn Vase next March! We'll be sending a men's and a women's team so if you're interested in playing please contact: amanda.fleet@uhi.ac.uk

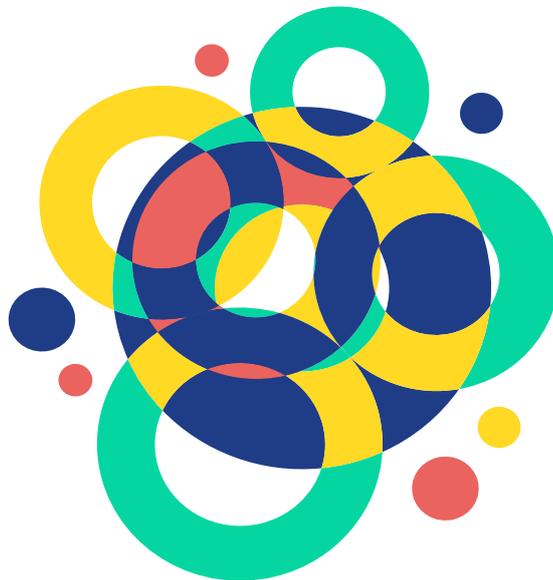
CLUB SPOTLIGHT

UHI Inverness Mountaineering and Climbing Club:

Our club is dedicated to fostering a love for the outdoors, promoting safe climbing practices, and building a supportive community of adventurers. Whether you're an experienced climber or a complete novice, we invite you to join us in exploring the stunning landscapes of the Scottish Highlands.

The club meets every Tuesday at The Ledge, 6-8pm and everyone is welcome! To get involved contact the committee on: uhiimc@gmail.com

We'll soon be on the lookout for experienced shinty players to defend the Littlejohn Vase next March! We'll be sending a men's and a women's team so if you're interested in playing please contact: amanda.fleet@uhi.ac.uk



LOCAL UPDATES: INVERNESS

FIRST SVR MEETING

HISA Inverness held their first Student Voice Representative meeting on the 12th of November. There were 60 students in attendance, both online and in-person. We received excellent positive and constructive feedback from the SVR's and action is being taken by the HISA team. Keep an eye out for our next meeting in December where we will supply a tasty lunch! It is never too late to apply to become an SVR, so please stop by the HISA office for more information.

STAGECOACH CAMPAIGN

Are you having issues with your bus service? We believe that everyone deserves reliable, affordable, and convenient public transport. Stagecoach Bus Service has been failing our community and it's time to hold them accountable! Please sign a petition at your HISA office if you are having trouble with cancellations, overcrowding, and infrequent services.

QUEERNESS+

We want to shout out to our Society Queerness+ that put on a great event for Trans Day of Remembrance and Transgender Awareness Week. They attended the Inverness Vigil alongside Inverness President Elizabeth Keegan, created a fantastic video and showed amazing content to the students of Inverness. Well done!

MOVEMBER COMPETITION

For the month of November, we want to see your snazziest moustache (real or fake) to raise awareness for Men's Mental Health Month. There are three beard-grooming care packages to be won. Take a look at our posters surrounding the college. We encourage you to scan one of the QR codes to donate to the charity of your choice.



COMING SOON!

- **Christmas Craft Fair in Forestry Campus**

On the 12th of December, HISA will be hosting a Christmas Craft fair in the Scottish School of Forestry. Please keep an eye on the noticeboards and our website for more information!

- **Inverness Christmas Decoration Stall**

UHI Inverness' Jingle Jog and Craft Fair is on the 11th of December, and HISA have their own table worth visiting. Come and paint your own Christmas decorations to take home or hang up on the HISA Christmas tree.

- **Christmas Jumper Day!**

Wear your ugliest, snazziest, itchiest Christmas jumper to UHI Inverness. Tag our Instagram [hisa_invernesshtc](#) in your posts!

SPORTS CLUBS & SOCIETIES!

Did you know that we currently have 7 different clubs and societies that offer physical activity on and off campus?

- Basketball
- Badminton
- Dance (Society)
- Football
- Mountaineering and Climbing
- Olympic weightlifting
- Volleyball

Our clubs on campus are open to all students 16+.

Our newest club Mountaineering and Climbing club have a student night at The Ledge. To find out more information you can contact our clubs through HISA's website - [Sports Clubs & Societies](#)

UHI Inverness also offers open and instructor-lead gym sessions in an exclusive partnership with High Life Highland.

UHI Inverness Gym Opening Times

- Monday 12-2PM
- Tuesday 1-2PM
- Wednesday 1-2PM

HLH sessions

- Monday 4:45-5:45PM
- Wednesday 4-5PM

For more information on the available sessions please visit our Instagram Page - [UHIINVERNESS_ACTIVECAMPUS](#)

or contact us direct at activecampus.inverness@uhi.ac.uk

LOCAL UPDATES: PERTH

YOUR PERTH OFFICER'S UPDATES

Xander

Has raised student complaints and concerns with senior management and through College Committees about:

- The changes to the library and lack of student consultation
- Lack of physical ID cards and issues this is causing with buses/laptop safes
- Broken lift in Brahan and contingency plans for disabled student access
- Fire evacuation plans for when the library is unmanned

Andi

- Planning & running fun events/activities with the local team like the Halloween Hunt, Music Bingo & Regular Bingo, as well as those coming up soon!
- Also been in contact with the leaders of onsite businesses that provide student placement and industry work experience to increase their levels of promotion for the student demographic

TREETOPS RESTAURANT

Have you visited our award-winning training restaurant on campus? Students from our food studies and hospitality courses will provide you with a warm welcome upon your arrival. They also prepare, cook, and serve dishes from their carefully crafted menu. They prioritise sourcing as much local and healthy produce as possible to create a range of delicious meals for you to enjoy.

Their tasty dishes are at affordable prices and have become very popular, so we recommend booking your table in advance! To make a reservation, please email restaurant.perth@uhi.ac.uk.

FIRST STUDENT VOICE REP MEETING

We held our first student voice representative meeting of the year on November 6th. Over 50 representatives attended to discuss important student issues, learn about developments at UHI Perth, and enjoy a free lunch!

During the meeting, we sought feedback from the representatives on recent changes to the library. We gathered their opinions on various topics, including heating in Goodlyburn and the cost of food in our campus cafes and shops. Christiana Margiotti, the Director of Curriculum for Arts, Humanities, and Education, along with David Gourley, the Director of Learning and Teaching Enhancement, provided immediate feedback to the students. Actions are already being taken to address many of the raised concerns.

Our next meeting is scheduled for early December. However, feel free to contact HISA before then if you have any issues you would like to discuss!



RECLAIM THE NIGHT PERTH 2024

Marching to End
Violence Against
Women & Girls

Wed 4th Dec 2024



www.rasacpk.org.uk



EVENTS COMING SOON!

27th November: Webster Christmas Glow Up!

Student Voice Reps are invited to come and help HISA decorate the Webster building for Christmas! Join us for festive crafts, music, hot chocolate, and mince pies, and help decorate our Christmas tree!

4th December: 2024 RECLAIM THE NIGHT March

Come join us for this year's march to "Reclaim the Night" and end violence against women and girls in Perth and Kinross and across Scotland. Everyone is welcome, bring your families, friends, and community groups and lend us your voice.

We are meeting at Perth & Kinross Council Building, 2 High Street at 5:30pm, and the march leaves at 6pm.

9th – 13th December: Christmas jumper week!

Show us your festive jumper, shirt, or headband – the top festive outfit we spot each day on campus or on socials will win a prize!

Tag [@hisa_perthmoray](https://www.instagram.com/hisa_perthmoray) in your pics to be in with a chance to win!

Now playing in the Webster building at lunchtime on Tuesday, Wednesday, and Thursday over Christmas jumper week – Christmas movies! Take a study break and join us for classic Christmas favourites on our big screen.

SPORTS MASSAGE AND INJURY CLINIC

Sports Massage Clinic - Tuesdays from 4-6pm.
Sports Injury Clinic - Thursdays from 4-6pm.

£15 per appointment. £10 reduced rate for any UHI Staff and Students (valid proof will be required to obtain this discount).

[Book here](#)

Email sportsinjuryclinic.perth@uhi.ac.uk for further information

THE RETREAT AT UHI PERTH

Hair and beauty appointments at the Retreat in ASW are open to students, staff, and the public. Beauty therapy services, including massage, facial treatments, and waxing, are available every day. Hair appointments can be scheduled on Tuesday mornings, as well as Wednesdays and Thursdays from 9 AM to 4 PM. To book an appointment, please telephone **01738 877634** or e-mail salonappointments.perth@uhi.ac.uk.

LOCAL UPDATES: MORAY

OFFICER UPDATE

Sarah has hosted her first Coffee Morning of the year and will be doing so again on the 29th of November! Make sure to come along to the AyePod at the Moray St. Campus from 10:30 – 12 PM to grab a cuppa and have a chat about mental health.



WELCOME TO CHLOE!

Chloe Catmore has officially started in her role as Designate Depute at UHI Moray! We're so excited to have her along and to see what she has planned for the students at UHI Moray.

RECLAIM THE NIGHT!

The 16 Days of Activism against Gender-Based Violence is a global campaign that takes place annually from November 25th to December 10th, and as a part of that there will be a "Reclaim The Night" walk in Elgin organised by Moray Rape Crisis. Our local Moray Depute President Sarah Marshall will be attending in solidarity, alongside HISA president William Campbell. Come along and bring a torch/candle to St. Giles Church in Elgin at 6:30 PM on Monday the 25th of November!

STUDENT VOICE REP MEETINGS

Make sure to come along to our next two SVR meetings for semester 1. If you need links to the online meetings, you should already have them in your Outlook calendar. If not, you can contact HISA.Moray@uhi.ac.uk to receive a current link.

SVR meeting #2, 12:30 – 1:30 PM on Thursday the 21st of November, LRC002 (in the library on the ground floor) AND on Microsoft Teams

SVR meeting #3, 12:30 – 1:30 PM on Thursday the 12th of December, LRC002 (in the library on the ground floor) AND on Microsoft Teams

LOCAL UPDATES: SHETLAND

DEPUTE PRESIDENT DROP-IN SESSIONS

Harley Green, your elected depute president for UHI Shetland, continues with his timetable of informal drop-in sessions for students. If you have anything you want to discuss about your student experience or have any concerns about the changes facing students, please come for peerie yarn. The final online drop-in for 2024 is Friday, the 13th of December, 11:30-12:30. An email will be sent around with the meeting link that week.

3rd December

11:30am-12:30pm

Scalloway
Campus: Library

1-1 Catch Ups With Your Local Officer

Drop in and chat to your Shetland Depute President Harley about your concerns or issues with your course, student life or even just how your week is going!



10th December

11:30am-12:30pm

Lerwick Campus:
HISA Office,
Room D4

1-1 Catch Ups With Your Local Officer

Drop in and chat to your Shetland Depute President Harley about your concerns or issues with your course, student life or even just how your week is going!



CHRISTMAS CRAFT FAIR

Your Depute President for Shetland is busily planning a Christmas Craft Fair and inviting Shetland's finest craft businesses, including a stall from our very own UHI Shetland students. Come and do some Christmas shopping on campus: 10th of December 10 am -2:30pm at Briggistanes. Any Mareel or Scalloway students wishing to attend, please email hisa.shetland@uhi.ac.uk and we will arrange some transport for you over the lunch period.

17th December

11:30am-12:30pm

Lerwick Campus:
HISA Office,
Room D4

1-1 Catch Ups With Your Local Officer

Drop in and chat to your Shetland Depute President Harley about your concerns or issues with your course, student life or even just how your week is going!



WINTER WELLBEING HOT CHOCOLATE & CRAFTS

HISA and UHI Shetland Student Support Team will be busily making some Christmas Crafts to decorate Briggistanes. Come and join them for a light-hearted morning with free hot chocolate and pastries. You don't need to like or celebrate Christmas to come and join us; it is your company we are looking to enjoy! We will also have vegan hot chocolate.

Tuesday 26th and Thursday 28th November from 10am to 12pm.



**WOMEN IN SHETLAND
SHARE YOUR VIEWS**

Shetland Women's Aid are conducting a survey to gather insights into the key issues, challenges and opportunities experienced by women in Shetland.

The findings will be used by the Shetland Violence Against Women Children and Young People Partnership (SVAWCYP) to improve specialist services for those affected by gender-based violence. In addition to this, we will be sharing relevant findings with Shetland Islands Council, NHS Shetland and ZetTrans to support the development of their Equalities Outcomes and Mainstreaming Report. The purpose of this report is to create meaningful improvements for those who experience discrimination and disadvantage in Shetland.

The survey is completely anonymous, and is a great opportunity to share your views, concerns and suggestions with decision-makers in Shetland.

Closing date is Thursday 14th November.

SCAN FOR SURVEY



**Winter Wellbeing
at Briggistanes**

**Tues 26th and Thur 28th November
10am - 12pm**

**Come join HISA and UHI Shetland Student Support Team
Make decorations for Briggistanes
Free Hot Chocolate and Pastries**



**STUDENT
NIGHT**

Wed 27 November
Mareel Auditorium
Doors Open 7pm
Free Entry

Funded by Shetland Charitable Trust

CREATIVE LAND SCOTLAND

ALBA - CHRUTHACHAN



MAREEL STUDENT NIGHT & LIVE IN BRIGGISTANES

Come and support our Mareel Students for their free community event on Wednesday 27th November. Doors open 7pm. This is a really important event in our students' calendar so be sure to come and support them for a night of great entertainment.

You can also catch them at a special event at Briggistanes on Wednesday 4th December.

SHETLAND WOMENS AID SURVEY

Shetland Women's Aid are conducting a survey to gather insights into the key issues, challenges, and opportunities experienced by women in Shetland.

The findings will be used by the Shetland Violence Against Women Children and Young People Partnership (SVAWCYP) to improve specialist services for those affected by gender-based violence. In addition to this, we will be sharing relevant findings with Shetland Islands Council, NHS Shetland, and ZetTrans to support the development of their Equalities Outcomes and Mainstreaming Report. The purpose of this report is to create meaningful improvements for those who experience discrimination and disadvantage in Shetland.

This is a great opportunity to have our community's views heard by local decision-makers, to help them understand the most significant equality issues that women face in Shetland, and how you feel this could be improved.

LOCAL UPDATES: ORKNEY

PEBBLE BOX

Have you seen our new Pebble Box at reception of Kirkwall campus? The questions we ask change regularly, so make sure you cast your pebble and let us know what you think. We are starting with some fun questions, but we will be asking some more serious questions in the future.



**HISA's
'Question
of the week'
pebble
ballot box**

USEFUL ADVICE BY STUDENTS, FOR STUDENTS

Do you have any useful tips and tricks you use to navigate your life as a student?

Or is there anything you would have liked to know or wish there was more information about when you started out?

Let us know by answering these 2 questions [here!](#)

If you're a new student, changing universities, or just starting a new course, getting to grips with all the novelty can be quite intimidating. There are a lot of things you might be expected to know, or that are considered self-explanatory but aren't always that easy to figure out... So, let's all help each other out! Your answers can be UHI Orkney specific, course specific, or as specific as you want!

CHRISTMAS CRAFT SESSION - WATCH THIS SPACE

We are busy planning a Christmas-themed crafting session. Look out for further information on campus and come and join us in December for some hot chocolate, crafts and good company!

STUDENT VOICE REPS

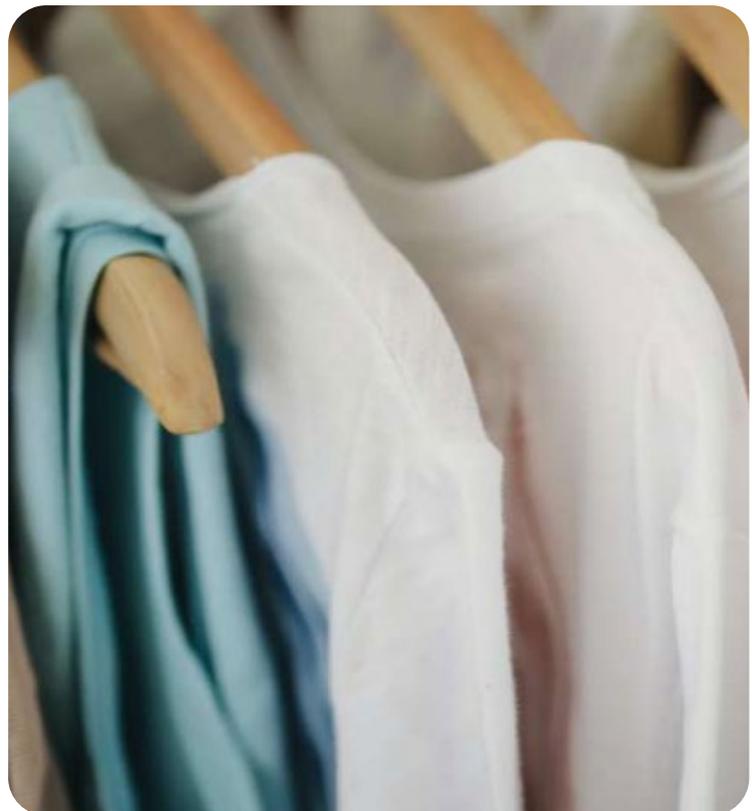
We are still looking for Student Voice Reps at UHI Orkney. This is a really rewarding initiative to be part of and it leads to positive results, not just for reps, but also for the student community as a whole. If you think you would like to be a rep, but don't know much about it, then please get in touch. Email hisa.orkney@uhi.ac.uk for a peedie chat about the role and how you can improve the student experience at UHI Orkney. Alternatively, you can check our [website](#) for guidance on how to sign up.

CLOTHES SWAP & STUDENT PANTRY

The Orkney Student Pantry, run by a group of local students, provides free food and toiletries to all UHI Orkney students in need. You can find the pantry inside the College, down the main staircase, in front of the library. Donations are always welcome, and the Orkney Student Pantry also positioned a donation box for this purpose in the foyer area near the reception desk. You can leave sealed food and toiletry items there.

For any questions and to get involved, email orkneystudentpantry@uhi.ac.uk.

Declutter your wardrobe and grab whatever you fancy (for free!) at the Clothes Swap initiative at UHI Orkney! The Clothes Swap is open to both students and staff. here is how to join the initiative in a few simple steps: 1. Check out the list of accepted items to see what you can bring to the Clothes Swap. 2. Drop off your donations at the Students' Association box in the foyer of the College. Please note that all donated clothes must be clean and in very good condition. 3. Every Tuesday and Thursday 10 am – 4 pm, you will be able to browse through the donations and pick your favourite items for free from our Clothes Swap Rack. You will find the latter positioned in the corridor leading to the Conference Room, inside the main College building. For any questions and to get involved, email hisa.orkney@uhi.ac.uk.



LOCAL UPDATES: NORTH, WEST & HEBRIDES

STUDENT COUNSELLING SERVICES AT NWH

Sometimes we just need to talk to someone in confidence.

UHI NWH are committed to listening to the issues their students are facing and helping you develop constructive ways of moving forward. Talk to someone; you don't need to be alone.

NWH offers counselling services to its students. This is a safe, confidential, and non-judgemental space where you can talk about any issues or concerns. The counsellors will listen and support you in exploring your feelings, thoughts, and behaviours, giving you the opportunity to develop a better understanding of yourself and others. Counselling can help you find your own solutions, whether that is making effective changes in your life or finding ways of coping with your situation.

At NWH, both in person and online counselling services are available to you. To get more information about these services you can contact student support on campus, or through the **studentsupport.nwh@uhi.ac.uk** email address.

You can also reach out directly to the counselling team by emailing them at **counselling.nwh@uhi.ac.uk** or filling on a short **Counselling request form**.

More information is also available **here!**

These services are completely confidential so whatever you say, stays between you and the counsellor.

FIRST SVR MEETING OF THE YEAR!

The first Student Voice Representative meeting will be held on the 27th of this month from 1pm – 2pm!

Make sure you get all your feedback in to your class' SVR if you have one. If not, why not step up and take on the role yourself? If you are passionate about the student voice and improving the University for present and future students, become an SVR!

Was enrolment smooth and easy to understand? Did inductions go well?

We are looking for both positive and negative feedback on all aspects of your experience with the university so far. Tell us what's good, tell us what needs improvement; we want to hear it all!

If you would like to become an SVR for your class, please either talk to your lecturer or email your local HISA team on **hisa.nwh@uhi.ac.uk**

ISLANDS DEPUTE INCOMING!

You may have seen a posting advertising the role of the Islands Designate Depute in the recent past. Well, we have some good news about that!

We will soon be introducing the new Depute for the islands to you (maybe even before you see this issue!). They will be representing the Inner and Outer Hebrides within the HISA executive committee, making sure that your views and opinions get heard.

So keep an eye out for more information on who this new Depute is and what work they will be doing to represent you within HISA and UHI.



THURSO COMMUNITY CAFE

WHAT SUPPORT DO WE OFFER TO THE COMMUNITY?

- Support Maintaining Your Tenancy
- Community Engagement
- Mental Health Support
- Income Maximisation
- Offer support in multi-agency meetings
- Support in developing Skills and gaining independence
- Addiction Recovery Support - Overdose Awareness
- Help Make Referrals - Offer a listening ear and help you find the right professional help if needed.



Phoenix Theatre presents

Dick Whittington & his Cat

@lanntair

[HTTPS://lanntair.com](https://lanntair.com)
01851708480

Thursday Friday 5th & 6th Dec 10.30 & 7pm
Saturday 7th Dec 11.00 & 2pm
Doors open 30 minutes before start

£15 adult
£10 concession
£7 schools/groups
£40 family ticket (2+2)

LOCAL UPDATES: SAMS & ARGYLL

NEW HISA STAFF APPOINTMENT FOR SAMS AND UHI ARGYLL

We're delighted to announce that we have a new Local Coordinator! Annie Mason starts work this month, working with our students and Depute Presidents at UHI Argyll and SAMS. Annie's job will be to support HISA's work in the region, including our representative activity, events and campaigns, and you'll no doubt meet her as she begins to visit the campuses across the region.

NEW CLUB!

Hi! We are the newly formed SAMS Mountaineering and Climbing Club (SMACC). We are committed to bagging local Munros and gaining mountaineering experience through rope climbing, bouldering and training events. If you're interested in gaining skills or just want to add a few Munros to your list, come along.

Check us out at [SAMS Mountaineering Club](#).



STUDENT-FRIENDLY RECIPE

- Creamy Sweet Potato & White Bean Soup

We will be sharing recipes with you to help students eat healthily and cope with the cost-of-living crisis. Tell us what you think and suggest a recipe for a future edition.

INGREDIENTS

- 2 medium sweet potatoes (peeled and diced)
- 1 large carrot (diced)
- 1 small onion (chopped)
- 2 cloves garlic (minced)
- 1 small onion (chopped)
- 2 cloves garlic (minced)
- 1 can (15 oz) white beans (drained and rinsed, e.g., cannellini or haricot beans)
- 4 cups vegetable broth (or water + stock cube)
- 1 cup milk (any type, or use coconut milk for extra creaminess)
- 2 cups spinach or kale (chopped, stems removed if using kale)
- 1 teaspoon dried thyme
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- Salt and pepper to taste
- 1 tablespoon olive oil
- Optional toppings: Chopped parsley, crushed red pepper flakes, or a sprinkle of Parmesan

Tips

Storage: This soup keeps well in the fridge for 3–4 days or can be frozen for up to 3 months.

Budget Variation: Use frozen spinach or substitute beans with any other you have on hand, like chickpeas.

Make it heartier: Serve with a side of whole-grain bread or a small salad.

METHOD

Makes 3–4 portions

Sauté the Aromatics: Heat olive oil in a large pot over medium heat. Add the onion and garlic, and sauté until soft and fragrant, about 3–4 minutes.

Add the Vegetables and Spices: Stir in the diced sweet potatoes, carrot, thyme, smoked paprika, and cumin. Cook for 5 minutes, stirring occasionally.

Add Broth and Beans: Pour in the vegetable broth and add the drained white beans. Bring the soup to a boil, then reduce the heat, cover, and let it simmer for 20–25 minutes until the vegetables are soft.

Blend the Soup: Use an immersion blender to blend the soup until smooth and creamy, or carefully transfer to a blender in batches. (If you like a chunkier texture, only blend half of the soup.)

Add Milk and Greens: Stir in the milk and add the spinach or kale. Let it cook for another 5 minutes until the greens are wilted and tender. Season with salt and pepper to taste.

Serve and Enjoy: Ladle the soup into bowls and garnish with optional toppings like chopped parsley, red pepper flakes, or a sprinkle of Parmesan.

STUDENT FOOD SAFETY

First time sharing a kitchen? Make sure you're up to speed with the basics of food hygiene. Here are the Food Standards Agency's top tips

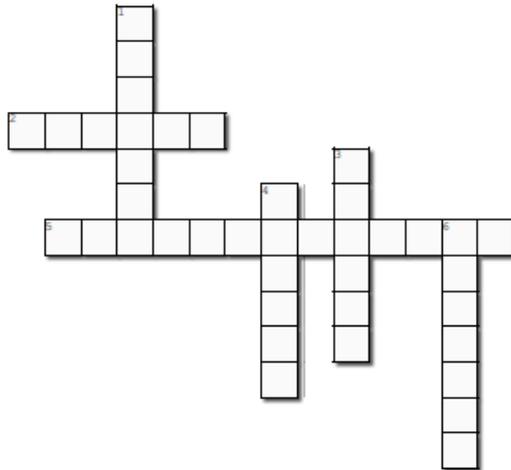
- Wash your hands before preparing food and after handling raw meat
- Keep all surfaces, chopping boards, utensils and dishes clean by washing with warm soapy water between tasks
- Use separate chopping boards for raw and ready-to-eat foods
- Never wash raw chicken or other meat as this can spread bacteria onto hands, surfaces and clothing
- Change or wash re-usable dish cloths, tea towels and sponges regularly, and allow them to dry fully before reusing

Check out the FSA student guide for more food hygiene advice.

PUZZLES AND COMPETITIONS

PUZZLES

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeacher's

	6		9	5			7		
8	3	7					4	9	
					4				
7								8	9
	8		4						2
				9	8			1	4
					9			6	
5		8		6			9	4	3

Across

2. Warm clothing often needed as temperatures drop.
5. British celebration with fireworks, marking November 5th.

Down

1. Autumn vegetable often carved in October.
3. Brown nut that falls from chestnut trees in autumn.
4. Trees shed these in autumn, turning landscapes golden
6. The process farmers use to gather crops in autumn.

Thank you for reading this issue of Hi!, the Highlands and Islands Students' Association Newsletter. Got some feedback for us? What did you like in this issue? What did you find useful? What didn't you like? We're always looking to improve and would love to incorporate your suggestions into our development plan for the newsletter.

Email us at hisa@uhi.ac.uk with the subject line: "NEWSLETTER FEEDBACK - NOV24" to tell us your thoughts!

