

UHI | PERTH

Time to Talk



Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and colleagues to come together to talk, listen and change lives.

We are pleased to announce Time to Talk Day 2023 will take place 2nd February 2023 and here at UHI Perth we would like to encourage students and staff to talk about mental health.

We know the more conversations we have, the better life is for everyone. Talking about mental health isn't always easy, but a conversation has the power to change lives.

Tea and talk - 02/02/2023

Make space in your day for a conversation about mental health this upcoming Time to Talk Day.

Why not come along to one of UHI Perth's Tea and Talk events to have a chat about mental health and break the stigma?



Refreshments provided.

Room	Building	Timings
Student Support Hub	Brahan Building	09.30 am – 12.00 pm
Goodlyburn quiet room (Rm 506)*	Goodlyburn Building	09.30 am – 12.00 pm

Wellness walk & talk

When: 12pm-1pm, Thursday 2nd February

Where: Student Support Hub (start point)

Student Services have organised a wellness walk & talk to celebrate the great outdoors and the beauty all around us. Walking offers many of the same physical benefits of exercise while also boosting your emotional wellbeing and can even lower anxiety and improve our mood. Just come along to the Student Support Hub on Thursday 02/02/2023 just before 12 pm.

Green Week

Green Week will run from Monday 30th January to Friday 3rd February 2023.

The focus for the week is around Green Health and Sustainable Living, intersecting between the environmental and cost-of-living challenges that we face and the connection with our health and wellbeing.

Green Week provides an opportunity for us all to reflect on the way we live and to think about the steps we can take to live more sustainably.

View the programme of events and activities on our Green Week webpage.

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

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 😊

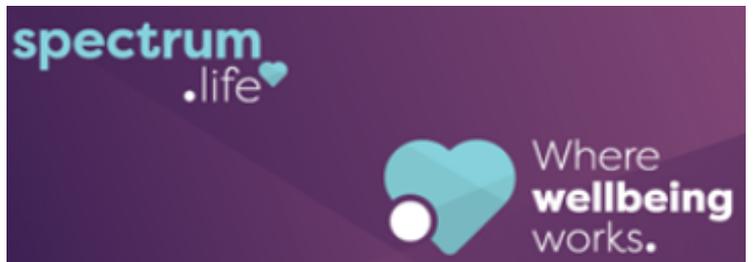
Tuesday 14th of February - 2pm to 4pm
Tuesday 28th of February - 2pm to 4pm
Tuesday 14th of March - 2pm to 4pm
Tuesday 28th of March - 2pm to 4pm

For more information, please contact:

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



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



Our Counsellors Recommend...

A New Perspective on Valentines: Self-Love Club

This Valentine's Day, whether you have a special someone in your life or not, we should all allow ourselves VIP access to the self-love club!

Taking some time to pay attention to what we need in our lives and to recharge our batteries in whichever way that might be.

Let's look at some suggestions...



Loving affirmations

I am enough, everything I need is already within me.

I am deserving of good things.

I acknowledge my own self-worth.

I believe in myself and my abilities.

I love the person I'm becoming

Treat yourself

You don't need someone to buy you flowers or some choccies, give yourself permission to buy these things for yourself. After all, you're worth it!

Self-Care

Indulging in self-care any or every day of the week is fully advocated for here but when better than Valentine's Day. Your self-care may look like a bath full of bubbles, getting into a new book, getting a walk in nature or watching a movie. Whatever you choose to do, decide to do it guilt free, you'll enjoy it even more this way.



It would be good to hear your thoughts in relation to the 'Our Counsellors Recommend...' emails. Are there themes that you have found interesting reading about? Have you found them thought provoking? Have you gone on to further research some of the subjects covered? Do you have any requests for subjects you'd like discussed? We would love to hear your thoughts, please send any responses over to claire.nelson.perth@uhi.ac.uk

Do you know what healthy relationships look like?

To some people this may sound obvious, but it really depends on what your experiences are and who has been there to model relationship dynamics within your life.

Healthy signs can include:



Open communication where you are encouraged and supported to talk about how you feel.



Sharing mutual respect.



You feel ok with spending time apart from one another.



You inspire one another to bring out the best in each other.



You feel safe and secure within the relationship.



You accept one another exactly as you both are and don't look to change each other.



There are realistic expectations about what you can both contribute within the relationship.



You can have fun together and make each other laugh.

If you feel you that your relationship feels different to this, then it might be important to talk to someone about this. Members of the Student Support Team and Counselling Service can be available should you wish to talk things over.

“How you love yourself is how you teach others to love you.”

—Rupi Kaur

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.

Care Day 2023 #KnowAboutCare

Care Day, the world's biggest celebration of children and young people with care experience, is happening on Friday 17th of February 2023.

Care Day 2023 is an opportunity to celebrate the rights of care experienced children and young people and is a joint initiative between five children's rights charities across the UK and Ireland.

For more information and events available for #CareDay23, please visit Home - Who Cares? Scotland (whocaresscotland.org) and Care Day - Become (becomecharity.org.uk)



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





LGBT+ History Month 2023

#LGBTHistoryMonth



February 2023 is LGBT+ History month and is marked across the UK as an opportunity to connect and reflect on the past and present of the LGBT Community, celebrate LGBT culture and progress towards equality over time, and to explore what the lessons of history can teach us for the future.



There are different events you can be part of, please find more here: [LGBT History Month | Home](#)

- **‘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](#)**



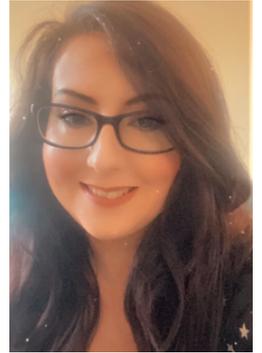
- **‘GLOW’ is a youth group for 13–25-year-olds, which runs every Tuesday from 6-8pm in the Health & Wellbeing Space in the AK Bell Library. Sign up or find out more information here: [Glow | LGBT Youth Scotland | LGBT Youth Scotland](#)**

- **[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](#)**

- **Scottish Bi+ Network: Support – [Scottish Bi+ Network](#)**
- **Perth’s Transgender and Intersex Group: [Transgender Perth, Scotland | Facebook](#)**
- **Perth LGBT+ and Friends: [Perth LGBT+ Friends - Perth, Scotland | Facebook](#)**
- **Perth Parrots – Perth’s LGBT+ Football Team: [Perth Parrots Floorball Club | Facebook](#)**

Student Services Staff Spotlight



Tell us about yourself?

I'm Becky, I started at Perth College in 2017 working with the reception team during academic breaks to cover for term time staff. From there I began my role as the Additional Support Administrator before becoming an Additional Support Officer in May 2021.

I live in Perth with my husband, stepson and our cat, Oscar.

What is your role at Perth College UHI?

Currently, I work two roles for the college but my main role is Additional Support Officer. I support students who present with Specific Learning Difficulties, Sensory Impairments, Physical Disabilities and Health conditions which may impact on their studies. We coordinate Personal Learning Support Plans with the students and provide reasonable adjustments to support them with their studies.

What's the best part of your job?

My favourite part is watching the students achieve their goals, either by completing their course or successfully moving on to the next level. I love graduation and seeing everyone so happy once they have achieved their qualifications.

What is a typical day at work like?

We are always busy, no two days are ever the same. I learnt that it is pointless to make a plan of how I think my day will go as it never happens like I hoped! All of Student Services work so well together that every day in the office is entertaining, it is hard not to laugh with Sam in the same room.

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

Winning a joint OBI with Craig was a highlight. I hadn't been with the Service for that long at the time so I was surprised to be nominated, never mind win.

Do you have any interesting hobbies?

I love live music, I spend a lot of my time seeing different bands playing when I get the chance. All of the rearranged shows post COVID and new announcements are costing me a fortune at the moment.

Student Services Staff Spotlight



Favourite type of food?

Anyone who knows me will know that I am an incredibly fussy eater but I do quite enjoy Italian food. I get bored of meals quite easily so tapas is ideal for me, little plates that are hard to get bored of.

Favourite holiday destination, and why?

My last holiday was in Kos, which was lovely but I do not take sun too well so 10 days was a struggle in July!

Where would you like to travel next?

We had booked Orlando for my sister's 30th birthday back in 2020 so it would be good to get that rearranged so I can see for myself what all the fuss is about with Harry Potter land.

Favourite book?

I don't read too often but I mostly enjoy autobiographies about people who have survived addiction, at the moment I just finished Dreamseller by Brandon Novak. I really enjoyed The Heroin Diaries by Nikki Sixx too.

At the moment I am reading Dave Grohl's autobiography which is brilliant.

However, my favourite book is a book my dad gave to me as a child which has a title too inappropriate for the college blog, but is by Adrian Edmondson so you can google it for yourself!

Favourite TV show or film?

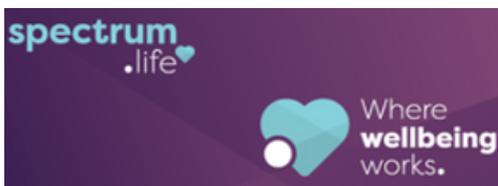
My favourite movie is Dirty Dancing, I have probably seen it over 1000 times. At the moment I am rewatching the TV show Nashville, and I finally finished watching the Big Bang Theory a few weeks ago, a few years after everyone else.

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

I had dreams of either becoming a newsreader or a fashion designer when I was younger, I changed my mind all the time. When I initially left school I went to college to study Art and Design with intentions of doing fashion and dressmaking but I ended up doing Interiors instead. A few years later I completed my BA in Accounting and Finance at Perth College which is when I began my reception role.

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
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