

Hi!

YOUR
STUDENTS'
ASSOCIATION

YOUR STUDENTS' ASSOCIATION NEWSLETTER

    www.hisa.uhi.ac.uk

ISSUE: 002

MARCH 2024

WELCOME!

Hi! Everyone. This is the second edition of Your Students' Association's all student newsletter. And we say 'Hi!' because that is what the newsletter is now called, thanks to the winner of our naming competition Fiona Gallagher. The name was chosen by your President William Campbell and Vice President Education Gary Souter. Thank you to all students who submitted entries, we had a great set of suggestions.

IN THIS ISSUE

- Name the newsletter competition winner.
- Student elections results!
- Voter ID in the upcoming general election
- NUS Award nominations
- Industrial action
- Disabled Students Allowance
- Congratulations to our Shinty teams!
- Updates from your local teams
- Events at your local UHI campus
- And more!



STUDENT ELECTIONS 2024!

- THE RESULTS ARE IN!

After months of planning, weeks of work and the days of voting this week – We can confirm the results of the Spring Elections 2024!

We have confirmed the results with our Returning Officer (National Union of Students), and we've had 1731 votes from 613 students which means we had a 3% turn out in this set of elections!

We'd also like to thank all the voters, candidates and their campaign teams for running such an outstanding election.

Congratulations to our elected officers, who you can find below!

- Cross Campus President – William Campbell
- Cross Campus Vice President Education – Shannon MacCallum
- Inverness President – Elizabeth Keegan
- Inverness Depute President – Holly Pearce
- Moray Depute President – Sarah Marshall
- North, West & Hebrides – Depute President (West) – Nicolas Kowalczuk
- Perth President – Xander McDade
- Perth Depute President – Andi Garrity
- Scottish Association for Marine Sciences (SAMS) Depute President – Kian McDonald
- Shetland Depute President – Harley Green



You might notice that there are some UHI locations missing from this list, if you're a student at Orkney; North, West & Hebrides; Moray; Argyll and the Highland Theological College, there are vacant roles that you can fill! We'll be in touch with our members soon about these positions, but if you're interested in student democracy, email us at hisa@uhi.ac.uk for more information!

And you can find a full breakdown of the results [here](#).



CROSS-CAMPUS UPDATES

NUS SCOTLAND AWARDS

We've been shortlisted in three NUS Scotland Awards! The Awards celebrate the work and effort of students' associations, officers and staff to improve the student experience and recognise the achievements of students' associations across Scotland.

This year, our brilliant Community Engagement team members Emma Miller and Amanda Fleet have been nominated for Students' Association Staff Member of the Year, and The Highlands and Islands Sub Aqua Club has been nominated for Club/Society of the Year! We're very grateful to have been shortlisted for these categories and are so pleased to see the Sub Aqua Club recognised for their efforts.

The entirely student run Highlands and Islands Sub Aqua Club is one of HISA's longest running clubs, with a strong committee and a range of activities which continually attract new members. With almost 50 current members taken from our student and staff body but also with involvement from the local community, the club is a thriving student group in a rural location, operating out of SAMS (Scottish Association for Marine Sciences) in Oban.

One of club's key aims is to help students and local community members in the Oban area become qualified in scuba diving. The club includes certified diving instructors who help students and community members through dive training, equipment usage, and certification. Once certified, the new divers can take part in local dives in lochs and in shallow sea waters with the club. Because the club includes members of the local community, it has developed a network of scuba divers, boat owners, and marine-affiliated organisations, that enable the club to promote scuba diving and marine science throughout the local area. This close collaboration between club and community has fostered highly positive relationships leading to post-education networks and diving opportunities. From crystal clear loch dives to exciting night dives, the club runs weekly events for its members alongside the variety of courses and qualifications that it offers. In addition, as many of the students are studying for employment in marine sciences, the club provides an essential supplement to their education as scuba certification is often preferred, if not required, for their future profession. And in the 2023/24 academic year, along with dives celebrating holidays for students far from family, the club hosted a 'Reclaim the Night Dive' in January 2024 to raise awareness about Gender-Based Violence. The first of it's kind, the event had so many sign-ups that the club initially had to reschedule the date in order to meet the large demand. This night dive for women, non-binary, and non-gender conforming people took place at Dunlolié point and focused on women's experience and diverse needs when diving and was a superb way of raising gender based violence in the student and local community.



INDUSTRIAL ACTION: YOUR VOICE

You'll perhaps be aware [through our website](#) and wider media that there is industrial action forthcoming in many UHI Academic Partners, with trade union EIS-FELA voting for Action Short of a Strike (ASOS), and that there are also discussions about proposals about pausing or withdrawing certain courses from the UHI curriculum. On 7th March we held an All-Student Meeting to gather students' views on this, and we were grateful to the dozens of students who attended to tell us key points including:

Fears about disruption of learning through cancelled classes, delayed marks, or closed progression routes.

The impact on communities in the Highlands and Islands in terms of jobs and learning opportunities.

The need for more clarity about the decisions that are being taken and the way students should be consulted.

The University has now published a policy on mitigations for students who may potentially be affected by ASOS and strikes [Current students - Industrial action 2024 \(uhi.ac.uk\)](#) but each College will be in touch with students as and when needed. We are in touch with trade unions, UHI and Academic Partner management, MSPs in the region, the Scottish Government's Minister for Higher and Further Education, among many others, to keep the student interest at the heart of discussions. If you have any concerns or comments, please contact us at hisa@uhi.ac.uk.

QUESTION OF THE MONTH

We want to talk to you more about how we can work together to make your experience the best possible here at UHI.

In working towards this goal, in December we started asking Questions of The Month.

The question for March is **"How might Action Short of Strike impact your learning experience, and what ways do you think we, as your Students' Association, could support you during this time?"**

Submit your answer [here](#) or chat to one of our officers on campus.

How might Action Short of Strike impact your learning experience, and what ways do you think we, as your Students' Association, could support you during this time?

HOW DO WE BUILD COMMUNITY AT UHI IN 2024-25

At our next All-Student Meeting we are seeking your views on how we together can build the student community in the next academic year. What do we want from our campuses? How should learning spaces support a sense of community? How can students create clubs, societies and networks to give them a voice, an identity, new skills, and much more? As we plan our work, including freshers' activities, in 2024-25, we need your views! Come and share your views at 1.00pm on Wednesday 24th April.

Click [here](#) for more details as they are confirmed!

NEW VOTER ID LAWS

There's a general election coming up – did you know you'll need photo ID?

Background Information

Due to recent changes in the legislation, voters in Scotland and across the UK need to show photo ID to be issued a ballot paper at polling places in UK parliamentary elections. These include the upcoming general elections, UK Parliament by-elections and recall of MP petitions.

What ID Can You Use?

Voters can use passports, full and provisional driving licenses, Proof of Age Standards Scheme (PASS) cards, Blue Badges, CitizenCards and some concessionary travel cards. The full list of accepted forms of photo ID is available on the Electoral Commission website.

People without an existing acceptable form of voter ID can apply online or by post for a free Voter Authority Certificate (VAC). When applying for a VAC, you will need to provide your name, address, date of birth and national insurance number.

Why is This Important?

It is crucial that awareness is spread, and that voter IDs are made accessible to everyone at the earliest opportunity, particularly given that the general elections are due in the next 10 months.

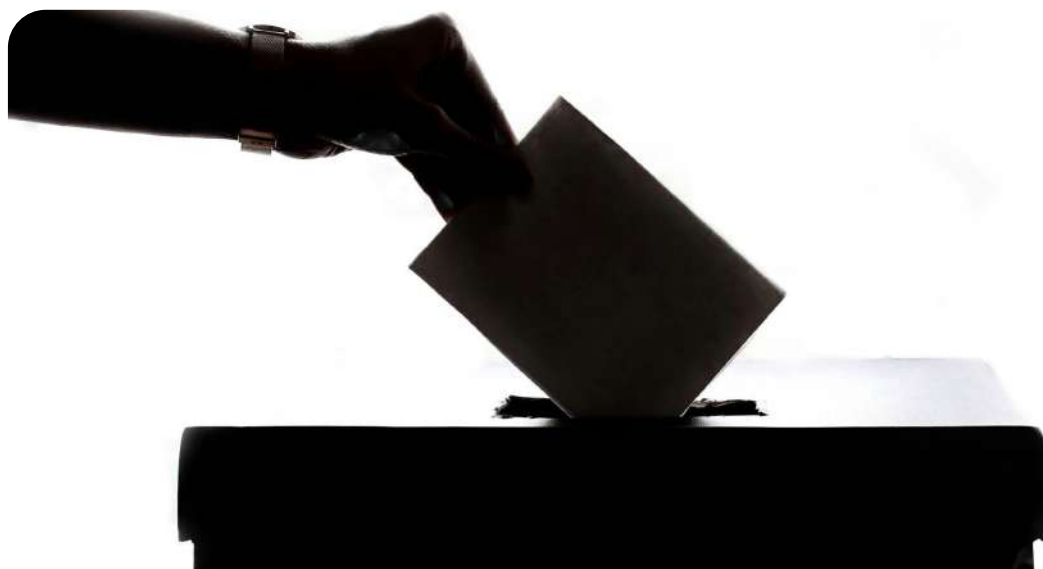
For example, local elections in England on 4th May 2023 were the first in the UK to require voters to show any form of identification before voting. Around 14,000 people were not able to vote at a polling station because they did not meet the voter ID requirements. Younger voters, disabled people and individuals from ethnic minority communities were particularly affected, as they faced additional barriers to obtaining accepted voter ID documents.

Get a Free CitizenCard with NUS Today!

Do you need to sort out your voter ID and wonder where to start? The National Union of Students has you covered. By clicking here and going to their website, you will be able to apply for a free CitizenCard.

Check out these sources for more info!

- [Voter ID - House of Commons Library \(parliament.uk\)](#)
- [Applying for a Voter Authority Certificate | Electoral Commission](#)
- [How to vote: Photo ID you'll need - GOV.UK \(www.gov.uk\)](#)
- [Get your FREE Voter ID via CitizenCard - NUS UK](#)
- [What counts as Photo ID at elections? - NUS UK](#)



HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

EMBRACE DIVERSITY, EMBRACE SUCCESS: DSA PAVES THE WAY FOR INCLUSIVE EDUCATION!

Calling all students! Are you ready to be part of a truly inclusive academic community? The Advice Service is sharing the facts of Disabled Students' Allowance (DSA) and its importance in championing diversity and ensure every student has equal access to education. Have a read through about what DSA is and how you can get support. If you are a Further Education student, we've included some information for you too!

Click [here](#) to read the full article on our website

The Advice Service is also willing to hear any issues you might be having or had in the past with DSA as we are collecting case studies for a possible campaign.

Drop us a line with your story: hisa.advice@uhi.ac.uk.

Please note the Advice Service will be closed during the 1st of April and 7th , if you require urgent support, please email hisa@uhi.ac.uk and someone from your local team will be in touch.

SPORTS CLUBS, SOCIETIES & NETWORKS!

PRIDE

Last month, the [Pride Student Network](#) was especially excited to help sponsor some of the fabulous get-togethers in celebration of LGBTQ History Month. At Perth, the local team arranged a fabulous day of music, drag, and art with inclusive sports from our Sports Development Coordinator, Amanda Fleet. Inverness held a spectacular Inveryass Pride Party with Drag Queen Venus Guytrap where students got to be part of UHI's Rainbow Mark designation. Even more events were held at Moray, SAMS, Orkney, and Outer Hebrides! As we learn from our history and make progress towards a more inclusive society, we hope that all of our LGBTQ+ students have a welcoming and affirming student experience.

WOMEN'S HISTORY MONTH

In recognition of Women's History month, HISA has teamed up with Moray Rape Crisis to better understand how we can support students who may experience Gender-Based Violence. As the world celebrates the accomplishments of women this month, we continue to commit to helping our students overcome barriers and achieve their own successes. In Orkney, the Women's Student Network will be hosting an employability workshop to help women enter the job market with confidence. If you are looking for similar opportunities or for a community of women to share experiences, support each other, and socialize, consider joining the [Women's Student Network!](#)



STUDENT GROUP GRANTS

Congratulations to the record number of grant recipients this term! The HISA Grant for student groups will be helping football, volleyball, basketball, rugby, and boccia teams travel and compete. It also help the Mountain Biking Club, HISAC, the Perth Electronic Music Society, Rock Climbing, Mountaineering, and Wind and Wave with equipment and funding for activities. Check out their [websites](#) if you are interested in joining or want to find out more!

CLUB SPOTLIGHT

The UHI Christian Union is always up to something cool. They hold all sorts of fun events to socialize and talk about Christianity. They host bible studies, publish a newsletter, and host social Badminton every Wednesday from 5-6 at the Inverness Sports Hall.

To learn more about this highly active student group, check them out on our website [here](#) or follow their instagram [uhi.christian.union](#) !

SPORTS UPDATE

We have some amazing news from our shinty team this who competed at The Littlejohn Vase and McHue & Porter tournament in St Andrews last week. Both the men's and the women's teams swept in and finished first place in the pool stages. The women went on to claim the bronze medal and the men won the Vase itself, marking the first time a non-central belt university have won the tournament in 14 years and the first time UHI have ever been in the competition. This was all made possible with a generous donation from the team sponsor, Kishorn Port & Dry Dock. A massive congratulations to both teams.

In further sporting success, the UHI Perth Boccia Team also took the win at a Boccia tournament at the start of the month. Well done to all athletes who competed!

We're very proud of our students who recently won awards at the Perth & Kinross Sports Awards. Sportsperson of the Year went jointly to current student Laura Watt and previous student Holly Wilkie-Milne for their international success in curling- you may remember that we awarded Laura UHI Sportsperson of the year last year! Alex Medley won Disability Sportsperson of the Year for his achievements in Boccia.

It's been a busy few weeks in sports, but we're now looking ahead to the first ever UHI varsity tournament in Inverness, which will see teams from UHI Perth, Moray and Inverness competing in football, basketball and volleyball. We're also in exciting talks with Scottish Rugby about a UHI rugby tournament towards the end of the year- watch this space!



LOCAL UPDATES: INVERNESS

SVR'S

Inverness has recruited and trained additional student voice reps, now with 75 reps in total. The final SRC took place on the 12th of March in the Lecture theatre, from 12pm to 1pm on Inverness main campus. Although there is a reduction in the number of reps, they have been very engaging with the student association and UHI staff and senior management. Many improvements were made to UHI Inverness courses and facilities. We are very thankful to all SVRs for making their voice heard and representing their classes to make the student experience satisfactory and enjoyable!

NETWORKED STUDENTS SURVEY

We're surveying networked students to find out more about how we can make their student experience the best it can be. The survey will ask about course satisfaction, how students feel when attending class and if they would benefit from an online or on-campus study space so they can interact and socialise with other students.

If you're a networked student, help us help you and fill out the survey [here](#).

If you have any issues, please contact Inverness Depute President of Education Holly Pearce at hisa.inverness.deputeedu@uhi.ac.uk

EVENTS

February was a very successful month for events and student engagement is increasing, specifically our Pride Party featuring Inverness drag queen Venus Guytrap. The feedback for the event has been fantastic, with our largest turn out yet. With March being a new month, the student association has hosted a World Book Day sale and Costume competition. The participation was engaging, and the costumes were very creative. Winners will be announced soon, to receive their Amazon Vouchers.

HISA Spring Fest is in the works for April. A stress-free day of fun before students settle down and study for exams. We hope to organise a student vs staff sports day with the UHI social committee, including many fun activities in the Atrium, such as a mechanical bull, giant Jenga, giant Connect 4, Gladiator duels etc. No date has been officially set; however, we aim for the 23rd of April.

CLUBS AND SOCIETIES

Our most active societies in Inverness are the Christian Union, the Badminton Club, and now our new society consisting of 12 members, the Islamic Society. Many students have approached to start societies such as a society for international students to practice the English language, and a fencing society. They hope to start this in the next academic year.

LOCAL UPDATES: HTC

Hi all,

Your Students' Association are always trying to find ways to help, not only your studies through our advice service, but your overall experience. With that in mind we have a few events planned over the next period.

In April:

In April we plan to have escape rooms which can be run from a computer, so no need to leave the house. We will be looking for: teams of 6 people (children included if they are playing, please contact Jamie if you have any questions) to participate, or, folks who sign up as individuals and will be put into groups of 6. You will then spend 90 minutes to try and find your way out of the room and solve the murder.

Please sign up via the form [here](#).



In May:

After the exam period is over, but before the results are back, we are looking to have a trip up, or down, to Dingwall for an afternoon an evening (inc. meal) and a morning. You will have already received a Doodlepoll form via email to fill out regarding dates. Further announcements and sign-up sheets will be out in due course.

Assignments can be stressful but don't think you can't take a bit of time out for some fun.

Hope we see you around

LOCAL UPDATES: PERTH

SVR MEETINGS

- Wednesday 27th March 12pm-1pm in the Brahan Lecture Theatre and online, join the meeting [here](#).
- Thursday 28th March from 1pm-2pm in Goodlyburn 613B and online, join the meeting [here](#).
- Wednesday 24th April from 12pm-1pm in the Brahan Lecture Theatre, join the meeting [here](#).
- Thursday 25th April from 1pm-2pm in Goodlyburn 613B and online, join the meeting [here](#).

THE RETREAT AT UHI PERTH

The Beauty Therapy and Hairdressing team offer a variety of value for money treatments during the week to students, staff and members of the public.

The students are supervised by qualified and professional teaching staff, so rest assured your treatment will be handled with utmost care and professionalism. And whilst you will benefit from feeling pampered and refreshed, the students will get the invaluable practical experience essential for their further progression and training, so it's a win win for all!

Our students learn by working with real clients and we usually charge much less than salons on the High Street.

We use high quality products and the equipment and treatments you'll find are the same as in the trendiest salons. Vegan products available on request. A wide range of Wella, Eve Taylor and Dermalogica retail products are on offer too.

Discounted treatments available Monday to Friday.

Click [here](#) for more info!

UPCOMING EVENTS!

March

Wednesdays 20th and 27th March –

- Netball 12 – 1pm ASW
- LGBTQ+ Communities and Allies Group 2-4pm Room 204
- Football 3-5pm ASW
- Social Volleyball 3-5pm ASW

Thursdays 21st and 28th March –

- Pickleball 12 – 2pm ASW
- Computing Society 4-5pm room 223
- Rugby 3-5pm ASW

Mondays 25th March

- Badminton 12 – 1pm ASW
- Basketball 1-2pm ASW

Tuesday 26th March

- Basketball 8.30 – 10pm ASW

OBI (Outstanding, Best and Inspiring)

Awards nominations open on 25th

March and close on 26th April Awards.

Ceremony 5th June

April

Thursday 18th April – Hidden Disabilities Event in the Union Link building with local groups attending and providing advice on finance support and wellbeing support. 'Give it a go' Boccia in the ASW

For more information contact us at HISA. Perth@uhi.ac.uk or pop and see us in the Union Link-Webster Building

OBI AWARDS!

This year's Perth OBI Awards are open for nominations! Know someone who's completely Outstanding? Simply the Best and totally Inspiring? Then nominate them now for an award!!

What are the Perth OBI awards?

OBI is the name of UHI Perth's local awards to help celebrate and acknowledge the fantastic work that its staff and students do throughout the year! OBI stands for Outstanding, Best and Inspiring!

How do I nominate someone?

To Nominate someone simply complete the nomination form by clicking [here](#). Alternatively, a paper-based voting form is available from the Goodlyburn Reception and the Brahan Library corridor. Speak to the Perth Students' Association team if you need assistance or have any questions in relation to the voting process.

What are the Categories?

There are ten categories to nominate for:

- Most Inspiring Student
- Most Inspiring Lecturer
- Best Student Voice Representative
- Best Personal Academic Tutor
- Club or Society of The Year
- Best Student Event
- Best Overall Student
- Outstanding Education Support (professional services)
- Best wellbeing Support (professional services)
- Best Impact on Student experience (all staff)



When is the latest I can vote?

Voting closes on Friday 26th of April before 5pm

When will the winners be announced?

Once voting has happened, a panel of volunteer students and staff will decide the winners which will be announced at this year's awards ceremony on the 5th of June.

So go on! Make someone's day and nominate them today for an OBI Award!!

LOCAL UPDATES: MORAY

Our new Student Intern will be available for information on the following days and locations:

- Mondays 10-3pm – AyePod, Moray Street Campus
- Fridays 10-3pm – Linkwood Campus

Your Students' Association has also been working alongside Senior Leadership, trade union colleagues, Moray Council, MSPs, MPs and you, our students,

who are potentially being affected by the proposed cuts at UHI Moray. We have ensured there is student representation at Moray Board of Management and are working on student consultations to make sure your views on the future of studying at UHI Moray are heard.

We would love for any UHI Moray student to share their views by completing this short form [here](#). All responses will be anonymised and feedback will be shared with UHI Moray as part of their student consultation exercises

We will also be contacting potentially affected student directly through teaching staff or LDW/PAT sessions but if you have any concerns or questions, please get in touch with us at hisa.moray@uhi.ac.uk or reach out to our Advice Service at hisa.advice@uhi.ac.uk

SVR MEETINGS

Online via Teams and in person at the Moray Street Campus Lecture Theatre

- Wednesday 17th April 12:30pm-1:30pm
- Wednesday 8th May 12pm-1pm

LOCAL UPDATES: ARGYLL

CO-OP FOOD SHARE

Your Students' Association aims to support you during these increasingly challenging times. Over the past months, our regional and local teams have been tirelessly working on mitigating the effects that the Cost-of-Living Crisis has on our student population.

If you are based at UHI Argyll and are currently struggling with accessing food, make sure you check out Co-op Food Share together with your fellow students. As you will see, any community/not-for-profit group can register to become a partner with their local Co-op and help themselves with any food surplus through this scheme.

As the availability and frequency of collections will be different at every store, you will need to enquire in-store for further information once you have registered. You will also need to remember that what is available will vary daily. Check out the Co-op website to learn more.

SVR MEETINGS

- 15th April 11:30am-12:30pm
- 6th May 11:30am-12:30pm

LOCAL UPDATES: SAMS

LGBT+ HISTORY MONTH PRIDE EVENT

Students came together to attend the pride event hosted in the cafe at SAMS to take part in fun activities, learn about important people in the history of the LGBT+, and get local advice and information from Oban Pride.



LOCAL UPDATES: SHETLAND

STUDENT NIGHT AT MAREEL

Our Creative Arts students based at Mareel are putting together a wonderful, musical showcase of their learning journey at UHI Shetland. Come and support them at Mareel – you can follow their [Facebook](#) page to stay up to date and learn about the students who will be performing during the evening.

- Free entry, no tickets required – just turn up
- 7pm Thursday 28th March
- Mareel



HELLO FROM HARLEY

Our newly elected Depute President will be starting his role in August, but has been in post since mid-January as a student intern – here is a peerie message from him to introduce himself:

Hello UHI Shetland students, first of all thank you for voting me in as the Depute President for UHI Shetland in the 24/25 academic year, looking forward to taking up the position in August. Currently and for those who don't know, I am a Student Intern at Your Student Association for this academic year planning fun activities before we break up for the summer. Anyone wishing to speak to me please feel free to contact me @ harley.green@uhi.ac.uk or I will be located in D4 (Your Student Association office) in the Lerwick campus on Monday's from mid-day, and Thursdays for most of the day.

QUIET ROOM

Watch this space!

After student campaigns for student-only spaces, and specifically a quiet room for students to go to should they need a break from the humdrum of campus, some time to sit and be still or think quietly to themselves, UHI Shetland have found an appropriate room.

Your Students' Association have donated a significant amount of their Shetland budget towards furnishing the room and have purchased a comfortable seating, tables and lighting.

AWAAR O' ONLY TROWS?

After the Easter Break, some peerie Trows will be hiding around Lerwick Campus, Scalloway Campus and Mareel. This will run from Tuesday 16th April to 30th April.

They could be high, they could be low, they could be right behind you! For sure though, they are very shy so don't frighten them away but you should be able to catch it if you see one!

If are awaar o a Trow then once you have caught dem, follow the instructions on its label. Every Trow will have a prize, and these will vary, but will include gift vouchers for local businesses.

STUDENT VOICE REP COUNCIL MEETING

Our next Rep meeting will be on Tuesday 26th March from 12:30 to 1.15pm. Room D24 or join online via the teams link [here](#). If you have anything you would like raised, please speak to your class or course Student Voice Representative or contact Harley.green@uhi.ac.uk.

SHETLAND VS ORKNEY QUIZ NIGHT!

Save the date!

We have booked the evening of Wednesday 24th April for a Shetland Vs Orkney quiz from 6pm to 7.30pm in Room 12 at Islesburgh Community Centre.

Open to both staff and students, with a max. of 5 persons per team, this will be a live event in Shetland linked to a live event in Orkney.

Which island will win the overall Inter-island Quizmaster Trophy and keep it at their campus until next years event? More competitive than your average inter-county event, start thinking about who you would want on your team! Booking will go live nearer the time so make sure you have registered on our website so you can grab your free ticket.

BOARD ACCOUNTABILITY SESSION

It has not been possible to find a suitable date for this as yet with the Board but we are working on it and will let you know by email as soon as we have a date arranged. This meeting will be open to all UHI Shetland students.

IN CASE YOU MISSED IT - PRIDE POP UP SHOP

We really enjoyed having the Annexe bring its pop-up shop to the Lerwick campus to close our celebrations of LGBTQ+ history month. There was a 25% student discount offered on Pride merch, which Your Students' Association matched as a donation to the Shetland Pride Fund. If you didn't get your free rainbow pin badge, please drop Harley an email and he will arrange to get yours sent to you by post, or ready for you to collect on campus.



LOCAL UPDATES: ORKNEY

LIVING HISTORY STUDENT SOCIETY

Are you keen on learning traditional crafts and taking part in creative projects? The Living History Student Society is now open for sign-ups and is keen to hear your feedback on what projects to undertake in the coming months. Complete the following [form](#) to register your interest and suggestions.

ARTS AND CRAFTS STUDENT SOCIETY

The Arts and Crafts Orkney Student Society is officially looking for new members to join and help run the group. Are you a fan of arts and crafts? Do you join event planning? If your answer is yes, then get in touch with the group on Facebook @Arts and Crafts Orkney College.

For those of you keen to get involved, keep an eye out for the society's Scrapbook Kit Giveaway taking place this week at the College in front of the reception area!

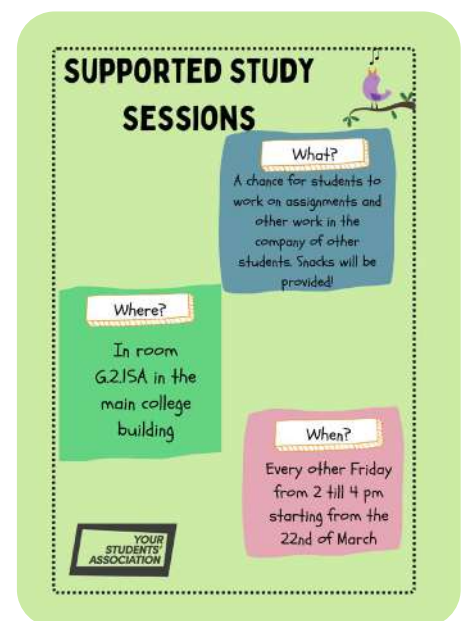
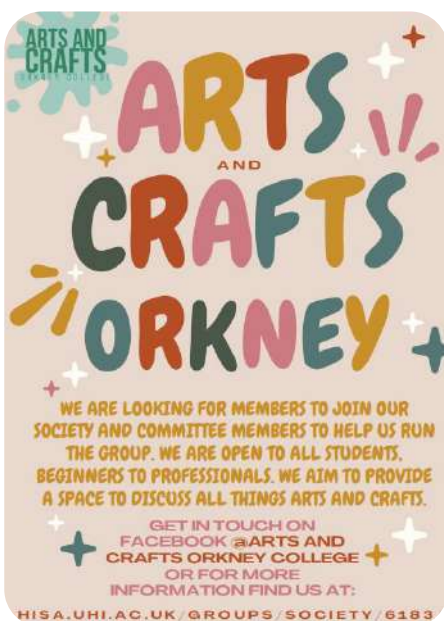
GET THE JOB AND CLOSE THE GAP!

Does your CV need a bit of an overhaul? Cover letters getting you down? Well, come along to a HISA run employability workshop aimed at improving CV's, cover letter writing and even practice for interviews. If that hasn't sold you on coming along, there will even be a selection of top-notch food courtesy of the hospitality department. Come along to the Overblikk Restaurant on Tuesday the 26th of March from 12 to 3 pm.

ARTS AND CRAFTS STUDENT SOCIETY

The Orkney Island Games are back, and they are looking for volunteers. Volunteering opportunities range from marshalling, IT, information teams and many more. Fear not, no experience is needed and training for all these roles will be provided. Registration is open until the 12th of September and more information can be found here:

[Volunteer | Orkney 2025 Island Games.](#)



SUPPORTED STUDY SESSIONS

Studying can be a bit of a pain, but misery loves company. Come along to our joint study sessions where you can work with others or alone. Snacks will be provided. The sessions will run every other Friday starting on the 22nd of March from 2-4pm in room G.2.15A in the main college building.

CLOTHES SWAP

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 Student Association's box in the foyer of the College. Please note that all donated clothes must be clean and in very good condition.
3. From now on, 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 beside the table tennis, down the main staircase inside the College building. For any questions and to get involved, email francesca.meneghetti@uhi.ac.uk.

List of Accepted Items:

- Shirts & blouses
- Jumpers, hoodies, sweaters, cardigans & blazers
- Jackets & coats
- Trousers, jeans & skirts
- Dresses & jumpsuits
- Scarves, hats & gloves
- Activewear (shirts, shorts, leggings, joggers)
- Maternity wear

A big thank you goes to the amazing Orkney Student Pantry, who purchased the Clothes Rack and the first batch of clothes. You can find more information on the Orkney Student Pantry here below.

LAPTOPS FOR STUDENTS

Did you know that if you need a laptop for studying UHI has a supply you can access?

Having access to the right equipment and an adequate internet connection at home is an important factor in completing your studies successfully. If you are in a pinch, UHI Orkney has a stock of laptops and 4G dongles which we can loan out to help you on your student journey. We're here to support you every step of the way. See the eligibility criteria, and information on how to apply [here](#).

ORKNEY 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.

SATISFACTION & ENGAGEMENT SURVEY

The Student Satisfaction and Engagement Survey is now live and will remain open until April 21st. The survey is open to every student from Senior Phase to Degree completing at least 4 credits (160hrs) of study. Check your inbox for an email from [ian.wilkie@uhi.ac.uk](mailto:wilkie@uhi.ac.uk) for more information. Everyone completing the survey will go into a prize draw for a £50 voucher.

COMING SOON

Keep an eye out for our upcoming Royal Rumble, an epic Orkney VS Shetland quiz open to both students and staff. Further details will be shared on our social media and in the next newsletter.

LOCAL UPDATES: NORTH, WEST & HEBRIDES

TURN UP TO VOTE!

Get ready for some exciting news about our Turn up to vote campaign coming up the week starting 29th of April! It's a fantastic opportunity for students to get informed about the voting process, register to vote, and discover the free forms of voter IDs that are available to students. Stay tuned for more details - you won't want to miss out.

BRIT CHALLENGE

NWH BRIT Challenge is in its last week finishing on the 24th of March and what a challenge it has been! You have smashed our miles and hours' goal and did an amazing job fundraising for local charity. Having raised so far over £1000! Have a look over the results so far below and remember you can still log activities until the 24th March.

BRIT 2024 Totals so far!

- Miles - 5056.63 - 249.83% of target
- Hours - 2472.17 - 122.14% of target
- Acts of Kindness - 608 - 30.04% of target
- Donations - £1,098.71 - 54.28% of target

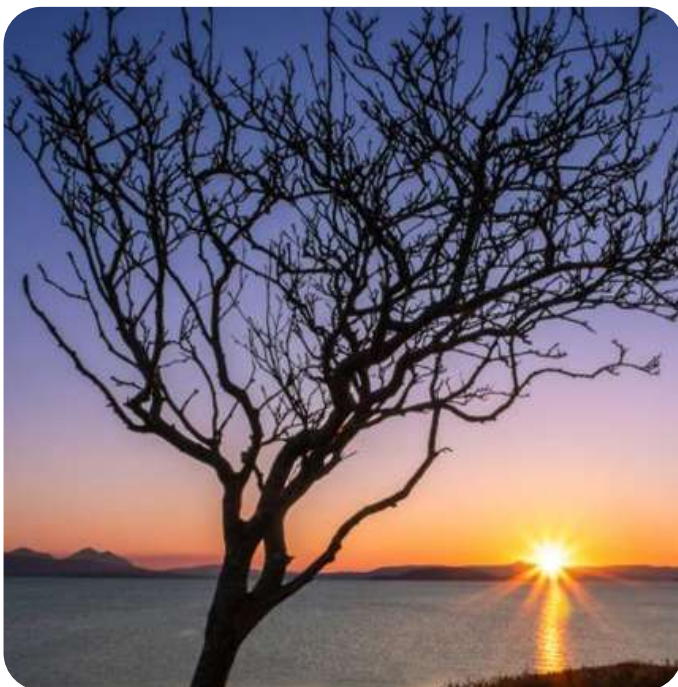
NEW APPOINTMENT: STUDENT MENTAL HEALTH & WELLBEING OFFICER

Student Services have welcomed two new members of staff in Thurso and Stornoway, Gez and Anne Marie, taking up the new Student Mental Health and Wellbeing Officer roles.

Both will work as part of the wider team which provides and delivers health promotional activities including events, drop-in clinics, presentations and workshops for all our students across UHI North, West and Hebrides. Why not pop by Student Services and get to know them?

UNIVERSITY MENTAL HEALTH DAY

We celebrated University Mental Health Day this March! We asked you to submit pictures of everyday life that bring you joy and remind you of the small things in life. Here are some of our favorite photos:





Charity Ceilidh



Thurso British Legion

30th March 2024

Doors open - 7.30pm

Tickets - £15

Live music from

WHISKY

Hosted By Equine UHI Students

Contact the British Legion for Tickets

A blue background with several overlapping circles in various colors (green, yellow, red, purple). Inside some of the circles are small images of groups of students. The text 'Looking for community? Join one of our Student Networks!' is written in white, bold font. At the bottom left, there is a white box with the text 'YOUR STUDENTS' ASSOCIATION' in blue.

Looking for community?
Join one of our
Student Networks!

YOUR
STUDENTS'
ASSOCIATION

GROW

YOUR CONFIDENCE AND SKILLS

SIGN UP FOR STUDENT VOICE REP
CLICK HERE TO FIND OUT MORE!

STUDENT-FRIENDLY RECIPE

- HEART BREAKFAST PORRIDGE

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.

This recipe for porridge creates one serving, making it easy to make for a quick, filling and nutritious breakfast in the morning, or even for lunch! It also counts for 2 of your 5 fruits and vegetables a day.

INGREDIENTS

- 50g oats
- 1x apple chopped into small pieces
- 80g frozen blackberries or blueberries
- 1tsp ground cinnamon
- 1/2tsp ground ginger
- 1tsp honey
- A pinch of salt
- Water
- Milk (optional)



METHOD

Makes 1 portion

Step 1

Add all your ingredients into a saucepan, and enough water to cover the oats. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it doesn't stick to the bottom of the pan.

Step 2

Once the fruit has heated through and the frozen berries have started to break apart, remove from the heat and pour into a bowl to serve. Add milk and more honey if you like it sweeter.

Tip

Traditionally, Scottish porridge is just oats, salt and water, which is an acquired taste for some. However, even if you make it sweeter and add fruit, don't skip that salt! Not only is it a mineral that our bodies need, but it also serves as a flavour enhancer. Properly seasoning your food with salt brings out deeper flavours making your food taste even better, in this case, it will make the fruit and honey even sweeter, this is the same reason why salted caramel is so popular!

PUZZLES AND COMPETITIONS

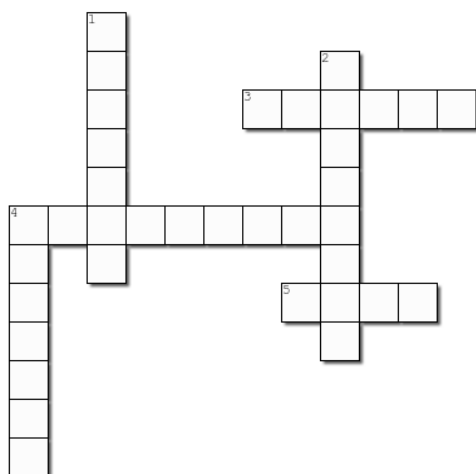
NAME THE NEWSLETTER COMPETITION

Thank you to everyone who took part in last issue's competition to name our newsletter, we had a lot of creative and clever responses, it was hard to pick just one! But at the end of the day, we chose Fiona Gallagher's entry of "Hi!" thanks Fiona! We'll be in touch soon about your prize.

PUZZLES

Elections Crossword

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3. a slip or sheet of paper on which a person's vote is marked.
- 4. the elected head of the Students' Association
- 5. a formal indication of a choice between two or more candidates, expressed through a ballot or show of hands.

Down

- 1. a person who is chosen as a candidate for election or for an honour or award.
- 2. a formal and organized choice by vote of a person for a political office or other position.
- 4. a declaration that something will or will not be done

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

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 - MAR24" to tell us your thoughts!

