

HI!



YOUR STUDENTS' ASSOCIATION NEWSLETTER

   www.hisa.uhi.ac.uk

ISSUE: 010

JANUARY 2025

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STUDENT ELECTIONS

#LeadHISA



**STUDENT
ELECTIONS**

#Lead HISA

**NOMINATIONS
OPEN!**

Looking for a paid work experience where you can meet new people and make a real positive difference?

Why not nominate yourself to become a Student Officer!

As a Student Officer you will have the opportunity to...

- Meet new people across the Highlands and Islands. As an Officer you will have the chance to network and get more involved in both local and cross-campus activities and events taking place across the Highlands and Islands, including Societies, Sports Clubs, and Student Networks.
- To Improve the student experience at UHI. As an Officer you will be in a position to drive improvements to the student experience inside and outside the classroom, as well as ensure that HISA is campaigning on the matters that are most important to UHI students.
- Undertake a year's funded work experience leading one of Scotland's biggest Students' Associations that will make you stand out to future employers. As an Officer you will get the opportunity to gain skills and experience in leading a campaigning membership charity whilst receiving a real living wage.

Interested? Want to find out more?

You can find out more information about the roles up for election, the elections process, and the support available to candidates by checking out the Nominations pack at [here!](#)

Nominations will close Noon (12:00) Thursday 20th February 2025.



HISA



**STUDENT
ELECTIONS**

#Lead HISA

**WANT TO MAKE
A DIFFERENCE
ACROSS UHI?
BE THE NEXT
CROSS CAMPUS
STUDENT OFFICER**

ARE YOU A NEW STUDENT? START HERE!

Hi! Welcome to the Highlands and Islands Students' Association (HISA). Our purpose is to represent, empower, support and enhance the lives of UHI students. We exist to encourage and inspire you to find your people, your passion and your place.

Day to day, we're the home of societies, clubs, networks, events, representation, campaigning, advice – all the best bits when it comes to student life.

We're led by our students and are a completely independent non-profit organisation. That means we're always here for you when you need honest advice, support and inspiration, and we can focus our time and energy on doing what's right for you.

To find out more about the HISA team at your local campus, have a read through our local guidebooks [here](#).



We have also created four short voice-over PowerPoints for you to engage with at your leisure that communicate how HISA can help you integrate into student life and enhance your student journey.

Part 1 – An introduction to the Highlands and Islands Students' Association by President William Campbell

Part 2 – How we represent students locally, and across the UHI – find your local officer here!

Part 3 – Clubs, societies and networks – how to get involved in your student community

Part 4 – All about Student Voice Representatives, our independent impartial advice service and how we keep students up to date with UHI-wide meetings and newsletters.

FEEL FAB FEB – A HISA CAMPAIGN: Let's Make Mental Health a Priority!

WHAT IS FEEL FAB FEB?

This February, get ready for Feel Fab Feb—a vibrant, student-focused mental health campaign within the Highlands and Islands Student's Association! We're bringing together a mix of activities on campus, online, and through lobbying to improve mental wellbeing and create a supportive community for all students.

Here's what's in store:

- **On-Campus Events** – From wellbeing workshops and mindfulness craft sessions to fayres where you can engage with local charities, and therapists, there's something for everyone to get involved in and feel part of.
- **Online Activities** – Join virtual mental health talks, interactive Q&A sessions with experts, and an online trivia session.
- **Advocacy and Lobbying** – Together, we'll push for stronger mental health support across the nation, ensuring student wellbeing funding is a top priority for decision-makers.

Feel Fab Feb is more than just a campaign—it's a movement to prioritise mental health, build connections, and spark positive change.

Keep an eye on our website and social media channels for Feel Fab Feb events near you and online!



MORAY

6th Feb: Human Bingo 4 to 6pm in the AyePod. Join Sarah and Chloe for some feel-good fun and get to know your fellow students.

PERTH

17th Feb: Random Acts of Kindness Day (across whole campus, all day)

18th Feb: Therapets on campus at 10am and 12noon in the Webster building

26th Feb: Good Vibes Festival - workshops, activities, freebies and info on improving and maintaining positive mental health in the Webster building throughout the day

SHETLAND

4th Feb: Cuppa and Chat . Join HISA for some hot chocolate and mindful, self-care activities in collaboration with Student Support Staff at Briggistanes, Lerwick Campus, 10am to 12 noon.

6th Feb: Cuppa and Chat. Join HISA for some hot chocolate and mindful, self-care activities in collaboration with Student Support Staff at Briggistanes, Lerwick Campus, 10am to 12 noon.

11th Feb: Cuppa and Chat. Hot Chocolate to go, or stay for a chat with HISA and the Student Support Staff at Scalloway Campus 10am to 11am.

Cuppa and Chat will also take place at Mareel campus, this date will be confirmed separately with Mareel students so we can make sure we chat with as many of you as possible!

ORKNEY

11th Feb: Origami crafting 2pm to 4pm. Join Mila and Muriel for some mindful crafting and a warming drink in the cafeteria at Kirkwall campus.

18th Feb: Trivia Tournament 2.30 to 4pm. Join Mila and Muriel to pit your wits against fellow students for a fun trivia tournament and keep your mind healthy.

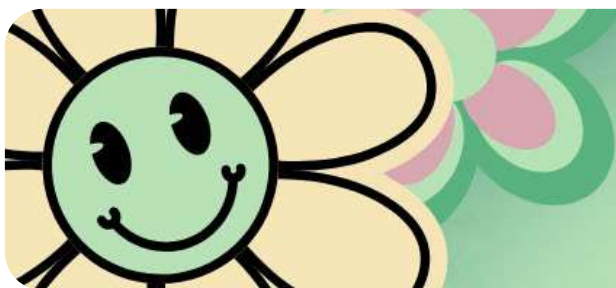
Wellbeing Packs for Students. Back by popular demand, and to celebrate Feel Fab February, students will be able to register their interest in a Wellbeing Pack containing items to help you have a mindful, relaxing experience at home during a break from your studies. Online and campus-based students are welcome to apply, the form to register will be circulated via email so keep an eye on your student email! Packs will be limited and on strictly first come, first served basis.

SAMS

14th Feb: Valentine's Ceilidh. 7:30pm till late at Argyllshire Gathering Hall, tickets on sale here!

27th Feb: Coffee and Tea and Chat and Book Swap. 12.30pm to 1.30pm (all day for the book swap) at Café Camus, in the Shena Marshal Building (SMB).

1st Feb – 28th Feb: Post-It Positivity. Throughout Feel Fab Feb there will be a board in Café Camus where everyone can share messages of kindness and support for one another, and read those that have been shared by others. Anyone involved in SAMS can add a Post-It (or other non-branded sticky note!), so whether you are a first year undergrad, PGR, staff, or anything in between, come and share the love!



EQUALITY & LIBERATION

HOLOCAUST MEMORIAL DAY: JANUARY 27TH

January 27th marks Holocaust Memorial Day, a time to honour the millions of lives lost to the Holocaust under Nazi rule, as well as the victims of other genocides throughout history. This year is the 80th anniversary of the liberation of Auschwitz-Birkenau as well as the 30th anniversary of the genocide in Bosnia. As we remember the past, we are also reminded of the impact of conflicts that continue to affect lives today. This day serves as a call to action—urging us to build bridges, foster understanding, and work toward a more compassionate and just world for all. To learn more about what you can do, visit [Holocaust Memorial Day Trust](#).



LGBTQ HISTORY MONTH: FEBRUARY

This February, we're turning up the rainbow vibes for LGBTQ+ History Month! It's all about celebrating the incredible stories, achievements, and culture of the LGBTQ+ community while honouring the trailblazers who fought for equality. Visit our [LGBTQ History](#) webpage to read up on some of Scotland's own queer icons, to find resources and support, and learn about local events!

CREATIVE VOICES FOR CHANGE: FEB 8TH, 11AM-5PM

LGBT Youth Scotland and Eden Court are joining forces to host a day of art and activism with an LGBTQ+ focus. Come join them for a great day creating, talking, and meeting others. Understand your rights, how to create change, and use a platform to express yourself creatively. The event is at Eden Court in Inverness, but they are looking to help young people (16-24) throughout the highlands access the event by paying for transport.

Funds are limited so contact paula.manners@lgbtyouth.org.uk today!

You can sign up for the free event [here](#).

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:

"Oidhche Chullaig" meaning "Hogmanay"

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?

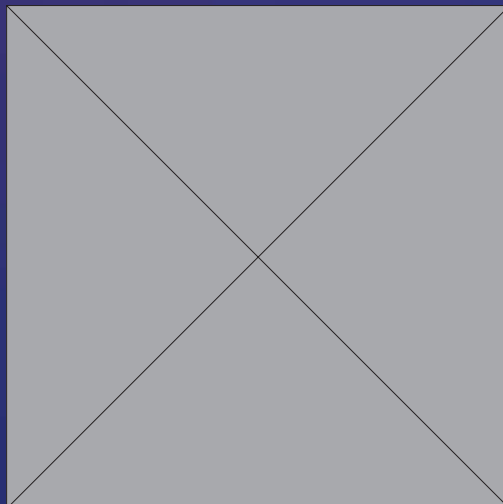
Check out these [short courses](#) at Sabhal Mòr Ostaig launching in October!

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!



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.

TAKE PART IN THE 2025 UHI BUSINESS COMPETITION!

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!](#)



HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

New Year, New Budget? Financial Help Awaits! Your Guide to Student Funding This January

Kickstart 2025 with financial peace of mind! If living costs like bills, groceries, or rent are on your mind, the [UHI Discretionary \(Hardship\) Fund](#) is here to help.

What Is It?

The Discretionary Fund is a non-repayable, income-assessed grant for students struggling with living costs. Once approved, the money is yours to keep.

Who Can Apply?

Before accessing the Discretionary Fund, students must apply for their full funding entitlement from SAAS, SFE, SFW, or SFNI, including the Student Loan.

International students usually aren't eligible due to residency conditions, but your Student Funding Team can advise on alternatives. [Nursing and Midwifery](#) students should explore their specific fund.

How It Helps

This fund tackles financial barriers, from sudden crises to ongoing challenges like disability-related expenses. You'll need to provide documents to prove your circumstances.

Maximise Support

Consider part-time work and cutting unnecessary spending to ease financial stress further.

How to Apply

- **Further Education Students:** Visit your local Student Funding Team.
- **Higher Education Students:** Apply online via your HUB/Student Journey account. Use the [guides](#) and [videos](#) available for support.

Already applied but had no response?

Log on to your Student Journey account and check to see if any outstanding evidence is required. Contact your local funding team if you are unsure if you submitted things correctly.

Need Assistance?

Contact your [local Student Funding Team](#) with questions or for guidance in completing the application or getting more information about the fund.

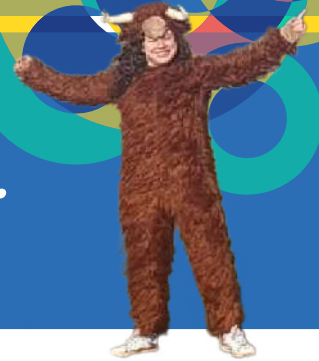
The Advice Service has also compiled some information for external funding you can apply for, which might help with your circumstances. Here is the [link](#) to that page.

Take charge of your finances this New Year and focus on achieving your goals. With the Discretionary Fund's support, you can leave financial stress behind and make 2025 your year!



SPORTS CLUBS, SOCIETIES & NETWORKS!

Spring Grant Open: January 20 – Feb 10!
All HISA Clubs and Societies are eligible.
Click here to find more information!



LOVE YOUR COMMITTEE? THINK THEY WOULD MAKE GREAT OFFICERS? RECOMMEND A FRIEND!

Love Your Committee? Think they would make great officers? Recommend a friend!








When it's time to nominate students to run for President or other roles in our student elections, look no further than your club's MVPs! [You can recommend a friend or club member here.](#) We will reach out to them and encourage them to run for elections. And here's why your club members are perfect for the job:

- 1. They're All In:** Club members already know how to commit. If they can juggle events, meetings, and deadlines, they can handle association duties like pros.
- 2. Team Players Extraordinaire:** Clubs teach collaboration. These folks know how to work with all kinds of people, making them natural leaders.
- 3. Event Pros:** Planning movie nights or bake sales? Been there, done that. Clubbies bring top-notch organizing skills.
- 4. Campus Connectors:** They've got the network! Club members know people, and people know them—perfect for rallying support and participation.
- 5. Empathy Experts:** Having been active members themselves, they get what students want. No out-of-touch policies here!
- 6. Built-in Leadership Cred:** They've likely already led smaller groups, so leading the whole association? Piece of cake.

With club members in charge, your association will be organized, energetic, and totally in sync with the student body. They're the secret sauce for success!



BEAT THE BLUES AND TURN UP THE FUN ON YOUR CLUB MEETINGS!

-  **Themed Meetings:** Get creative! Try “Tacky Tourist” or “Pajama Day” themes. Have everyone dress up for a good laugh.
-  **Mini Games:** Start with quick, fun games like “Speed Charades,” “Name That Tune,” or “Guess the Emoji.” They’re great icebreakers!
-  **Snack Attack:** Bring in snacks like pizza, popcorn, or cupcakes to make everyone feel at home—and maybe even hold a snack “taste test” challenge!
-  **Club Olympics:** Host friendly competitions like a paper airplane race, a trivia contest, or a “minute to win it” challenge for a fun way to engage everyone.
-  **Show & Tell:** Have members bring something quirky or interesting—whether it’s a hobby, a cool item, or a funny story. It’s personal and entertaining!
-  **DIY Craft Sessions:** Get crafty together! Make vision boards, friendship bracelets, or even decorate your own club t-shirts.
-  **Karaoke or Dance Party:** End the meeting with a little karaoke or a dance-off to upbeat tunes. It’s a great way to let loose!



SPORTS UPDATE

Make this year the year of getting fit and active! We’re running a January Parkrun challenge- the perfect opportunity to get involved with the fantastic Parkrun network around Scotland. Send us evidence of either participating in, or volunteering with Parkrun for a chance to win a £50 Decathlon voucher- maybe to put towards some snazzy new running shoes!

If running isn’t your thing, don’t worry- there are loads more ways to stay fit and active by joining one of our many amazing sports clubs. You might even make some life long pals whilst you’re at it. Check out our website and see what clubs are at your local campus.

We’ve got some great events coming up around the campuses- we’re working with the Inverness Active Campus Coordinator to put on a Refresher’s Racquet Festival on Wednesday 22nd January. There will be pickleball, badminton and tennis with both social and competitive play- open to all regardless of experience.

It’s that time of year when we’re recruiting shinty players for the Littlejohn Vase in St Andrews on Wednesday 12th February. We’re looking for players for both our men’s and women’s teams so please get in touch with amanda.fleet@uhi.ac.uk if you can play.



**JANUARY
PARKRUN
CHALLENGE**

Win a £50 Decathlon voucher by running, jogging, walking or volunteering at your local Parkrun event in January

1ST- 31ST JANUARY 2025
EVERY SATURDAY 9.30AM

JOIN NOW

Contact amanda.fleet@uhi.ac.uk for more information!



**WANT TO
PLAY SHINTY
FOR UHI?**

We’re looking for players to take on the Littlejohn Vase in St Andrews on Wednesday 12th March

Email amanda.fleet@uhi.ac.uk to get involved!



LOCAL UPDATES: INVERNESS

UPCOMING EVENTS

28th of January – Refreshers day!

On Tuesday the 28th from 11am to 3pm, the HISA Inverness team have organised a welcome freshers event for all the January starters this year. But don't worry, it's for all students too! We have music from the Tooth and Claw (our favourite student bar!), with a pop-up bar. Don't forget to bring ID. The Highland Coffee Pod will be selling doughnuts and drinks to keep you warm. Or if you prefer something colder, have an Ice Cream from Miele's! We would also hate to see you miss out on the number of competitions in the atrium, as well as signing up to HISA's clubs and societies.

12th of February – Games Night

HISA are throwing a games night in the Lecture theatre from 6.30pm to 8.30pm on Wednesday the 12th of February. There will be Wii Sports, Mario Kart and much more. Come join us for a night of competitive fun!

Coming soon...

HISA Inverness will be planning a pride party. Although no date has been organised yet, it will be better and BIGGER than last year's event! Keep an eye on the noticeboards for any information or even talk to your class svr for more information.

SVR UPDATE

HISA Inverness is currently recruiting more Student Voice Representatives for the rest of the academic year. Please take a look at our website or pop into the Inverness office for more information on how to implement changes and use your voice to improve the student experience.

To our current SVR's, there will be no meeting for the month of January. Keep your eyes and ears open for an announcement of the February date. Don't forget to take notes!



LOCAL UPDATES: UHI HOUSE/CfHS

REDUCING STRESS

Whether you're studying or doing practical work, we know it's a stressful time! Which is why we wanted to remind you to look after yourself using the 5 A's to reduce stress.



INVERNESS REFRESHERS

You are all invited along to Refreshers at UHI Inverness on February 28th between 11-3!

There will be music from the Tooth and Claw (our favourite student bar!), with a pop-up bar. Don't forget to bring ID. You'll also be able to meet some clubs & societies as well as be in with a chance of winning some competitions. The Highland Coffee Pod will be selling doughnuts and drinks to keep you warm. Or if you prefer something colder, have an Ice Cream from Miele's!

What do you want to see us do for you? Fill out this **small, very quick form** and we shall see what we can do!



LOCAL UPDATES: HTC

INTRODUCING OUR NEW DESIGNATE DEPUTE!

With the new year coming in, we welcome Susan as our new Designate Depute!

My name is Susan Loughlin and I am the new Designate Depute for the Highland Theological College

I am a second year student studying Philosophy, Politics and Economics at HTC in Paisley. I'm mother to an energetic 7 year old and I come from an interfaith background, although predominantly Christian.

I've been part of the student movement for a couple of years now, pushing for Further Education voices to be heard and helping to build policies to improve the student experience across Scotland, Britain and Europe.



What do I do?

The Designate Depute (HTC) role has two key areas of activity:

- Student Voice – Ensuring that the views and opinions of Highland Theological College students are taken into account at decision-making meetings both within UHI and HISA.
- Community Building – To run events and activities to provide Highland Theological College students the opportunity to engage with students outside their course and campus.

My role sits within HISA's Student Engagement and Representation team, but I work with a wide range of UHI and HISA staff as well as student officers and representatives across the partnership, including HISA's Students' Association President and Highland Theological College staff members.

Why does it matter to you?

Over the next 6 months, I'll be working on running events both in person and online so keep an eye out for news coming soon.

A big part of my role is to support Student Voice Representatives.

Student Voice Representatives are vital for making sure that our education is held up to a standard that supports us to have the best experience that we can at HTC and I make sure that they are supported to have the best experience that they can.

Coming soon:

- Our own Feel Fab February events
- New societies dedicated to exploring Philosophy and Theology

LOCAL UPDATES: PERTH

YOUR PERTH OFFICERS UPDATES

Happy New Year from the team here in Perth! As we start a new year, here is what our officers are looking forward to on campus this term.

Andi (Perth Depute): I am looking forward to all the activities we have planned for Feel Fab Feb. We will have lots of activities happening throughout the month. This includes our Feel Fab Festival on 26th February, where we have invited several different departments as well as external organisations to deliver interactive sessions in the Webster building. I hope to see you all there!

Xander (Perth President): I am looking forward to our annual OBI awards, Scotland's longest-running college student led awards. The OBI Awards are a chance for us to celebrate the Outstanding, Best, and Inspiring staff, students, and student groups that help make UHI Perth a fantastic community. Nominations will open on 21st February, and we will provide additional details on the nomination process very soon.



SVR MEETING #3

Our next meeting will be held on Wednesday 5th February 12:30 – 13:30 ASW Room 959. We will send meeting invitations out to all reps soon, keep an eye on your email! If you have any compliments, comments or issues you would like raised, either speak to your class representative or HISA Perth and we can raise them for you.

ACTIVE CAMPUS UPDATE

Making sure that our students and staff have access to sport and physical activity on campus is really important. UHI Perth's Active Campus Coordinator - Lindsey Brown - is here to encourage and empower students to be more active, supporting sports clubs and organising activities for you to get involved in sport! Check out their regular event timetable on the [ASW website](#) or contact Lindsey at lindsey.brown.perth@uhi.ac.uk for more information.

FEEDBACK ON THE GOODLYBURN BUILDING

We're excited to share that we are working with a student on a project to collect feedback from students based in or who use the Goodlyburn building. Your views will be presented to Senior Leadership at UHI Perth, so it is really important we collect as much feedback as possible. The student has created a short, anonymous survey to hear your thoughts, and we would love you to participate!

[Please click here to complete our survey!](#)



Do you have classes in the Goodlyburn?

EVENTS COMING SOON

28th January: Burns Ceilidh!

Whether you know all the moves or have never tried Scottish ceilidh dancing, join us for music, dancing (we'll teach you how!) and complimentary Scottish food!

29th January: Therapets are back

Take a break and meet our fluffy friends in the Webster between 10:00-11:00 and 12:00-13:00!

30th January: Music Bingo

Eyes down at 12:00 for Music Bingo in the Webster – grab your free bingo card, and mark off the tunes as you hear them played to win great prizes, including Amazon vouchers!

MUSIC BINGO
GRAB YOUR FREE CARD!
WEBSTER
30 JANUARY 12-1PM

BURNS CELEBRATION
CEILIDH
MUSIC, FOOD AND CEILIDH DANCING
TUESDAY 28TH JANUARY | WEBSTER FROM 12:30
LIVE MUSIC
COMPLIMENTARY FOOD AND DRINK
CEILIDH DANCING
HISA

HISA Meet the Therapets
Wednesday 29th January
10-11am & 12-1pm
Webster building
Take a study break and de-stress with a furry friend!
HISA



SPARK!! your Creative Ideas,
Why not join a **FREE** workshop on:

"HOW TO COOK ON A BUDGET."

Food costs are going up, and income is not.

Discover practical strategies to stretch your food budget further by joining our workshop.

Structure of Workshop:

- Welcome by Dylan Wilson to the training session.
- General house rules for the workshop.
- Live Practical Demonstration, "Making One Pot Pasta"
- Your chance to make the dish.
- Break & Chat
- Interactive Discussion regarding how to practically make your money go further delivered by Jemima & Connie.
- Thank you & Recap speak by Dylan Wilson.



ABOUT US

Our names are Dylan Wilson, Jemima Towers and Connie MacLennan. We are in 3rd year of a degree in food, nutrition, and textiles education. Becoming a secondary FNTE Teacher in Scotland.

HOW TO ACCESS

DATE: Friday 7th February 2025
TIME: 12:00 - 14:00
PLACE: UHI Perth, Room 324.

If you would like to join the session, please fill out the Google form, and you will receive an email from me with further information.



COMING SOON
Starting Semester 2

EMPOWER

#shecanshewill

**Be part of a social group that is moulded by you!
Meet other female identifying students.
Choose different activities to try every week.
Help create events on campus to get more females active!**

Have your vote of when and where you want to meet!
Follow the link or email
lindsey.brown.perth@uhi.ac.uk

UHI PERTH

Open to Staff and Students

PickleBall Doubles Tourney.

LIMITED SPACES AVAILABLE

27/02/25
1100 - 1300
ASW

£2 PER PERSON - CASH ONLY

SIGN UP NOW

Pickleball Tournament

CONTACT LINDSEY.BROWN.PERTH@UHI.AC.UK FOR ANY QUESTIONS

UHI PERTH
Academy of Sport & Wellbeing

POWER HOUR

Use the ASW gym facilities during the Active Campus **POWER HOUR** for **FREE**. Sign in at reception and enjoy our great facilities. Available for UHI Perth students.

EVERY TUESDAY
1300-1400

PAR-Q must be completed prior to your first session.



MORE INFO

@uhiperthsport
lindsey.brown.perth@uhi.ac.uk



LOCAL UPDATES: MORAY

WELCOME (BACK) EVENT

We have another coffee afternoon on the 23rd January 2025 in the Ayepod from 4- 6 PM. It will be a welcome afternoon for the new starts. Everyone is encouraged to come along and grab a wee tasty treat and hot drink or some juice and mingle together. Come have a chat and meet some new people.

YOUR MORAY OFFICERS UPDATES

Sarah's Update

Happy New Year everyone, hope you all had a fabulous festive break. The weather did seem to throw a bit of a curve ball at us all the first week back after the holidays, so hopefully now we are all ready to get back to the grind and smash Semester 2. Semester 1 looked amazing for us all, with so many activities having been run by Jack and Charlotte in the Ayepod and also the Coffee mornings that HISA has held. It was such a great way to boost confidence and meet with people and have a chat.



2025 is looking good so far, just waiting to hear confirmation of space but UHI MORAY Glee Club will be starting, so if you like a wee sing song and meeting new people and just want to let your hair down please come and speak to me. This is just about getting together and making the most of what we have.

I would also like to give a big shout out to all our amazing SVRs that have been attending our meetings and bringing forward any questions/problems that you as students have brought forward to them. The dates for the future SVR meetings are being circulated so keep an eye on your inbox for them. Personally I have enjoyed the past 5 months and looking forward to seeing what Semester 2 brings for us all. Take care!

Chloe's Update

Happy New Year everyone! Hope you all had a fantastic Christmas break and are now ready to start a new year! And now that all the bad weather and snow has gone away, I hope you are settling into semester 2 ok. Semester 1 was amazing, and a lot of great work was done!

I am looking forward to what 2025 has in store and it's looking great already. I have a lot of things planned in terms of events and have been working and planning on all the ideas I have for them!



YOUR MORAY OFFICERS UPDATES

I am also looking forward to the welcome/welcome back event we have planned for January.

Also, a big thank you to our amazing SVR's who were amazing and have been attending our meetings and bringing all the questions and concerns that their peers have. Looking forward to seeing all the SVRs at the next meetings. Take care everyone and be safe!

SVR MEETINGS

SVR Meeting #4

Tue 18th Feb 2025 • 11 – 12 PM • LRC002 AND Microsoft Teams!

SVR Meeting #5

Wed 19th Mar 2025 • 1:30 – 2:30 PM • LRC002 AND Microsoft Teams!

SVR Meeting #6

Thu 24th Apr 2025 • 12:30 – 1:30 PM • LRC002 AND Microsoft Teams!

SVR Meeting #7

Tue 18th Feb 2025 • 11 – 12 PM • LRC002 AND Microsoft Teams!

PUBLIC TRANSPORT - WE NEED YOUR VIEWS!

Sarah and Chloe have been speaking to student voice reps about getting to and from UHI Moray campuses and want to hear about students' experiences! With the announced closure of the St Giles Centre in Elgin and the impact this could have on the bus station we want to know:

Is public transport reliable where you are?

Can you get into Elgin on time or do you need to arrive super early/late?

Do you feel safe on public transport?

Email your experiences and concerns to hisa.moray@uhi.ac.uk



Do you use public transport to get to UHI Moray?

We want to hear our students' experiences and concerns



email hisa.moray@uhi.ac.uk

LOCAL UPDATES: SHETLAND

HAVE YOUR SAY!

Thank you to all students who attended the Future Campus student briefings, it is vital that students engage with UHI Shetland in the discussions to move to one campus. Following these, your thoughts, views and opinions are needed to help the project team plan the future of UHI Shetland. On behalf of UHI Shetland, and HISA as we want your views to form the heart of this project, please read the following and complete the survey before the deadline:

To be able to create a modern campus on the Scalloway site, supported by delivery in a number of locations in the heart of Lerwick, we want to know what you think so that this can feed into the shaping and planning of the work over the next years.

We have decided to extend the Student Needs and Travel Survey, which was due to close at the start of term, until the February half term. So please take a few minutes to complete this survey and give us your input and help Shetland get a modern, vibrant campus.

The survey is completed online [here!](#)

A MESSAGE FROM YOUR DEPUTE PRESIDENT, HARLEY GREEN

Here at HISA we are aware that the lift in C Block being broken is having a detrimental effect on some student groups and their learning experience. Please be assured that I am in constant contact with the UHI Shetland estates team and they are doing everything possible to fix this, but without a lift engineer resident in Shetland then we just have to wait until the engineer arrives. Please do speak to your lecturer if this is causing you problems, and if you would like to chat with HISA then please feel free to contact us and we can pass your concerns onto management.

UP HELLY AA VIKINGS ON DA LOOSE

Somehow, some miniature guizers have broken loose from their Up Helly Aa squads and taken up residence at UHI Shetland! They have managed to find their way onto both Lerwick and Scalloway Campuses and rumour has it, at Mareel too! These filsket peerie fellows are having a fine spree while hiding in the strangest of places, but really they just want to be found! Each peerie viking has an attached label and the colour of this label is associated with a prize for a local business. Further information will follow as we get it to help you find these filskit fellows, but if you do find one then just hand them in to HISA to get your prize. Three cheers for Up Helly Aa!!!

LOCAL UPDATES: ORKNEY

WELCOME TO YOUR NEWEST MEMBER OF STAFF! – MURIEL SHEARER

I am delighted to introduce myself as your new Local Coordinator for Orkney and Shetland. An Orcadian myself, I have always felt an affinity with our 'sibling' archipelago further to the north.

As a student, I graduated from the University of Glasgow with an MA and an MLitt. With the University of Oxford continuing education I studied Islamic Art & Architecture. I have also studied, and continue to study and research, in the areas of Jungian Psychology, Narrative Psychology, Fairy Tales, Fine Art and, last but not least, in Trauma.

My professional background includes working with the BBC and Channel 4; most memorably at several Time Team locations around the country.

A large chunk of my resume includes around 15 years of freelance writing comprising travel writing, ghost writing, substantial editing and proofreading, academic editing, and book reviewing in addition to digital content creation.

I have a rich and enduring relationship with both nature and with running; the perfect combination and how I typically start my day.

I hope your time as a student is enriching, transformative, and fun. If you are doing what you love in a healthy and safe environment then you will flourish. I look forward to meeting as many of you as possible and assisting in any way I can to enhance your experience at UHI. Please feel free to come and speak to myself, or your elected officer Mila, anytime you see us on campus.

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.



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 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 Monday and Tuesday 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 us 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



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

PEBBLE BOX

We are delighted with our student's response to the Pebble Box and are pleased to announce he will remain firmly in place at the reception of Kirkwall campus. The questions we ask change regularly, so make sure you cast your pebble and let us know what you think.



LOCAL UPDATES: NORTH, WEST & HEBRIDES

WELCOME TO REATHA! THE NEW THURSO LOCAL COORDINATOR

We are so thrilled to announce and welcome, Ratha Brunjes as the newest member of our team up in Thurso! Reatha is looking forward to getting into the thick of it all, making a positive impact, and is excited to work and connect with students in her position as a local coordinator. If you see her around the Thurso campus, whether it's out and about, or in the HISA office, pop by and say hello!

SVR MEETING DATES

Here are the dates for the future SVR meetings, make sure you get all your feedback into your SVR beforehand!

SVR Meeting #3

- 26th February 1-2pm

SVR Meeting #4

- 26th March 1-2pm

SVR Meeting #5

- 23rd April 1-2pm

SVR Meeting #6

- 21st May 1-2pm

DISCRETIONARY FUNDING

Life happens, and sometimes you just need a bit of extra support. That's where discretionary funding comes in! Whether it's covering unexpected bills, or just a helping hand to stay on track, the college has your back.

Don't let financial worries hold you back from making the most of your studies. Find out more and apply today—because you deserve to focus on what matters most!

For more info, visit the North, West and Hebrides funding section of their [website](#).

UHI BUSINESS COMPETITION 2025!

Students of UHI North, West, and Hebrides, this is your chance!

Regardless of what you're studying, your ideas could lead to something amazing. The UHI Business Competition is a great opportunity to showcase your innovation, receive expert support, and compete for a share of the £8,500 prize fund. If you've got a creative idea, now's the time to take the next step—submit your pitch and turn your vision into reality!

For more information on how to enter, please go to the website [here](#).

Good luck!!

FEEL FAB FEBRUARY: WELLNESS FOR EVERYONE!

This February, it's all about focusing on you with Feel Fab February, a month dedicated to wellness, self-care, and feeling fabulous. As the new year settles in, it's the perfect time to refresh your body, mind, and spirit.

We're planning a range of wellness-focused events to help you feel your best, so stay tuned! Keep an eye on our website and social media channels for updates as we unveil what's in store.

In the meantime, here are a few simple mindfulness tips to help you feel more grounded and relaxed:

- **Take a Breather:** Pause for a few minutes each day to focus on your breathing. Inhale deeply for a count of four, hold for four, and exhale for four.
- **Practice Gratitude:** At the end of each day, write down three things you're grateful for. Focusing on the positives can boost your mood and shift your perspective.
- **Unplug and Recharge:** Set aside some time to disconnect from screens and enjoy a quiet moment, a walk in nature, or your favourite book.

Let's make this February a month to prioritize yourself and feel fantastic—together. Don't miss out!

STUDENT COMMUNICATIONS

The North, West and Hebrides student engagement team are looking at the ways they communicate with you as students. They want to make sure you are able to get the information that you need in the best way possible.

Please take [this survey](#) and let them know how you would like to be contacted.



LOCAL UPDATES: SAMS & ARGYLL

ARGYLL SVR MEETINGS

We are offering online Student Voice Representative training on Thursday 30th January, at 2pm. If you are an SVR and have missed the emails about this, and are able to join us (or aren't, as there is a self-led option, too) then drop us a message and we will make sure that you get sent the Teams link or the QR code for the DIY training, as applicable.

HISA.Argyll@UHI.ac.uk

ARGYLL EVENTS COMING SOON!

There will be various Feel Fab Feb events, designed to promote both mental and physical wellbeing, held around the Argyll campuses next month! Keep an eye out for posters around campus, and the HISA social media channels, for more information!

SAMS SVR MEETINGS

Have you got a pressing (non-emergency) issue that you need fixing? Policy change? Help with anything? Speak to your cohort's Student Voice Representative (SVR) and they can raise it – and hopefully get it fixed – at their next meeting.

The next SAMS SVR meeting will be held at lunchtime on Thursday 6th February. Room details will be sent out to the relevant parties shortly, or ask Kian McDonald when you see him around campus.

UPCOMING EVENTS AT SAMS!

What: Valentine's Ceilidh

Where: Argyllshire Gathering Hall

Date: Friday 14th February

Time: 7.30pm 'til late

Tickets: £9 (on sale very soon [here!](#))

We are very excited to say that we are hosting a ceilidh on Friday 14th February. Open to all UHI Argyll and SAMS students (over 18 years of age) this should be great fun. The music will be supplied by the excellent Ardmhor Ceilidh Band. Never been to a ceilidh before? Don't panic! There will be a 'caller' (someone to teach you the moves as you go), so no excuse not to dust off your dancing shoes and come down. Don't want to go to a valentine's day event because you don't have a valentine? Don't panic! We promise that this is an event open to all adult students, whether you're deeply in love or just want to have a good time with friends. This brilliant dance is part of Feel Fab Feb, and will incorporate a good bit of exercise, socialising, and a great time all round.

The fantastic 'Wind & Wave Club' and the equally marvellous 'Highlands & Islands Subaquatic Club' have helped sponsor this event, so go say thanks and maybe join up if what they offer is your cup of tea!

UPCOMING EVENTS AT SAMs!

What: Feel Fab Feb – Coffee and Tea and Chat and Book Swap

Where: Café Camus, in the Shena Marshal Building (SMB)

Date: Thursday 27th February

Time: 12.30pm – 1.30pm (all day for the book swap)

As part of Feel Fab Feb, we are hosting a lovely calm social event in the upstairs café in the SMB, combining three of the key supporting factors of student life: hot drinks, chatting with fellow students, and books! Join us for a nice hot drink to warm the body and soul, and a catch up with friends. Take the load off, sit back on those oh so comfy chairs, and give yourself an hour away from it all. Running alongside, we will be offering a book swap. This is open to all types of books; be they course related or purely for the enjoyment of reading! Are you in your final year, and still carting around a book from your first year that was great, but no longer relevant for your academic journey? Gifted a book that you already have for Christmas? Run out of reading material for those quiet moments where you can step away from it all? Really need a book for your latest lecture series, but academic publications are out of budget and the library copies are always booked out (pun totally intended)? This is the event that may be able to solve at least some of these problems!

What: Feel Fab Feb - Post-It Positivity

Where: Café Camus in the Shena Marshal Building (SMB)

Date: 1st February to 28th February

Who doesn't love hearing something positive, or sharing positivity with others? Throughout Feel Fab Feb there will be a board in Café Camus where everyone can share messages of kindness and support for one another, and read those that have been shared by others. Anyone involved in SAMs can add a Post-It (or other non-branded sticky note!), so whether you are a first year undergrad, PGR, staff, or anything in between, come and share the love! Pens and sticky-notes will be provided, so all you have to think about is a kind thing to say. The Student Officer, Kian McDonald, will also be providing discreet access to promotional material and contact details for a wide range of local resources designed to promote feeling fab throughout February and beyond, covering mental, physical, and financial wellbeing.

Keep your eyes peeled for more information around campus and on the HISA social media!



STUDENT-FRIENDLY RECIPE

- Hearty Winter Vegetable Stir-Fry with Rice

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

- 1 cup rice (white or brown, depending on preference)
- 2 tablespoons vegetable oil
- 1 small cabbage (shredded, about 4 cups)
- 2 medium carrots (thinly sliced or julienned)
- 1 leek (thinly sliced, white and light green parts only)
- 2 cloves garlic (minced)
- 1-inch piece fresh ginger (grated, or 1/2 teaspoon ground ginger)
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil (optional, for flavour)
- 1 teaspoon chili flakes or sriracha (optional, for heat)
- 2 eggs (optional, for added protein)
- Salt and pepper to taste
- Optional toppings: Sesame seeds, green onions, or crushed peanuts

Tips

Budget-Friendly Protein: Add a can of chickpeas or tofu cubes for a vegetarian protein boost.

Storage: This dish keeps well in the fridge for up to 3 days, making it a great option for meal prep.

Make it Heartier: Toss in frozen peas or broccoli for additional veggies.

METHOD

Makes 3-4 portions

Cook the Rice: Rinse the rice under cold water. Combine with 2 cups of water in a pot, bring to a boil, reduce to low heat, and cover. Cook for about 20 minutes (40 minutes for brown rice) or until the water is absorbed. Fluff with a fork and set aside.

Prepare the Vegetables: While the rice cooks, prep the cabbage, carrots, and leek by slicing them thinly. Mince the garlic and grate the ginger.

Sauté the Vegetables: Heat 2 tablespoons of vegetable oil in a large skillet or wok over medium-high heat. Add the garlic, ginger, and sliced leek. Sauté for 2-3 minutes until fragrant and slightly softened. Add the shredded cabbage and carrots to the skillet. Stir-fry for 5-7 minutes until the vegetables are tender but still have a slight crunch.

Add Flavour: Stir in the soy sauce, sesame oil (if using), and chili flakes or sriracha for heat. Adjust salt and pepper to taste.

Optional – Add Eggs: Push the vegetables to one side of the skillet. Crack the eggs into the empty space and scramble them until fully cooked, then mix them into the vegetables.

Assemble the Meal: Divide the cooked rice into 4 bowls or plates. Top with the stir-fried vegetables and eggs.

STUDENT FOOD SAFETY

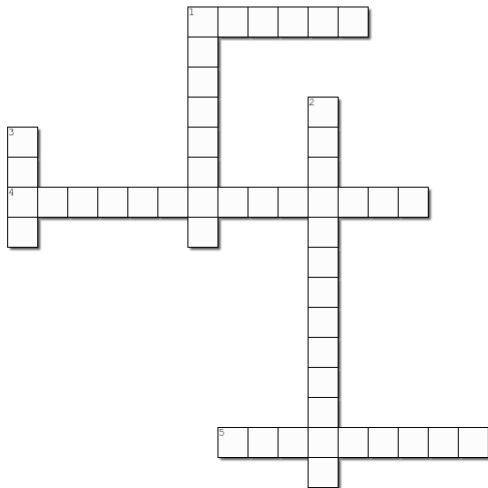
First time sharing a kitchen? Make sure you're up to speed with the basics of food hygiene. Here are the Food Standards Agency's top tips

- 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



Created using the Crossword Maker on TheTeachersCorner.net

Across

1. Traditional Scottish dish, often served at New Year.
4. Popular Hogmanay song written by Robert Burns.
5. City famous for its Hogmanay street party and fireworks.

Down

1. Traditional Scottish New Year celebration.
2. The act of visiting friends or neighbours just after midnight.
3. The object traditionally brought by the first guest, symbolizing warmth.

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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 - JAN25" to tell us your thoughts!

