

HI!

YOUR
STUDENTS'
ASSOCIATION

YOUR STUDENTS' ASSOCIATION NEWSLETTER

    www.hisa.uhi.ac.uk

ISSUE: 003

APRIL 2024

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SPECIAL ANNOUNCEMENT

- DIGITAL SAFETY

We've been hearing reports of students being the victims of SCAMS recently. Most recently, these have been phone calls from scammers pretending to work at your bank or in finance.

There are three things you can do to protect yourself against scams, and you can find out more about them our website.

STOP

Take a moment to stop and think before parting with your money or information. It could keep you safe.

CHALLENGE

Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

PROTECT

If you think you've been scammed, contact your bank immediately and report it to Action Fraud at actionfraud.police.uk or 0330 123 2040.

For more info, visit the Take Five website [here](#).

CROSS-CAMPUS UPDATES

NEW STRATEGY FOR YOUR STUDENTS' ASSOCIATION

In May we will be consulting with you, our members, about our new strategy for how we make the student experience the best it can be. We want to hear from you what we should be focussing on over the next few years. Please look out for the email asking you to complete a short survey and you will be entered into a prize draw to win a £200 voucher!

STUDENT DEVELOPMENT FUND

Do you need financial support to take part in something which will enhance your studies and your student experience? This could be attending courses, workshops, visiting galleries and museums and much more.

The Student Development Fund is available so you don't have to miss out. You could get up to £1,000! The deadline for application is the 30th of April, so don't miss out, find more information and the application form [here](#).

WHAT DOES EXCELLENT TEACHING LOOK LIKE? - NOMINATE SOMEONE IN THE HISA AWARDS!

What do you love about your learning experience? Which staff deserves praise for their teaching or support for learning? Which students are contributing to building our learning communities? Each year, we run the HISA Awards in conjunction with UHI. They are student-led teaching awards that celebrate great features of our learning and teaching across the UHI partnership.

Categories include most inspiring lecturer, best assessment feedback and best support staff. There are also opportunities to nominate your favourite club and society, best Student Voice Rep, and the most inspiring student! We are open for your nominations until 6th May! [See our website for details.](#)

DEVELOP OUR DEMOCRACY AND POLICY WORK - WE ARE RECRUITING!

We have a vacancy for a member of the students' association's full-time staff team. Our Insight and Democracy Coordinator has two main roles: to support our structures such as elections, all-student meetings and other ways in which students can formally shape our decision-making; and to provide research, policy, critical insight on key aspects of learning and teaching, to root our work on the quality of education and teaching in evidence and students' actual experiences. This job might suit someone with experience as a student rep coming to the end of their studies and who has a passion for active and effective participation in decisions. Applications close on 30th April, and you can find out more [on our website.](#)

BY-ELECTIONS - NOMINATIONS CLOSING SOON!

LAST
CHANCE TO
NOMINATE
YOURSELF!
24 HOURS
LEFT!



Nominations close on Friday 26th April in our current by-election, with five spaces remaining to be filled from our annual Spring Elections for our 2024-25 Executive Committee. We are seeking candidates for our Depute President positions for HTC, UHI Argyll, and UHI Orkney; for one of our two UHI Moray Deputes, and our Islands and North Deputes for UHI North, West and Hebrides. These are all part-time posts for students who will continue their studies at UHI in the next academic year. Find out more about the roles and the support and training you'll receive [on our website.](#)

SPORTING BLUES

Next week on the 29th of April, we're launching the Sporting Blues Awards! You can nominate students and graduates for awards that celebrate their sporting achievements over the year! Find out more at www.hisa.uhi.ac.uk/sportingblues.



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 **“What would you like to see in a student mental health agreement to best support the well-being of students?”**

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

Question Of The Month



STUDENT JOBS AND OPPORTUNITIES

**WE ARE
HIRING!**

WE ARE RECRUITING!

As mentioned in the Cross Campus Update, we have a vacancy for a member of the students' association's full-time staff team. Read more details about the Insight and Democracy Coordinator role on our website here. [find out more on our website.](#)

HANDSHAKE

The UHI Futures Team (formally the Careers and Employability Centre) recently launched Handshake, a new career management platform, enabling students to access a range of online services, helping to form an essential part of their UHI journey and find a job.

Handshake provides students with the opportunity for real-time, two-way communication with local and international employers, helping to improve their visibility and improve the chances of landing their perfect job. Handshake also gives students the ability to book appointments with the UHI Futures Team; attend online events and seminars; access a range of career resources; and connect directly with alumni and students with shared areas of study and career interest.

All enrolled students have been uploaded into Handshake, but to maximise the benefits, they must first activate their accounts and update their profiles. Read more about Handshake [here](#) and contact careers advisers Iain.Eisner@uhi.ac.uk or Helen.Anton@uhi.ac.uk for further information.



HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

IT'S THE SEASON OF EXAMS AND FINAL ASSIGNMENT HAND-INS!

As you progress through the academic year, it's important to have the appropriate study materials and references for your assignments. Whether you're using textbooks, online journals, or academic databases, selecting reliable sources enriches your learning and reinforces your arguments. We wrote a [helpful article](#) about this in February, so look at it if needed.

As exam and assignment deadlines approach, it's crucial to have your additional support arrangements in place if you need them. If you need extra time, alternative formats, or other accommodations, don't hesitate to [contact Support Services](#) or speak with your programme leader. Planning ahead ensures a smoother experience during crucial academic moments.

If unforeseen circumstances impact your studies, you should know that there are options available to you. If you are faced with illness, personal challenges, or any other unexpected issues, you have the option of [submitting a claim of mitigating circumstances](#). This process allows you to explain the circumstances that have affected your academic performance, which could potentially provide you with the necessary support and understanding from your academic partner.

By using the right study materials, referencing sources accurately, and taking the initiative to arrange extra help, you can give yourself the tools you need to succeed in your academic pursuits. Stay focused, stay organised, and don't be afraid to ask for assistance when you need it. Let's work together to navigate your academic journey with confidence and resilience. Best of luck with your studies and upcoming assessments!



SPORTS CLUBS, SOCIETIES & NETWORKS!

WARM WEATHER CYCLING TIPS

- 1) Stay Hydrated - Try to consume plenty of water before, during, and after the bike ride. Drinking water regularly after an interval of 15 minutes can be very effective on hot days!
- 2) Wear Cycling Shorts - Wear shorts of thinner fabric, ideally with a perforated pad for proper airflow around the saddle. This will help you have a comfortable experience while cycling!

END-OF-YEAR FUNDS!

As the year winds down, it is a great time to celebrate all your clubs' accomplishments and invite students to join in the fun! Why not host an end-of-year activity to reward your members for all their hard work and to convince more students to join up for next year's fun? To this end, we have opened a special grant for clubs and societies to host end-of-year activities and to support their additional costs. Click [here](#) to apply!

CLUB SPOTLIGHT

سلام عليكم ورحمة الله

May the peace and mercy of God be upon you!

ISOC serves the social, spiritual and academic needs of Muslim students, and, most importantly, fosters feelings of brotherhood and sisterhood amongst each other. The result is a vibrant and inclusive society which is based on our mutual beliefs and strengthened by our friendship. Absolutely everyone is welcome, whether you're Muslim, interested in Islam or simply looking for a friendly face!

Alhamdulillah (all praise to God) UHI ISOC aims to hold events, talks and activities with Islamic values at the core. We are excited to see UHI ISOC continue to grow and flourish. Be sure to explore ISOC and be added to the WhatsApp group to find out what we have to offer and everything that goes on!

We have added a freshers booklet which includes prayers and supplications in addition to Islamic information in-regards to Inverness.

Check out the website to join or find more information! [ISOCI \(uhi.ac.uk\)](http://ISOCI(uhi.ac.uk)) or contact us for more information at 20019425@uhi.ac.uk.



SPORTS UPDATE

The first ever UHI Varsity tournament was at the end of March with teams from Inverness, Perth and Moray competing in basketball, volleyball and football. It was a fantastic day with great effort from all students involved. Inverness took the trophy in football and volleyball, and Moray took the trophy in basketball. We'd like to thank our hosts at UHI Inverness and we're excited to start planning next year's tournament- well done to all involved.

Our UHI Perth Boccia team are heading off to play in a tournament down at New Lanarkshire College this month- we've got some extremely talented players and wish them all the best of luck!

Sporting Blues nominations will be opening on 29th April. These awards recognise the sporting achievements of our students across the partnership, and we expect this year to have some especially strong candidates. The nominations will be open all the way through to 24th May. More information on categories, eligibility and the nomination process can be found [here](#).

Many of our sports clubs are getting ready to compete at the Scottish Student Sport College National Finals, the biggest college sports event of the year. The tournament takes place at the wonderful Oriam in Edinburgh and our teams are really looking forward to competing as well as meeting students from other Scottish colleges.



LOCAL UPDATES: INVERNESS

HISA Spring Fest took place on the 23rd of April. The event was very successful. We had a mechanical rodeo bull on the premises, as well as three alpacas! The students took part in a crazy golf course, took their photos in the photobooth, and had great fun wrestling in sumo suits. The Inverness team was very happy that it took the stress of exams off students for the day.

Generation of Waste are collaborating with HISA to organise a Clothes Swap in the Atrium for May. No date has been officially announced, so keep your eyes peeled on the notice boards and spinners within the campus!

We would like to thank the Social Badminton club for their work throughout the year. This club has been the most successful club on campus, with the Christian Union being very proactive too. Many students have approached the student association to start new societies and clubs, such as the Islamic Society and a Fencing club, which will be advertised in the next academic year.

The Inverness team are looking for Further Education students to take part in a focus group with Education Scotland on the 30th of April to discuss their student experience. If any students are interested in taking part, please contact the HISA office or email meabh.o'connor@uhi.ac.uk.

As the exam period has begun, there will be no more SVR meetings taking place so all students can focus on their education. However, if you have any additional enquiries please drop into the HISA office. We are happy to help! Thank you for your participation throughout the year and we hope to see you sign up again in the next academic year.

Calling all male students! The beauty department are offering free barbering every Thursday. Please see the reception on the first floor for more information.

LOCAL UPDATES: HTC

Hi all,
I hope your assessments are all going well.

I wanted to bring to your attention a few events we have been intimating over the past few months. The first is the trip to Dingwall. From the responses I got on the doodle poll, sent out on the 18th of March, I think going up on Wednesday 29th and coming back down on Thursday 30th of May is our best option. There is still time to sign up if you hadn't decided yet at [this form](#).

If you are unable to make the Dingwall trip, but would still enjoy some fun, we have organised an online escape room. This can be played online with some other students, or you can find a time which we can put you together with other students. If you are interested, please fill out [this form](#).

We hope to see you at these events and hope they can help relieve some of the stress which is always very present at this time of year.

Jamie Gallagher,
Local Coordinator, HTC

LOCAL UPDATES: PERTH

SRC APRIL DATES

The next SRC dates, and the last ones of this academic year, are as follows:

- SRC 6(A) - Wednesday 24th April; Brahan Lecture Theatre/online
- SRC 6 (B) - Thursday 25th April; Goodlyburn/online

HIDDEN DISABILITIES EVENT - 18TH APRIL

Unfortunately, due to a staff shortage, this event will not be going ahead as planned. However, we are still hoping to raise awareness of hidden disabilities around campus in other ways, so do keep an eye out for further updates.

SMT PROPOSALS FOR FUTURE OF UHI PERTH

Over the last few months, UHI Perth have been consulting with staff and trade unions around their Financial Sustainability Plan, releasing timetables of this consultation. Your local officers are working on ways in which students can be informed of this project and its outcomes, as we did when such changes were proposed at the end of Semester 2 in 2022/2023 academic year. Your local officers will be in touch in the coming weeks but if you have any concerns, please don't hesitate to get in touch."

OBI's

We've already had 65 OBI nominations so keep them coming! Nominations close on Friday 26th April at 5pm and will then be counted and judged.

We are seeking a few more panel members to help judge our nominations. We currently have a tentative date of Friday 10th May from 1.30-4.30pm so if you would like to be a part of this incredible event then do get in touch with us, either by emailing us at hisa.perth@uhi.ac.uk or by popping by our office in the Webster building. It will be a great opportunity to get to work behind the scenes on one of the most anticipated events of the year.

HAIRDRESSING/ BEAUTY THERAPY/ SOFT TISSUE THERAPY APPOINTMENTS

The beauty therapy, hairdressing and wellbeing team offer a variety of value for money treatments during the week to staff, students and members of the public via The Retreat salon. The appointment schedule and price list were published in our last newsletter so please do plan a visit if you can and let the student's great expertise here at UHI Perth help you indulge in some self-care without a hefty price tag. Treatments include hair colouring, waxing, facials, massages and more.

LOCAL UPDATES: MORAY

PROPOSED CUTS AT UHI MORAY - AN UPDATE

Your Students' Association has 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 have conducted student consultations to make sure your views on the future of studying at UHI Moray are heard.

Despite initially announcing a pause on the Fine Arts degree program, UHI Moray has now confirmed it will continue in 24/25. This is a massive win, and we're so proud to have supported the students that have campaigned to obtain this outcome.

UPCOMING EVENTS

On April 25th, bring your craft projects and join the Craft & Craic event in the AyePod from 11 am to 3pm.

Every Friday from 13:00 to 15:45 in the AyePod, there will be pub games like pool, darts, table tennis, and more available.

Our Student Intern will also be at the Linkwood campus weekly, so be sure to find them and get some freebies to keep them company!

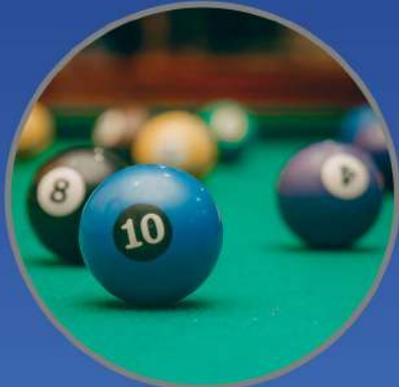
Every Friday
1pm-3:30pm
The AyePod

We're setting up pool, darts, table tennis, board games and creative activities in the AyePod, every Friday afternoon until the 31st of May.

Take a break from your studies and de-stress with us!

YOUR STUDENTS' ASSOCIATION

Pub Games & Hangout at UHI Moray



APPOINTMENTS AVAILABLE AT HBCT SALONS

Following feedback from our Hairdressing and Beauty Therapy students, we want to encourage all UHI Moray students to help them out by checking out the pricelists for hairdressing, beauty and complimentary therapies

Campus facilities - Hairdressing, Beauty and Complementary Therapies (uhi.ac.uk).

Not only will this help these students with their assessments, you can also get your hair cut and pampered at a low price! To book you can visit HBCT reception at Moray Street Campus, email rachel.miller.moray@uhi.ac.uk or follow Hairdressing and Barbering, Complementary Therapies and Beauty Therapy on Facebook!

LOCAL UPDATES: ARGYLL & SAMS

THE CLIPPER ROUND THE WORLD YACHT RACE - COMING TO OBAN!

12th - 21st July 2024

The Clipper Race is renowned as one of the toughest endurance challenges on the planet, welcoming adventurers from all walks of life to take on the exceptional challenge of racing across the world's oceans on board a 70ft yacht. This unique event sees teams battle extreme conditions on its eleven-month circumnavigation and for the first time in its 27-year history, The Clipper Round the World Yacht Race will be making a stop in Scotland when it sails to Oban on its penultimate leg.



OBAN FESTIVAL OF THE SEA PROGRAMME HIGHLIGHTS

BOOK EXCHANGE COMING SOON!

Plans are underway to create a free book swap for all SAMS students and staff. If you have some books you can donate to get us started or have suggestions for the types of books we should look to get, drop Kian a message at hisa.sams.depute@uhi.ac.uk. More details to follow soon!

There are numerous events happening in and around Oban in June & July, celebrating the many ways to enjoy the water and coastline and the Clipper arrival.

- 12th - 16th July - Clipper Race boats arrive in Oban
- 17th - 21st July - Food Village, Rockfield Centre
- 18th & 19th July, 10am - 6pm - Free public Open Yacht tours available, North Pontoon - no need to book!
- 20th July - Skerryore in concert - Corran Halls
- 21st July - The Clipper Race Slip the Line ceremony. Clipper yachts depart for Portsmouth. Final leg of the race.

Clipper Race (oban.org.uk)

EXAMS GOT YOU STRESSED? LOOKING FOR HELP?

- Ask your local centre staff if you need a quiet place to study or somewhere to unwind when feeling overwhelmed.
- The support room at SAMS is accessible to students to find helpful leaflets and Sensory aids to use if needed. Students can also hire SAD lamps; contact Polly Crooks for more details.
- **Spectrum Life** is completely free to all UHI students, aged 16 or over, offering access to a 24/7 out of hours mental health support line via Spectrum.Life or via the phone:
 - Phone: 0800 031 8227
 - Text 'Hi' to WhatsApp or SMS: 07418 360780
 - Zen chat (online chat) through the portal.
 - All calls are answered by clinically trained counsellors or psychotherapists.
 - You can talk to them about anything, including stress, anxiety, low mood, financial worries, loss and grief, relationship difficulties and substance abuse issues.
 - You can also log in to the web portal for access to hours of wellbeing and lifestyle advice and gain rewards for achieving wellbeing goals.
- **Wellbeing - Online wellbeing tools (uhi.ac.uk)**

Good Luck to all Argyll and SAMS students with upcoming exams and end of year assessments!

HOW TO THRIVE DURING EXAMS

- 1 PLAN YOUR REVISION**
Set realistic goals, plan your revision into manageable chunks that can be covered even if you have weeks, days, or hours before your exam. Maximise your productivity and reduce the risk of burning yourself out by setting a few hours each day for revision and allowing time for other activities in your schedule.
- 2 DON'T PANIC**
Anxiety can creep up on you the night before, the morning of, or even during the exam itself. Reduce the impact by taking deep steady breaths, you could use the 4-7-8 breathing technique which involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds. This is the easiest way to refocus and allow you to get back on track.
- 3 HEALTHY BODY, HEALTHY MIND**
Make sure you are eating healthily and keeping hydrated. Top brain-boosting foods include berries, citrus fruits, dark chocolate, nuts, eggs, and avocados. Ensure you are at peak performance by resting well, taking regular breaks and stretching more than your brain muscles...
- 4 COLLABORATE**
Study with fellow students. Arrange group study sessions, or simply share study tips and tricks. Studying together helps increase understanding of what is being revised, reduces the risk of procrastination and it can make the process more social and fun!
- 5 ASK FOR HELP**
Exams are a stressful time for everyone! If you feel you need extra support to get through your exams, help is always available, don't be afraid to reach out and ask!

LOCAL UPDATES: SHETLAND

CUTS TO STAFF AND COURSES - UHI SHETLAND BOARD ACCOUNTABILITY SESSION

A date has been set for the UHI Shetland Board of Management accountability session as requested by students at the all-student meetings that Your Students Association facilitated back in November. This was following media reports that UHI Shetland is facing substantial cuts to courses and lecturing staff, which students subsequently protested about in December.

Members of the Board will make themselves available to UHI Shetland students at a hybrid meeting to be held both online via Teams and at Lerwick Campus. This is your opportunity to be part of the conversation and offer your views to the Board of Management directly.

If you have any concerns or queries similar to those voiced in the all-student meetings, please accept our invitation to attend this session.

Should you have any questions to put to the Board but are unable to attend, please feel free to forward your question to sara.fox@uhi.ac.uk

- **What:** UHI Shetland Board of Management Accountability Session – Proposed cuts to staff and services and campus closure
- **When:** Wednesday 1st May 2.30pm to 3.30pm
- **Where:** Room D24, Lerwick Campus or via [Teams link](#)

QUIET ROOM

Thanks to the campaigning of previous elected Students' Association officers and students, and the support of key UHI Shetland staff, we now have a quiet room on Lerwick Campus in Room C9. This is just at the top of the C Block stairs to your right. Your Students' Association has provided the funds to buy a sofa, bean bags, lighting, and side tables to create a safe haven for when students are in need of a quiet moment to take a break and gather their thoughts. We think the UHI Shetland Student Support Team have done an amazing job of making it look warm and welcoming. Please be aware that this is a quiet room and not a recreational space, and to respect the needs of other students when using this area.



BEEN AWAAR O' ONLY TROWS?

Wir peerie trows have been having that much fun hiding from you all and giving away gift vouchers for local businesses that we have had to give in and extend this for an extra week. Whether you study at Mareel, Lerwick Campus or Scalloway Campus, keep a look out for the peerie trows and if you catch one just follow the instructions on the label. You can swap them for a gift voucher for one of the local businesses who offer student discounts.

HAIRDRESSING STUDENTS LOOKING FOR MODELS

If you're looking for a new do, be sure to check what is on offer from our full-time Hairdressing students as they near the end of their course. From cuts to colours, the student salon can offer a fantastic rate and provide valuable experience for our students. Check their [Facebook](#) for more information or email wilma.anderson@uhi.ac.uk

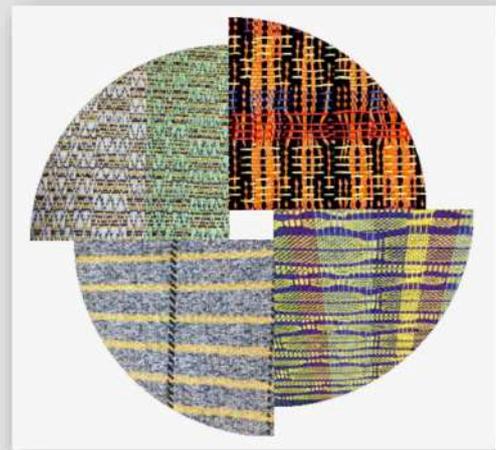


'WARPED' TEXTILES EXHIBITION

You are invited! Come along from 23rd of April to see Sue's and Julia's exhibition 'Warped' @shetland_textile_museum!
Open until 18th of May 2024

Warped

An exhibition by Contemporary Textile students Sue Imrie & Julia Nairn.



Shetland Textile Museum From 23 April– 18 May 2024

£3 entry



UHI | SHETLAND

Looking for community?

Join one of our Student Networks!

YOUR STUDENTS' ASSOCIATION

LOCAL UPDATES: ORKNEY

END OF TERM SURVIVAL PACKS

Calling all UHI Orkney Students!

End of term coursework got you down? If so, you could benefit from one of Your Students' Associations End of Term Survival Packs! Each pack contains goodies that will help reduce stress and provide a distraction during this busy time. Filled with herbal teas, sweets, arts and crafts supplies and more, these packs are available to all UHI Orkney students. If you are based in Orkney, you can reserve a pack for collection from the HISA office in the main college building. For those further afield, worry not, packs can be reserved and posted straight to your door free of charge. Unfortunately, this only applies to those in the UK. We only have a limited number of packs, so sign up now by clicking [here](#) while stocks last!

A yellow graphic with a black outline. At the top, there are three stars and a black squiggly line. Below this is a white rounded rectangle with the text "END OF TERM SURVIVAL PACKS!". Below that, two blue megaphones point towards a white rounded rectangle containing the text "Get yourself one of our End of Term Survival Packs at through the QR code below!". At the bottom left is a QR code, and at the bottom right is a small logo for "YOUR STUDENTS' ASSOCIATION".

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.

A green graphic with a dashed black border. At the top, it says "SUPPORTED STUDY SESSIONS" in bold black letters. To the right is a small illustration of a purple bird on a branch. Below the title are three colored boxes: a blue box for "What?", a green box for "Where?", and a pink box for "When?". At the bottom left is a logo for "YOUR STUDENTS' ASSOCIATION".

What?
A chance for students to work on assignments and other work in the company of other students. Snacks will be provided!

Where?
In room G.2.15A in the main college building

When?
Every other Friday from 2 till 4 pm starting from the 22nd of March

LOCAL UPDATES: NORTH, WEST & HEBRIDES

EXAM REVISION WORKSHOP

Are you gearing up for your upcoming exams and feeling a bit overwhelmed?

Don't worry, because help is on the way!

The Student Services Team is excited to announce an exclusive Online Exam Revision Workshop. Join them on Microsoft Teams on the 29th of April from 10am to 11am, where they will dive into effective revision strategies, tips for managing exam stress, and techniques for optimizing your study time.

Don't miss out on this valuable opportunity that is open to all students in North, West and Hebrides to boost your confidence and enhance your exam performance.

Sign up now [here!](#)

MENTAL HEALTH AWARENESS WEEK, 13TH-19TH MAY

Monday the 13th to Sunday the 19th of May is Mental health awareness week.

Stay tuned for updates on events for both Your Students' Association and the Student services team, designed to promote well-being and support within our college community!

STORNOWAY END OF YEAR BARBEQUE

On May 21st, Your Students' Association team will be putting on a barbeque as a way to celebrate the end to an exciting year of studies!

Enjoy FREE food fresh off the grill, with gluten-free and vegetarian options available to cater to everyone's needs. It's the perfect opportunity to unwind and bid farewell to another incredible year. Hope to see you there!



SPECIES on the EDGE
Gnèithean air an Oir

Thurso BeeWalks

Join us for one of our guided BeeWalk surveys along the riverside in Thurso. You'll learn bumblebee ID skills, meet new people and look after your health by being outside.

Meet at 2pm at the corner of Janet Street and Sir George's Street, Thurso.

Tuesday 19th March	Tuesday 9th April
Tuesday 7th May	Tuesday 11th June
Tuesday 2nd July	Tuesday 6th August
Tuesday 3rd September	Tuesday 1st October

Walks are about 2km and will take 1-2 hours, depending on the bees. No need to book - just turn up on the day. If the weather is too poor to do a BeeWalk, we'll do a bit of ID practice and walk the route to look at plants instead. All welcome; under 18s must be accompanied by an adult.

For more info, contact louise.senior@plantlife.org.uk.

TURN UP TO VOTE!

On Wednesday May 1st, in both the Stornoway and Fort William campuses we will be having a Turn Up to Vote event. Join us to learn about registering to vote and ensuring you have the right identification to cast your ballot in Scotland. We will give you all the information you need to be able to register or re-register for your vote and make sure that you have the crucial information about the acceptable forms of voter ID in Scotland, ensuring you're fully prepared for the next election. Make sure your voice is heard!

Students' Association End of Year BBQ

21/05 • 12pm-2pm
Canteen Outside Seating Area

- Free food, locally supplied
- Veggie & GF options available

HEBCELT VOLUNTEERING OPPORTUNITIES!

Looking for an exciting opportunity over the summer break? Why not volunteer at the HebCelt festival?

As a volunteer at the HebCelt, you'll have the chance to contribute to one of Scotland's most vibrant and valuable cultural events while experiencing its magic firsthand.

Volunteers must be 18 years or older and will receive free access to the festival. During their off-shift hours, they can enjoy the music, arts, and atmosphere. Plus, they will receive a 10% discount on festival merchandise, so they can snag some souvenirs to remember their experience.

It's also a great way to connect with other like-minded people, gain valuable experience and immerse yourself in the festival. Don't miss out on this opportunity, sign up now to be a part of the HebCelt festival for 2024!

More information [here!](#)



THURSO QUIET SPACE

Come along to the quiet room at Thurso campus!

Just to the right-hand side of the breakout area, it's available for anyone to use!

Relax, get a cup of tea or coffee, and take a moment to yourself.



Looking for community? Join one of our Student Networks!

Find your community in our variety of student networks, wherever you live or study.

Join a Network through our online hub on Discord, to meet other students like you!

STUDENT-FRIENDLY RECIPE

- PEA RISOTTO

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.

Risotto is a great recipe to use as a base for experimentation, we've listed a pea one here but you can make loads of different kinds by changing up the veg and protein, you could add chicken, sausage, tomatoes, mushrooms, bacon, spinach or even just more cheese!

INGREDIENTS

- 50g butter
- 1x onion, finely chopped
- 300g frozen or fresh peas
- 1.7L hot vegetable stock
- 350g risotto rice
- 200ml white wine
- Salt
- 25g parmesan, or veggie alternative, grated
- Olive oil, to drizzle (optional)



METHOD

Makes 3-4 portions

Step 1

Melt the butter in a large pan, add the onion with a generous pinch of salt and gently sweat for about 10 mins until really soft. Meanwhile, put 100g peas into a blender* with a ladleful of stock and whizz until completely puréed.

Step 2

Stir the rice into the onion, increase heat to medium and sizzle the rice for 1 min. Pour in the wine, then bubble and stir until the rice has completely absorbed the liquid. Continue cooking like this, adding a ladleful of stock at a time, and stirring continuously until the rice is tender and has a good creamy consistency – this will take 20-30 mins.

Step 3

Stir in the puréed peas, remaining peas, Parmesan and some salt and black pepper to taste, then turn off the heat and leave to stand for a few mins. Give the risotto a final stir, spoon into shallow bowls and top with a drizzle of olive oil, if you like.

*If you don't have a blender, just put the stock and peas in with the rest in steps 2 and 3.

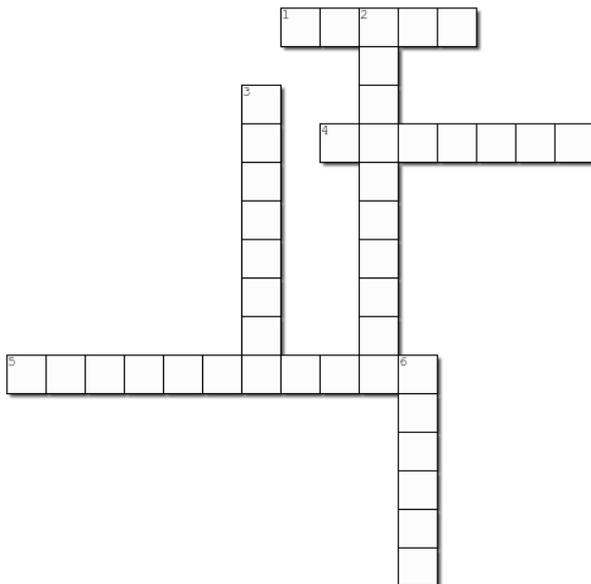
PUZZLES AND COMPETITIONS

PUZZLES

We've been running events on campuses across UHI this month for Stress Awareness Month, test your knowledge of stress and how to combat it with this crossword!

Stress Awareness Month Crossword

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

1. An activity that you do for fun like reading or listening to music
4. Watching videos of these can help reduce your stress levels by up to 50%
5. Meditation, deep breathing and progressive muscle relaxation are all forms of what technique?

Down

2. Setting these can help you avoid excessive commitments as well as protect your time and energy
3. a hormone that your brain produces when you are stressed
6. Your body's response to situations perceived as threatening or difficult

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

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 - APR24" to tell us your thoughts!

