

# STUDENT NEWSLETTER

SEPTEMBER 2023

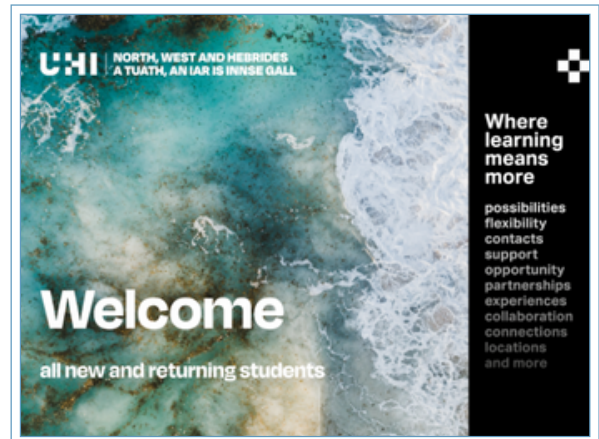
## Welcome to UHI North, West and Hebrides, Scotland's newest college!

UHI North, West and Hebrides is celebrating its launch as Scotland's newest college following the merger of UHI North Highland, UHI Outer Hebrides and UHI West Highland.

The new college will create an anchor institution connecting rural and island communities through distinctive education, training and research shaped by the culture, location, and landscapes of the North and West Highlands, Skye, and Outer Hebrides.

We're celebrating with our students, staff, and partners, and reflecting on what makes us who we are and the exciting possibilities for the future.

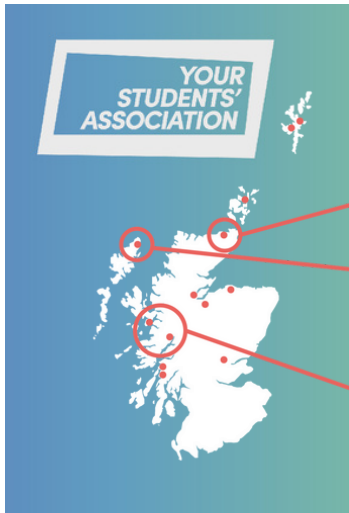
We are different – a college and a university with around 9000 enrolled students spread across 19 campuses and centres covering an area the size of Wales. We are distinctive – our courses are deeply rooted in the culture, location, and landscapes of the North and West Highlands, Skye, and Outer Hebrides.



## WHAT'S INSIDE THIS ISSUE

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## YOUR STUDENT REPRESENTATION 23-24



Your Students' Association (SA) is a membership organisation, and charity - tasked with representing all students who study at the University of the Highlands and Islands (UHI) and its twelve partners. Your SA is run by students, for students, we exist to make students' lives better. We want to ensure students have a strong voice across the University. Our team of Student Officers is elected by our members. every year, to represent the priorities of students. Local Officers make sure your views and ideas influence decisions where you study and works with your Student Voice Reps to make sure your opinions and concerns are heard.



Hello everyone, I'm Sophie-Ann Bain and I'm based in Thurso campus, I have been studying here for 7 years now doing a wide range of courses. I would like to see more mental health posters about for the students and I would also like to see quiet rooms available for students. The merger for 3 colleges going together has been amazing to see, as I was about when the talk of it was going on. I'm delighted that it has been a success.



I'm Shannon and I'm one of the local deposes covering UHI North, West & Hebrides. I'm based in Fort William and in my 4th year of BA(Hons) Adventure Tourism Management. As a local of Fort William, I'm passionate about how our campuses can work with the local communities in which they are situated. My goals for the year are to better the student community, whether this be through increasing club/society membership or by holding fun events. Overall, I'm looking forward to continuing to represent all students on various levels to ensure that you get the best experience!

## EIGHT WAYS TO LOOK AFTER YOUR MENTAL HEALTH AS A STUDENT



### **If you're feeling stressed, talk about it.**

A problem shared is a problem halved. Sometimes the pressure of studying and exams can be a lot to handle – it's completely natural to feel apprehensive or even overwhelmed. If you do find yourself feeling stressed or anxious, please don't keep it to yourself. Talk to someone, whether it's a friend, family member or your course tutor. There will always be ways to help you feel better about your situation! If for whatever reason, you don't want to talk to someone you know, then you can always access free online support with the [The Green Button](#).

### **Keep active.**

The idea is dreadful to some, but some light exercise for 20 minutes a day is key to helping with low moods. Even if it's just a walk around town or a full blow hike around the castle grounds, the endorphins that are released during exercise are clinically proven to help you feel happy, sleep better, and concentrate more.

### **Drink Sensibly (Or at least try to!)**

We understand that a part of student life means going with drinks with friends a few times a week, it's even a part of life after being a student but try not to do it so much you burn out. Alcohol is a depressant. Keep an eye on your consumption levels and don't feel like you need to be intoxicated to have a good time. If you prefer to stay sober, that's fine too! Don't feel shamed or pressured into leading a lifestyle that you don't want to.

### **Take some me time**

It can be difficult trying to find time for yourself at university when you're trying to keep up with everything else but try to relieve the pressure and do something you enjoy to take your mind off of things. Watch your favourite TV show, draw, read a good book or listen to music. Meditating is also a great way to calm your mind, even just for 20 minutes a day.

### **Set small goals**

Mental illness can make the smallest of tasks seem impossible, so don't try and push yourself too hard. Make your to-do list achievable and realistic, no matter how small the tasks may seem. Whether it's tidying your room or writing a paragraph of your essay, all the small wins matter and take you one step further than before.

### **Get some sleep!**

Easier said than done, we know, but trying to get some sort of sleeping pattern will benefit you massively. Science has shown that a regular sleeping pattern is more beneficial than actually getting more sleep, so try to go to bed and wake up at similar times every day. If you're struggling to switch off, try listening to something calm to send you to sleep or getting a night-light (they're for adults, too!)

### **If you're not yourself, book an appointment**

If you think something is off with your mental health, book an appointment to see a GP as soon as you can! As we said earlier, a problem shared is a problem halved and a doctor will be happy to help, no matter how small you think your problem is. It's better to check and try and get it sorted sooner rather than later. If you're worried about taking medication, this doesn't always have to be the answer, as there are lots of free forms of therapy on the NHS that can be beneficial too, such as Cognitive Behavioural Therapy and Talking Therapies.

### **Finally, we're here to help too**

The UHI offers services and support to students that can be found on the UHI website under the Student Mental Health Support section of the website

There are also other places you can go like Samaritans and SAMH.

# DO YOU KNOW ABOUT CONTINUING CARE?

yes

no

maybe

unsure

Would you like to tell us what you know about continuing care? Continuing care is where young people stay with carers in foster, kinship or residential care up to the age of 21, if that's the right thing for them. You can help influence change by taking part in an interview to tell us what you know and think about continuing care.



Tell our researchers what you think



Make things better for other young people



Get a £10 voucher



Influence change

Scan the code to send us an email and take part in an interview

**CONTACT US**

By text:  
07967 339 359

By email:  
[celcis.cc@strath.ac.uk](mailto:celcis.cc@strath.ac.uk)

CEL CIS is a leading improvement and innovation centre in Scotland. We improve children's lives by supporting people and organisations to drive long-lasting change in the services they need, and the practices used by people responsible for their care.

The University of Strathclyde is a charitable body, registered in Scotland, number SC015263.



# WORLD SUICIDE PREVENTION DAY

World Suicide Prevention Day is always on 10 September.

Every year, organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide. The latest suicides statistics showed that in 2018, in the UK and Republic of Ireland, more than 6,800 people died by suicide. Every life lost to suicide is a tragedy.

And we know that suicide is preventable, it's not inevitable.

But not being OK is still widely stigmatised. And governments can still make better, more ambitious plans to prevent suicide.

This World Suicide Prevention Day, we're highlighting the importance of the language we use when we talk about suicide, especially when asking someone you're worried about if they're suicidal.

It's important to talk and write about suicide safely and responsibly. Using the right language around suicide is key to breaking down stigma. When we use our words carefully we can create a safe environment for people to open up. People who have been suicidal have often said it is a relief to talk about thoughts they are experiencing. Just being there to listen and showing you care can help.

How to start a conversation with someone

Just being there to listen and showing you care can help. Here are some tips on how to open up a conversation with someone you're worried about:

- Choose a good time, and somewhere without distractions
- Use open questions that need more than a yes/no answer
- 'How are things, I've noticed you don't seem quite yourself?'
- Listen well. 'How's that making you feel?'
- Avoid giving your view of what's wrong, or what they should do



## WORLD SUICIDE PREVENTION DAY CONT.



It's normal to feel anxious about asking someone if they're suicidal, but it could save someone's life. Try and avoid saying things like 'you're not thinking of doing something stupid are you?'. Being patient and showing you care builds trust and helps someone to open up.

You could ask:

- Have you thought about ending your life?
- Are you saying that you want to die?
- Are you thinking of ending your life because you want to be dead, or is it because you want the situation you're in or the way you feel to stop?

The language we use matters. Remember these dos and don'ts:

- Don't share or repost anything that talks about suicide or self-harm in an unsafe way online
- Do report content you think might be harmful
- Do post sources of support and share stories of hope and recovery
- Don't mention the method or location of a suicide; there's evidence that this can lead to further suicides
- If you're worried about someone, do ask if they're feeling suicidal, and help them get the support they need
- Don't use language that could come across as judgmental. For example, 'don't do anything stupid'
- Don't say committed suicide. 'Committed' suggests suicide is illegal, which it isn't
- Do say took his/her/their own life or died by suicide

## WORLD HEART DAY

World Heart Day is a reminder to everyone around the world to take care of their hearts. This year's campaign focuses on the essential step of knowing our hearts first.

**BECAUSE WE LOVE AND PROTECT ONLY WHAT WE KNOW.**

In a world where knowledge about heart health is limited and policies are insufficient or lacking, we aim to shatter barriers and empower individuals to take control of their well-being.

**BECAUSE WHEN WE KNOW MORE, WE CAN TAKE BETTER CARE.**



# EMPLOYER MENTORING PROGRAMME



**Want to connect with a professional in your sector or subject of interest? Look no further!**

What is the mentoring programme?

The UHI Mentoring Programme has been designed to provide students with the opportunity to access insights, advice, and support, from a professional working in range of sectors.

## **Application process**

Applications open on the 11th September 2023.

**If you are interested, simply complete the online application form by 11pm on Friday 29th September 2023.**

If you would like some support in completing your application, then please get in touch with the Careers and Employability Team: [careers@uhi.ac.uk](mailto:careers@uhi.ac.uk)

## #FUTUREME- CAREER SUPPORT FOR ALL STUDENTS

The Careers and Employability Centre is available to you for ongoing support with your career development and enhancing your employability skills to ensure you are well equipped to navigate the ever changing labour market. All our services can be accessed through the university's online career platform, FutureMe.

FutureMe provides you with the ability to:

- Book and manage personal appointments with your Careers Team
- Search and book on to events
- Upload your CV for personalised feedback
- Access the JobShop to find part-time work, internships, volunteering opportunities and graduate jobs locally, nationally and internationally
- Submit careers related questions online

Sign in to FutureMe with your usual UHI username and password.



## STUDENT DISCOUNTS

### Travel Discounts

#### Bus

What's better than cheap travel? How about free travel. If you are under the age of 22 and live in Scotland for at least 6 months out of the year, you can get free bus travel on any operator across the country, enabling day trips, city breaks and, of course a far swifter daily commute. Find out more at <https://www.mygov.scot/under-22s-bus-pass>.

For those over 22, there are still savings to be made, most bus operators have student concessionary rates or bulk ticket discounts (consult your operator for more info).

If you have a disability and receive Personal Independence Payment (PIP) or the Adult Disability Payment (ADP) you are also entitled to a free bus pass, regardless of age, and even better; you can bring a companion on your trips for free too! See

<https://www.mygov.scot/disabled-bus-pass> for more info!

#### Air

If you live on the islands or in some parts of Sutherland you are entitled to 50% off flights through the Air Discount Scheme. More info can be found at <https://www.airdiscountscheme.com/>.

#### Rail

As a student you are also entitled to the 16-25 railcard, despite the name mature students are also entitled to the card which allows for 1/3 off rail fares, a disabled railcard is also available which allows for these benefits to be extended onto peaktime services and for a companion too. For more information please see <https://www.railcard.co.uk/>.

### Council Tax Exemptions

Both Highland Council and Western Isles Council offer a discount on council tax for students living either alone or together. You can download your council tax exception letter easily from UHI Records and submit it to your council tax office with your tax reference number

### Totum

Totum Cards are a great way to receive discounts on a large swathe of organisations and businesses including in store discounts in shops like halfords or the coop. Also by signing up the students association receives a small amount of the proceeds allowing us to improve our services. More info is available here:

<https://app.totum.com/register/join>

### Young Scot Card

Similar to a totem card a young Scott card allows people to get discounts online and in-store in select businesses this is also quite handy as if you have a national entitlement card that can also act as your young Scott card young Scott is available for under 26s only. More info is available here: <https://young.scot/the-young-scot-card/>

### Online discount portals

There are online services that also offer similar discounts solely online, check out Unidays or StudentBeans for more information.

### Days out

Save the Student have a great collection of ideas for days out that include large museums, cinema chains and Ticketmaster, see the full list here:

<https://www.savethestudent.org/student-discounts/days-out>

Students with disabilities can get a CEA card which allows them to bring a companion with them to see movies at no extra cost, more info is available here: <https://www.ceacard.co.uk/>

SPECIAL  
DISCOUNT



# FRESHERS 2023

## FRESHERS FAYRES

Explore clubs, societies, local services and resources that await you.

### Thurso

Tue 19th 10am - 2pm  
Wed 20th 10am - 2pm

### Alness

Wed 20th 2pm - 4pm

### Fort William

Thurs 21st 10am - 2pm  
Fri 22nd 10am - 2pm

### Portree

Tue 26th 10am - 2pm

### Stornoway

Wed 27th 10am - 2pm  
Thurs 28th 10am - 2pm



**YOUR STUDENTS' ASSOCIATION**

### Photo Competition

To Celebrate being Scotland's Newest College

Share your photos of your favourite thing about your campus, learning centre or home study area

**Prizes to be won!**

Tag @yoursa\_nwh and #lovenwh on your social media posts or send photos to [hisa.nwh@uhi.ac.uk](mailto:hisa.nwh@uhi.ac.uk) for a chance to win

ONLINE

## YOGA & MEDITATION CLASSES




Thursday 14th & 28th of September | 19.00

Book 14 Sept 1 HOUR TO RELAX UHI STUDENTS FREE Book 28 Sept



Book online at [www.hisa.ac.uk](http://www.hisa.ac.uk), scan QR code or click on links to book for each date



## FREE EBIKE LOAN SCHEME - STORNOWAY CAMPUS

### Loan a free ebike from Stornoway Campus

Opportunities to get to, from and around the Lews castle grounds and Stornoway campus just got even better.

Your Students Association and UHI North, West and Hebrides have introduced a bike pool for all students and staff. The 3-brand new electric bikes are the perfect opportunity to cycle to lectures, pop into town or enjoy a lunchtime cycle through the beautiful Lews Castle Grounds.

The bike pool has been made possible thanks to a grant from Cycling Scotland, with funding from Transport Scotland. As well as the bikes safety gear is provided including helmets, locks and high vis vests, funded by Cycling UK.

The bike pool aims to make cycling easy and accessible. There are many physical and mental health benefits to regular exercise, and the initiative to help you get outdoors fits perfectly with the college vision for inclusive access and encouraging active travel at UHI North, West and Hebrides.

Using a bike can often be a quicker way to get around town and to and from accommodation, and it's certainly a cheaper and more environmentally friendly way to travel.

For more info on how to loan the bikes students and staff can contact the Student Services Team on [studentsupport.nwh@uhi.ac.uk](mailto:studentsupport.nwh@uhi.ac.uk) or visit us in our Stornoway office.



## EVENTS IN STORNOWAY

### Book and Clothes Swap

Look out for our book and clothes swap opportunities across our campuses.

- 18 September 2023 - 29 September 2023

### Your Students' Association Freshers Fayres

Explore clubs, societies, and resources that await you.

- Stornoway 27th September 10am – 2pm
- Stornoway 28th September 10am -2pm

### Bingo !

Fancy a game of Bingo? Why not join into one of our online Bingo sessions? They are open to all students with various items to win!

Join one of our sessions:

- Wednesday 20th September 1pm-1.30pm Student Café
- Tuesday 26th September 1pm-1.30pm Student Café

### Cycling UK – Try a Bike

We will be joined by Cycling UK to bring to you a try a bike event. You will be able to get your own bikes fixed with our handy Dr. Bike service. You can also try an ebike and give mountain biking a go. Here is your full timetable:

- Stornoway 21st September 10:30am - 4pm
- 10:30 event start
- 10:30-2pm Dr bike and ebike try outs
- 2pm- 3pm guided mountain bike trails tour (6 participants max)
- 3pm- 4pm guided mountain bike trails tour (6 participants max)
- 4pm event close







## ONLINE FRESHERS

### Online Relay

Take part in our Freshers' relay! We want to celebrate the launch of our newly merged college with you!

Track your distances walking, cycling, rowing, sailing, running or any other way you exercise. Track your progress on Strava in our UHI North, West and Hebrides team on Strava! Find it via

[www.strava.com/clubs/829147/leaderboard](http://www.strava.com/clubs/829147/leaderboard)

Together we want to cover a round trip between all our campuses and learning centres. Overall, we want to move 760 miles! Have a look out on some of our campuses we have gym equipment ready to go for you to add some miles. We will have rowers and ebikes in Stornoway and Thurso and a running machine in Portree.

Don't have a Strava account? Why not track your miles through our on-campus tracking stations at reception. Note down the date, milage and activity you have been doing and one of our team will add your milage to our count!

### Bingo

Fancy a game of Bingo? Why not join into one of our online Bingo sessions? They are open to all students with various items to win!

Join one of our sessions:

Tuesday 19th September 1pm

Thursday 28th September 1pm

To sign up please contact

[studentsupport.nwh@uhi.ac.uk](mailto:studentsupport.nwh@uhi.ac.uk)

The event will be held via Microsoft teams

### Online - Yoga with Akash!

Decompress during Freshers with two sessions of Yoga and Meditation with Akash! If you're a beginner or an avid Yoga Fan - come along and meet others UHI Students online!

We have two sessions, both at 7pm till 8pm. The first on the 14th of September, and the next on the 28th of September.

Sign up now via

[www.hisa.native.fm/group/2752/online](http://www.hisa.native.fm/group/2752/online)

## EVENTS IN THURSO, DORNOCH & ALNESS

### Book and Clothes Swap

Look out for our book and clothes swap opportunities across our campuses.

- 18 September 2023 - 29 September 2023



### Your Students' Association Freshers Fayres

Explore clubs, societies, and resources that await you.

- Thurso 19th September 10am – 2pm
- Thurso 20th September 10am - 2pm
- Alness 20th September 2pm - 4pm

### Quiz and lunch

Are you feeling quizzical? Want to put your knowledge to the test? Join us for our Quiz and Lunch events! You can enter teams of 3-4. Come along as team or individual.

Lunch will be provided

- Dornoch 19th September 12noon- 1pm Campus Lounge
- Thurso 27th September 12noon- 1pm ETEC Atrium
- Alness 27th September 1.30pm-2.30pm Campus Downstairs

### Thurso Cinema Tickets

Merlin Cinema - Thurso

Watch this space ... further details to follow nearer the time!

## EVENTS IN FORT WILLIAM, PORTREE AND RURAL CENTRES

### Book and Clothes Swap

18 September 2023 - 29 September 2023

Look out for our book and clothes swap opportunities across our campuses.



### HISA Freshers Fairs

Kickstart your academic journey with Freshers Fair Day One on September 19th. Explore clubs, societies, and resources that await you.

Here are the dates for you:

- Fort William 21st September 10am-2pm
- Fort William 22nd September 10am-2pm
- Portree 26th September 10am-2pm

### Portree Quiz

Are you feeling quizzical? Want to put your knowledge to the test? Take part in our quiz hosted at Portree campus. You can pick your quiz sheets up from reception from 18h – 22nd September.

### Treasure hunt

Join us for a treasure hunt around Portree campus. Pick your treasure hunt up from Katrina at the front desk and try your luck from there! You can take part in our treasure hunt between the 25th and 29th September.

## WORLD'S BIGGEST COFFEE MORNING – MACMILLIAN CANCER SUPPORT

Macmillan's Coffee Morning is our biggest fundraising event to support people living with cancer

People all over the UK host their own Coffee Morning and donations raised on the day are made to Macmillan.

A Coffee Morning can be whatever you want it to be. It could be at home, on your driveway, a hall or online, whatever suits you best. You can hold a garden get together and throw a barbeque, or treat your colleagues to some homemade bakes, or even get together with friends for a takeaway. In 2022, we raised over £12 million and hope to top that this year.

### When is Macmillan's Coffee Morning?

The official date of Coffee Morning is Friday 29 September. This doesn't mean you can't host at other times of the year! You can host your coffee morning whenever suits you best.

Join our teams in Portree and Fort William in their fundraisers.





## MOVIE REVIEWS



### Barbie

- Director: Greta Gerwig
- Writers: Greta Gerwig, Noah Baumbach
- Stars: Margot Robbie, Ryan Gosling
- Genre: Comedy
- Release Date: July 21st 2023
- IMDB Rating: 7.4/10 stars

Clever, colourful comedy with sophisticated themes.

Review from: [commonsensemedia.org](https://commonsensemedia.org)

Greta Gerwig's delightful comedy adventure is bolstered by Robbie and Gosling's impeccable performances, a top-notch ensemble cast, and a witty screenplay. The two stars are perfectly cast in the iconic lead roles, humanizing the doll characters, and nailing both the emotional beats and the comedic aspects of Barbie's and Ken's development. The sprawling supporting cast is also well selected, with memorable performances from Rae as the Barbie president, America Ferrera as truth-telling human mom Gloria, Simu Liu as Gosling's rival Ken, and Will Ferrell as the smarmy CEO of Mattel. Three young actors from Sex Education -- Emma Mackey, Ncuti Gatwa, and Connor Swindells -- make notable appearances in supporting roles, and Academy Award-winning filmmaker/screenwriter Emerald Fennell turns up as Barbie's discontinued pregnant friend, Midge. Overall, Barbieland is a pleasingly inclusive place, where the Barbies and Kens can be more than thin, White, and blond as they sing and dance in their carefully curated outfits.

This movie isn't like the many animated Barbie movies, and its sophisticated themes may land better with teens and adults than tweens and kids. But the contrast between the movie's serious societal commentary and the trippy, nostalgic comedy manages not to feel off-putting or off-balance. Ken's explanations about the benefits of the patriarchy (horses, hats, all the top jobs!) are laugh-out-loud funny, while Gloria's passionate speech about the ways women must and mustn't act in human society rings soberingly true. For all of the jokes, there's a ton of heart in the screenplay, with Robbie and Gosling both getting many scene-stealing, moving monologues. Their memorable portrayals carry the movie, but the behind-the-scenes technicians deserve awards, too, including production designer Sarah Greenwood for the film's pink-infused Barbie-core set pieces, music supervisor George Drakoulias for the Mark Ronson-produced soundtrack, Oscar-winning costume designer Jacqueline Durran for the hundreds of authentic Barbie and Ken costumes, and director of photography Rodrigo Prieto for the fizzy cinematography. An ideal mother-daughter pick and a collaborative achievement worthy of the hype, this Barbie is a keeper.



### Oppenheimer

- Director: Christopher Nolan
- Writers: Christopher Nolan, Kai Bird, Martin Sherwin
- Stars: Cillian Murphy, Emily Blunt, Matt Damon
- Genre: Biography, Drama, History
- Release Date: July 21st 2023
- IMDB Rating: 8.6/10 stars

The story of American scientist, J. Robert Oppenheimer, and his role in the development of the atomic bomb

Review from: [rollingstone.co.uk](https://www.rollingstone.co.uk)

A powerful, visually spectacular drama that demands your full concentration, *Oppenheimer* is unmistakably the work of writer-director Christopher Nolan. His second historical film after *Dunkirk*, it stars an excellent Cillian Murphy as the titular scientist, J Robert Oppenheimer, known as the father of the atomic bomb.

How does a scientist create a device that could kill millions – and how does he live with that knowledge? Nolan's film goes some way to exploring this, as we see Oppenheimer wrestling with his conscience yet excited by invention – along with the chance to beat the Nazis in the arms race. After plenty of scene-setting in academic circles, the action moves to the Los Alamos laboratory in New Mexico, 1945, where the Manhattan Project team prepare for the Trinity Test: the controlled detonation of the world's first nuclear device. What are the chances this could actually blow up the entire world? asks Matt Damon's project director Lt Leslie Groves Jr. "Chances are near zero," comes Oppenheimer's un reassuring response. The tension is palpable as hands hover over the big red button. This is the film's stand out sequence, nerve-wracking and even darkly funny as scientists pull up chairs and cover themselves with sunscreen to watch the blast in the desert. Hoyt van Hoytema's cinematography is particularly jaw-dropping here, especially if you're watching this in IMAX 70MM.

That said, Nolan has made a potentially confusing visual decision: to film certain scenes in colour and others in black and white. His goal is to show the difference between Oppenheimer's perspective (colour) and that of Lewis Strauss (Robert Downey, Jr), the Atomic Energy Commissioner who questions Oppenheimer's credibility. Downey Jr is absolutely tremendous, but his dialogue-dominated scenes risk adding to the confusion, and there's little time for the audience to digest the information. The stary casting can also be distracting, as you watch one Oscar-nominee after another putting everything into their few lines of exposition. Those lining up to play key historical figures include Rami Malek, Kenneth Branagh, Casey Affleck, Benny Safdie and Tom Conti. As for the female characters, they're well-cast but underserved: Emily Blunt's Kitty Oppenheimer is largely characterised by her alcohol consumption, and Florence Pugh's Jean Tatlock is shown in brief scenes, often nude. There is little mention of either's profession (a biologist and a psychiatrist, since you ask).

## STAND UP TO CANCER DAY

Stand Up To Cancer Day is observed every second Friday of September, on September 8 this year. It is a day for creating cancer awareness. It is also a time to support the fight against cancer, using various means. The day has been observed since 2008, and it has helped to gather massive support from researchers and scientists.

Stand Up To Cancer Day, also known as National Stand Up To Cancer Day, was created out of goodwill to join the fight against cancer. It is a holiday on which we spread awareness concerning cancer.

It is also a call to action. Donations are encouraged on this special day. The money is used primarily to help advance cancer research. Researchers from around the world are encouraged to collaborate in the fight against cancer. Also, there are over 170 countries that observe this special day.

Cancer is one of the leading causes of death nowadays. But it was discovered long ago. Writings about cancer were found in ancient Egyptian manuscripts dating back to 3000 B.C. Although the word cancer was not used in the manuscripts, there is a very good description of what we today know as cancer.

It was the Greek physician Hippocrates, also known as the father of medicine, who called the disease by the name 'karkinos,' which means crab in Greek. Since then, researchers have taken the time to study the disease carefully.

Stand Up To Cancer Day has been chosen to help raise awareness about the disease. It is a day to evaluate the consequences of cancer in our society. Through the help of telecasts and celebrity appearances, funds are raised for cancer research. The program was conceived and formed on May 27, 2008, by some women who were affected by cancer. Over 100 million was raised after the initial televised broadcast.



## HAPPY YOM KIPPUR



### The Day of Atonement

Yom Kippur (the Day of Atonement) is the holiest day on the Jewish calendar, when we fast, pray, seek forgiveness from G-d and our fellows, and come closer to G-d. It is the peak of the High Holidays. Yom Kippur fast day is the holiest day of the year, when we are closest to G-d and to the essence of our souls. Yom Kippur means "Day of Atonement," as the verse states, "For on this day He will forgive you, to purify you, that you be cleansed from all your sins before G-d."<sup>1</sup>



# VACCINES FOR STUDENTS

Infectious diseases such as meningitis, septicaemia and measles can spread easily in university and college communities. Cases of measles are rising in other parts of the UK and students are the second biggest at-risk group of contracting meningitis, after babies and toddlers. That's why the new term is an important opportunity to remind students about free vaccinations provided by NHS Scotland. These offer the best protection against these serious, and in some cases life threatening diseases.

## Heading off to college or university?



### Before arriving

- ✓ Check you're up to date with your vaccines
  - MenACWY
  - MMR
  - HPV
- ✓ Know the signs and symptoms of meningitis and septicaemia

### Once you arrive

- ✓ Register with a GP as soon as you can
- ✓ Arrange with your local Health Board to catch up on any vaccines you've missed

[www.nhsinform.scot/vaccinesforstudents](http://www.nhsinform.scot/vaccinesforstudents)



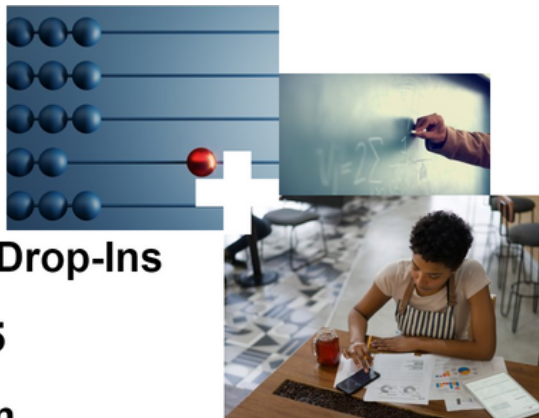
Public Health  
Scotland



Healthier  
Scotland  
Scottish  
Government

NHS  
SCOTLAND

**UHI** | NORTH, WEST AND HEBRIDES  
A TUATH, AN IAR IS INNSE GALL



## Numeracy/Maths

### Learning Support Drop-Ins

Thursdays in C205

11:15am – 01:15pm

Stornoway Campus

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A TUATH, AN IAR IS INNSE GALL

## Stornoway Campus

### IT Drop-Ins

Learning Resource Centre

12-2pm

Tuesday

19<sup>th</sup> September

26<sup>th</sup> September

Wednesday

20<sup>th</sup> September

27<sup>th</sup> September





## Chole with Cumin rice and Raita



Make a chickpea curry served with raita for a lovely and budget friendly family meal. It's quick, easy and healthy too!

- Prep time: 15 mins
- Cook time: 20 mins
- Difficulty: Easy
- Gluten Free
- Serves: 4

Nutrition: Per serving							
Kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
561	14g	4g	82g	8g	11g	21g	0.2g

### Ingredients

- 1 tbsp vegetable oil
- 1 red onion, finely chopped
- 4 tsp cumin seeds
- 1 tsp finely grated ginger
- 4 garlic cloves, finely grated
- 2 tsp curry powder
- 2 x 400g cans chickpeas
- 100g tomato purée
- 30g fresh coriander, chopped
- 300g basmati rice

### For the raita

- ¼ cucumber
- 200g Greek-style yogurt
- ½ tsp cumin seeds, toasted and crushed
- small handful fresh mint, chopped
- handful of pomegranate seeds, to serve (optional)

### Method

#### Step 1

Heat the oil in a large pan and fry the onions over a low heat for 10 mins until starting to brown. Add 3 tsp of the cumin, the ginger, garlic and curry powder. Stir for a minute to keep the spices from burning.

#### Step 2

Tip in the chickpeas and the liquid from the can, along with the tomato purée, 20g of the coriander and some seasoning. Simmer over a low heat for about 10 mins. Add a splash of water if it looks too dry.

#### Step 3

Meanwhile, rinse and drain the rice, add the remaining 1 tsp cumin seeds, 2 litres of boiling water and seasoning. Cook for about 10 mins, or until the rice is tender. Drain.

#### Step 4

For the raita, grate the cucumber and stir it into the yogurt with the cumin, mint and the remaining coriander. Season, scatter over the pomegranate seeds, then serve alongside the chole and rice.

# RECIPES

## Spicy Sausage and Bean One-Pot



A saucy, warming casserole with Cumberland sausages, chilli gravy and kidney beans. It's budget friendly and ready in less than 30 minutes too!

- Prep Time: 5 mins
- Cook Time: 20 mins
- Difficulty: Easy
- Freezable
- Serves: 4

Nutrition: Per Serving							
Kcal	Fat	Saturate	Carbs	Sugars	Fibre	Protein	Salt
524	29g	10g	41g	15g	11g	24g	3.6g

### Ingredients

- 1 tbsp vegetable oil
- 1 onion
- 8 cumberland sausages
- 1 fat garlic clove, crushed
- 2 400g cans kidney beans in chilli sauce
- 2-3 sprigs curly parsley, chopped

### Method

#### Step 1

Heat the oil in a large frying pan. Cook the onion and sausages over a fairly high heat for 8-10 mins, turning the sausages often so they brown all over.

#### Step 2

Add the garlic to the pan with the kidney beans and their sauce. Half-fill one of the cans with water, swirl and then add this to the pan. Stir everything together and bring to the boil. Turn down to simmer and cook for 10 mins, or until the sausages are cooked through. Season and sprinkle with the parsley.

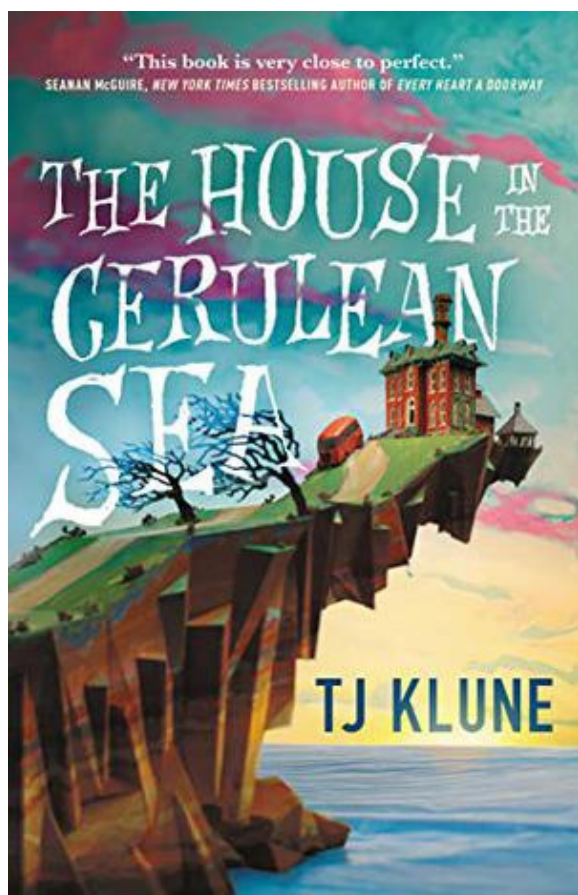
## FINANCIAL SUPPORT

### Discretionary Fund:

If you are a full-time or part-time undergraduate, or a postgraduate student, and find you are struggling to meet the cost of living e.g. paying for foods, bills, travel etc you may be eligible to apply to the Discretionary (Hardship) Fund for extra assistance. This fund is an income-assessed, non-repayable grant. To apply please speak to your local funding team or apply through student records.

### Bursaries and Scholarships:

UHI offers multiple bursary and scholarship schemes for undergraduate, further education and postgraduate students. These come from both internal and external sources in the public and private sector, some of them are assessed based off quality of work whereas some of them are assessed based off skillsets. Visit the UHI website for more information.



### The House in the Cerulean Sea

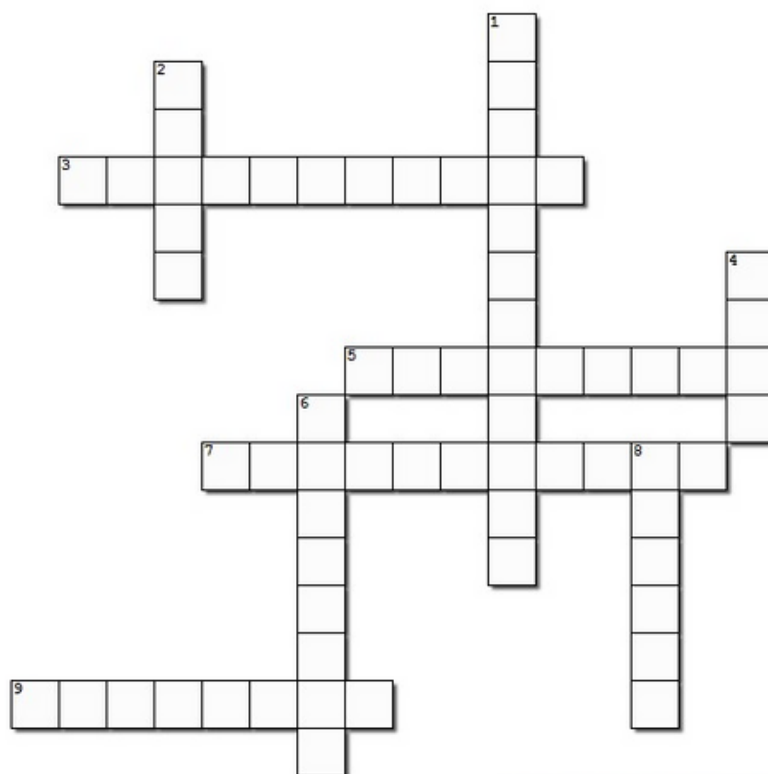
- Author: T.J. Klune
- Publish Date: 17th March 2020
- Publisher: Tor
- Genre: Fantasy
- Page count: 352

A breezy and fun contemporary fantasy

Review from: [kirkusreviews.com](http://kirkusreviews.com)

Linus Baker loves rules, which makes him perfectly suited for his job as a midlevel bureaucrat working for the Department in Charge of Magical Youth, where he investigates orphanages for children who can do things like make objects float, who have tails or feathers, and even those who are young witches. Linus clings to the notion that his job is about saving children from cruel or dangerous homes, but really he's a cog in a government machine that treats magical children as second-class citizens. When Extremely Upper Management sends for Linus, he learns that his next assignment is a mission to an island orphanage for especially dangerous kids. He is to stay on the island for a month and write reports for Extremely Upper Management, which warns him to be especially meticulous in his observations. When he reaches the island, he meets extraordinary kids like Talia the gnome, Theodore the wyvern, and Chauncey, an amorphous blob whose parentage is unknown. The proprietor of the orphanage is a strange but charming man named Arthur, who makes it clear to Linus that he will do anything in his power to give his charges a loving home on the island. As Linus spends more time with Arthur and the kids, he starts to question a world that would shun them for being different, and he even develops romantic feelings for Arthur. Lambda Literary Award-winning author Klune (*The Art of Breathing*, 2019, etc.) has a knack for creating endearing characters, and readers will grow to love Arthur and the orphans alongside Linus. Linus himself is a lovable protagonist despite his prickliness, and Klune aptly handles his evolving feelings and morals. The prose is a touch wooden in places, but fans of quirky fantasy will eat it up.

# PUZZLES



Created using the Crossword Maker on TheTeachersCorner.net

## Across

3. This town is the second largest settlement in the Highlands of Scotland with around 10,000 inhabitants (4,7)
5. Home of the famous Black Pudding
7. The steam train on the Fort William to Mallaig route (3,8)
9. 5,000 year old Standing Stones in the Scottish Islands

## Down

1. Golf course ranked 4th in Scotland (5,7)
2. Southernmost isle of the Outer Hebrides
4. Portree is the largest town on this Island
6. Closest Munro to Fort William (3,5)
8. Northernmost town in Mainland Scotland

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

## College Life

M	N	D	I	P	L	O	M	A	R	A	M	L	R
W	O	R	K	S	H	O	P	S	A	R	U	E	S
E	U	S	I	T	C	R	O	L	N	E	L	C	F
S	E	A	T	A	R	S	S	S	I	T	U	T	D
U	T	R	M	E	C	T	T	R	M	T	C	U	A
L	B	P	G	L	E	U	N	E	E	Y	I	R	R
S	U	P	U	E	M	D	E	H	S	R	R	E	E
S	R	B	C	L	D	I	D	S	I	A	R	S	A
U	S	E	I	O	S	E	U	E	P	R	U	R	D
S	A	N	R	A	U	S	T	R	I	B	C	T	I
E	R	O	P	N	Y	R	S	F	E	I	S	M	N
E	Y	S	B	S	F	H	S	R	E	L	E	T	G
F	N	O	I	T	A	T	R	E	S	S	I	D	S
I	L	S	S	S	R	E	R	U	T	C	E	L	I

- STUDENTS
- COURSE
- LECTURES
- CAMPUS
- WORKSHOPS
- LECTURERS
- READING
- LIBRARY
- SEMINAR
- CURRICULUM
- CLUBS
- DISSERTATION
- STUDIES
- BURSARY
- FRESHERS
- DEGREE
- DIPLOMA
- LOANS
- FEEES

Play this puzzle online at : <https://thewordsearch.com/puzzle/6026125/>



## PLAY IT SAFE THIS SEXUAL HEALTH WEEK

Sexual Health Week is 11 September to 17 September 2023 and this year's theme is Playing it Safe. Being safe means feeling empowered to access contraception, testing and treatment. More than half of sexually active adults get an STI (sexually transmitted infection) at some point in their lifetime. In the UK a young person is diagnosed with chlamydia or gonorrhoea every 4 minutes.

Being safe means feeling empowered to access contraception, testing and treatment. It means understanding consent, healthy relationships, and pleasure.

It also means providing relationships and sex education (RSE) that gives young people the tools to navigate the world safely both online and offline; and delivering safe, accessible sexual health services wherever people need them.

That's why for Sexual Health Week 2023 we're playing it safe.

Throughout the week we will be drawing on almost 60 years of safeguarding experience, demonstrating the links between mental health and sexual health and amplifying the voices of those who face health inequalities including neurodivergent people.

We will shout louder than ever to evidence the positive impact of RSE, promote consent and pleasure as key components of safer sex and celebrate experts across the sector working tirelessly to keep people safe from harm.



## WORLD ALZHEIMER'S DAY

World Alzheimer's Day is a global opportunity to raise awareness around, educate, encourage support of and demystify dementia.

What can I do on World Alzheimer's Day?

There are many ways to get involved with World Alzheimer's Day:

- Share a social media post on 21 September with #WorldAlzheimersDay
- Register to volunteer at a local Memory Walk
- Organise or take part in a fundraising event
- Make a donation and provide help and hope to people living with dementia

Why is World Alzheimer's Day important?

Globally, dementia is one of the biggest challenges we face, with nearly 50 million people living with dementia worldwide. To tackle this international dementia challenge, we need to work together and share best practice with one another.

This is why Alzheimer's Society has committed to work with partners on global research and campaigning, as well as sharing our learning, best practice and experience with one another.



## INTERNATIONAL LITERACY DAY

UNESCO celebrated International Literacy Day (ILD) on 8 September 2023 under the theme 'Promoting literacy for a world in transition: Building the foundation for sustainable and peaceful societies'.

ILD2023 will be an opportunity to join efforts to accelerate progress towards the achievement of Sustainable Development Goal 4 (SDG4) on education and lifelong learning and to reflect on the role of literacy in building more inclusive, peaceful, just, and sustainable societies. In doing so, it will embrace the reciprocal relations between literacy and other areas of development: Literacy is central to the creation of such societies, while progress in other areas of development contributes to generating interest and motivation of people to acquire, use, and further develop their literacy and numeracy skills.

Under this theme, ILD2023 will be celebrated at the global, regional, country, and local levels across the world.

## SET UP A CLUB OR SOCIETY

UHI Students have formed many different clubs and societies through HISA. HISA Affiliated clubs and societies are based throughout the Highlands and Islands, with some unique to a location and others offered regionally. In Fort William, student groups make use of dramatic scenery and superb outdoor opportunities with sporting clubs like Snowsports and Mountainbiking. Campuses like Moray and Perth have art and music clubs. Inverness College's School of Forestry has a vibrant academic society. Our unique geographical context provides students with opportunities to connect with others outside of their own college in our Regional clubs like UHI Gaming. Clubs and Societies are a chance for students to take part in sports and hobbies, reduce feelings of isolation, and collaborate with their peers. Find more info on our website <https://www.hisa.uhi.ac.uk/start-a-new-group>



 **STAY CONNECTED:**

 **INSTAGRAM: @UHI\_NWH**

 **TWITTER: @UHI\_NWH**

 **FACEBOOK: @UHNWHEBRIDES**

 **WEBSITE: WWW.NWH.UHI.AC.UK**