

HI!

HISA

YOUR MONTHLY NEWSLETTER

   www.hisa.uhi.ac.uk

ISSUE: 016

OCTOBER 2025

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**AT INVERNESS
AND MORAY!**

Moray Student President By-Election 2025

It's almost time for voting in the Moray Student President By-Elections! Remember to vote for your preferred candidate during the voting window, from 7th – 9th October. Read the manifestos of each candidate before you vote, and choose the person who best represents your voice.

Head to the [Elections](#) page of the HISA website for all the details and key dates!

INVERNESS DEPUTE PRESIDENT BY-ELECTION



We are pleased to announce that Oliver J. Sweeney has been elected as the new Inverness Depute President. Congratulations to Oliver on this achievement, and a big thank you to all the nominees who participated and contributed to the election. 🎉👏

Full results can be read [here!](#)

REPRESENT

YOUR FELLOW STUDENTS

SIGN UP TO BE AN SVR!

Want to be the voice of your classmates? Become a Student Voice Rep (SVR)!

- 🗣️ Gather feedback
- 💡 Share ideas
- 🚀 Make a difference at UHI!

Why join?

Meet new people, build your skills, boost your CV & get recognised for your impact!

Make a difference to your student experience and [sign up](#) today!

UHI TRANSFORMATION SURVEY!

UHI is launching a major Transformation programme to create a more sustainable operating model to improve partnership, structure, and operations. The goal is to streamline systems, cut costs, and enhance the student experience with better learning, teaching, and consistent support for all students.

So what?

As part of this change, UHI wants to hear from students about which services and support are important to you.

How can students get involved?

Take the survey [here!](#)



FUEL POVERTY ROUNDTABLE

On 11th October 2025, 2050 Climate Group will host a policy roundtable addressing fuel poverty in the Highlands, a region where one in three households are affected and forced to choose between heating their homes and putting food on the table. Despite being rich in renewable energy resources, local communities are not reaping the benefits. This event will bring together 30 young professionals aged 18–35 from various backgrounds to explore practical recommendations and policy solutions aimed at ensuring Highland households are among the first to benefit from the region's clean energy potential. The roundtable will offer actionable insights for policymakers and the energy sector alike.

Register for the event [here](#), and take their survey [here](#)

UHI ENGAGE 2026!

UHI ENGAGE 2026 Research and Knowledge Exchange Conference

We are delighted to advise that the next research conference will be hosted fully online via Microsoft Teams from Thursday 8 January - Friday 9 January 2026 and will include a day specifically for PGR students on Wednesday 7 January!

You can find out more [here](#)

UHI REBEL FUND

Did you know that UHI offers thousands of pounds in awards and scholarships each year – not just for top grades, but for determination, creativity, and overcoming challenges? These are real opportunities to support your studies and help you achieve your ambitions. Apply early and give yourself the best chance of being successful. [See here](#) for a full list of opportunities available for 25/26.

This month we're highlighting October deadlines:

- [UHI Rebel Fund](#) – £2,500 for students (individuals or groups) to deliver a creative sustainability project tackling real barriers to sustainable living at UHI. (Deadline: 24 Oct)
- [Barns-Graham Assistance Award](#) – £1,000 for Fine Art students needing essential materials to complete their course. (Deadline: 31 Oct)
- [Barns-Graham Travel Scholarship](#) – £1,500 for Fine Art students/graduates for research projects abroad. (Deadline: 31 Oct)
- [Rural & Islands Bursary Fund](#) – £1,000 for students in remote or isolated areas to help participate fully in their studies. (Deadline: 31 Oct)
- [Davidson Nairn Charitable Trust Scholarship](#) – £1,000 for academically strong students from Nairn or Nairnshire progressing to the next year of study. (Deadline: 31 Oct)

Don't wait until the last minute – start your applications now!

DISABILITY EQUALITY SCOTLAND SURVEY

Disability Equality Scotland – a national charity working to make life more accessible, equal and inclusive for disabled people in Scotland – are currently working on research that aims to find out about the experiences of disabled students at university or college. This will help them to respond to a Scottish Government consultation about support for disabled students.

There are two ways of completing the survey: fill it out online by following this link:

<https://www.smartsurvey.co.uk/s/desstudentsurvey/>

Or you can fill in the Easy Read version which you can find via [Disability Equality Scotland: Student Survey 2025 - Disability Equality Scotland.](#)

Students who use Easy Read can either email their completed survey to them at research@disabilityequality.scot or they can print it out and post it to them using the address at the end of the document.

The survey will close at 1pm on Wednesday 24 September. The anonymised survey responses will be analysed by Disability Equality Scotland. The survey does not collect any information that would enable identification of individual respondents. Responses to the survey will be used in the reporting of findings, but it will not be possible to identify individuals in any reporting.

EQUALITY AND LIBERATION

GENDER EXPRESSION FUND

Newly created, the HISA Gender Expression aims to help remove the financial barriers of gender expression for trans, intersex, non-binary, and gender-fluid, and gender non-conforming students. This fund provides financial support (of up to £100 per student) to purchase gender-affirming products or pay for transport to appointments related to gender identity. Your wellbeing and privacy are very important to us, so visit this link to find out more:

[LGBTQ+ Support](#)



We see you. We love you. We will stand with you.

BLACK HISTORY MONTH

October is Black History Month! First celebrated in 1987 by the Greater London Council (GLC) thanks to the efforts of the Ethnic Minorities Unit, BHM in Scotland recognizes the importance of the history of African, Caribbean, and Asian people in this country; people who often have a direct link with Scotland through slavery, colonialism, and migration. To learn more visit [BLACK HISTORY MONTH SCOTLAND](#) and keep an eye on our socials! [@teamhisa](#)

NUS: SPEAK OUT ON THE EHRC "SINGLE-SEX SPACES" GUIDANCE

The National Union of Students has created a tool for you to send your MP a letter voicing concern over the Equality and Human Rights Commission's new guidance on 'Single-Sex Spaces.' We are deeply concerned that this may come into effect without proper debate or scrutiny in Parliament, despite the significant consequences it could have for our students in colleges and universities – from facilities such as bathrooms to participation in sport. We urge you to take action today to support students in their right to privacy, dignity, and respect. Write to your MP to express your concerns by using the tool [here!](#)

STUDENT OPPORTUNITIES

LIVE RENT FREE!

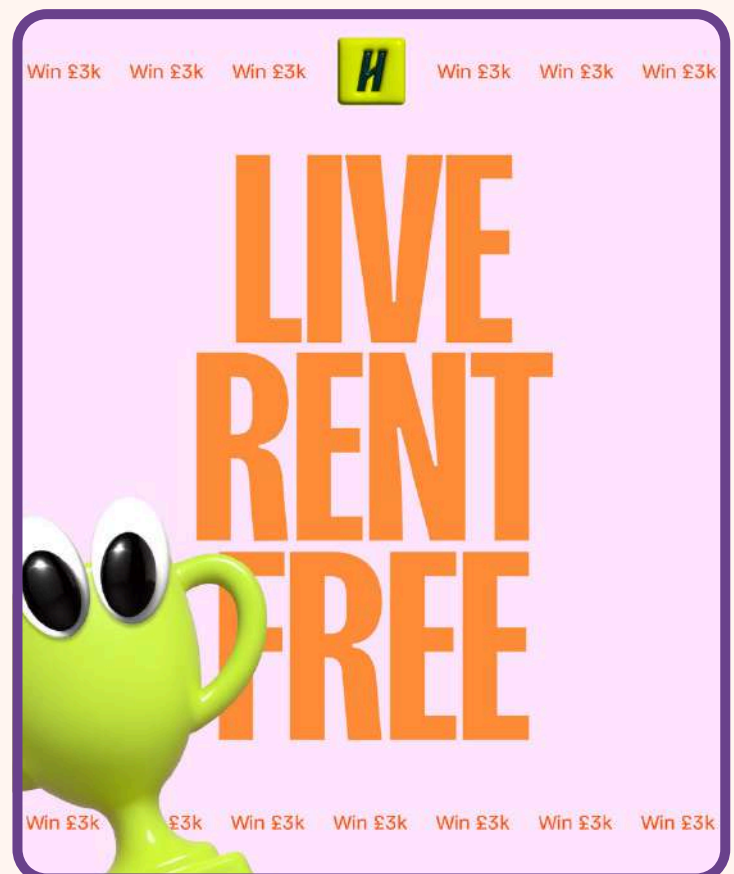
Handshake's biggest student giveaway, Live Rent Free 2025, is in full swing. 10 students have already won, but there are still 10 more prizes up for grabs, with a total of £60k to support students with their rent so you can focus on your careers, not your bills.

Handshake is the UK's leading careers platform, helping students find internships, part-time roles and graduate jobs. This year they are giving 20 students £3k each to ease rent pressures, 10 have already won, 10 more to go, could you be next?

How to Enter:

UHI is already partnered with Handshake, so your account is ready to go. Simply log in with your UHI email to activate and enter the giveaway. Already signed up? Just opt in.

[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 and encourage non-Gaelic speakers to try learning it!

At HISA we're also trying to learn more about Gaelic ourselves; each month, in the newsletter, we'll cover a new word of the month and give you some links to resources for further learning.

This month's word is:

“rògach” meaning “spooky”

Use this Gaelic dictionary to learn other words and how to pronounce them!
<https://learngaelic.net/dictionary/> Learn more here! <https://speakgaelic.scot/>

SOCIETY SPOTLIGHT!

Did you know we have a new Gaelic society? Join Gàidhlig Còmhla (Gaelic Together)- a society for anyone interested in learning and practising Scottish Gaelic, no matter your level! Join us for fun events, conversation, and lots more! [Gàidhlig Còmhla \(Gaelic Together\)](#)



SABHAL MÒR OSTAIG SHORT COURSES

Are you keen to take the next step in your Gaelic learning journey? Check out these [short courses](#) at Sabhal Mòr Ostaig!

UHI GAELIC TOOLKIT

Check out even more Gaelic resources and learning from UHI [here!](#)

HISA ADVICE SERVICE

-HERE TO SUPPORT YOU

Hello from the Advice Service

Whether you're just starting out at UHI or coming back for another year, we want to say a big welcome! Starting a new term can be exciting, new classes, new faces, new routines, but we know it can sometimes feel a bit overwhelming too. That's exactly why the Advice Service is here.

Think of us as a friendly place to turn when you're not sure what to do next. We can help with many different things: money worries, housing questions, wellbeing concerns, or just pointing you in the right direction if you're stuck. No problem is too small; if it matters to you, it matters to us.



October 10th is [World Mental Health Day](#), which is a great reminder to pause and check in with yourself. Student life can get busy fast, and it's easy to forget about your own headspace. Taking a moment to reflect on how you're really doing and talking about it if you need to, can make a huge difference. Mental health is just as important as physical health, and reaching out for support is always a strength, never a weakness.

A quick note: the Advice Service will be closed during the week of 13th October. Any messages we receive during that time will be picked up as soon as we're back on the 20th.

Want to know more about how we can support you? Head to the HISA website for full details: hisa.uhi.ac.uk/advice/about

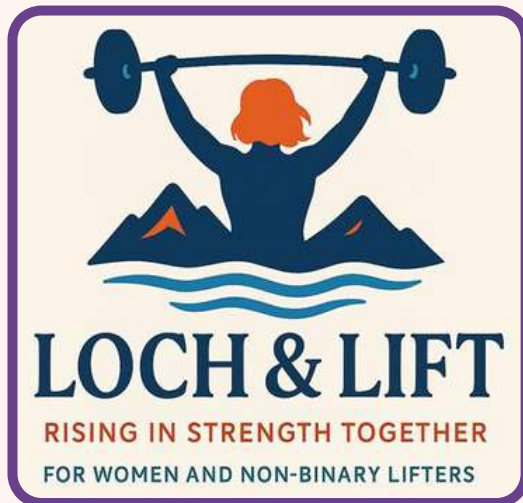
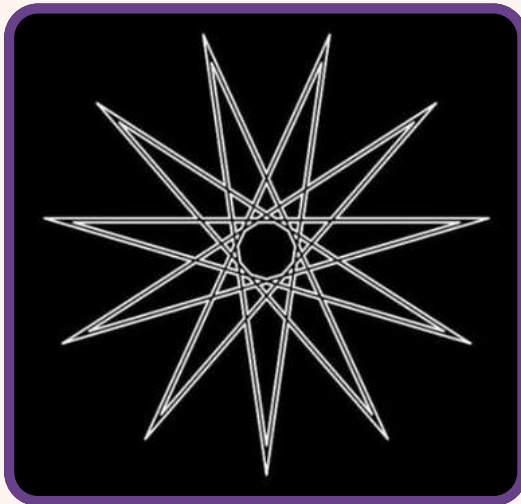
Here's to a good year ahead - you've got this, and we've got your back.

SPORTS CLUBS, SOCIETIES & NETWORKS!

NEW SOCIETIES

We have quite a few new societies and clubs and more are being started all the time! From local in-person societies like Brains and Beauty and The Black Temple to online UHI-Wide groups like UHI Commons. Make sure to check the website regularly to see what is on offer!

Student Groups



WANT TO START A NEW GROUP?

✨ Have an idea you're passionate about? Start a club! Whether it's art, music, coding, chess, activism, or something totally new, your spark could inspire others too. Clubs and societies are where friendships grow, creativity shines, and voices are heard. Don't wait for someone else to make it happen—your idea might be the start of the next big thing on campus! All you need is an idea a couple fellow students to be your committee members. You can find the application and additional guidance here: [Start A New Club or Society](#) ✨

JOIN A STUDENT GROUP!

Joining is simple! Visit our website and email the contact for the club or society you want to join! You can also sign-up by selecting a membership on the website and using your basket to check out!



CLUBS & SOCS GRANT

The HISA Grant for clubs and societies is open!

The Autumn grant is open to applications from September 22nd until October 15th. All affiliated student groups are eligible to apply for funds to support their activities.

Check it out here: [HISA Grant](#)

Don't forget, we are here to help! Feel free to stop by one of our local offices or email hisaactivities@uhi.ac.uk to get support with your application.



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!

LOCAL UPDATES: INVERNESS

INVERNESS DEPUTE PRESIDENT BY-ELECTION

The Inverness By-Election nominations have closed, with three candidates in the running and voting closing at 12 pm on Thursday the 24th of September. Posters and leaflets were disturbed across the building to remind students to vote and have their say on who will lead HISA in Inverness and improve their student experience!



We are pleased to announce that Oliver J. Sweeney has been elected as the new Inverness Depute President. Congratulations to Oliver on this achievement, and a big thank you to all the nominees who participated and contributed to the election. 🎉

Full results can be read [here!](#)

WELCOMING OUR NEW LOCAL COORDINATOR!



HISA would like to welcome our new Local Coordinator for Inverness and the Scottish School of Forestry, Emily!

Her role involves supporting the student officer and acting as a primary contact for staff and the student collective. Her responsibilities include offering guidance and support to students, signposting them to relevant resources including the HISA Advice Service. She also organises a range of events with officers aimed at enhancing the student experience.

Emily joined HISA in late August 2025, having previously studied at UHI Inverness where she graduated in 2023 with a Bachelor of Arts with Honours in Visual Communication and Design. In her spare time, she enjoys visiting art galleries, museums and creating her own illustrative and creative work.

Emily is from Nairn and has lived in Inverness with her boyfriend since July 2022. She is one of five siblings, having grown up helping her family care for foster children, and enjoys looking after her niece and nephews in her free time too.

LOCAL UPDATES: UHI HOUSE

HELLO TO NEW AND RETURNING STUDENTS!

We endeavour to do what we can to help you and to add some (extra) excitement to your time with us – if there is anything we can do, you can fill out our form [here!](#)

We will be setting up a drop in spot in October so keep an eye out for us opposite the canteen!

Care about people's wellbeing? Want to make a difference? Want to brag about how brilliant your lecturers are? You can [become a student voice rep today](#) and let us help you to help fellow students! Training is provided as well as regular catch ups to gather feedback from you.

SOCIETY HIGHLIGHT!

We can't believe our eyes – have a look at this society you can join! [Optometry Society](#)



LOCAL UPDATES: HTC

HELLO & WELCOME!

Whether you are a new or returning student, we are happy to see you!

We at HISA appreciate your opinions and suggestions, whether you have suggestions about course delivery or whether you would like to highlight how engaging a lecturer is or how supportive a staff member has been – let us know! [Become a student voice rep](#) and we will be able to work with you to highlight any potential issues or inspiration!

LOCAL UPDATES: PERTH

WELCOME TO UHI PERTH!

We loved seeing so many of you at our events during Welcome Week, including our Therapets therapy dog sessions, our Welcome Fair with local businesses, and our Spin-to-Win wheel of prizes around campus. Thank you for joining in!



If you missed out, don't worry. We have even more events coming up soon...

UPCOMING EVENTS AT UHI PERTH

Here is a summary of all the great things happening on campus in the coming weeks!

- Spin-to-Win wheel will be back around campus next week with more chances to win prizes!
- Macmillan Coffee Morning (run by students), Friday 3rd October 10-12, Treetops Restaurant, Brahan Building
- Women and Girls in Sport Week (run by Active Campus), week beginning 6th October
- Halloween costume competition and a Halloween - themed Escape Room (in cooperation with our amazing library team!) – look out for more info coming soon!
- Therapets sessions are also planned for later this semester, so you'll have another opportunity to meet their friendly dogs!

INTRODUCING OUR 2025/26 STUDENT OFFICERS!

Andi Garrity – Perth President

Hi there! I am the new Perth President for 2025-26. Last academic year I was the Perth Depute President. You may have seen the Student Housing Campaign emails around UHI Perth as well as an all-student email. My new objective that I've brought in this year is for the cost of living and continuing my objectives from last year. As soon as I had found out about the National Student Housing Campaign promoting student friendly amendments to the Housing (Scotland) Bill 2025, I knew that I wanted to get involved in ensuring that students across the University of Highlands & Islands partnership and across the rest of Scotland.



Millie Foster – Perth Depute

Hello! I'm the current Depute President for 2025-26! I am also a returning student. I study Technical Theatre down in the Goodlyburn.

My Manifesto Objectives for this year are:

1. Place more emphasis on the Arts in relation to Public Events.
2. Continue to uphold the student experience through events.
3. Provide more visibility and direction for help with mental, physical, and financial struggles.



STUDENT VOICE REPRESENTATIVES

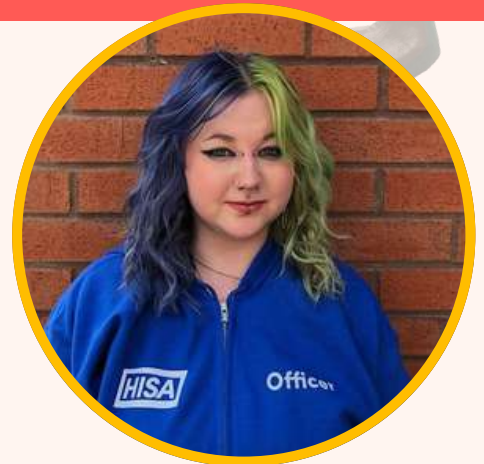
Since Welcome Week, our staff and officers have been busy visiting classes to talk about HISA, including Student Voice Representatives (SVRs). SVRs represent their class and are HISA's eyes and ears around campus. We hold two meetings each semester, and we will ask SVRs to report back on both the positive and negative aspects of their student experience on campus. Members of UHI Perth's senior management team are invited to these meetings, so SVRs will have the opportunity to raise concerns and receive feedback directly from UHI Perth management.

If you have signed up to be an SVR, look out for emails coming soon about opportunities for training and our first meetings!

LOCAL UPDATES: MORAY

YOUR LOCAL OFFICER

Hello, I am Emmaleigh Hay, your elected officer for Moray campus. My plan for this academic year is to make all of you feel welcome. I am currently planning an event for the upcoming year that I hope you all will love. I am also planning a way for all the students moving up from high school to feel less anxious during the transition.



UPCOMING EVENTS

A yellow-bordered poster for a 'Student Voice Rep Welcome Event'. At the top left is the HISA logo. To its right, the word 'REPRESENT' is written in large, bold, red letters, with 'YOUR FELLOW STUDENTS' in smaller red letters below it. Below the HISA logo, it says 'Lecture Theatre S3, AGBC'. The main title 'Student Voice Rep Welcome Event' is in large blue letters. Below that, a clock icon is followed by '3.30 - 4.30pm, Tuesday 30th September'. At the bottom, there is a pink wavy graphic and the text: 'A relaxed get-together for 2025/26 SVR's. Meet your fellow reps & student officer, and enjoy some free snacks & drinks on us!'

HISA **REPRESENT**
Lecture Theatre S3, AGBC **YOUR FELLOW STUDENTS**

Student Voice Rep Welcome Event

3.30 - 4.30pm, Tuesday 30th September

A relaxed get-together for 2025/26 SVR's. Meet your fellow reps & student officer, and enjoy some free snacks & drinks on us!

We will be holding a SVR Welcome event for all Moray SVRs in the AGBC Lecture Theatre S3 (Moray Street Campus) on Tuesday 30th September, from 3:30 - 4:30pm. This will be a chance to meet fellow SVRs, chat to Emmaleigh (who will be leading your SVR meetings), and enjoy some drinks and snacks! We'll tell you a little about the role, what you can expect this year, and some dates for the diary. If you have any questions this is perfect time to ask, but otherwise you can just enjoy this as a social event and an early 'thank-you' from HISA for volunteering.

Make sure you know who the SVR for your class is this year, and bring them your feedback! This is the best way to make sure your voice is heard by HISA and university staff. If your class doesn't have a Rep yet, why not sign yourself up? You'll make a difference to the student experience at UHI Moray, gain volunteering experience, and develop lots of professional skills. The HISA Moray team will be dropping in on classes to talk about SVR's over the coming weeks, and you can find out more information on [our website.](#)

AYEPOD UPDATE

For anyone who spend time in the AyePod at Moray Street campus, HISA have been working with UHI Moray on how to update this space so it is more inviting for students. We are hoping some changes will happen over Autumn Recess so keep your eyes peeled! Also be on the lookout for more feedback opportunities for you to feed into how we can use the space moving forward!

NEW SOCIETY ALERT

A big HISA welcome to UHI Moray's brand new affiliated society, 'Brains and the Beauty'! This society is a group of students interested in learning about the beauty industry and breaking down stereotypes. Any student can join, so if you're interested, head to their [page](#) on the HISA website.

Remember, creating a new club or society with HISA is easy. All you need to get started is three members, a goal, and a description for your club. You can register a new club through the [HISA website](#).

FEEDBACK ON YOUR FIRST FEW WEEKS AT UHI MORAY

UHI Moray are looking for feedback on your first few weeks from 29th September – 10th October. Keep your eyes peeled around campus and on your inbox for more information!



LOCAL UPDATES: NWH

MEET YOUR ELECTED OFFICERS!

Hey everyone, I'm Cole Garscadden, your new Depute President for UHI NWH North! I have many plans for this year. I really want to make the college a more welcoming place where everyone feels welcomed and included. I'm also planning to bring in plenty of fun and exciting events throughout the year!

My goal is to bring in more social opportunities, like setting up some coffee and cake spots for you to relax while studying for exams. I also want to do more things for awareness days like Purple Day for epilepsy and events for LGBTQIA History Month. Starting soon, I plan to host bi-weekly gaming lunches for students to come along and chill out.

I'm hoping I can work with the college to achieve these goals and more! I'm looking forward to working with HISA to make the college a more welcoming environment for everyone.

If you have any questions or ideas, please reach out to me in person or by email at hisa.NWH.depute.north@uhi.ac.uk



Hello - I'm Abby, and I'm delighted to be your local officer for NWH West. There is a lot I will be working toward this year to support and strengthen our student community. I have recently joined both the NWH Board and the Learning, Teaching and Research Committee, where I will continue advocating for student voices. I will be visiting different courses and attending Student Voice Rep meetings to hear directly from you. In addition to this, I have created a survey that should be reaching your inboxes soon - this will help ensure that the changes I work toward reflect what's most valuable to you. I am also hoping to plan a series of well-being events for our community in the near future.



Hello fellow students, my name is Alasdair Macleod and I am your North, West & Hebrides Depute President (Islands).

As a mature student, a qualified Chartered Accountant, and a former employee of Lews Castle College & UHI NWH, I bring a wealth of experience to our student body. I am passionate about making a positive impact on our academic community and ensuring that every student's voice is heard.

I am committed to providing a different perspective to the Board of UHI North, West and Hebrides, where I will prioritise ensuring an excellent experience for all students is at the heart of decisions made by the Board and the Executive Leadership Team.

Want to share your views, opinions, or suggestions? Get in touch with me by email hisa.NWH.depute.islands@uhi.ac.uk or find me at the HISA Hub on the Stornoway campus opposite Reception.



WELCOME WEEK AT NWH

HISA North, West, and Hebrides celebrated the start of another academic year with some Welcome Fayres for all new and returning students. We hosted fayres at our Alness, Fort William, Stornoway, and Thurso campuses. Students got to engage with various local organisations, service providers, and local HISA clubs. It was also a great way to meet other students.



LOCAL UPDATES: SHETLAND

INTRODUCTION TO YOUR 25-26 SHETLAND DEPUTE PRESIDENT HARLEY

Welcome back to new and returning students! I hope you all had a lovely summer holiday and have settled into your courses.

We hope to have another fun year with events including the return of the Vikings, mental health catch ups, fairs and maybe a return of Mr Stripey.....

As you may or may not be aware, UHI Shetland is looking to move to Scalloway and close down the Lerwick campus in the next 5 years or so. A working group has been formed to discuss the sizing of the teaching and learning spaces and other logistical aspects of the future campus project as well as discussions taken place at the Board of Management level. I am always on the lookout for any student feedback around the project or any new suggestions that I could take to the working group and board so please do either speak to me in D4 or email me @ hisa.shetland.depute@uhi.ac.uk



  **FEELING SPOOKY?**  

Trick or Treat at the HISA Shetland Office!

This Halloween from Monday 27th October to Friday 31st October, swing by the students' association office for some spooky fun!

- If we're in 🏠 Knock on the door and give us your loudest "Trick or Treat!" to bag yourself something sweet.
- If we're out 🏠 Don't worry! We'll leave behind a sweet (or maybe a ghoulish surprise 🧛) waiting for you by the door...

Come find us, join the fun, and let's keep campus creepy this Halloween! Our office is in Room D4. To get there, turn right after reception then left at the end of the corridor. We are the 2nd door on the left but you will know our office from the eerie decorations. 🕸️🧛👁️

STUDENT VOICE REPS

We are coming around all your classes recruiting for Student Voice Reps; if you think representing your fellow students is something that you would enjoy then you don't have to wait for us – you can sign up [here!](#)

Being an SVR is a great way to get involved in student life, make new connections and improve the student experience where you study. You can help plan student events and activities, attend meetings that look great on your CV and gain the kinds of skills and experiences that employers love to see.

REPRESENT

YOUR FELLOW STUDENTS

SHETLAND YOUNG PEOPLE'S SPORTS PANEL SURVEY

Members of our Shetland Young People's Sports Panel have created a short survey to help gain a deeper understanding of young people's participation in sport and physical activity across Shetland. The survey is for those aged between 14 and 25!

The panel will then use this information to shape projects moving forward and make sure these projects reflect the opinions of young people in Shetland!

Have your say [here!](#)

LOCAL UPDATES: ORKNEY

ORKNEY DEPUTE PRESIDENT - MILA TABONE

Hi!

I am your local student officer for this academic year.

I was really happy with what we managed to achieve last year with the pebble box, a new club, and more student engagement in the students' association. I hope we can get some fun events going in the semesters to come, and make more of you interested in joining the student voice!

Kind regards, Mila 😊



ORKNEY STUDENT INTERN - ESMÉEMILJA MACKENNA

Hello!

I will be debuting as your local student intern this academic year.

What does a student intern do? Loads!

I'll be organising events, strengthening community connections and chatting to as many of you as I can. I'll work closely with SVRs (Student Voice Representatives) to guarantee we're meeting the needs of a wide range of students.

Overall, it's my job to make sure you're getting the best student experience you can. If you notice me around campus don't hesitate to say hello or ask a question. I can usually be heard by the sound of my wheelchair motor or my keys jangling on my carabiner.



Trick or Treat at the HISA Orkney Office!

This Halloween from Monday 27th October to Friday 31st October, swing by the students' association office for some spooky fun!

- If we're in 🏠 Knock on the door and give us your loudest "Trick or Treat!" to bag yourself something sweet.
- If we're out 🏠 Don't worry! We'll leave behind a sweet (or maybe a ghoulish surprise 🧛) waiting for you by the door...

Come find us, join the fun, and let's keep campus creepy this Halloween! Our office is down the stairs from reception, through the first set of double doors ahead of you, then through the double doors on your right. You will know our office from the eerie decorations. 🕸️🧛👻

WHAT'S ON THIS MONTH?

Events run by Pride in Orkney

Art Group:

- Friday the 3rd, 17th and 21st @ the girl guide hall
- 12 -2pm
- Very relaxed and easy going, no cost and all supplies are provided.

Pub Quiz:

- Wednesday the 15th @ the motor hoose
- 7pm for a 7:30 start
- over 18's only £2 per person

Games Club:

- Wednesday 29th @ the Overblikk restaurant in the college
- 5:30 - 8:30pm
- suggested donation £2, first sessions free.
- Lots of board games to borrow

STUDENT VOICE REPS

We are coming around all your classes recruiting for Student Voice Reps: if you think representing your fellow students is something that you would enjoy then you don't have to wait for us – you can sign up [here!](#)

Being an SVR is a great way to get involved in student life, make new connections and improve the student experience at UHI Orkney. You can help plan student events and activities, attend meetings that look great on your CV and gain the kinds of skills and experience that employers love to see.

LOCAL UPDATES: ARGYLL

A MESSAGE FROM YOUR LOCAL DEPUTE OFFICER CRAIG WARD

Hi, I'm Craig Ward and I'm your Depute President for UHI Argyll. Together with Annie Mason and Caroline MacPherson I've been busy recruiting SVRs, rolling out new ways of collecting student feedback, thinking about improved language accessibility throughout UHI communications and sitting on the panel of judges for the Rebel Funds sustainable development innovations competition. It was a great pleasure to attend the welcome fair at Rockfield in Oban and great to see so many enthusiastic signees for our various clubs and societies. I want you all to be very aware that HISA are here for you during this important time. You will be aware that Transformation is the buzzword of the moment and that the business of how UHI is structured and how it operates is under intense discussion. This year it is vital that what students think and feel is considered and taken seriously and I (and HISA more generally) are here to facilitate that. I want to make myself visible around the Argyll's Learning Centres and encourage interaction. To that end, I'll be having monthly drop-ins/clinics at my local centre (Dunoon), monthly on-line sessions and, hopefully, at least one session in each of the other learning centres. The first of these will be in Dunoon on Wednesday 8th October at 10.30 am. I want to engage local businesses in partnerships with UHI students to provide access to a wider range of leisure and social facilities. I want students to feel confident that their concerns and suggestions will be acted upon. And that their quality of experience is as good as it can possibly be, wherever in Argyll they may be.



STUDENT VOICE REPS

We are currently recruiting our Student Voice Representatives for academic year 25/26, and we still have some spaces available for SVRs from Argyll. To find out more, and sign up, click [here!](#)

SUGGESTION BOXES

After the success of the one installed by our previous Argyll Depute Officer in Dunoon, we will be rolling out suggestion boxes at every Argyll learning centre! We already have one in the Oban campus library, and of course the one in Dunoon! These are a great (and anonymous) way for you to suggest events, ideas, and changes that you would like to see at UHI Argyll. We are currently working our way through the ones already submitted, so watch this space for some great stuff coming to a campus near you! If you are bursting with a genius idea and can't wait to tell us, just use this [online form!](#)

Here are some suggestions we previously received, and a little update on where we are with making them happen:

1. Mental Health Dogs – we have reached out to a national company and hope to arrange a session in Dunoon.
2. Evening/weekend Construction/DIY course – we have raised this with curriculum leads.
3. Pyjama day – we will be hosting this across all Argyll centres in early December! Watch this space, as well as our socials and website, for more info as we get closer.



LOCAL UPDATES: SAMS

A MESSAGE FROM YOUR LOCAL DEPUTE OFFICER HANNAH LEHMANN

Hi everyone!

I'm Hannah, the new Depute President at SAMS! It's been a busy but exciting start to the academic year, and I'm really looking forward to everything we've got coming up the next couple of months. One of my main goals this year is to help build a stronger, more connected student community—so keep an eye out for regular, low-pressure social events like beach BBQs, game nights, and fun team challenges. I'm also working on setting up study sessions with input from lecturers when it gets closer to exam time—spaces where you can revise together, ask questions, and share resources. And whether you're looking for advice, need help finding the right support services, or just want to chat about student life, I'm always more than happy to help, in person or through email (hisa.depute.sams@uhi.ac.uk)!



WELCOME WEEK

Thank you to everyone who came to our gloriously eclectic range of Welcome Week events! Who knew that a sack race could be so hilarious! We would like to commend the excellent 'Scavenger Sharks' (Jace, Arthur, and Chris) who won the scavenger hunt around Oban – and it was a tight race at the end! And, of course, a massive shout out to the kind local organisations who generously provided prizes (Atlantis Leisure, Oban Chocolate Shop, Re_Store, and Rogersons). If you need a C.V. boost, don't forget that Re_Store are always on the hunt for volunteers. A special 'thank you' also to the brilliant Wind & Wave club for working with us to host a joint welcome event at the Oban Sailing Club!



MENTAL HEALTH AWARENESS DAY

We are going to be working with the HISA Advice Service to mark Mental Health Awareness Day (10th October) with a focus on support around drug misuse and its impact on wellbeing. More to follow.

STUDENT VOICE REPS

Our first SVR meeting of the year is booked! It will be held in Etime at lunch time (12.30pm to 1.30pm) on Monday 6th October. If you have anything you would like to be brought to a wider audience, then please speak to either your officer (Hannah Lehmann) or your friendly SVR beforehand!

CLUB SPOTLIGHT!

SAMS Mountaineering and Climbing Club (SMACC) is a student-run society based in Oban, now entering its second year. We meet up for weekly indoor climbing and bouldering, and head for outdoor climbing whenever the weather allows! Our fortnightly hill walking is starting up again, with our first meeting being this weekend. We aim to have a good range of hikes, from munros to gentler walks, and to make sure every hike is welcoming and manageable for newcomers too. Don't worry if you don't have all the gear, we are more than happy to share, and we are saving to get more club equipment. Follow our Instagram to learn more and keep an eye out for further announcements!

@sams_mountaineering_club



STUDENT-FRIENDLY RECIPE

Creamy Pumpkin Pasta

Pumpkins ain't just for carving! They're also delicious roasted or blended into a soup or sauce! Not to mention they're really good for you, make the most of pumpkin season!

See the full recipe [here!](#)



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.](#)

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 - OCT25" to tell us your thoughts!

