

HIGHLANDS & ISLANDS STUDENTS' ASSOCIATION

YOUR STUDENTS' ASSOCIATION NEWSLETTER

    www.hisa.uhi.ac.uk

YOUR
STUDENTS'
ASSOCIATION

ISSUE: 001

FEBRUARY 2024

WELCOME!

Hello to all UHI students.
This is our newsletter, a new initiative from Your Students' Association.
We exist to make student's lives better.
We want to ensure that all students have a strong voice across UHI.

We would like to hear from you about what you think about this newsletter – and there is an awesome competition at the end of the newsletter to name it!

IN THIS ISSUE

- **Student Elections 2024!**
- Update from your Regional President William Campbell
- Intro to the Advice Service
- All about Networks, Clubs and Societies
- Updates from your local teams
- Events at your local UHI campus
- Join our team as a Student Intern!
- And more!

Name this
newsletter,
WIN £200!

STUDENT ELECTIONS 2024!

- VOTE AND HAVE YOUR SAY

Becoming a Student Officer is an incredibly unique opportunity that comes with a range of benefits. You don't need any prior experience, you don't need to submit a CV, and you will have a team of dedicated staff who will support you during your time in the role. These roles are paid positions and undertaking one of them is a fantastic opportunity to boost your CV and employability skills, get experience working in a socially focused environment and make a difference to the student experience.

The core purpose of being a Student Officer is to work towards implementing changes that improve the experience of your fellow students. Previous Officers have campaigned to improve public transport, provide better mental health support options on campus, and to generate more opportunities for students to socialise. Student Officers are designed to act as a critical friend to the University and are a crucial part of ensuring that the voices of students are heard in UHI across all its locations.



On Monday 29th January, Your Students' Association will open nominations for Student Officer elections. These elections will consist of 16 roles that cover all 10 Academic Partners at UHI and most are part time so you can work and study at the same time. Your Students' Association strives to ensure that all UHI students are represented by fellow students at both a local and UHI wide level, as you understand the challenges UHI students currently face. However, students may differ on who the best person is to achieve this is, so Your Students' Association holds free, fair and democratic elections each year to allow students to make their choice on who they would like to lead our students' association.

If you are passionate about helping others, or if you have an idea for how the student experience could be improved, you would make the perfect candidate for a Student Officer position! If you want to learn more about becoming a Student Officer, you can go to our election's web page available at this link. If you want to discuss any aspect of the 2024 election, please speak to our elections coordinator at Elliot.Stradling@uhi.ac.uk You can nominate yourself by going to this link. **Nominations will close at 10am on Monday 26th February. And voting opens at 10am on Monday the 11th of March and closes on Thursday the 14th of March at 12pm.**

If you know someone you think would make a fantastic Student Officer, you can recommend them via this link. And please vote!

ELECTIONS QUIZ

How much do you know about our Elections? Find out more about nominating yourself and voting in this fun quiz hosted by our HTC Local Coordinator Jamie Gallacher!

Tuesday 20th February - 2pm-3pm - Online

[Click here to book your place!](#)

20th February

2PM - 3PM

Online!

Elections Quiz!

How much do you know about our Elections? Find out more about nominating yourself and voting in this fun quiz hosted by Jamie Gallacher!



CROSS-CAMPUS UPDATES

UPDATE FROM PRESIDENT WILLIAM CAMPBELL

Hello fellow students at the University of the Highlands and Islands! I'm William Campbell Your Students' Association President, and I'm thrilled to be starting off the very first edition of our all-student newsletter. Get ready for a mix of regional updates and local events. This newsletter is designed to inform, entertain, and engage you in the vibrancy of student life at UHI. Reflecting on this past year so far as your President, it's been a whirlwind of travel, graduations, freshers' events, and local gatherings. Whether we were celebrating achievements or fostering connections, I've been on the move, ensuring that no student feels left out of the excitement. Looking ahead, my vision for the coming months is ambitious. Some of the activities that I have been involved in include:

- We're diving into discussions with ferry, bus and plane companies to ensure fair pricing for students.
- The initiation of a groundbreaking student mental health agreement is underway through collaboration with Inverness President Elizabeth Keegan's Mental Health Policy which has ignited crucial discussions, laying the groundwork for a comprehensive Student Mental Health Policy.
- I have engaged with UHI Shetland students to address their concerns regarding the restructuring plans proposed by UHI Shetland. In response to these developments, I travelled to Shetland in December to support student-led protests, focusing on urging the Scottish Government and the Scottish Funding Council to support UHI Shetland as the students explained how much of a significant impact the proposed changes will have on the local economy and educational landscape of the islands.

This first part of the year has been fantastic, and I have learnt so much from this role and none of it would have been possible if I had not run in the elections. I did not think that I would be good at an election or speaking to people I have never met, but looking back it was well worth it and you never know it could be you next! If being an officer is not for you, then there are plenty of options from joining clubs, societies, and networks, or even starting your own. There is plenty to do at Your Students' Association.



SUPPORTING RESEARCH STUDENTS' EXPERIENCES: 27th FEBRUARY

What is it like being a PhD or other research student at UHI? What do you love? What could be better? How can we help give you a voice and build your community?

We've been listening to research students from across the UHI partnership in recent weeks, including at the UHI Postgraduate Research Conference in January, and we've been learning lots about:

- How research students want to be involved in decisions about their experiences.
- What community could look like for research students.
- How we as a students' association can best represent research students.

To build on this, we are hosting an online meeting on Teams from 1pm to 2pm on Tuesday 27th February, to discuss how we achieve these things and how we can involve interested research students in helping us to do so.

Sign up for the event [here](#) and for any questions, you can get in touch with us at hisa@uhi.ac.uk.

QUESTION OF THE MONTH

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

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

The question for February is **"What do you believe is the most significant impact elected student officers can have on the student population"**

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

What do you believe is the most significant impact elected student officers can have on the student population?

WORK FOR US



Are you a student with a passion for extracurricular activities and events organisation? Or maybe you are local to the Hebrides and passionate about improving the student experience at your local campus? If either of these fit you, we want you to join our team as a Student Intern!

Full application details available via these links, apply before midnight on the 18th of Feb!

- [Hebrides Student Intern](#)
- [Community Engagement Student Intern](#)

HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

WHAT IS THE STUDENT ADVICE SERVICE?

The Student Advice Service is your go-to support hub for any questions, concerns, or challenges you may encounter during your time at university. Our dedicated team ensures your student experience is as smooth and rewarding as possible.

HOW TO REACH US

Contacting the Advice Service is easy; we operate Monday through Friday from 9 am to 5 pm:

- Phone/WhatsApp: 07894907024
- Email: hisa.advice@uhi.ac.uk
- Website: hisa.uhi.ac.uk/advice

Remember, you're not alone on this journey. We're here to empower you with the information and support you need to make the most of your time as a student. Your success and well-being are our top priorities.

WHY SHOULD YOU CONTACT US?

Below is a list of matters with which we can support you during your time as a student, regardless of your study level.

- **Academic Misconduct:** Guidance and support in academic integrity and misconduct cases.
- **Disciplinary Hearings:** Assistance and advocacy during disciplinary proceedings.
- **Fitness to Practice Matters:** Guidance for students in programs with fitness to practice requirements.
- **Professional Practice Advisory Panel:** Support for those seeking guidance from professional practice panels.
- **Mitigating Circumstances:** Assistance for managing unforeseen challenges that might disrupt your academic progress and well-being during your studies.
- **Academic Appeals:** Guidance to help you successfully navigate the process of appealing academic decisions.
- **Complaints:** Support in addressing concerns or issues related to your university experience.
- **University Halls Disciplinary Procedures:** Guidance for on-campus accommodation related concerns.

**HISA ADVICE
SERVICE**
.....
**INDEPENDENT
IMPARTIAL
FREE**



SPORTS CLUBS, SOCIETIES & NETWORKS!

FINDING YOUR COMMUNITY IN OUR STUDENT NETWORKS

In the 2023 HISA Student Survey, students told us they wanted more opportunities to connect with other students in their chosen community at UHI.

Community can be a place you go to for support, advice, resources, or it can also just be a space to socialise with people who share similar interests. Community is especially essential for those who may not feel belonging in a wider social context. A traditional sense of belonging may be difficult for online students who don't live near their other classmates. International students might struggle with a sense of belonging because of language or cultural barriers. Sometimes, students with protected characteristics may wish to refrain from discussing the impact of discrimination on their student experience with a wider population. After all, sometimes you just need to talk with someone else who "gets" it.

To provide more opportunities to create and discover community, we are introducing Student Networks. A Network is a community of your fellow students, with shared characteristics, who come together to support one another, discuss experiences, tackle important issues, participate in activities, campaign for justice, find resources, and much more!

The following networks are open to any who self-identify:

- **The Pride Network:** for LGBTQ+ students and allies;
- **The Women's Network:** for those who identify as women or experience oppression based in misogyny;
- **The Accessibility Network:** for disabled students and those with additional access needs;
- **The Students of Colour Network:** for students who experience discrimination due to racial or ethnic differences;
- **The Neurodiversity Network:** for students who identify as having atypical or diverse brain function
- **The Digital Network:** for students who primarily attend online or networked courses
- **The International Network:** for international students who come from outside the UK



STUDENT GROUPS

We also have loads of student groups, like sports and societies, that will help you make the most out of your student experience!

Want to get crafty or socialise?

Our clubs and societies offer a range of activities for you! We have Dungeons and Dragons, arts & crafts, living history, drama and film clubs, a Christian Union, and much more! >>

STUDENT GROUPS

Do you love sports?

We have sporting clubs across UHI that welcome new members! All clubs take members no matter their ability, and some even include teams that compete in Scottish Student Sports (SSS) and BUCS. We have football, volleyball, shinty, rugby, snow sports, hill walking, mountain biking, wild swimming, basketball, and so much more!



We are delighted to announce that, in partnership with UHI, we have secured a major sponsor for our Shinty Team. This has enabled us to enter teams into the Littlejohn Vase for the first time ever—since shinty is a Highland sport, this is an outstanding achievement for us. We will enter a full men's and women's shinty team with players pooled from across the partnership. After the Littlejohn Vase, we will be looking at setting up friendlies with other universities in Scotland and hosting development days to bring those who are new to the sport into our club.

Following the success of implementing Boccia in Perth, we have now expanded to Moray and will be looking to expand further across the partnership. This is in collaboration with Scottish Disability Sport and staff and students in the colleges, with a special thanks to the Active Campus Coordinators.

Working with UHI Perth, Moray and Inverness, we are in the early planning process of organising an inter-UHI tournament in March. UHI Inverness would host the tournament, and the sports included would be football, volleyball, basketball and badminton. Each college would play for a UHI trophy and we would look to make this an annual event.

STARTING A NEW CLUB IS EASY!

Are you looking to join a club that doesn't exist yet? Why not start your own? It's quick and easy to follow the 5 steps below:

1. Find two friends to form your beginning committee.
2. Decide what to call it and what its Aims are.
3. Decide if you will charge membership fees.
4. Write up a short description for the website.
5. Fill out the form here!

FYI:

- The committee is the President, Secretary, and Treasurer – the three people in charge of the basic running of the club.
- Aims are the mission or purpose of the club.
- Membership fees will help support your activities, so we suggest you determine them based on the costs of your proposed club activities.

[**CLICK HERE TO LEARN MORE ABOUT STARTING A NEW CLUB**](#)



LOCAL UPDATES: INVERNESS

OFFICER UPDATE

We've been working on a new Mental Health Policy

Worked to improve advertising, liaising closely with UHI Inverness marketing, student support and wellbeing departments to improve sharing of events – including the new introduction of posters on the nooks in the LRC.

Gathered feedback from students using surveys, focus groups and Student Voice Representative meetings to identify areas for improvement in the student experience

Organising exciting events throughout the year so far with many more planned!

SVR MEETINGS

- Tuesday 13th Feb from 12pm-1pm in second floor Lecture Theatre
- Tuesday 12th March from 12pm-1pm in second floor Lecture Theatre
- Tuesday 23rd April from 12pm-1pm in second floor Lecture Theatre

Regular emails will be sent out to SVR's reminding them of meetings with an option of an online team link.

UPCOMING EVENTS!

February

27th Inverness Pride Party:
18.30-21.00pm – Atrium

- Celebration of all things LGBT+ in honor of LGBT+ history month
- No ticket charge
- Drag queen
- Music & entertainment
- Food & soft drinks provided

1st – 29th Capture the flag- Pride Edition: Only one left at Balloch (Scottish School of Forestry) campus

- 2 hidden around Balloch campus (Forestry)
- 3 at Inverness campus
- Winners received a £20 Inverness City voucher each.

March

5th Games night 2.0

- Wii, boardgames, snacks and soft drinks provided

7th World book day: 10am – 2pm – Atrium

- Local charity shops invited to have stalls in the Atrium at Inverness campus

- Costume competition
 - Come dressed as your favourite book/game/film/TV character
 - 1st place £50, 2nd place £30, 3rd place £20 Inverness City vouchers
 - Come to Your Students' Association office or email a photo to elizabeth.keegan@uhi.ac.uk to enter

8th International women's day

11th – 17th Sign language and neurodiversity celebration week

- Daily sign language words

12th Hilarity with HISA: 18:30 – 20:30 performing arts studio Inverness campus

- Stand-up comedy to raise money for James Support Group

14th University mental health day (tie in with neurodiversity celebration week)

- Mental health workshops

BURNS NIGHT POETRY COMPETITION WINNERS

- Prompt: 'What do you love about Scotland?'
- 1st place £50 2nd place £25 3rd place £15
Inverness City vouchers
- 1st place winner Stuart Mackenzie
'My Heart is in Scotland'

My heart is in Scotland
It always will be
For Scotland's my birthplace
It's aye haim tae me
I've travelled, I've wandered
O'er land and o'er sea
But the beauty of Scotland
Is aye there to see
The heather, the mountains
The lochs and the glen
They're in my hairt
As I'm sure ye will ken
The lassies, the maidens
Aye fair on the 'ee
They're there in my hameland
And waitin' for me

The hills and the rivers
The roads to the South
The words in my heart
Are the ones in my mouth...
Scotland, you're aye haim tae me

- 2nd place winner 'Scotland is a Place Like No Other'

Scotland is a place like no other,
I wouldn't trade it for another,
It gets all kinds of weather, from sun to rain,
Visitors have a lot to gain,
Hopefully they'll come again,
Brilliant drinks like Irn Bru,
And traditional food like Haggis for You,
Classic clothing like kilts and hats from
different Tartans,
Are as hip as doc martins,
Scotland is class,
And as clear as glass,
Northern Ireland, England, Wales, and Scotland,
Make up the whole of the United Kingdom,
Scotland has a lot of rich history,
Most of it like a mystery,
Some of it tragic and a misery,
Others vibrant and rich,
One that often which,
Leaves you bewitched,
Scotland often pulled and shoved,
Yet that makes Scotland so loved.

- 3rd place winner Layla Mills 'Scotland, Land of Bonnie Sights'
Scotland, land of bonnie sights, including staggering munros and of recent, the Northern lights.
Loch Ness is hiding its magical beast, and where haggis is the traditional feast.
From golden caskets, aged so long, whisky brews here sweet and strong.
I raise a glass in love of Scotland, a land full of joy and cheer, where the bagpipes echo loud
and clear.
From castles to tartans it's a wondrous place, where you'll find a smile on everyone's face.

Thank you to everyone who submitted!

LOCAL UPDATES: PERTH

SVR MEETINGS

- Wednesday 28th Feb from 12 – 1pm in the Brahan Lecture Theatre [Click here to join the meeting](#)
- Thursday 29th Feb from 1 – 2pm in Goodlyburn Room 613B [Click here to join the meeting](#)

- Wednesday 27th March from 12 – 1pm in the Brahan Lecture Theatre [Click here to join the meeting](#)
- Thursday 28th March from 1 – 2pm in Goodlyburn Room 613B [Click here to join the meeting](#)

- Wednesday 24th April from 12 – 1pm in the Brahan Lecture Theatre [Click here to join the meeting](#)
- Thursday 25th April from 1 – 2pm in Goodlyburn Room 613B [Click here to join the meeting](#)

UPCOMING EVENTS!

February

Cuppas and Chats

21st - 10.30-11.30am – Room 960 ASW

Quiz

22nd - 3.15-4.15pm - Webster Building

Board Games

28th - 3.15-4.15pm - Union Link, Webster Building

March

Good Vibes Festival

14th - 10am-4pm - Union Link, Webster Building

OBI (Outstanding, Best and Inspiring) Awards

Coming soon with nominations opening 25th

March, nominations close on 26th April

Awards Ceremony 5th June

For more information contact us at

HISA.Perth@uhi.ac.uk or pop and see us in the Union Link-Webster Building

LOCAL UPDATES: MORAY

SVR MEETINGS

- Wednesday 7th Feb from 12 – 1pm, Moray st. Campus, Lecture Theatre
- Monday 4th March from 12 – 1pm, Moray st. Campus, Lecture Theatre
- Wednesday 17th April from 12:30 – 1:30pm, Moray st. Campus, Lecture Theatre
- Wednesday 8th May from 12 – 1pm, Moray st. Campus, Lecture Theatre

REPRESENT
YOUR FELLOW STUDENTS

SIGN UP FOR STUDENT VOICE REP

LOCAL UPDATES: ARGYLL

SVR MEETINGS

- 4th March 11:30am-12:30pm
- 15th April 11:30am-12:30pm
- 6th May 11:30am-12:30pm

HELENSBURGH STUDENT SOCIAL SPACE

The Students' Association had the pleasure of working alongside staff at the Helensburgh learning center to contribute to the new student room where students can relax and socialise between classes. This area is next to a kitchen where students can have access to a kettle and microwave. Any students who are near the Helensburgh area, drop in for a look and meet up with other students.

A huge thank you to all the staff at Helensburgh who helped to put this area together for the students!

COUNSELLOR SERVICE

Studying can be a stressful experience and student wellbeing is really important. UHI Argyll want to give you as much support as possible so that you can feel more content and succeed in your goals, personally and academically. Counselling with the Student Counsellor & Wellbeing Coordinator is available to all Argyll students. Check out this link for more details:

Current Students - Your Wellbeing (uhi.ac.uk)



LOCAL UPDATES: SAMS

UPCOMING EVENT!

**LGBTQ+ History Month mini-Pride event
28th February 2024.**

Come along to the upstairs Cafe in the SMB and grab some pins or flags and join us in celebrating the acceptance and appreciation of the LGBTQ+ community. You'll have the chance to learn a little about some of the landmark moments and influential people in Scottish LGBTQ+ history, and how they have helped to change the narrative from persecution and stigma towards one of acceptance and celebration.

LOCAL UPDATES: SHETLAND

COMING SOON!

- You been awaar o' ony trows? This is all we will say for now, we don't want to give the game away!

- Board accountability session.

Following the Shetland all student meetings and the protest in December, members of the UHI Shetland Board of Management will be visiting campus to answer any questions about the proposed cuts, decision making processes and any concerns you may have about how the news could affect you as a student, or the wider community of Shetland. Dates are still being finalised for this between the board members so check your student emails for an invite in the coming week. The event will be hybrid and available to join in person or online via teams.

SVR MEETINGS

- Tuesday 20th Feb from 12.45 – 1.15pm, Room D19, Lerwick Campus or join online here: [Click here to join the meeting](#)

LOCAL UPDATES: ORKNEY

COMING SOON!

- LGBTQ+ Breakfast and a Chat – Come and join your local team at the Overblikk Restaurant (UHI Orkney College) on February 23rd from 9:00 to 12:00. Get a chance to speak with Ross and Fran regarding LGBTQ+ themes, grab some freebies and a breakfast drink on us!
- Many more events are in the making, stay tuned with us at [@yoursa_shetlandandorkney](#) to find out more!

SVR MEETINGS

Here are the provisional dates for the upcoming local SVR meetings. The future meetings will be hybrid format, with our sessions being streamlined on Webex from the College. Our SVR meetings are subject to our students' availability, so make sure to get in touch with francesca.meneghetti@uhi.ac.uk if you are not sure about any of the dates.

- 11th March from 10:00 to 11:00
- 22nd April from 10:00 to 11:00
- 13th May from 10:00 to 11:00

GROW
YOUR CONFIDENCE AND SKILLS

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

LOCAL INITIATIVES

Clothes Swap

Declutter your wardrobe and grab whatever you fancy for free, at the Clothes Swap initiative at UHI Orkney! The Clothes Swap is open to both students and staff, here is how to join the initiative in a few simple steps:

1. Check out the list of accepted items to see what you can bring to the Clothes Swap.
2. Drop off your donations at the Student Association's box in the foyer of the College. Please note that all donated clothes must be clean and in very good condition.
3. Every Tuesday and Thursday 10 am – 4 pm, you will be able to browse through the donations and pick your favourite items for free from our Clothes Swap Rack. You will find the latter positioned in the corridor leading to the Conference Room, inside the main College building. For any questions and to get involved, email francesca.meneghetti@uhi.ac.uk.

List of Accepted Items:

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

A big thank you goes to the amazing Orkney Student Pantry, who purchased the Clothes Swap Rack and the first batch of clothes.

Orkney Student Pantry

The Orkney Student Pantry, run by a group of local students, provides free food and toiletries to all UHI Orkney students in need. You can find the pantry inside the College, down the main staircase, in front of the library. Donations are always welcome, and the Orkney Student Pantry also positioned a donation box for this purpose in the foyer area, near the reception desk. You can leave sealed food and toiletry items there. For any questions and to get involved, email orkneystudentpantry@uhi.ac.uk.



LOCAL UPDATES: NORTH, WEST & HEBRIDES

FORT WILLIAM

NTS Talk Series: West Coast Gardens

Sunday, 10 March 2024 2:30pm - 1 hr 45 min 1

Tickets: £8

Overview

The West Coast of Scotland is known for its stunning natural beauty, including rugged coastlines, picturesque islands and lush gardens. Simon Jones, Gardens and Designed Landscapes Manager of the south and west of Scotland for the National Trust for Scotland, will take you on a tour of the Trust's coastal gardens, including Inverewe, Arduanie and Crarae. Each of these gardens has extraordinary collections of subtropical plants, collected from all around the world, which flourish in a rugged landscape where there can be almost 100 inches of rain a year, strong gales, occasional snow, and summer temperatures rarely rising above 72 degrees, thanks to the passing Gulf Stream which nurtures them. Touring us through these glorious gardens, Simon will explore some of the issues they face to balance the needs of history, heritage and modernity, their opportunities, challenges and quirks.

This event is part of the National Trust For Scotland 'Special Talk Series 2023-2024', with 50% of takings going to NTS, to help it continue to preserve and protect Scotland's precious heritage.

NTS Talk Series: West Coast Gardens
(highlandcinema.co.uk)

SVR MEETINGS

Online via Teams

- Tuesday 12th March 11am – 12pm
- Tuesday 16th April 11am – 12pm
- Tuesday 28th May 11am – 12pm

OPEN MIC NIGHT!

with special guests...

SONGS, POETRY &
STAND-UP ALL
WELCOME!

FAMILY FRIENDLY!

DRINKS AND SNACKS
AVAILABLE!

ALCOHOL FREE

FRIDAY 23RD FEB, 6:30 - 9: PM

NEW CONNECTIONS,
Waverley House, High Street,
Fort William

No Tickets, No Cost, Just Drop In!
www.newconnectionslochaber.org.uk



ONLINE EVENTS

Money Advice Scotland

Student Talk Money Week 2024, are running 3 free online webinars for students.

- Money Management - 4th March 10am - 11am - [Click here to get your ticket](#)
- Savings & Financial Goals - 5th March 2pm - 3pm - [Click here to get your ticket](#)
- Money and Work - 7th March 10am - 11am - [Click here to get your ticket](#)

CAITHNESS & SUTHERLAND

- Events - Lyth Arts Centre
- Merlin Cinemas - Coming Soon
- Events in February 2024 :: What's On In Caithness
- Events in March 2024 :: What's On In Caithness

WESTERN ISLES

An Lanntair

Bringing you the best in Arts, Events, Music and Entertainment in Stornoway. Click the link below to see for yourself!

[What's On - An Lanntair](#)

Calling All Gaelic Speakers & Learners!

Are you interested in the idea of a Gaelic society or meeting fellow students with an interest in Gaelic? Then join us for session to discuss what you would want to get out of a Gaelic society and help shape its creation! 3pm Thursday 22nd February Stornoway Campus and Online (Email hisa.activities@uhi.ac.uk for details how to join)

UHI STORNOWAY SPORTS FAIR!

Come along and meet all kinds of sports clubs from UHI and across the Stornoway community too!

Wednesday 21st February
Stornoway Campus Foyer
11:30am-3pm

YOUR STUDENTS' ASSOCIATION

[SIGN UP FOR STUDENT VOICE REP
CLICK HERE TO FIND OUT MORE!](#)

GROW

YOUR CONFIDENCE AND SKILLS

STUDENT-FRIENDLY RECIPE

- BIG BATCH CHILLI

We will be sharing recipes with you to help students eat healthily and cope with the cost of living crisis. Tell us what you think and suggest a recipe for a future edition.

This recipe for a big batch of chilli creates 4 servings, making it great to cook for your friends and flatmates, or use it to meal plan for the week; box up your leftovers and keep them in the freezer, then reheat them for a quick and easy weeknight dinner.

INGREDIENTS

For the chilli

- 1x onion, finely chopped
- 1x celery stick, finely chopped
- 2x red, yellow or green peppers, finely chopped
- 1 tbsp sunflower or vegetable oil
- Salt
- 1 tbsp chilli powder
- half tbsp smoked paprika
- 1 tbsp ground cumin
- 2x cans of chopped tomatoes
- 2x cans of black or kidney beans, drained and rinsed

To serve (fully optional)

- Grated cheese
- Sour cream
- Fresh coriander, chopped
- Spring onions, chopped

If you want to add some meat, replace one of the cans of beans with 500g beef or turkey mince.

Fry this before step 1 on a medium-high heat until brown, add to a bowl and set aside, then continue with the recipe (Add the vegetables in step 1 to same oil you cooked the mince in for extra flavour). Then add the mince back in along with the beans and tomatoes in step 3.

METHOD

Makes 4 portions

Step 1

Heat the oil in your largest pot and add the onions, celery and chopped peppers with a large pinch of salt and fry gently over a low heat until soft but not coloured.

*Tip - to test when your oil is hot enough to start adding food to be cooked, stick the bottom of a wooden spatula or spoon in it, when the oil makes small bubbles around the spoon, it's ready for cooking!

Step 2

Add the spices to the softened veg and cook for a few minutes until all the vegetables are coated.

Step 3

Add the chopped tomatoes and drained beans, fill one of the empty cans with water and add that too. Turn the heat to medium and simmer until thickened. During this time taste the chilli to see if you need to add any more spices or salt, add some, taste again and repeat the process till you are happy with the flavour.

Step 4

Once the chilli has thickened and the flavour is just right, serve in bowls and add grated cheese, sour cream as well as the chopped spring onions and coriander for garnish. Enjoy!

WIN £200! NAME OUR NEWSLETTER

Thank you for reading this first issue of the brand new Students' Association newsletter, we're quite proud of it! But "The Highlands and Islands Students' Association, Your Students' Association Newsletter" doesn't exactly roll off the tongue does it?

That said, it is a student newsletter, for students. So we want to give you the opportunity to name it! It has to be something that can apply to all the UHI campuses across the Highlands and Islands, so "The Perth Prophet" is no good, and we would love it if it tied into our main value and goal of making student lives' better. But other than that we're open to your suggestions!

Enter your suggestion and you could win £200! It's as easy as this:

1. Create your student account on our brand-new website at www.hisa.uhi.ac.uk
2. Email us your newsletter name suggestion at hisa@uhi.ac.uk with the subject line: "NEWSLETTER COMPETITION"
3. **Submissions close on Thursday the 7th of March** so make sure to send your email before then and let us know if we can publish your name to give you proper credit in the next issue and on our socials

That's it! We'll pick the winner and reveal the new name in our next issue, full Terms and Conditions below.

- For these Terms and Conditions, "The Promoter" refers to The Highlands and Islands Students' Association (Your Students' Association).
- By entering the competition you agree to be bound by these terms and conditions. You must create a website account and send the email before the 7th of March at 23:59.
- One (1) winner will be selected at random by The Promoter on the 8th of March, 2024 and the winner will be notified by email.
- The Promoter's competitions with entry via email are open only to residents of Great Britain (excluding Northern Ireland) and must also be a students studying at the University of the Highlands and Islands or one of its Academic Partners.
- No purchase necessary. Winners will not be required to pay to enter the competition.
- Employees of The Promoter are not eligible to enter.
- Only one entry per person per competition will be accepted.
- The Promoter will not be held liable if the named prize becomes unavailable or cannot be fulfilled.
- The Promoter will not be held liable for any failure of receipt of entries. The Promoter takes no responsibility for any entries which are lost, delayed, illegible, corrupted, damaged, incomplete or otherwise invalid.
- To the extent permitted by applicable law, The Promoter's liability under or in connection with the competition or these terms and conditions shall be limited to the cost price of the Prize in question.
- To the extent permitted by applicable law, The Promoter shall not be liable under or in connection with these terms and conditions, the competition or any Prize for any indirect, special or consequential cost, expense, loss or damage suffered by a participant even if such cost, expense, loss or damage was reasonably foreseeable or might reasonably have been contemplated by the participant and the promoter and whether arising from breach of contract, tort, negligence, breach of statutory duty or otherwise.
- Prizes are non-negotiable, non-transferable and non-refundable. No cash alternative is available. Where a Prize becomes unavailable for any reason, the promoter reserves the right to substitute that prize for a prize of equal or higher value
- In the event of unforeseen circumstances beyond The Promoter's reasonable control, the promoter reserves the right to cancel, terminate, modify or suspend the competition or these terms and conditions, either in whole or in part, with or without notice.
- The Promoter's decision is final. No correspondence will be entered into.

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 - FEB24" to tell us your thoughts!

