

STUDENT NEWSLETTER

OCTOBER 2023

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

Early Student Experience Survey

We'd love to hear your views to help us get things right for you

Survey opens on Mon 2nd Oct and closes on Fri 27th Oct

Look out for the link in your student emails or scan the QR Code that relates to you

Student Survey Link

Senior Phase Survey Link



WHAT'S INSIDE THIS ISSUE

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BLACK HISTORY MONTH



Join us in 'Saluting Our Sisters' and the #WEMATTER movement during Black History Month 2023.

Black History Month 2023 is a momentous occasion to recognise and celebrate the invaluable contributions of black people to British society.

Black people have always been at the forefront of social justice movements, fighting against oppression and paving the way for change. However, despite their countless contributions to society, the achievements of black women, in particular, have too often been overlooked or forgotten. That is why, this year, we will be celebrating the exceptional achievements of black women.

The theme of 'Saluting our Sisters' highlights the crucial role that black women have played in shaping history, inspiring change, and building communities. This year's celebration will showcase pioneering black women who have made remarkable contributions to literature, music, fashion, sport, business, politics, academia, social and health care, and more. Here are some of these women:

Harriett Tubman (1822 – 1913)

Tubman is a former slave who escaped and then helped many more to escape on the Underground Railroad. During the Civil War, she served as spy and guide to the Union Forces – This included guided a party of soldiers at Combahee Ferry, which helped free 700 slaves.

Rosa Parks (1913 – 2005)

Parks was instrumental in the US civil rights movement of the 1950s and 60s. It was Parks who began an influential boycott of segregated buses in 1955. She remained an influential figure in the civil rights movement, encouraging a break-down of racial barriers.

Vanessa Kingori OBE (1980-)

The first female publisher in British Vogue's 102 year-long history, Vanessa Kingori OBE is the commercial counterpart to the magazine's first male editor, Edward Enninful, and is instrumental to the creative vision and emphasis on diversity the team have made their mantra.

Born in Kenya and raised in St. Kitts before moving to London aged seven, Kingori developed an understanding of the power posed by fashion at a young age, when her mother and grandparents impressed upon her the ability clothes have to forge a first impression.

Named one of Britain's overall Most Influential Black Britons for the past five years by Powerlist magazine, she was awarded an MBE in the Queen's Birthday Honours List in 2016 for services to the media industry. She was also appointed to Sadiq Khan's Brexit Expert Advisory Panel.

Kanya King (1969-)

Kanya King MBE is living proof of the old adage that a genuine leader molds rather than seeks consensus. An internationally renowned entrepreneur through her role as CEO, founder, and visionary, of the MOBO Awards, Kanya has displayed the rare drive and ambition needed to help take black music from the margins of British popular culture, made by disenfranchised artists, to the heart of the mainstream culture in the UK and around the world.

Dame Linda Dobbs (1951-)

Following a successful career at the Bar, in October 2004, Dame Linda Dobbs DBE became the first non-white high court judge in the UK, having been appointed a Deputy High Court Judge in 2003. At the Bar, she was a member of, and chaired, a number of committees, including the Race Relations, Equal Opportunities, International, Professional Conduct and Professional Standard Committees. In 2003, Dame Linda Dobbs became the Chairman of the Criminal Bar Association where she set up its first Equality and Diversity sub-committee. Whilst on the High Court Bench she was the Senior Liaison Judge for Diversity, Chair of the Magisterial Committee of the Judicial Studies Board and Chair of the International Committee of the Judicial College and a Fawcett Commissioner.

Dame Linda Dobbs has been named in the past as one of Britain's most powerful black women and one of the 100 Great Black Britons. In 2013 she stepped down early from the High Court Bench to pursue her various interests, which includes the training of judges and lawyers internationally (in particular, in the Caribbean and Africa).

WORLD MENTAL HEALTH DAY

World Mental Health Day is on 10 October 2023. It's a day to raise awareness of mental health problems. But more and more of us are aware of mental health. And so many of us still aren't getting the right support. Awareness is just the start. Now it's time to act. This year's theme Mental Health is a universal right has been set by the World Foundation of mental Health. The theme is demanding positive change for everyone's mental health.

The UK based charity Mind is calling on the UK government to publish a reviewed Mental Health Act. Mental health hospitals are broken. Buildings are crumbling. Wards are often bare, cold and rundown. And people's voices are being ignored.

On top of this, Mind are still waiting for the UK government to reform the 40-year-old Mental Health Act to give people more say in their treatment and strengthen their rights while in hospital.

Mind believe that the UK government must deliver a reformed Mental Health Act before the next election.

This World Mental Health Day, we ask you to come together with friends, families or colleagues and talk about mental health by holding a tea and talk!

Remember you can also make use of our in-house counselling service. You can make direct contact with them via counselling.nwh@uhi.ac.uk



Tuesday 10 October is...

WORLD MENTAL HEALTH DAY

2023

Mental Health Foundation

Show your support for World Mental Health Day by joining us for cuppa and chat across UHI North, West and Hebrides campuses on **Thursday 5th October.**

Scan the QR Code for more details



mentalhealth.org.uk

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TIPS FOR TALKING ABOUT MENTAL HEALTH

Talking is good for your mental health. And talking about mental health is important. But starting a conversation isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with someone you care about, here are some tips that can help.

Talking about your Mental Health

1. Choose someone you trust to talk to

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don't know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

2. Think about the best place to talk

It's important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you're less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

3. Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone. But there's a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that's the case, try to give them time to process what you've told them. It might help to give them information to read to help them understand. And don't forget to be kind to yourself and practise self-care.



Talking to someone about their mental health

1. Find a good space to talk without distractions

If you're worried about someone, try to find a place where you know you can have a conversation without being distracted. Make sure to give them your full attention. It might help to switch off your phone.

2. Listen and ask questions

Listening can be one of the most valuable ways to be there for someone. Show them that you're actively listening by facing them, making eye contact, and not interrupting. Questions can help you clarify what they mean and also show that you're actively listening. But make sure the questions are relevant to what they're saying, and not changing the subject.

3. Ask how you can help

Ask how you can help or make suggestions, rather than telling them what to do next. They might want support with making a GP appointment, help around the house, or just for you to keep things normal and chat about what's going on in your life.

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

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.

OCTOBER IS ADHD AWARENESS MONTH

During the month, we want to show the world that people with ADHD need more support, understanding and access to services. Over the past year there has been some progress, as more patients are using the 'right to choose' legislation to access services, however, much more needs to be done as still many adults and children, and especially young girls, face great difficulty in getting treatment.

We also want to take the time this month to celebrate the differences of neurodiversity! With proper support and treatment people with ADHD can use their unique talents and perspectives to achieve incredible things. For example, many famous people are now talking publicly about their ADHD, such as Rory Bremnar, Simone Biles, Ashley McKenzie, Zoey Deschanel, and Will.i.am..... And many more have been posthumously diagnosed, such as Albert Einstein, John F Kennedy and Thomas Edison.

So, this October talk to your friends and family about ADHD and neurodiversity. Together we can try and bring more understanding to the wider world about the challenges and positive aspects of living with ADHD.



SALTIRE SCHOLAR INTERNSHIP PROGRAMME

OPEN FOR APPLICATIONS NOW!

A collage of images showing students and staff in various settings: a group photo, a student in a blue top, a student in a black shirt, and a group of students in orange safety vests. The text 'Entrepreneurial Scotland...' and 'SaltireScholars' is visible in the top left. A QR code is in the bottom left with the text 'APPLY NOW'. The main text reads 'BECOME A SALTIRE SCHOLAR' and 'Visit esf.scot'. A pink banner at the bottom says 'Applications close October 4th'.

Calling all #ThinkUHI penultimate and final-year students! Are you ready to transform your future? You can apply now to join the 2024 Saltire Scholar Programme - your gateway to a fully funded UK internship.

Accelerate your personal development, unlock your leadership potential, make an impact and kickstart your future career.

Apply by 4th October and contact careers@uhi.ac.uk if you need any support: <https://bit.ly/SaltireScholar2024> #SaltireScholars2024

#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.

A woman with blonde hair smiling. The text 'FutureMe' is in large white letters on a black background. Below it, the text reads 'for all your career and employability needs' and 'airson na feumalachdan dreuchdail is cosnaidh agad'.

WEAR IT PINK...



... for this year's Breast Cancer Awareness Month!

This October, wear pink and raise money to help make life-saving breast cancer research and vital support happen. Breast Cancer Now's wear it pink day is one of the biggest fundraising events in the UK. Taking place during Breast Cancer Awareness Month, thousands of amazing people wear it pink in their communities, schools or workplaces for the UK's largest breast cancer charity, Breast Cancer Now.

Together, we've been wearing it pink for over 20 years. You've brought shades of pink to dress-up days, bake sales, netball tournaments, wild swims, knitting sessions and even bra displays! You've had a whole lot of fun and raised over £39 million in the process.

It's an amazing achievement, but we can't stop there. Breast Cancer Now is on a mission to make sure that by 2050, everyone diagnosed with breast cancer lives, and is supported to live well. By wearing it pink this October, you can help us get there!

NO DISPOSABLE CUP DAY

Daily in the UK we use more than 7 MILLION DISPOSABLE CUPS - 500,000 are dropped on the floor!

The UK is one of the worst in the World in disposable cup waste using around 2.5 billion cups a year – this would create a pile of disposable cup waste as big as the Albert Hall in London!

We have 4 times more cafes in the UK as there were in 2000. Branded coffee shops have grown from around 600 to nearly 7500 outlets.

Around half the coffee we drink is from a disposable cup!

We don't need to use any disposable cups ever. It is very simple to carry a reusable cup with you. It is also very simple for coffee shops such as Starbucks, Costa, Cafe Nero and Pret to stop serving coffee in disposable cups and make reusable take-away cups more obviously available and cheaper in price.

Unlike many environmental problems this one is not hard to fix - it can be fixed overnight!

The aim for no disposable cup day?

1. Stop using disposable cups for one day on 4th October every year
2. Stop using disposable cups completely

Coffee shops and cafes have made it so easy for us to get a disposable cup that we hardly notice we are doing it.

If we can stop using disposable cups for even one day, then we will save the planet from the destruction caused by more than 1 billion used cups entering landfills Worldwide every month!



MONEY MATTERS

Being at college is an exciting time but it can also be a bit daunting when it comes to the practical side of things, especially if this is your first experience of living away from home. Even if you are a more mature student or returning to your studies and combining it with working, it can still be tough financially.

With the cost of living rising rapidly each year, it is important to manage your finances effectively. This will reduce your stress levels and allow you to focus fully on your studies and enjoy your time as a student.

Below you will find lots of useful tips, information, and links to help you make the most of your money.

Budgeting

If you are receiving a student loan, this will be paid into your bank account in 3 instalments. With most people using their card or a payment app to just 'tap and go' it is easy to lose track of how much you are spending, and it's important to remember that money needs to last you for the whole term. If you are funding your studies by working it will be the same scenario, with your wages needing to last you the whole week or month, depending on how frequently you are paid.

Setting yourself a budget is something you should think about before term even begins. Note how much income you will have, and when, then create a list of your expected outgoings. Remember to be realistic and honest, and don't forget to include things like drinking and eating out, hobbies, and subscriptions. You may also want to include one-off costs like holidays, birthdays/Christmas, or course supplies, and save for them on a monthly basis. Also make sure to keep some money to one side for unexpected costs like car repairs or emergency travel.

The MoneySavingExpert website provides more in-depth guidance on how to set up a student budget planner.

Save the Student have a whole host of tips and lots of useful guidance on budgeting and banking.

The BBC website has a page dedicated to budget recipes and advice, including ideas perfect for students.

Extra Support

Unfortunately, there may be times when you find yourself struggling financially through no fault of your own and there is additional support available to help you in those circumstances.

If you have no or inadequate IT equipment or internet connectivity, to help you study, you may be eligible to apply to the Digital Support fund. This can provide equipment on a loan basis, which must be returned at the end of the academic year.

If you are struggling to afford food and other essentials, we've pulled together details of local Foodbanks for each of our academic partner campuses and learning centres. There is also an app, Too Good To Go, which encourages people to rescue delicious, unsold food from local businesses to save it going to waste. You can buy and collect this food for a great, significantly reduced price.

Throughout the academic year there are many internal and external scholarships, bursaries, and awards which you may be eligible for. Check our webpage for more details; you can filter your search by level of study, subject area, and campus, or you can click on an A-Z list.

If you are finding it difficult to meet the day-to-day cost of living, you may be eligible for our Discretionary Fund. You must have applied for your full entitlement of funding from SAAS and - due to the residency conditions they impose - this fund is NOT available to international students.

If you're concerned about managing your finances over the summer period, Student Information Scotland have a specific section on Summer Support which includes information on benefits entitlement and housing costs if you are care experienced.

CPAG (Child Poverty Action Group) have created a number of useful factsheets on the subject of students and benefits. You can also download their annual Benefits for Students in Scotland handbook.

Wanting to chat about your finances?

If you require help or have any questions regarding what specific support is available locally, you can speak to the local Funding Team at the college.

Why not visit our funding team at your campus or get in touch via funding.nwh@uhi.ac.uk

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/>

COVID - 19 ENQUIRY

Let's Be Heard: Sharing Scotland's COVID Experience is the Scottish COVID-19 Inquiry's listening project. Everyone who was in Scotland between 1 January 2020 to 31 December 2022, or was affected by decisions made in Scotland during this time, is being invited to share their experiences of the pandemic with Let's Be Heard. The project is keen to hear about what lessons should be learned and is asking for experiences to be submitted by 20 December 2023.

Find out the ways that individuals and groups can take part in Let's Be Heard by visiting <https://lbh.covid19inquiry.scot>.

Paper copies of the submission form can be requested by emailing LetsBeHeard@covid19inquiry.scot, leaving a voicemail at 0808 175 5555, or writing to us at Freepost SCOTTISH COVID-19 INQUIRY.

Paper forms have also been distributed to GP surgeries, care homes, pharmacies, libraries and other community buildings across Scotland. Let's Be Heard is the main way in which people can contribute to the Inquiry's investigations and help inform its reports and recommendations.



NATIONAL CURRY WEEK (2ND-8TH OCTOBER)

The 25th National Curry Week takes place from the 2nd to 8th October 2023. It's been a difficult year but for one week only, let's talk about curry instead of coronavirus and cost of living crisis. Whether you're heading out to your local curry house or cooking up a storm, we want you to be rejoicing in all things curry!

The very first National Curry Week took place in October 1998 and was founded by the late Peter Grove. Peter was a prominent journalist who had fallen in love with curry. His vision was to drive awareness and appreciation of the burgeoning Indian restaurant industry, whilst also raising funds for charity.

To this day National Curry Week honours this vision with its three core objectives:

1. Honour the nation's favourite cuisine
2. Celebrate and support the Indian restaurant industry
3. Raise money for poverty focussed charities

To help celebrate, our team is sharing some of their favourite recipes. Why not try one!

MURGH KARI



Prep Time:

20 mins

Cook Time:

40 mins

Total Time:

1 hr

Servings:

6

Yield:

6 servings

Nutrition Facts (per serving) :-

Calories	Fat	Carbs	Protein
427	24g	15g	38g

INGREDIENTS

- 2 pounds skinless, boneless chicken breast halves
- 2 teaspoons salt
- ½ cup cooking oil
- 1 ½ cups chopped onion
- 1 tablespoon minced garlic
- 1 ½ teaspoons minced fresh ginger root
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1 teaspoon cayenne pepper
- 1 tablespoon water
- 1 (15 ounce) can crushed tomatoes
- 1 cup plain yogurt
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon salt
- ½ cup water
- 1 teaspoon garam masala
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon fresh lemon juice

Directions

- Gather all ingredients.
- Sprinkle the chicken breasts with 2 teaspoons salt.
- Heat oil in a large skillet over high heat; partially cook the chicken in the hot oil in batches until completely browned on all sides. Transfer browned chicken breasts to a plate and set aside.
- Reduce the heat to medium and add onion, garlic, and ginger to the oil remaining in the skillet. Cook and stir until onion turns soft and translucent, 5 to 8 minutes. Stir curry powder, cumin, turmeric, coriander, cayenne, and 1 tablespoon of water into the onion mixture; allow to heat together for about 1 minute while stirring.
- Add tomatoes, yogurt, 1 tablespoon chopped cilantro, and 1 teaspoon salt to the mixture; stir to combine.
- Return chicken breast to the skillet along with any juices on the plate. Pour in ½ cup water and bring to a boil, turning the chicken to coat with the sauce. Sprinkle garam masala and 1 tablespoon cilantro over the chicken.
- Cover the skillet and simmer until chicken breasts are no longer pink in the centre and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the centre should read at least 165 degrees F (74 degrees C). Drizzle with lemon juice to serve.

SHAHI PANEER



Preparation and cooking time

Total time - 45 minutes

Serves - 2

Difficulty - Easy

Gluten free and Vegetarian

Nutrition:

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	protein	Salt
945	81.8g	41.6g	12.2g	8.3g	3.5g	38.3g	0.2g

INGREDIENTS

- 2 tbsp cashew nuts
- 1 small onion, roughly chopped
- 1 green chilli, roughly chopped
- a walnut-sized piece ginger, roughly chopped
- 2 cloves garlic, roughly chopped
- 2 tbsp oil
- 5 pods cardamom, bashed
- 3 cloves, crushed
- ½ stick cinnamon
- 200g from a tin chopped tomatoes
- ½ tsp hot chilli powder
- 1 tsp ground coriander
- ½ tsp ground fenugreek
- 250g paneer, cut into cubes
- a handful coriander, chopped
- 4 tbsp double cream
- to serve naan bread or rice

Method

STEP 1

Put the cashew nuts in a small bowl and pour over 150ml boiling water. Leave for 15 minutes to soak and soften.

STEP 2

Put the onion, chilli, ginger, garlic and a splash of water in a small food processor and whizz to a purée.

STEP 3

Heat 1 tbsp of oil in a pan and cook the onion purée for 7-10 minutes or until it starts to dry out and turn lightly golden. Add the cardamom, cloves and cinnamon.

STEP 4

Whizz the tomatoes in the same blender (no need to wash it) then add to the pan. Add the chilli powder, ground coriander and fenugreek. Simmer for 5 minutes.

STEP 5

Whizz the cashews and soaking water in the same blender, then add to the pan. Cover and simmer gently for 15 minutes.

STEP 6

Fry the paneer in a separate pan with lots of seasoning and the remaining tbsp of oil, until golden, then add to the sauce with 100ml of water and simmer gently for 10 minutes. Stir in the coriander and cream just before serving with naan bread or rice.

WORLD ANIMAL DAY

Raising the status of animals to improve welfare standards around the globe.

World Animal Day unites the animal welfare movement, mobilising it into a global force to make the world a better place for all animals. Each one of us can make a difference – together we make change! Be part of something special.

For our 2023 theme, the organisers reached out to the community for ideas! Great suggestions were submitted, and after much deliberation, they chose the following theme for this year's World Animal Day...

'Great or Small, Love Them All'

The theme encompasses all animals, and we hope it will encourage people from all walks of life to get involved with World Animal Day by helping the animals around them, no matter what species.

Our 2023 World Animal Day theme brings to light the importance of all beings, great and small, allowing the opportunity for even the most overlooked animals to be appreciated for what, and who they are. The mice used for animal experiments need your advocacy this World Animal Day just as much as elephants mistreated for tourism do – and the more people that get involved this year, leading up to, and on October 4, the greater the difference we can collectively make for all animals. Whoever you are, and wherever you live, you can help make the world a better, kinder place for animals. World Animal Day is for everyone. We can't wait to see how creative you'll be with this inspirational theme!



What will YOU do for animals on October 4?

Think of all the animals around the world who need your voice:

- Companion animals
- Wild animals
- Farm and working animals
- Animals used in tourism and entertainment
- Animals used in experiments
- Marine animals

World Animal Day offers you the chance to make a difference for, and bring awareness to, any type of animal you'd like to help or celebrate.

Join compassionate people all over the globe on, and around, October 4, as they organise fantastic events to raise the status of animals.



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 or visit us in our Stornoway office.



WHO CARES? SCOTLAND

DROP INS

Are you Care Experienced and studying at UHI North, West & Hebrides A Tuath?*
Join us at one of our drop-ins to meet peers, find out more information and access any services your entitled to.

UHI North, West & Hebrides A Tuath, An Iar is Innse Gall, Stornoway Campus, Room A106A and online:

Tuesday 28th November	3 - 3:30pm
Tuesday 27th February	3 - 3:30pm
Tuesday 21st May	3 - 3:30pm
Zoom ID: 812 833 2893	Passcode: RRvb36

WE WILL ALSO HAVE A STALL AT FRESHERS WEEK – COME AND SAY HI!

WEDNESDAY, 27TH SEPTEMBER 2023 10.30 AM - 3PM
THURSDAY, 28TH SEPTEMBER 2023 10.30AM - 3PM

Catherine Kelso - Students Service Manager - catherine.kelso@uhi.ac.uk
Donna MacLeod Bray - Advocate & Participation Worker - dmbay@whocaresScotland.org
Rachel MacDonald - CECYP Support Worker - r.macdonald@cne-siar.gov.uk

**Care Experienced* refers to anyone who is currently in care or has been for any length of time regardless of their age.

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COMHAILLE NAN EILEAN SIAR WHO CARES? SCOTLAND

LOCHABER HOPE



Formed in 2005, Lochaber Hope is a safe, welcoming environment open to all and offering a range of services. The aim is to support local people with personal issues including mental health and personal development, using a variety of approaches. Lochaber Hope believes that counselling and support services should be available to who require it.

Their counselling service is staffed by trained, experienced practitioners and offers one-to-one sessions in person and online, including evenings and weekends. Mentoring services are also offered, covering a wide range of topics, and staff undertake training in helping cope with bereavement, mental health problems, and any other personal issues requiring thoughtful and sensitive support.

Lochaber Hope also offers help with finding or returning to employment through teaching employability skills and offering personal development training. They also offer placements, job trial opportunities and assistance with recruitment costs for employers. Lochaber Hope also runs the Employers Assistant Programme (EAP), offering short-term counselling services for employees, and can tailor training services to meet employers' needs. Other courses include confidence building workshops and motivational activities.

In 2019 Lochaber Hope opened The Workshop Studios to offer local people the opportunity to develop woodworking skills. The Workshop trains users in the skills necessary to teach woodworking, and how to develop their own projects in future, giving them agency and a sense of ownership. This has been such a success locally that there are now discussions taking place to recreate this project on a national scale. More information can be found online, on Facebook or by emailing admin@lochaberhope.org.uk

Lochaber Hope offer four main services to the people in the Fort William area.

Employability - The help they offer is designed to provide you with all the skills necessary to get you back into the workplace. They can offer employability skills, Personal development, Placement and Job trial opportunities.

Counselling - Lochaber Hope offer counselling opportunities to anyone to help with any situation whether you're just feeling overwhelmed or in a crisis. Lochaber Hope have someone to help.

Mentoring - Mentors get alongside individuals or groups and help them work towards their goals or to overcome vulnerable or crisis periods in their lives. Mentoring is easy, accessible, comfortable and confidential. Disabled access is available. If you feel you would benefit from being matched with a mentor, or would like to volunteer, please get in touch.

Training - If you need help with CV writing, Interview techniques, Money management, Parenting skills or even motivation or communication, Lochaber Hope has someone to help you achieve your goals.

All the information you need is on their website at - <https://www.lochaberhope.org.uk/>

CHEF'S 8-HOUR WONDER OF COOKING IN A BAG!



Hebridean Baker, Coinneach Macleod, is working with NHS Western Isles' Health Promotion Department and Comhairle nan Eilean Siar's Adult Learning Centre, to promote the 'Wonderbag' as an alternative budget-friendly and low carbon method of cooking.

The bestselling author took part in a recent Family and Child event held at Stormoway Town Hall, offering healthy eating on a budget demonstrations, simple budget-friendly recipes and cooking tips, whilst also promoting the Wonderbag to attendees as an alternative method of cooking.

The Wonderbag, promoted by the NHS Western Isles' Health Promotion Department, is designed to act in the same way as a slow cooker, but does not require electricity to power it; particularly important with winter approaching and the increasing cost of fuel.

A pot of food is brought to the boil and then the pot is placed in the middle of the Wonderbag. You then pull the drawstring on the bag tightly and allow the food to slow cook for up to eight hours, without any additional energy source. No battery, plug or fuel is required, just simple heat retention technology.

The initial European-funded project pilot of the Wonderbag involved six volunteers across the Western Isles trialling it, with their experiences being recorded via short videos. Such was its success and subsequent online feedback being so positive, it was decided to source funding for the next phase of the initiative, which will involve distributing 15 Wonderbags to groups throughout the Western Isles, especially those providing a 'warm space' over the winter period or to provide hot meals to their group members.



In addition, The Hebridean Baker will also provide a second Wonderbag demonstration, which will focus on affordable fresh local produce, growing your own produce and the health benefits of eating healthier.

FORT WILLIAM CUBBY

Fort William cubby galore!

Our Supported learning classes have taken on the clothes and food cubby as part of their wellbeing and life skills classes and it is amazing so far!

One of the classes is taking the clothes and do a Wellbeing class on a Wednesday where they use our Hub to choose a theme for the week. They then choose clothes to go with the theme and in a range of sizes and are also learning to iron the clothes. We are still taking lots and lots of clothes donations, so it is great to see the theme change each week and the students are loving doing it!

The other class are doing a food class on a Monday and are creating some recipe cards for students to pick up and take away. They are also looking into organising donations and going to be doing some food projects where they check the dates on tins and food and rotate the stock.

Why not pop by the hub and try one of their recipes or have a browse through the preloved items that have been donated?



NWH UPCOMING EVENTS



Every Wednesday UHI Snowsport Club x Wolfhouse Gym Sessions

5th October World Mental Health Day

8th October Silver Jubilee Walk Glen Nevis (Sign up via Nevis Hill Walking Club)

○ **10th October** Hebridean Baker At Home Book Launch (An Lanntair – Stornoway)

★ **13th & 14th October** Craft Fair (Thurso RB Legion Hall)

+ **14th October** OH!Con – Stornoway (tickets available via OH!Con website)

23rd October Wear it pink! - Breast Cancer Awareness

24th October Bingo Fundraiser (Harpers Bar- Wick)



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

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).

WORLD SMILE DAY

The first Friday of October is World Smile Day (October 6), a relatively new holiday with a fascinating story. Created by a commercial artist named Harvey Ball, this day came about as a response to his creation of the smiley face. Harvey worried that the commercialization of the symbol would lessen its impact. We can hardly blame him for his estimation; the symbol has been used in many different ways including clothing, comic books, coffee mugs, pins, and more. These little yellow faces are more than just a symbol, they're a statement about the power of smiling.

History Of World Smile Day

In 1963, Harvey Ball, a graphic artist and ad man from Worcester, Massachusetts, created the smiley face symbol we've all come to know. Popularity for this symbol exploded into the world of popular culture. It's every artists' dream for their work to be respected and recreated and few symbols have had quite the legacy that Harvey's creation has had.

Throughout the years, the smiley face has become one of the most well-known symbols in the world. It has appeared in movies such as 'Forest Gump' and used as a motif in the graphic novel, 'Watchmen.' It's so well-known that just by saying "smiley face", we bet that you can see it in your mind. That recognizable yellow circle with black dots for eyes and a simple curve for a genuine and pure smile. However, the original smiley face had more of an oblong smile, a bit more hand drawn in aesthetic, taking up more space on the face than we see in modern recreations. Because of its overuse, it started to move away from its intent of goodwill and good cheer and he knew something had to be done. In 1999, World Smile Day became an official holiday in order to regain control. The celebration aspects of the day were simple yet effective: people were to use the day to smile and make small acts of kindness worldwide. Harvey wanted to keep the smile connected to the human being. By doing so, you'd smile and in return, you'd make someone else smile and brighten up their day.

World Smile Day Activities.

Do Unto Others

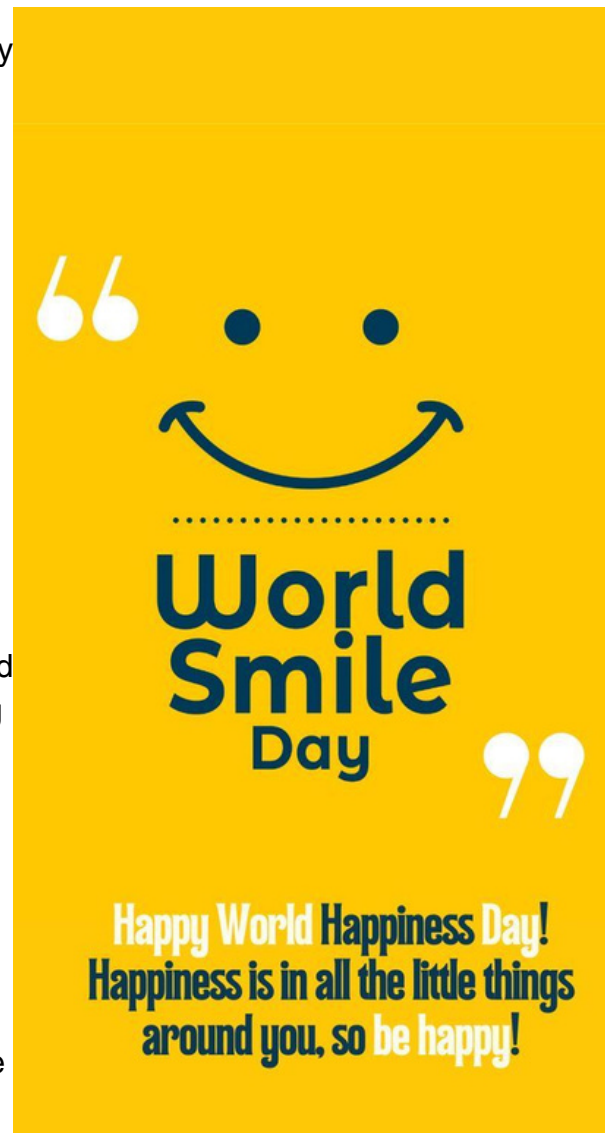
There are many organizations that could use volunteers willing to offer extra help. Whether it involves cleaning up the environment, or helping the elderly, or giving back to veterans it all makes the world a better place. Doing something charitable outside of your everyday life can have enlightening effects on you and your community.

Follow Your Dreams

With work and other obligations, it can be hard to find time for yourself. We all have hopes and dreams that we've put on the back burner. Use this day to indulge in your heart's desire. Pull out your guitar from the closet, pick up a paintbrush, anything that deeply resonates with you that will put a smile back on your face.

Commit a Random Act of Kindness

Not everything has to be planned out. Keeping a sense of goodwill in your spirit all day is the perfect way to celebrate. You'll have it in mind to keep an eye out for ways that you can brighten someone's day. Compliment someone's outfit, thank your co-workers for their work ethic. Whatever small way you can positively impact someone, follow your instincts. You'd be surprised how much an acknowledgment can mean to someone.



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



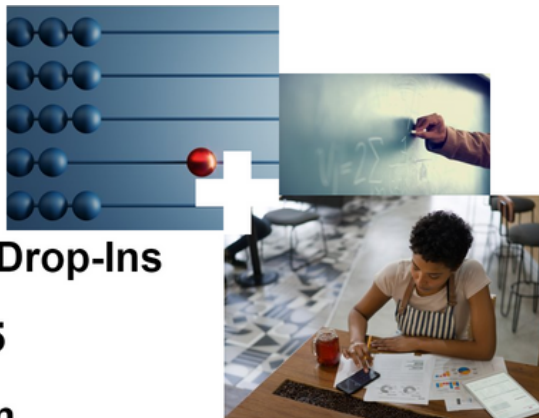
Public Health
Scotland



Healthier
Scotland
Scottish
Government

NHS
SCOTLAND

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A TUATH, AN IAR IS INNSE GALL



Numeracy/Maths

Learning Support Drop-Ins

Thursdays in C205

11:15am – 01:15pm

Stornoway Campus

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

Stornoway Campus

IT Drop-Ins

Learning Resource Centre

12-2pm

Tuesday

19th September

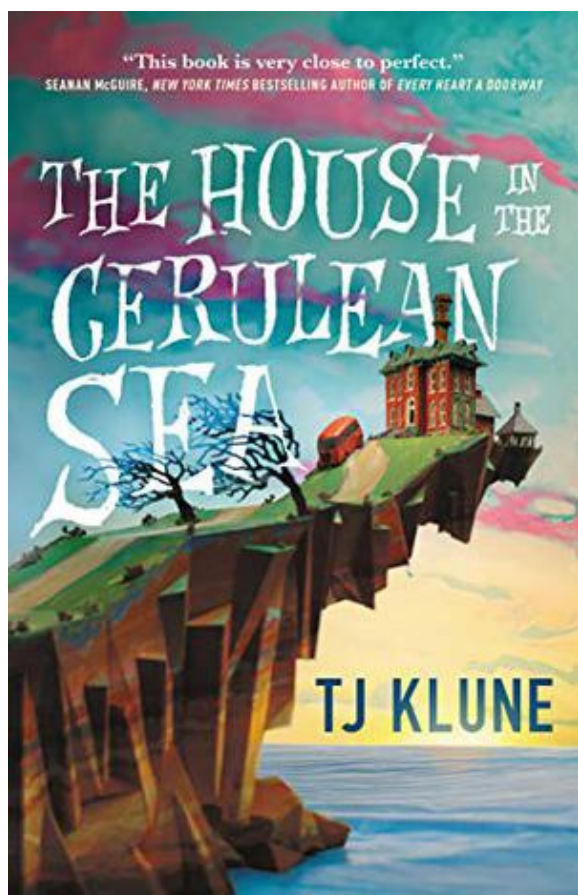
26th September

Wednesday

20th September

27th September





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

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.

OH!Con 2023- Your guide to Comic Con in the Outer Hebrides!



OH!CON

THE OUTER HEBRIDES COMIC CON: 14 OCTOBER 2023

The con is on, but what is on at the con? We're glad you asked. This year we have a great mix of open and all-day activities, talks and panels, as well as a range of bookable workshops and activities. We've listed it all below, but if you have any questions, get in touch!

Before OH!CON kicks off, there are a load of related events including movies, quizzes and workshops. See what is on in the run up to OH!CON.

Open and all-day activities

- Tabletop gaming
- Wargaming
- Green screen photography
- Cosplay
- Helmet and mask creation
- 3D printing demos
- The loooongest comic strip
- Video games
- VR
- Lego
- OH!CON art gallery (open to everyone - submit your art by 12 October!)
- Quiet zone and OH!CON library
- OH!CONversations
- and perhaps a few surprises!

There's also a full day of talks and panels with our guests

Talks

- 10:30am – Do Aliens Exist? with Dr Chris MacLeod
- 11:30am – Panel Talk: influences
- 12:30pm – Writing Scotland into Science Fiction with Ken MacLeod
- 1:30pm – Panel Talk: working in comics and graphic novels
- 2:30pm – The Invasion of Stornoway: a role-playing free for all where the audience drives the story
- 4pm – Creating a graphic novel with Tom Humberstone

All of the above is included in your OH!CON day ticket.

OH!CON

THE OUTER HEBRIDES COMIC CON: 14 OCTOBER 2023

Workshops and scheduled events

Like last year, there are workshops and scheduled events. These have limited spaces and are not included in the day ticket. You'll need a separate add-on ticket for the sessions you are interested in.

Check details of the events below or see all the events and book on CitizenTicket.

Please remember:

There's lots going on at this year's OH!CON, so check times carefully - don't accidentally double-book yourself on to two simultaneous events!

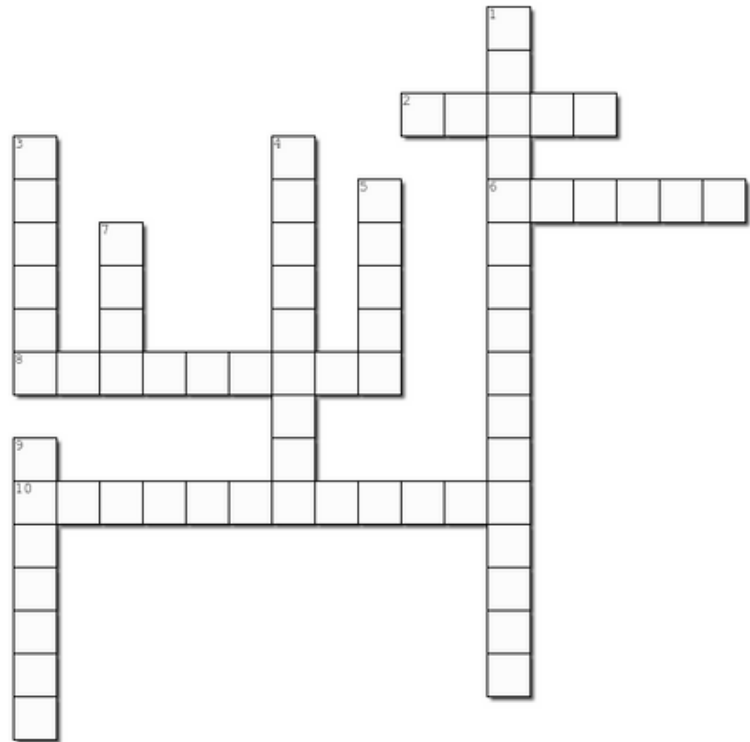
Add-on tickets don't give you access to OH!CON by themselves. You must also have an OH!CON day ticket to enter the venue and attend any add-on ticket events.

- 10am – Graphic storytelling workshop with Tom Foster (2000AD)
- 10:15am – Draw your own Chibi Adventure with Irina Richards
- 10:30am – Write Your Own Gamebook with GR Jordan
- 10:30am – Cairn: Gaelic RPG session
- 11am – Armoury Workshop
- 11:45am – Creating Characters with Gary Erskine (Marvel/DC/Dark Horse)
- 1pm – Miniature Figure Painting for Complete Beginners (Ages 5+)
- 2pm – Basic Fantasy RPG
- 2pm – Space Rocket Workshop
- 2.15pm – 'As you know, professor...' sci-fi writing workshop with Ken MacLeod
- 2pm – Learn to paint Warhammer (16+ yrs)
- 2:30pm – Creating Manga Worlds with Irina Richards
- 3pm – Crafting Epic Warhammer Terrain from Everyday Junk (Age 10+)

The fantastic line up of guests for you this year includes:

- Ben Aaronovitch: author of the best-selling 'Rivers of London' series
- Rik Carranza: comedian and geek
- Gary Erskine: artist (Marvel, DC, 2000AD)
- Tom Foster: artist (2000AD)
- Tom Humberstone: comic artist and illustrator
- G.R. Jordan: author
- Dr Christopher MacLeod: scientist
- Ken MacLeod: sci-fi author
- Sha Nazir: publisher, BHP comics
- Hereward L.M. Proops: author
- Irina Richards: comics and manga artist

PUZZLES



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 2. In Australia, Autumn begins in which month?
- 6. Hedgehogs start to hibernate in Autumn, but what is a baby hedgehog called?
- 8. Which celebration is influenced by the Celtic autumn festival, Samhain?
- 10. In 2009, Autumn was the 81st most popular name for girls born in which country? (6,6)

Down

- 1. Where does the annual World Conker Championships, normally held on the 2nd Sunday of October take place?
- 3. The Oktoberfest is held annually in which German city?
- 4. Which English Romantic poet composed 'To Autumn' after a walk near Winchester one autumnal evening? (4,5)
- 5. What British garden bird is known for its 'Autumn Song'?
- 7. What is the birthstone of those born in October?
- 9. What fruit is commonly used for jack o lanterns?

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

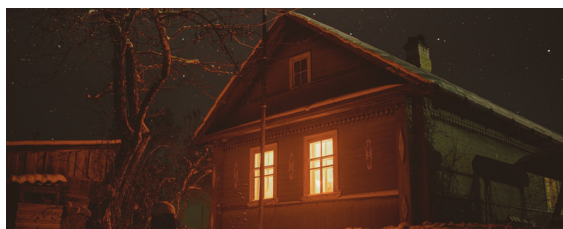
Halloween

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

- EERIE
- COSTUME
- GHOULS
- SPIDERS
- WITCH
- CREEPY
- TREAT
- SPOOKY
- MONSTER
- CANDYAPPLES
- WEREWOLVES
- SWEETS
- OCTOBER
- VAMPIRE
- SCARY
- GHOSTS
- MOON
- TRICK
- HORROR
- BAT
- GOTHIC
- PUMPKINS
- SKELETON

Play this puzzle online at : <https://thewordsearch.com/puzzle/6151854/>

Horror Movie Quiz

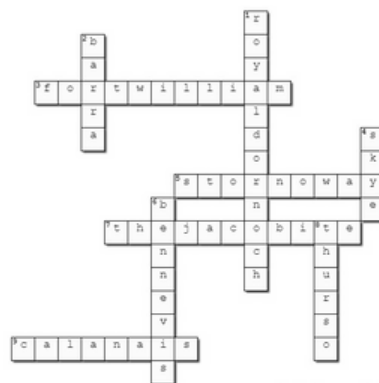
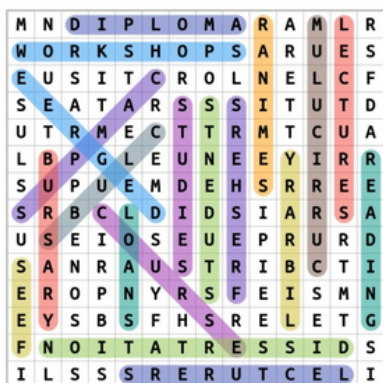


- Who plays Freddy Krueger in A Nightmare on Elm Street?
- 1922's Nosferatu is an unofficial adaptation of which vampire book?
- What year was the original The Texas Chainsaw Massacre released?
- Who directed the original version of The Hills Have Eyes?
- What is used to suppress the evil leprechaun's powers in Leprechaun?
- Who directed the 2007 remake of Halloween?
- In The Purge, how long does the annual Purge last?
- What is the name of the killer in the Scream franchise?
- When was the first Paranormal Activity movie released?
- What brand of doll is Chucky in the Child's Play franchise?
- In Halloween, Michael Myers's mask is actually a mask of which actor?
- Carol Anne interacts with spirits through which household electronic in Poltergeist?
- Which horror movie has the most sequels?
- Who played Count Dracula in 1931's Dracula?
- What is the name of the killer who possesses the doll that becomes Chucky in Child's Play?
- Where does The Thing take place?
- What is the name of the killer in The Texas Chainsaw Massacre?
- What is the name of the spacecraft the crew is aboard in Alien?
- Who directed 1963's The Birds?
- Passengers must survive what kind of outbreak in Train to Busan?



Last Month's solutions

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



Across

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

Down

- Golf course ranked 4th in Scotland (5,7) (**royaldornoch**)
- Southernmost isle of the Outer Hebrides (**barra**)
- Portree is the largest town on this island (**skye**)
- Closest Muirro to Fort William (3,5) (**bennevis**)
- Northernmost town in Mainland Scotland (**thurso**)

Created using the Crossword Maker on TheTeachersCorner.net

SCOTTISH YOUTH PARLIAMENT 2023



The Scottish Youth Parliament (SYP) is the democratically elected voice of Scotland's young people. Around 160 young people aged 14 – 25 are elected every two years to represent every part of Scotland and campaign for positive change.

To see the candidates for your area, check here and select your area - <https://elections.syp.org.uk/elections/19/>

Find out more and register at syp.org.uk/elections

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: @UHI_NWH

WEBSITE: WWW.NWH.UHI.AC.UK