

STUDENT NEWSLETTER

NOVEMBER 2023



MOVEMBER

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men.

Movember is our time to unite. To take on mental health, suicide, prostate cancer and testicular cancer. And you coming along for the ride only makes us stronger.

The Mo is calling. How will you answer?

GROW A MO

If there's one thing The Order of Mo is known for, it's this. Growing a Mo is our symbol for better men's health. It also grabs attention and starts important conversations. So give it a go – it shows the world you stand for healthier men and a healthier world.

MOVE FOR MENTAL HEALTH

Move is how The Order of Mo remembers the 60 men lost to suicide globally, every hour. To take part, all you have to do is run or walk 60km. Cover the distance in one go or over the month.

RAISE FUNDS FOR MEN'S HEALTH

Check out the website for more details
<https://uk.movember.com/support-us>



WHAT'S INSIDE THIS ISSUE

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16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE



The 16 Days of Activism against Gender-Based Violence is an annual international campaign that kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day.

The campaign was started by activists at the inauguration of the Women's Global Leadership Institute in 1991. It is used as an organizing strategy by individuals and organizations around the world to call for the prevention and elimination of violence against women and girls.

In support of this civil society initiative, the United Nations Secretary-General launched in 2008 the campaign UNITE by 2030 to End Violence against Women, which runs parallel to the 16 Days of Activism.

Every year, the UNITE Campaign focuses on a specific theme and this year's is "**UNITE! Invest to prevent violence against women and girls**". The campaign calls on citizens to show how much they care about ending violence against women and girls by sharing the actions they are taking to create a world free from violence towards women. This year's campaign also calls on governments worldwide to share how they are investing in gender-based violence prevention.

Read the concept note, available in Arabic, English, French, Spanish.

Join the global movement with the #NoExcuse campaign calling for urgent investments to prevent violence against women and girls.

An updated social media package will be made available soon.

Say No - UNITING SINCE 2009

To support the system-wide UN campaign and build public engagement, UN Women launched Say NO–UNITE to End Violence against Women as a social mobilization platform in 2009.

During its first phase, more than 5 million people signed a global petition to make ending violence against women a top worldwide priority. Between 2009 and 2013 the campaign also led to over 5 million actions in partnership with over 900 civil society organizations globally.

Actions showcased advocacy efforts by civil society, activists, governments, and the UN system. These ranged from online petitions and social media campaigns to grassroots national awareness-raising initiatives. It included outreach in schools, engaging young people and faith-based organizations and garnering concrete national commitments from governments, and more.

16 DAYS OF ACTIVISM AGAINST GENDER BASED VIOLENCE

COMMIT initiative

In 2012, ahead of the 57th Session of the Commission on the Status of Women which focused on ending violence against women. UN Women launched the COMMIT initiative, asking governments to take a stand by making new and concrete national commitments to end violence against women and girls.

By the end of 2013 the European Union as well as 63 nations had joined the initiative, announcing specific measures to address and prevent violence against women and girls. These ranged from passing or improving laws, ratifying international conventions, launching public awareness campaigns, providing safe houses or free hotline services and free legal aid to survivors, supporting education programmes that address gender stereotypes and violence. It has also led to increases in the number of women in law enforcement, peacekeeping forces and frontline services.

Ending gender-based violence in the context of COVID-19

To address the escalation of violence against women and girls in the context of the COVID-19 pandemic, in 2020 the United Nations Secretary-General urged all governments to make the prevention and redress of violence against women and girls a key part of their national pandemic response plans. The appeal was answered in a statement by 146 Member States and Observers, expressing strong support.

As a follow up the Secretary-General's Executive Committee adopted a "Political engagement strategy" for the UN system in order to mobilize commitments and action to end gender-based violence in the context of COVID-19.

All governments are called to make commitments and undertake policy actions around four key action areas: Fund, Prevent, Respond and Collect.

Today Say NO–UNiTE has transitioned into a network for social mobilization that continues to showcase advocacy, news, and actions on ending violence against women and girls by people from all walks of life.

A global network to end violence against women and girls

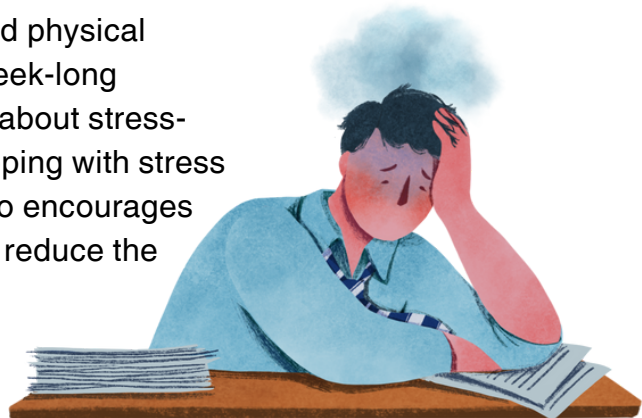
To keep the network informed about key developments and advocacy opportunities, UN Women develops bimonthly action circulars shared with partner organizations and women's rights activists across the world.

To join the global UNiTE network you can sign up to receive updates, [here](#). Be part of a global network of people committed to realizing a future that is free from violence against women and girls!



INTERNATIONAL STRESS AWARENESS WEEK

International Stress Awareness Week 2023 is an annual event dedicated to raising awareness about stress, its impact on mental and physical health, and the importance of stress management. This week-long campaign seeks to educate individuals and organizations about stress-related issues and provide resources and strategies for coping with stress in healthy ways. International Stress Awareness Week also encourages open conversations about stress and mental well-being to reduce the stigma surrounding these topics.



What is International Stress Awareness Week?

International Stress Awareness Week is a week-long initiative that focuses on acknowledging the prevalence of stress in modern life and promoting stress reduction techniques. It aims to create a supportive environment for discussing stress-related challenges and fostering mental well-being.

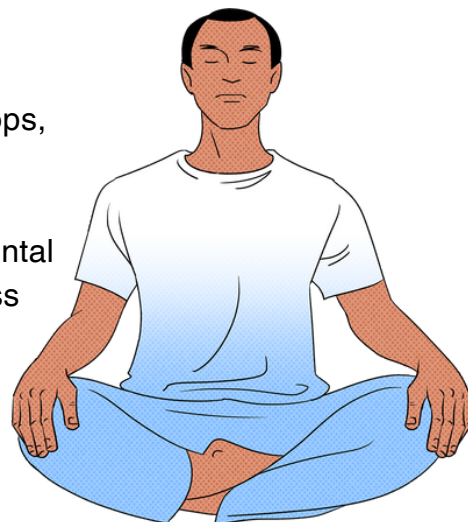


How to Get Involved with International Stress Awareness Week 2023?

There are several ways to get involved and support International Stress Awareness Week:



- **Self-Care:** Prioritize your own mental well-being by practicing stress-reduction techniques such as mindfulness, meditation, or exercise.
- **Educate Yourself:** Learn about the causes and effects of stress and explore strategies for managing stress in a healthy manner.
- **Share Information:** Use social media and other platforms to share stress-awareness resources, tips, and information with your community.
- **Organize Events:** Host or participate in stress-reduction workshops, seminars, or events in your workplace, school, or community.
- **Support Mental Health Initiatives:** Donate to or volunteer with mental health organizations that provide resources and support for stress management.



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.

HANDSHAKE - NEW DYNAMIC CAREER SUPPORT SERVICE FOR STUDENTS LAUNCHED

Start your career journey with Handshake

Handshake is an exciting new careers platform, available to all UHI students for their use throughout their time with us and beyond. It is designed to help careers services support students so they can achieve the best possible outcomes and enrich the student experience.

Handshake is a dedicated platform for UHI students which helps them find the jobs they're looking for, both during and after their studies, the platform also makes it even easier for employers to recruit who they're looking for. It is trusted by 900+ universities, with UHI being the first in Scotland, and 425K employers worldwide and its networked approach to connecting students, employers, and universities helps students benefit from a range of services:

- Exclusive opportunities from employers who want to hire UHI students and graduates
- Access to virtual and on-campus careers events
- Virtual 1-to-1 chats with employers
- Ability to book appointments with the UHI Careers and Employability team
- Access to Careers and Employability guides and resources
- The opportunity to read employer reviews and connect with peers

Every UHI student has access to a Handshake account, no need to register, students simply activate their account to allow access to everything they'll need on Handshake and to update their and personalise their profile.

Find out more about Handshake or contact Helen.Anton@uhi.ac.uk or Iain.Eisner@uhi.ac.uk for further information.



Handshake
Handshake

By text: 07967 339 359 By email: celcis.cc@strath.ac.uk

**Start your career journey –
download the Handshake app**

BONFIEW NIGHT - 5TH NOVEMBER

Guy Fawkes Day, also called Bonfire Night, British observance, celebrated on November 5, commemorating the failure of the Gunpowder Plot of 1605.

The Gunpowder Plot conspirators, led by Robert Catesby, were zealous Roman Catholics enraged at King James I for refusing to grant greater religious tolerance to Catholics. They planned to blow up the Houses of Parliament (Palace of Westminster) during the state opening of Parliament, intending to kill the king and members of Parliament in order to clear the way to reestablishing Catholic rule in England. The plan failed when the conspirators were betrayed. One of them, Guy Fawkes, was taken into custody the evening before the attack, in the cellar where the explosives to be used were stashed. The other conspirators were all either killed resisting capture or—like Fawkes—tried, convicted, and executed. In the aftermath, Parliament declared November 5 a national day of thanksgiving, and the first celebration of it took place in 1606.



Today Guy Fawkes Day is celebrated in the United Kingdom, and in a number of countries that were formerly part of the British Empire, with parades, fireworks, bonfires, and food. Straw effigies of Fawkes are tossed on the bonfire, as are—in more recent years in some places—those of contemporary political figures. Traditionally, children carried these effigies, called “Guys,” through the streets in the days leading up to Guy Fawkes Day and asked passersby for “a penny for the guy,” often reciting rhymes associated with the occasion, the best known of which dates from the 18th century:

Fireworks, a major component of most Guy Fawkes Day celebrations, represent the explosives that were never used by the plotters. Guards perform an annual search of the Parliament building to check for potential arsonists, although it is more ceremonial than serious. Lewes, in southeastern England, is the site of a celebration of Guy Fawkes Day that has a distinctly local flavour, involving six bonfire societies whose memberships are grounded in family history stretching back for generations.

Why not join into a local event near you?

BECOME A UHI NORTH, WEST AND HEBRIDES DIGITAL STUDENT AMBASSADOR



We are really excited to announce the launch of the new UHI North, West and Hebrides' Digital Student Ambassador Programme. Get paid to become a face of the college and a voice for our prospective students. Work with us so we can share your stories of your student life and experience as a student of UHI North, West and Hebrides.

BENEFITS FOR STUDENTS

One of the main aims of the Digital Student Ambassador Programme is to provide new skills and opportunities to you, our students. The role will offer you the chance to gain a range of new experience including:

- Gain confidence in communicating with a range of audiences
- Improve your employability and enhance your CV
- Develop team-working skills, problem-solving skills and social and cultural awareness
- Develop digital skills including video editing, photography and more
- Get paid! Payment will be based on output, with the price of each output based on a rate of £10.50 per hour.

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.

HOW YOU CAN APPLY

The first step is to submit a letter of interest. You should submit a cover letter/personal statement. The letter must outline skills and experience, clearly indicating how that experience is relevant to the Digital Student Ambassador position. This cover letter must also include the answers to the following questions:

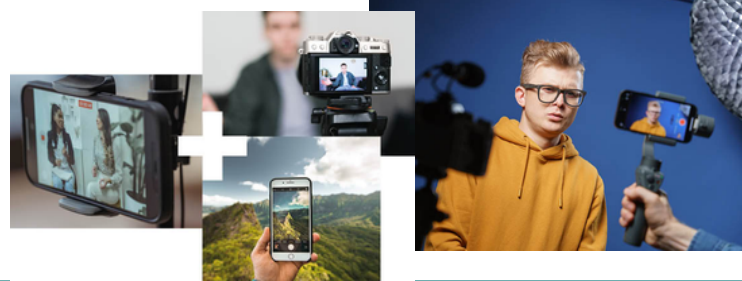
- Why do you want to be a Digital Student Ambassador?
- Why are you passionate about the NWH student experience?
- Give examples of their own or other social media they feel is relevant to the position.

The marketing team will then assess who will be brought forward for an interview.

Following interviews, successful candidates will be sent toolkits by the marketing team based on marketing needs. You will then work with support to fulfil these.

The UHI North, West and Hebrides marketing team will provide training sessions and support throughout.

Please email your letter of interest to marketing.nwh@uhi.ac.uk



FutureMe

for all your
career and
employability
needs

airson na
feumalachdan
dreuchdail is
cosnaidh agad

FILMG SUBMISSIONS ARE NOW OPEN!!

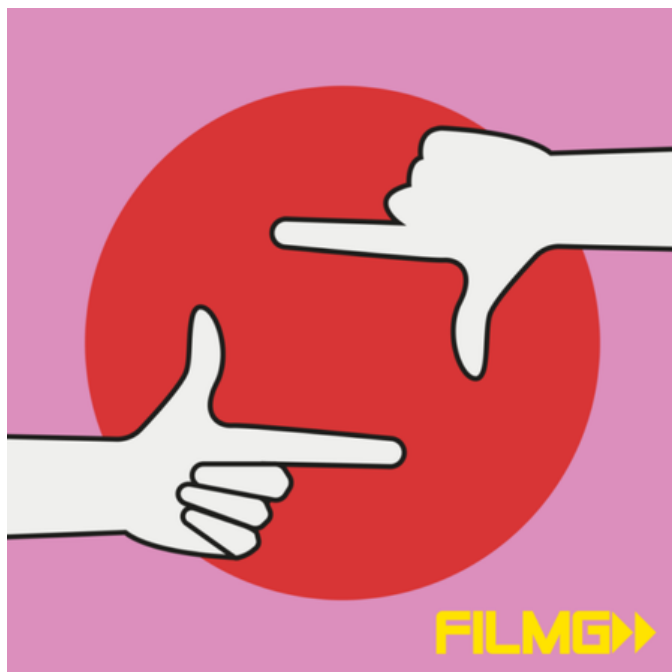
Create a film shorter than five minutes and submit it to FilmG by 8 December 2023.

This year's theme is 'Mo Shealladh' (My Point of View). Only one category focuses on this, so make your film about whatever you want!

The films don't need to be about Gaelic. They just need to be in Gaelic. Make a film that you would want to watch.

FilmG is about developing new talent for Gaelic media. We have kit, crew and advice, and if you don't know where to start or you're stuck, the FilmG team is here to help.

Find out more here: <https://www.filmg.co.uk/?lang=en>



Funded by UK Government

business gateway Outer Hebrides

POWERED BY LEVELLING UP

OHYEP BUSINESS IDEA COMPETITION

DO YOU HAVE A BUSINESS IDEA?

YOUR IDEA CAN BE FOR A NEW BUSINESS OR SOCIAL ENTERPRISE.
YOU MUST BE AGED 18 TO 35 AND RESIDENT IN THE OUTER HEBRIDES.
UP TO 5 PRIZES OF £200 TO BE WON!

IT'S EASY TO ENTER!
No business plan required, just answer 4 simple questions by 31 October 2023.
Contact us at Business Gateway for an application form and further details:
businessgateway@cne-siar.gov.uk or phone us on 01851 822775.

GET IN TOUCH
Please get in touch if you would like to chat through your plans before entering.
A package of business support will also be available to help turn your business idea into a reality.

Tel: 01851 822775 | Email: businessgateway@cne-siar.gov.uk | www.bgateway.com

OUTER HEBRIDES YOUTH ENTERPRISE PROGRAMME (OHYEP)

- The Outer Hebrides Young Enterprise Programme (OHYEP) is financed by the UK Shared Prosperity Fund and administered by Comhairle nan Eilean Siar's Business Gateway Service. The scheme provides grant funding for entrepreneurs aged 18 – 35.
- The funding will be used for revenue costs only. Awards of up to £2,000 for full-time and £1,000 for part-time businesses are available. Applicants must also sign up to the scheme's package of support, which includes mentoring/aftercare and specialist 1:1 advice.

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.



There's a new way to get in touch with us! Contact us on WhatsApp!

HISA ADVICE SERVICE

INDEPENDENT IMPARTIAL

FREE



Available
Mon-Fri
9am-5pm



SCOTLAND'S DOMESTIC ABUSE & FORCED MARRIAGE HELPLINE

You text or Whatsapp us.
We text or Whatsapp back.
You can reply whenever you want to, or not at all.

07401 288595

BUTTERNUT SQUASH SOUP



Come in from the cold to a comforting bowl of autumnal squash soup. Adding a hint of chilli gives it a warming kick whilst crème fraîche makes it creamier

- Prep Time: 15 mins
- Cook Time: 50mins
- Difficulty: Easy
- Serves: 4
- Freezable
- Vegetarian

Nutrition (per serving) :-

Calories	Fat	Carbs	Protein	Fibre	Sugar	Salt
264	15g	28g	5g	6g	17g	0.16g

INGREDIENTS

- 1 butternut squash, about 1kg, peeled and deseeded
- 2 tbsp olive oil
- 1 tbsp butter
- 2 onions, diced
- 1 garlic clove, thinly sliced
- 2 mild red chillies, deseeded and finely chopped
- 850ml hot vegetable stock
- 4 tbsp crème fraîche, plus more to serve

DIRECTIONS

STEP 1

Heat the oven to 200C/180C fan/gas 6.

STEP 2

Cut the squash into large cubes, about 4cm/1½in across, then toss in a large roasting tin with 1 tbsp of the olive oil.

STEP 3

Roast for 30 mins, turning once during cooking, until golden and soft.

STEP 4

While the butternut squash cooks, melt the butter with the remaining 1 tbsp olive oil in a large saucepan, then add the onions, garlic clove and three-quarters of the chillies.

STEP 5

Cover and cook on a very low heat for 15-20 mins until the onions are completely soft.

STEP 6

Tip the butternut squash into the pan, add the stock and crème fraîche, then whizz with a stick blender until smooth. For a really silky soup, put the soup into a liquidiser and blitz it in batches.

STEP 7

Return to the pan, gently reheat, then season to taste. Serve the soup in bowls with swirls of crème fraîche and a scattering of the remaining chopped chilli.

CHICKEN PASTA BAKE



Enjoy this gooey cheese and chicken pasta bake for the ultimate weekday family dinner. Serve straight from the dish with a dressed green salad.

- Prep time: 30 minutes
- Cook Time: 45 Minutes
- Difficulty: Easy
- Serves: 6

Nutrition:

Kcal	Fat	Saturates	Carbs	Sugars	Fibre	protein	Salt
575	30g	14g	41g	9g	5g	33g	0.5g

INGREDIENTS

- 4 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- ¼ tsp chilli flakes
- 2 x 400g cans chopped tomatoes
- 1 tsp caster sugar
- 6 tbsp mascarpone
- 4 skinless chicken breasts, sliced into strips
- 300g penne
- 70g mature cheddar, grated
- 50g grated mozzarella
- ½ small bunch of parsley, finely chopped

DIRECTIONS

STEP 1

Heat 2 tbsp of the oil in a pan over a medium heat and fry the onion gently for 10-12 mins. Add the garlic and chilli flakes and cook for 1 min. Tip in the tomatoes and sugar and season to taste. Simmer uncovered for 20 mins or until thickened, then stir through the mascarpone.

STEP 2

Heat 1 tbsp of oil in a non-stick frying pan. Season the chicken and fry for 5-7 mins or until the chicken is cooked through.

STEP 3

Heat the oven to 220C/200C fan/gas 7. Cook the penne following pack instructions. Drain and toss with the remaining oil. Tip the pasta into a medium sized ovenproof dish. Stir in the chicken and pour over the sauce. Top with the cheddar, mozzarella and parsley. Bake for 20 mins or until golden brown and bubbling. .

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 you're 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

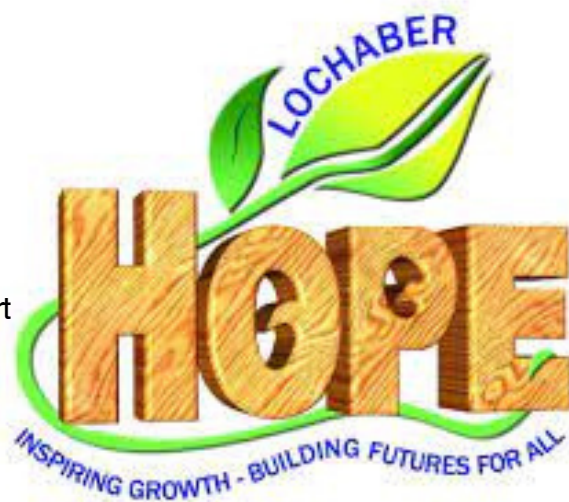
Catherine Kelso - Students Service Manager - catherine.kelso@uhi.ac.uk
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Rachel MacDonald - CECYP Support Worker - r.macdonald@cne-siar.gov.uk

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

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

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/>

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.

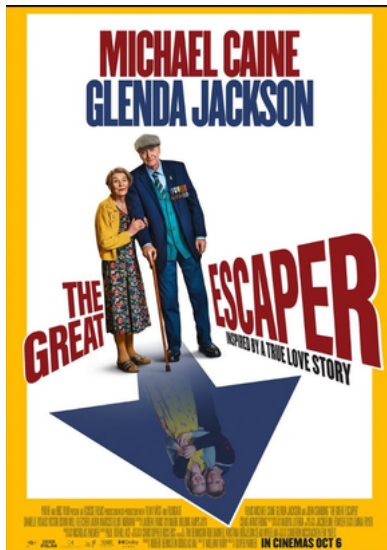
Why not pop by the hub and try one of their recipes or have a browse through the preloved items that have been donated?



NWH UPCOMING EVENTS



- **Every Thursday UHI Snowsports Club x Wolfhouse gym session 8pm (Fort William)**
- **Every Thursday Tabletop games club lunchtimes (Stornoway campus)**
- **2nd November Poppy crafting (Stornoway Campus)**
- **3rd November Leverburgh bonfire night 6.30pm (Leverhulme Memorial Primary School)**
- **4th November Chloe Steele charity album launch, 8pm (Uist- Talla an lochdair)**
- **9th November Public Seminars - 'I'm not a teacher': The changing roles of parents in Britain during the Covid-19 pandemic 5.30pm (online webinar- sign up via UHI events page)**
- **10th November School of Adventure Studies Open Day 11am-2pm (Fort William)**
- **15th November Open Evening Stornoway 5pm-7pm (Stornoway Campus)**
- **23rd November DYW Careers event 1-6pm (Liniclate school games hall)**
- **28th November Stornoway Christmas Light Switch on (Town Centre)**
- **30th November Public Seminars- Of Viking Ships and Harbours: Aspects of the 'Maritime Cultural Landscape' with Dr Sven Kalmring, National Historical Museums 7pm (online webinar- sign up via UHI events page)**



THE GREAT ESCAPER (2023)

- IMDB Rating: 7.4 Stars
- Director: Oliver Parker
- Writer: William Ivory
- Stars: Michael Caine, Glenda Jackson, Wolf Kahler
- Review from: Metro.co.uk

Sir Michael Caine and Glenda Jackson dominate *The Great Escaper* with their unflinching and heartbreakingly quiet portrayals of Bernard and Irene Jordan, an octogenarian couple caught up in a media frenzy when he makes his own way to France for the D-Day 70th anniversary commemorations.

Based on the true story from 2014 that stole headlines across the world, the film is added to with a fictional meaty side to both their relationship and Bernie's traumatic experiences from the war by screenwriter William Ivory.

The Great Escaper is very much about an ordinary couple who lived ordinary lives but set against the backdrop of the extraordinary experience of being drafted into a global conflict.

Caine is seen in a totally different and less glamorous light as the determined but slightly intimidated Bernie, who won't confront a group of local bikers for pushing rudely in front of him at a beachside kiosk near his care home.

His plan to go by himself to Normandy when he misses out on the organised trip is hatched and encouraged by his fierce and whip-smart wife, with Jackson stunning in a vanity-free performance as Rene, who might be failing in body but will absolutely make up for it in spirit.

Bernie's journey to France is shaped in a realistically haphazard way – he meets several people along the way who are happy to look out for him, in a recognisable portrayal of the veteran community.

A nod to the cost of more recent conflict is made with the character of Afghanistan veteran Scott (Victor Oshin), who lost his leg while serving. While it could be a little mawkish to have a relationship between the two build out of Scott's admiration for Bernie, the pensioner later stuns with his raw and honest advice for the struggling youngster.

There's also a camaraderie between Bernie and Arthur (John Stranding), an RAF veteran on his first trip to Normandy since the war, who team up for the commemoration, although both are struggling with their true motives and feelings over being in France. A lot of *The Great Escaper* rings true, and certainly in how it deals with the complicated emotional fallout from war, which is also dealt with during an encounter with German veterans in a pub in France.

However, its heart is provided by the relationship between Bernie and Rene, who have been joined at the hip for 70 years, with the ailing Rene lost in the memories of the early days of their romance while Bernie is away.

There's a bittersweetness to the film that is likely to be unexpected by many viewers, who could perhaps more easily imagine a light-hearted comedy from *The Great Escaper* over the unexpectedly complex and unflinching film that director Oliver Parker has actually delivered – and it's all the better for it.



DUNGEONS & DRAGONS: HONOR AMONGST THIEVES (2023)

- IMDB Rating: 7.3 stars
- Directors: John Francis Daley, Jonathan Goldstein
- Writers: Jonathan Goldstein, John Francis Daley, Michael Gilio
- Stars: Chris Pine, Michelle Rodriguez, Rege-Jean Page
- Review From: Metro.co.uk

Blame Stranger Things. The smash Netflix show made Dungeons & Dragons cool again – OK, more like cool for the first time ever.

Which means we now get this new franchise-starting spin-off, which unlike previous doomed attempts to translate the multi-sided-dice role-playing fantasy game to big screen (the 2000 effort starring Marlon Wayans and Jeremy Irons is considered one of the worst films of all time), blessedly doesn't take itself at all seriously.

Chris Pine works his charm as Edgin, a wise-cracking former law enforcer turned thief. His gruff partner in crime is Holga the Barbarian (Michelle Rodriguez, as another 'tuff' girl in the mould of Tessa Thompson in Thor).

The duo are on the run from the law. Their quest is to get hold of a magic 'resurrection tablet' that could bring Edgin's dead wife back to life and reunite him with his daughter.

They're aided by a gang of sidekicks, including Justice Smith's timid sorcerer and Sophia Lillis's pointy-eared shape-shifter.

The camp tone is tongue-in-cheek and family-friendly – more Shrek than Assassin's Creed. Homage and affectionate parody in equal parts, the plot is meandering and stuffed with lore. The many McGuffins drag it out to an unnecessary 134 minutes that lack urgency and propulsion.

Luckily, the cracking ensemble cast are charismatic, even if they play entirely to type. Hugh Grant as a film-stealing vain villain isn't exactly a stretch. And Bridgerton's Regé-Jean Page is hilarious as straight-man Xenk the Paladin.

As franchise ensembles go, this can't quite measure up to Guardians Of The Galaxy or The Avengers – the originality isn't quite there and the one-liners don't really land. But the production design is super and the camaraderie has chemistry.

A day after the premiere, I struggled to remember any of it, except that I had a good time. And as popcorn movies go, that's no bad thing.



EVENTS AROUND STORNOWAY

TONG BONFIRE AND FIREWORKS



Saturday 4th November
Bonfire lit at 6pm

Come on down and get cosy by our biggest bonfire ever while enjoying a burger or hotdog before watching our fireworks display
All children under 16 **MUST** be accompanied by an adult.
Donations bucket at gate.

TOLSTA COMMUNITY BONFIRE



Saturday 4th November at 6:30pm
Firework Display between 7pm and 7:30 pm
Burgers, sausages and hot drinks will be available.
Baking donations gratefully appreciated.
Under 16's must be supervised by an adult

Generously funded by TCDL

Knit 'n Natter

Tuesdays 1-3
Back Community Hut

For beginners to experienced knitters.

Free to attend and all knitting materials provided!

Come along for a cuppa and a blether!



Feeling the need to get crafty ?
Want some company?
Come join the back Knit 'n Natter group!

All skill levels are catered for and knitting supplies are all provided!

COME TOGETHER COMMUNITY GROUP

Meeting each Tuesday from 1-3pm at Back Community Hut, this group is for getting to know and catching up with others in the community.

There are a variety of activities on offer but we want to hear from you what you'd like to do on a Tuesday afternoon, and this can vary from week to week.

So pop along on Tuesdays for a cuppa and a blether and we'll take it from there!

Have your say in what activities are on offer in the local area of Back.
Pop along for a cuppa and a chat and catch up with old friends and new.

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

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

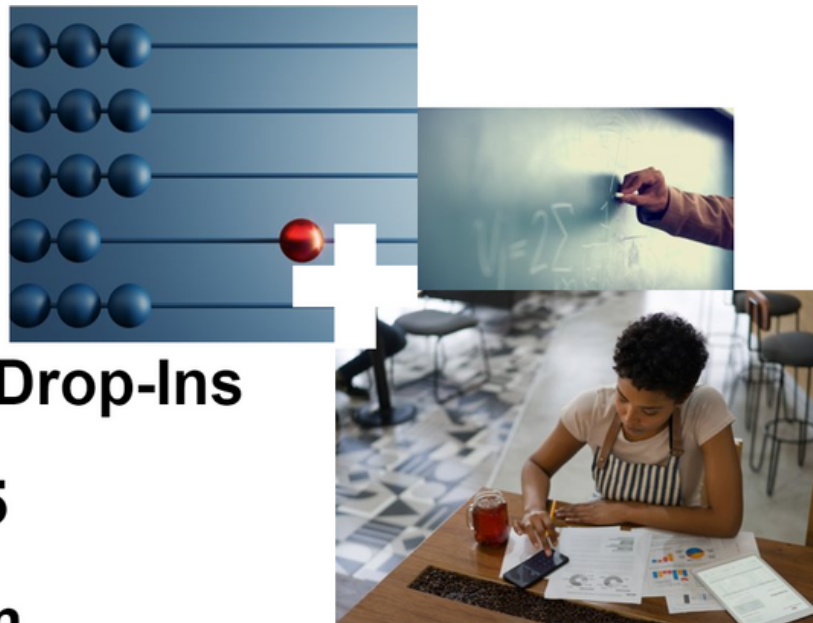
Numeracy/Maths

Learning Support Drop-Ins

Thursdays in C205

11:15am – 01:15pm

Stornoway Campus



BOOK WEEK

Book Week Scotland



Book Week Scotland is an annual celebration of books and reading that takes place across Scotland. Book Week Scotland – now in its twelfth year – is an annual celebration of books and reading that takes place across the country in November. During Book Week, people of all ages and walks of life come together to share the joy of reading. Together with Scottish Book Trust's curated programme, our partners deliver hundreds of unique, exciting events and activities that celebrate the transformative power of reading. They are joined in this celebration by Scotland's authors, poets, playwrights, storytellers and illustrators to bring a packed programme of events and projects to life. Book Week Scotland would not exist without the creativity and dedication of its partner organisations. Their focus on providing bold, inspiring events and activities for their communities embodies the spirit of the week, building on its success and reach across Scotland year after year.

Looking for something new to read? Have a look through our book recommendations!

RECOMMENDATIONS

From Cosy Fantasy to Murder Mystery, there is something for everyone

- **Colour of Magic** - Terry Pratchett

In the beginning there was... a turtle. This is where The Discworld begins...

- **The Name of the Wind** - Patrick Rothfuss

So begins the tale of Kvothe

- **Legends and Lattes** - Travis Baldree

High fantasy, low stakes - with a double-shot of coffee.

- **American Gods** - Neil Gaiman

After three years in prison, Shadow has served his time.

- **The Last Unicorn** - Peter S Beagle

If men no longer know what they are looking at, there may well be unicorns in the world yet, unknown and glad of it.

- **Behind the Seams** - Dolly Parton

A beautifully illustrated celebration of Dolly Parton's iconic sense of style

- **Lessons In Chemistry** - Bonnie Garmus

Your ability to change everything - including yourself - starts here

- **Murder at the Vicarage** - Agatha Christie

Anyone who murdered Colonel Protheroe, 'declared the parson, brandishing a carving knife above a joint of roast beef, 'would be doing the world at large a service

- **The Pumpkin Spice Café** - Laurie Gilmore

When Jeanie's aunt gifts her the beloved Pumpkin Spice Cafe in the small town of Dream Harbor, Jeanie jumps at the chance for a fresh start away from her very dull desk job.

- **Tom Lake** - Ann Patchett

As Lara recalls the past, her daughters examine their own lives and relationship with their mother, and are forced to reconsider the world and everything they thought they knew.



Anti-Bullying Week 2023: Make A Noise About Bullying

Anti-Bullying Week 2023 is coordinated in England, Wales and Northern Ireland by the Anti-Bullying Alliance. This year it has the theme 'Make A Noise About Bullying' and will take place from Monday 13th to Friday 17th November. The week will be kicked off with Odd Socks Day on Monday 13th November, where adults and children wear odd socks to celebrate what makes us all unique.



The theme of Make A Noise About Bullying came about following consultation with teachers and pupils by the Anti-Bullying Alliance which coordinates Anti-Bullying Week every year in England, Wales and Northern Ireland. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Following the success of the campaign in 2022 – when 80% of schools marked the week, reaching over 7.5 million children and young people – Anti-Bullying Week will remind everyone whether it's in school, at home, in the community or online, we can bring an end to bullying.

Our call to action:

Too often, we are silent when we see bullying take place, silent about the hurt bullying causes, and silent when we hear bullying dismissed as 'just banter'. It doesn't have to be this way.

Of course, we won't like everyone and we don't always agree, but we can choose respect and unity.

This Anti-Bullying Week let's come together to have discussions about what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying. Together, we can make a difference and take a stand against bullying.

From the playground to Parliament, and from our phones to our homes, let's make a noise about bullying.

How can you Make A Noise About Bullying?

As usual, schools will be able to download free teaching resources and themed assemblies. These will focus on the activities we can take to encourage young people to consider what bullying means to us, how banter can turn into something more hurtful, and what we can do to stop bullying.

Anti-Bullying Alliance patron, CBBC and CBeebies star Andy Day is leading celebrity support for the campaign, with his band Andy and the Odd Socks. The band will record and release a toe-tapping song to mark Odd Socks Day on the first day of Anti-Bullying Week. There's a serious message behind the fun: let's pull on odd socks to show we're ALL unique and different, and let's be kind to each other and respect each other's individuality.

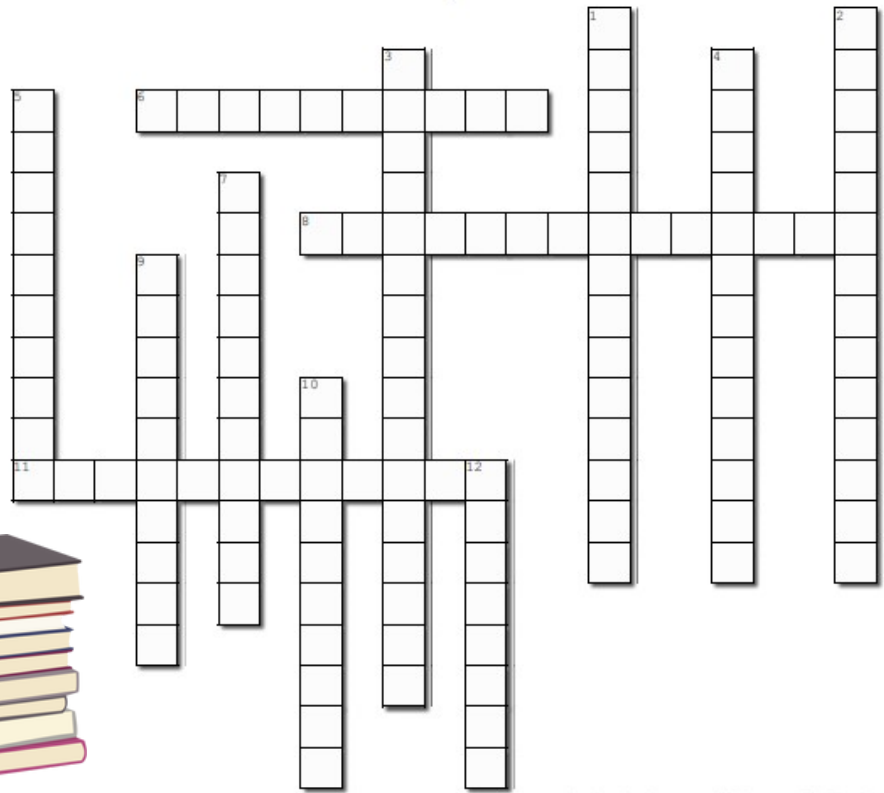
For older children, the buzz on social media is an important part of Anti-Bullying Week, and a great opportunity for schools to share how they've embraced the anti-bullying message. It's easy to get involved via #AntiBullyingWeek and #MakeANoise on Instagram, TikTok, Facebook and Twitter.





Literature

To celebrate National Authors Day (Nov 1st) and Children's Book Week (Nov 6th-12th) put your book knowledge to the test!



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 6. Book series created by R. L. Stine
- 8. The pirate novel written by Robert Louis Stevenson (8,6)
- 11. Author of the dystopian novel 1984 (6,6)

Down

- 1. Author of Oliver Twist (7,7)
- 2. Famous children's writer know for The Gruffalo (5,9)
- 3. Emily Brontë's gothic novel (9,7)
- 4. Novel about a friendship between a pig and a spider (10,3)
- 5. Stephen King novel set in the Overlook Hotel (3,7)
- 7. Leo Tolstoy's masterpiece of over 1200 pages long (3,3,5)
- 9. Where does Alice's Adventures take place in the Lewis Carroll novel?
- 10. Author of Frankenstein (4,7)
- 12. Hunter S. Thompson novel 'Fear and Loathing in...' (3,5)

Bonfire Night

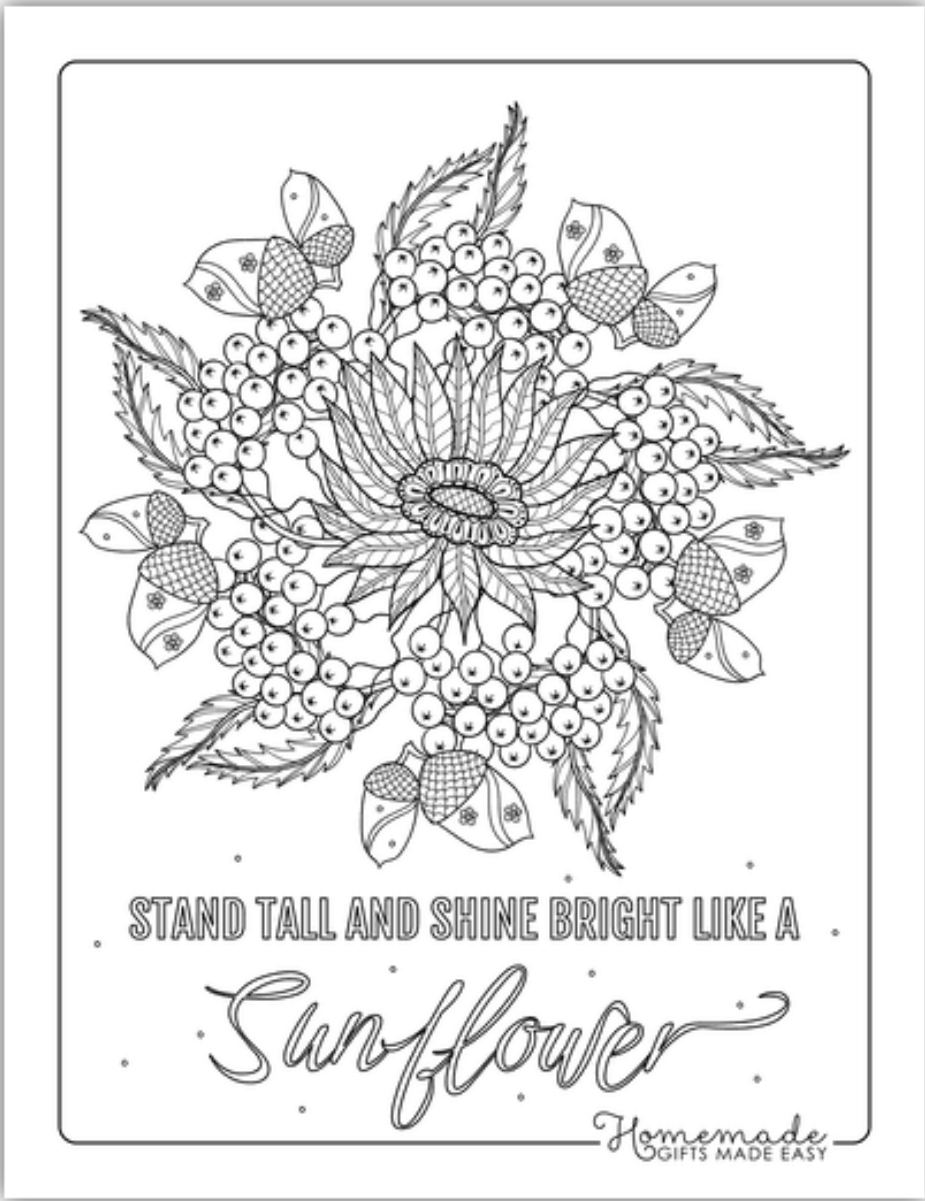
N	L	C	E	I	S	P	A	R	K	L	E	R	S
N	O	L	E	N	F	H	X	I	U	O	K	H	A
R	S	R	N	H	R	H	S	A	L	F	S	O	B
H	F	I	R	E	C	R	A	C	K	E	R	C	O
F	L	E	T	N	O	R	R	A	F	L	A	B	N
T	O	F	F	E	E	A	P	P	L	E	S	P	F
S	N	O	I	S	O	L	P	X	E	R	E	N	I
R	T	E	H	O	E	B	A	N	G	E	R	T	R
O	H	O	T	C	H	O	C	O	L	A	T	E	E
C	L	E	E	H	W	N	I	R	E	H	T	A	C
K	R	O	M	A	N	C	A	N	D	L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

- HOT CHOCOLATE
- EXPLOSIONS
- SPARKLERS
- BONFIRE
- TOFFEE APPLES
- ROMAN CANDLES
- FLARE
- FIREWORKS
- COLOURFUL
- CATHERIN WHEEL
- BANGER
- ROCKETS
- FIRECRACKER
- FLASH

Play this puzzle online at : <https://thewordsearch.com/puzzle/6279177/>

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

PUZZLES



Colouring in is not just for kids! It is a great way to reduce stress, clear the mind and it's also fun! So print off this page, grab some vibrant coloured pens or pencils and spend some time relaxing and colouring.

Top Tip! Have yourself a calming cup of tea while colouring for that extra relaxation.



Autumn

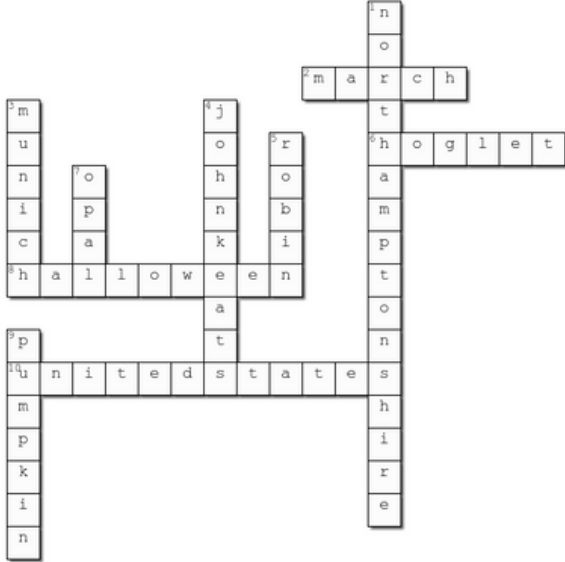
Last Month's solutions

I	S	P	I	D	E	R	S	P	G	S	L	H	T
S	S	T	H	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
H	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	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

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

Horror Movie Quiz Answers

1. Robert Englund
2. Dracula by Bram Stoker
3. 1974
4. Wes Craven
5. A four-leaf clover
6. Rob Zombie
7. 12 hours
8. Ghostface
9. 2007
10. A Good Guy doll
11. William Shatner
12. A television
13. Friday the 13th
14. Bela Lugosi
15. Charles Lee Ray
16. Antarctica
17. Leatherface
18. The Nostromo
19. Alfred Hitchcock
20. A zombie outbreak



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 WITH UHI:**

 **INSTAGRAM: @UHI_NWH**

 **TWITTER: @UHI_NWH**

 **FACEBOOK: @UHNWHEBRIDES**

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

 **STAY CONNECTED WITH YOUR STUDENT ASSOCIATION:**

 **INSTAGRAM: @YOURSANWH**

 **TWITTER:**

@YOURSTUDENTSASSOCIATION

 **FACEBOOK: @YOURSAAUHI**

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