

# THE Resident



UNIVERSITY OF THE  
WEST of SCOTLAND

UWS

April 2025

# Sanitary Products... Are you still paying?

Look out for Daisy!



**Where you see a daisy, free sanitary products are stored.**

You can find Daisy at the following locations:

**Paisley Residences:** In the accessible bathroom, block 2, near the laundry room

**Ayr Residences:** In the laundry room

Why pay when you can get them for free? Pick up what you need, when you need it

**[uws.ac.uk/FreeisFabulous](https://uws.ac.uk/FreeisFabulous)**

## WELCOME

I hope you are settling in well to your stay in our residences. Our dedicated team are always on hand to make your stay an enjoyable one. We are here primarily for your comfort and safety so please feel free to reach out to us with any questions you might have or if you need our support. Our team are onsite 24 hours a day, seven days a week. You don't need to make an appointment – just drop in and see us and we'll be happy to help.

We want you to make the residence your home away from home and when you leave university we want you to not only have the qualifications you came for, but lifelong friends as well.

Each month we prepare The Resident magazine to provide you with the latest updates on what's happening within the residences and the wider university. I hope you enjoy reading this edition.

Best wishes,

*Gabriella*

(Gabriella Pacitti, Residences Operations Manager)



## Here to support you...

**Available 24 hours a day,  
365 days of the year!**

**UWS Ayr Residences**

☎ 01292 886 316

✉ [accommodation@uws.ac.uk](mailto:accommodation@uws.ac.uk)

**UWS Paisley Residences**

☎ 0141 848 3159

✉ [accommodation@uws.ac.uk](mailto:accommodation@uws.ac.uk)



# What's on?



## HELP

### MOTHER CLUCKER

#### FIND HER CHICKS!

We are appealing for witnesses to return the chicks to their nest to flourish and grow! Help reunite Pippa Middlehen, Tracey Beaker, Princess Layer, Yolk-O Ono, Luke Skysquaker, Cluck Norris and Gregory Peck.

Chicks were last seen hiding in Residences. Help bring them back to Mother Clucker and bring any chicks you find to reception to claim your lost and found reward.

T&Cs: Only one chick per person. Chicks must be returned to Residences reception in order to claim your prize.

**Monday 14th – Friday 18th April**

 **@UWSresidences** 

# EGG-CELENT PAINTING!

**Tuesday 15th April | 7pm | Common Room**

Join us for a relaxing evening of creativity at our Easter egg painting night!

All resources provided



# What's gone?

## University Mental Health Day – Pot a Plant!

Students could drop by reception and plant their own sunflower seed to take away with them. Why look after a plant?

- Plants promote mindfulness
- They remind us we also need care
- They show us our actions have power
- They show us the importance of the little things
- They remind us of our link to nature



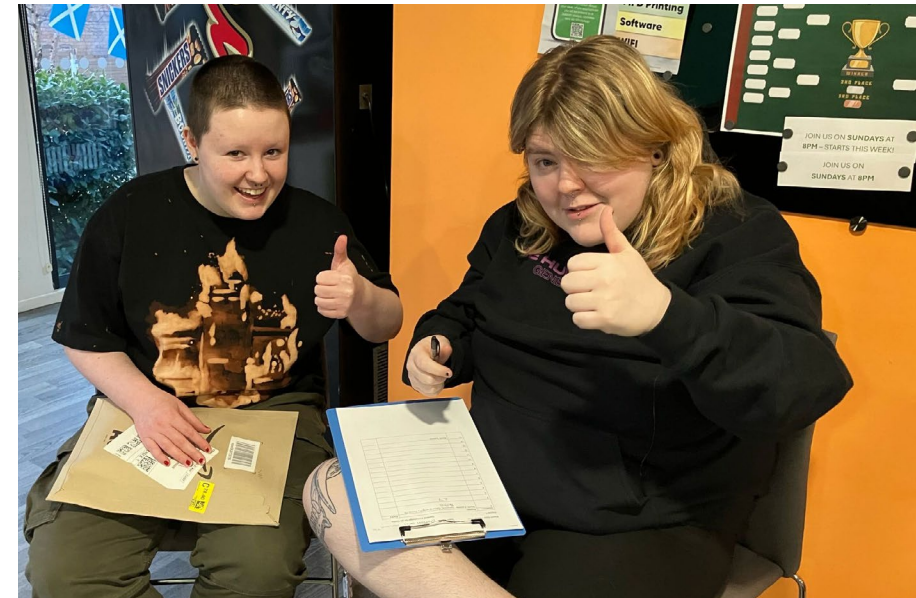


# National Crisp Day!

Did you pick up your packet of crisps?



# Quiz and games nights at Residences!





# St. Patrick's Day at UWS Residences!

We had a Skittle challenge at UWS Residences!  
Congratulations to David and Callum, our winners!

Celebrate this popular national Irish day

**17<sup>th</sup> March**

*St. Patrick's Day*

**Take part in our ResLife competition!**

**Can you guess how many skittles are in the jar?**

Write your guess and contact details down  
and the closest guess wins the whole jar!



UWS  
RESLIFE

@UWSResidences

UNIVERSITY OF THE  
WEST of SCOTLAND  
UWS

## Brodie's Bike Project Fundraiser



On Wednesday 12th March, we held a Brodie's Bike Project Fundraiser across Paisley, Ayr and Lanarkshire campuses. Students and staff were invited to hop on a bike and cycle as many miles as they could. Together, we cycled an amazing 224 miles!

During the event we had opportunities to donate to Brodie's Bike Project. Our Brodie's Bike pick'n'mix were also on sale, the proceeds of which go towards Brodie's Bikes.

Thank you to all who supported the event!

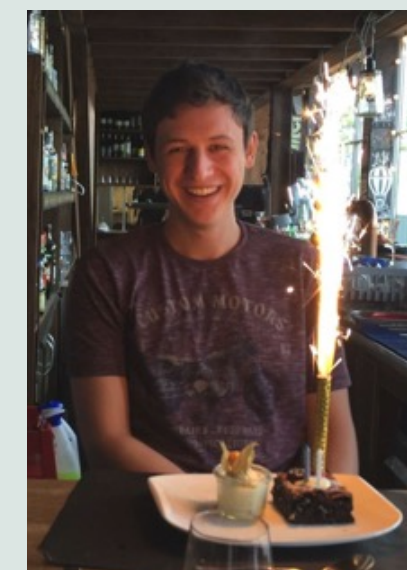
Keep an eye out for the next fundraiser!

### What is the Brodie's Bike Project?

The Brodie's Bike Project was set up in memory of UWS student Brodie, who passed away in 2016. Brodie loved to cycle, and his family kindly donated bikes and equipment to enable UWS students staying at the residences easy access to go on a bike ride.

The project is to inspire students to take time out of their busy university schedule, to get into nature and support their mental health. The bikes also help students get to classes, placements, and about town.

The project started in Ayr with 2 bikes, and through the hard work of colleagues and Brodie's family we have been able to further enhance the project to a fleet of bikes available at both Ayr and Paisley residences, and it continues to grow.



### How to donate

Scan the QR code to donate to the Brodie's Bike Project  
Or text BRODIE to 70480 to donate £3.

Texts will cost the donation amount plus one standard network rate message.





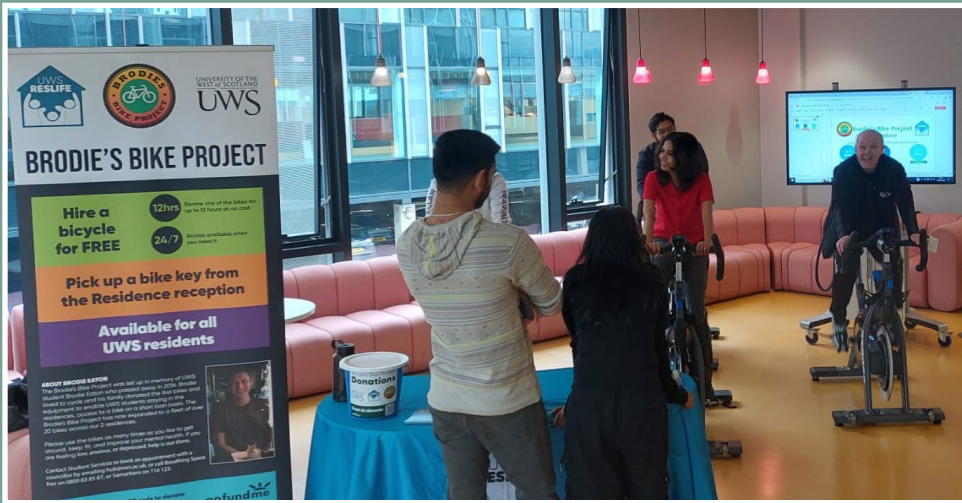


## Latest addition to the Brodie's Bike Fleet!

The Kirkcaldy Police Station reached out to donate bikes to Brodie's Bike Project.

After a ResLife trip, we came back to UWS with 25 bikes to add to the fleet!

The bikes will be repaired, receive their Brodie's Bike branding, and will be ready for use for term 1 of 2025/26.



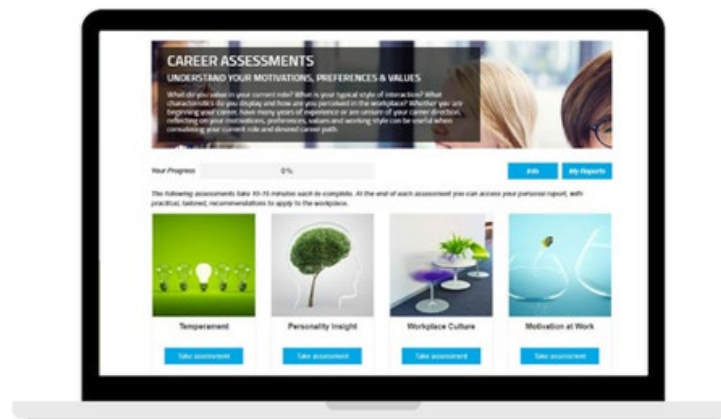


# INTERACTIVE CAREER TOOLS



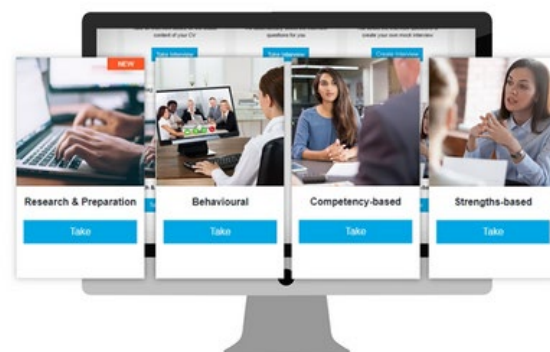
**Did you know there are interactive tools on the Careers Service Website?**

Self Discovery Tools to help you with understanding yourself and exploring career options.



CV360

Upload your CV to get immediate feedback.



Interview360

Practice answering common interview questions and receive feedback.

**Visit the Careers Website to check these tools out!**  
**Log in at: [uws.ac.uk/careers](https://uws.ac.uk/careers) or scan the QR code.**



# Are you looking for ways to get involved in the ResLife community?

**Do you enjoy social events?**

**Maybe you're doing a course in Events Management?**

**Or are you looking for something to boost your CV?**

**What does being an Eventeer involve?**

Being an Eventeer involves being part of a team that helps to develop the community life in the Residences through events and projects that better the experience of the students living here. It is a flexible role that can be worked around your studies, as much, or as little, as you can. Some of the things you could get involved in include:

- Bringing forward ideas for events or projects that could be put in place in the residences
- Supporting communication and sharing of information between the ResLife team and the residents
- Planning and helping with the setting up of events
- Attending events to assist in the smooth running of the activities
- Assisting in projects to improve the living experience of the residents, such as befriending

**Looking for something to enhance your CV?**

Being an Eventeer can be used to apply for the Volunteer Recognition Award (VRA). Visit the UWS Careers and Academic Skills web page for more information and VRA registration forms. If you would like to be an Eventeer, send an email to [grace.thomson@uws.ac.uk](mailto:grace.thomson@uws.ac.uk) or drop into reception.



# Wellbeing support for Residents

We all need help sometimes, and the UWS Wellbeing Team understand that being a university student can heighten anxiety due to many factors. Here are some common issues that students have shared with us and some practical suggestions on how to help reduce your anxiety.

- **Academic Pressures** – Challenging coursework and deadlines. (Speak directly to teaching staff or the Academic skills team to discuss what you need to progress and overcome your situation)
- **Performance expectations** – Weight of pressures from self, family, and peers. (Be honest and realistic with yourself, ask for help if you are struggling, hiding issues can increase anxiety)
- **Social Challenges** – Meeting new people, forming friendships, participating in social events, and having concerns about fitting in can be daunting. (Try to go outside your comfort zone by getting involved with class groups, university events, student societies or join a UWS sports team)
- **Financial Concerns** – Accommodation costs, daily expenses, juggling part-time jobs with studies are common pressures for many students. (Make an appointment to speak with our Funding and Advice Team for guidance about budgeting and finances)
- **Time pressure** – Anxiety from time constraints can come from many sources, i.e. friends, family, workplaces or by getting distracted by the many digital platforms. Try these strategies to get on top of your time management – (Prioritise what you NEED to do ahead of what you WANT to do. Stop being a people pleaser, learn to say NO to others respectfully and YES to respecting yourself. Set time limits on digital devices. Schedule time 'Me' time daily, make your self-care a priority)

*'Start where you are. Use what you have. Do what you can' – Arthur Ashe*

## The Counselling team wish to reassure you that we are here to support Resident students throughout your academic journey.

At UWS our counselling model, means instead of signing up for a block of counselling sessions, you book your counselling appointments on a session-by-session basis. This model allows our service to be more accessible, have no waiting lists and we are available when you are ready to speak with us.

This appointment cannot influence any request for an appeal, resit, or visa extension.

Please contact the Hub on WhatsApp – 0141 848 3998 or visit [uws.topdesk.net](https://uws.topdesk.net) and click to sign into the self-service portal with your Student ID and password to request a counselling appointment. Your issues do not have to be related to your studies, the service is confidential, staffed by professional counsellors and free to UWS students.

# UWS Student Out of Hours Helpline

University of West Scotland have teamed up with Health Assured to provide a confidential support line for UWS students.

If you require emotional support between 5pm – 9am weekdays or 24-hours over the weekend, UWS students can call **free** on **0800 028 3766** to speak to a professional counsellors who can help you with personal or student-related problems.

Counselling appointments available:

**Mon–Fri, 9am to 5pm  
by contacting The Hub**



**silvercloudhealth.com**

SilverCloud is a website with courses you can do to improve your mental wellbeing. You can learn new ways to deal with the challenges you're facing. It's designed by clinical experts and supported by the NHS and Scottish Government.

SilverCloud is secure, supportive, free from stigma and flexible so you can do a course at your own pace.

SilverCloud is free, and you'll need an email address to sign up.

**SilverCloud. Making Space for Healthy Minds**  
([silvercloudhealth.com](https://silvercloudhealth.com))



**Scan QR Code  
to sign up**



# Reading for Wellbeing: what is it all about?

'Reading for Wellbeing' can be defined as reading self-help books to help you tackle problems you may be facing at a particular time in your life. It involves reading specific books or e-books which are relevant to your situation.

The Counselling Team has found a list of books and e-books that are available from the University Library that you might find helpful. There are over 20 topics, including anxiety, stress, depression, bereavement, and relationships. Why not have a look at the list to see whether there is a book that might help you?

Reading self-help books could be the first step you take to get support with the issues you are facing. They can help you feel that you are not alone, and that you are not the first or last person likely to face these problems. Scan QR code to find books:



Scan to find the  
Wellbeing reading list



## How Funding & Advice Team Can Help You



Whether you are worried about rent payments or planning for summer, the Funding & Advice Team are on hand to help. Don't be afraid to ask for support. You can email the team on [fundingadvice@uws.ac.uk](mailto:fundingadvice@uws.ac.uk) or you can book an appointment via the HUB. If you click on the links below you can:

- Find out more about available funds on offer
- Access a wide range of money advice on lots of different topics
- Find out more about the team and how to contact us



[Additional funding](#)

[Money & Debt Advice](#)



[Confidential Advice & Guidance](#)

And a whole lot more....



**International students - do you know that you can access an extensive range of international student support resources, 24/7?**

See the [International Student Support SharePoint page](#) for comprehensive advice and information including how to contact the team (note that you must sign in to your UWS Microsoft 365 account to access the SharePoint site).

Also, see the [International Student Support Events page](#) for information on all upcoming sessions for international students.

The events page includes dates of upcoming on campus **Drop-in Sessions** where you can come along and chat with a member of the team without having to pre-arrange an appointment as well as dates and joining information for upcoming **Student Visa Information Sessions** and the **Graduate Route Visa Information Sessions**.

The UK Government has replaced physical immigration documents with digital proof of immigration status called an #eVisa. If you use a BRP, BRC or visa vignette in your passport to prove your rights in the UK, go to [gov.uk/evisa](https://gov.uk/evisa) to find out what you need to do.

**International Student Support SharePoint**



Student  
Services



International Student Support

International Student Drop-in Session  
Paisley Campus

**Need to speak to the International Student Support team?**

**Come along and get answers to your questions:  
Tuesdays or Wednesdays  
12 – 1pm | in the HUB**

Check availability on the UWS events calendar at [tinyurl.com/uwsdates](https://tinyurl.com/uwsdates)

Would you like the opportunity to stay with a British family and find out more about the Scottish / UK culture and traditions? HOST promotes international friendship and understanding by arranging for international students at UK universities to meet UK residents in their homes.

See [www.hostuk.org](https://www.hostuk.org) to find out more about this exciting opportunity and if you have any questions, see the [International Student Support SharePoint page](#) for information on how to contact the team (note that you must sign in to your UWS Microsoft 365 account to access the SharePoint site).

**Q & A** International Student Support

Quick appointments for general queries  
on Microsoft Teams

**(Immigration, Travel, Work)**  
**Available weekdays**

**Bookings 24/7 at:**  
<https://tinyurl.com/uwsqa>  
**Choose the date/time that suits you!**

Student  
Services



International Student Support



**'Discover Scotland' with the International Student Support Team**

UNIVERSITY OF THE  
WEST OF SCOTLAND  
**UWS**

Student  
Services



International Student Support

**Stirling Castle**  
**Wed 30 April 2025**

UWS Discover Scotland trips are a great way to take a break from your studies, meet other UWS international students and see more of Scotland.

**Places are limited - book your  
ticket today (£18), via the UWS  
online store - [shop.uws.ac.uk](https://shop.uws.ac.uk)**

Any questions?  
See [tinyurl.com/uwsintadv](https://tinyurl.com/uwsintadv)  
for information on ways to contact the  
International Student Support Team.



UWS 'Discover Scotland' day trips are a great way to take a break from your studies, meet other UWS international students and see more of Scotland.

**The first day trip of 2025 - Stirling Castle, Wednesday 30 April.**

Tickets are available to purchase from the UWS Online Store at a cost of just £18 – this price includes return transport and entry to Stirling Castle and represents great value for money.

Explore one of Scotland's most famous castles with other UWS international students and the International Student Support Team. See the International Student Support SharePoint event listing for full information.





## Alumni Interview: Graduates Raise a Glass to Their One-year Anniversary at Isle of Cumbrae Distillers

Two University of the West of Scotland (UWS) graduates are about to celebrate one year as Managing Directors at Isle of Cumbrae Distillers after packing their bags and moving to Millport, following a chance meeting.

We caught up with married couple Caroline Christie and Struan Fraser, both UWS alumni, who became Managing Directors of the Distillery in April 2024, to tell us more about their journey and plans for the future.

### How did you become Managing Director of Isle of Cumbrae Distillers?

The distillery was founded by five ladies who came out of retirement to create the distillery, and they had a five-year plan to go back into retirement once the five years were up.

We bumped into Juli – one of the founding ladies – in Largs when she was promoting the distillery. I fell in love with the story and romance of it all and we were talking to her about our experience in the spirits industry, careers etc. when she invited us for a tour of the Distillery.

We went over and she sat us down afterwards and asked if we wanted to run a gin Distillery on the Isle of Cumbrae and before you knew it, we had packed our bags and started our life in Millport!

Caroline and Struan with the distillery founders in April 2024



### What is Isle of Cumbrae Distillers and what products do you make?

Isle of Cumbrae Distillers is a quaint shop and Distillery located in the town of Millport on the Isle of Cumbrae. We make small batch hand crafted gin onsite using our 100 litre still and all gin production is done onsite by Struan, myself and our small team.

We currently have 4 core gins, with plans for more on the way and have introduced whisky into Isle of Cumbrae Distillers from our previous whisky experience.

Our gin Maura won a Silver award for the 'Best London Dry Gin of the Year' at the Scottish Gin Awards. Other accolades include: awards at the International wine and spirits competition; Global Gin Masters and London Spirits Awards; as well as Trip Advisors Travellers choice award for a couple of years in a row, this makes us in the top 10% of things to do in THE WORLD!

### Tell us about your time at UWS

Caroline – I attended UWS twice, once as a teen and as a mature student. I grew up in Cumnock, a small town in the East of Ayrshire, and my career advisor mentioned UWS and an opening on an events management course in Paisley. This seemed terrifying and so far away but I applied anyway and loved every minute of my degree.

The modules were interesting and engaging and I went on to have a career in events. I became an event coordinator and supervisor for various hotels and venues around Glasgow. I then worked within the Whisky industry... then lockdown hit, redundancies happened, and I decided I'd like to learn more about psychology. I've always been fascinated by the subject and thought,



I'm going to go for it, lockdown has been tough on so many people, so let's take this chance. I applied and got in, taking Struan with me...

Struan – I've attended university both as a teen/young adult, as well as being more mature (compared to the first time round). UWS is a place which offered a variety of courses and locations to study, though during my time here it was during Covid so we were all doing our best to learn online. Despite having the entire year spent on Teams, I feel the lecturers couldn't have done a better job of adapting to such strange times.

University is something that challenges you, helps you grow and really makes you expand your stretch zone, whether that's speaking up in class, or learning about something completely new... statistics certainly aren't my thing but somehow I made it through the MSc dissertation with my sanity intact. The time spent at UWS really helped me grow in confidence and refine skills which have helped me in my working life. I didn't pursue a career in psychology, but it is a course which opens up all kinds of avenues and allows you to see direction which you couldn't before.

#### **Tell us about your experiences since leaving the University**

Caroline – after completing my Master's I further studied counselling skills and worked for a counselling organisation. Big life events happened and I choose to side step into the spirits industry where both subjects of my degree came in very handy in cask sales.

Struan – gaining an MSc in Psychology at UWS opened up all kinds of avenues in both my working life and just opening up my mind in general. After gaining the MSc I went back to the working world in sales roles in new and exciting industries and now run a gin distillery. If I didn't have my mind opened to see the world in UHD then I'm not sure I would be on my current trajectory.

#### **What plans do you have for the business?**

Oh, we can't reveal too much. Keep an eye on our social media and newsletters for business plans, new products etc.

Our immediate plans are to work with people in the local community and local charities, though we do plan to get our product out there into a more national marketplace.

#### **Any events planned for this year and how do we find out more about Isle of Cumbrae Distillers?**

We have tours on every Friday, Saturday and Sunday throughout the summer and tastings available every day at the Distillery.

We have a partnership with the Waverley and quite often go on board to do tastings. We also have an upcoming partnership with a local Ayrshire charity, which will be announced in April.

We are currently still finalising our event calendar for this year, so far will be attending Geraldo's in Largs to do a tasting on April 19th and attending Ballantrae food and Drinks festival in August.

If you could offer one piece of advice or top tip to recent graduates, what would it be?

Caroline – If you have a dream job / life that you desire, don't put it off, don't wait till the perfect time...NOW is the perfect time.

Struan – When opportunity presents itself, grab it with both hands and see where it takes you... also do your best to be mindful and be in the moment. It is a hard thing to do these days to be mindful, but it is a very powerful skill to keep calm and level headed amongst the noise of the world in 2025 and beyond.

#### **What drives you on**

Caroline – Struan and I motivate each other very well and work great together. I am also fortunate enough to have amazing friends in my life that empower and help keep motivation.

Struan – Working with my wife is very motivating. I mean that in the best way possible. We are both passionate about what we do not only in our working life but in our free time as well, often having these explosions of ideas which gets us really excited about what's coming next.





# UWS Sport

From St Andrews to Ayr, it was a busy West Weekend for our athletes who were competing across Scotland.

Team UWS got off to a golden start as UWS Sport Scholar Matthew Sweeney dominated the mats at the SSS Judo Championships. Matthew took down a host of competitors on his way to claiming the Gold Medal and the Scottish University Judo National Champion title at the SSS Judo Championships in St Andrews.

The Scottish Student Sport Games hosted 6 sports across 3 cities with 1,000 students participating. UWS Sport Scholars Jamie Connor and Sophie Evans clinched the bronze medals in the 1500m and 200m respectively at the SSS Indoor Athletics Championships. Murray MacGregor took home 100m Freestyle bronze at the SSS Swimming Championships. In Dundee, Logan Kidd and Zara Kirkwood represented the West region in Wheelchair Basketball, joining our 3x3 Basketball Men's team Alex Crisiu, Andrew Read, Baraa Fadel and Josh Jones at the SSS 3x3 Basketball Festival, with both teams taking home the bronze.

More Scholar success saw Toni Woods, Mathew Waring, Brooke Stalker and alumni Jack MacGregor take on the Badminton Scotland National Championships across both singles and doubles events. Coming off the back of their successful end to the 2024 season, the team of players brought home a collection of medals between them.

The first competition of the year for archery saw Scholars Olivia Kendal and Victoria Otterson competing at the West of Scotland Archery Championship alongside Team UWS Sports President Freya Rennie and many other Team UWS Archery alumni. Competing against some tough competition from across the UK, collectively our archers finished the weekend with three championship titles and a selection of medals.

***Congratulations to all our athletes for another successful West Weekend.***

***Lets Go West!***

# Positive Habits

## Strength & Energy: Kickstart Your Fitness Journey

It's a great time to reset, refocus, and reignite your fitness routine. Whether you're aiming to build strength, boost endurance, or simply feel more energised, now is the perfect moment to take action. Every new day is an opportunity to make progress – so why not make it count? Set fresh goals and leave the past behind. No matter where you're starting from, we're here to support you every step of the way. This could be the time you make your fitness journey stronger than ever.

## Full Body Burn: Challenge Your Entire Body

Start your fitness journey strong with Full Body Burn – a high-intensity class designed to challenge your entire body. In just 30 minutes, you'll combine bodyweight movements and strength training to improve endurance, agility, and overall fitness. Plus, these high-intensity workouts are great for boosting metabolism, so you'll keep burning calories long after the session ends. Whether you're starting a new routine or looking to take your fitness to the next level, this class is for you. Join us, feel the energy, and embrace a healthier, more powerful version of yourself.

## HOW TO BOOK

Call: 01292 886281 | Message us on Facebook

Let's make this your fittest year yet!

## UWS AYR CAMPUS GYM



20 mins (18:00 every weekday) A functional fitness class inspired by the HYROX competition format, which combines running with various functional movements like rowing, lunges and burpees. This class provides a full-body workout with an emphasis on endurance, strength, and stamina, mimicking the challenges found in a HYROX event.

## HOW TO BOOK

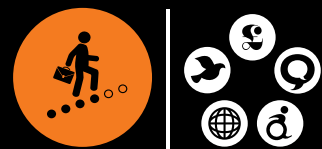
Call **01292 886281** or email: [ayrsportservices@uws.ac.uk](mailto:ayrsportservices@uws.ac.uk)



MON TO FRI  
6.00PM

Wear comfortable, breathable non-restrictive clothing & don't forget to bring a towel to freshen up and a water bottle to stay hydrated!





# LOVE VOLUNTEERING?

## UWS Volunteer Recognition Award

**Did you know...** You can have your volunteering activity recognised by the University as an award?



FIND OUT  
MORE...



e: [recognition@uws.ac.uk](mailto:recognition@uws.ac.uk)





# **Tell us what you think!!!**

The Resident magazine is for students, so we want to hear from students on how to make it better

## **What would you like to see in The Resident?**

- Do you have a talent for drawing and would like a residents' art/photo page?
- Do you have a knack for writing and want a student story page or student voice column?
- Do you have an event you want to promote?

If you have any ideas or would like to get involved, let us know.

Send an email to [accommodation@uws.ac.uk](mailto:accommodation@uws.ac.uk) or drop us a message to our UWS ResLife Instagram page @uwsresidences

## **We'd love to hear from you!**

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