

THE Resident

Third Edition



UNIVERSITY OF THE
WEST of SCOTLAND
UWS

WELCOME

I hope you have settled into your new home. 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

UWS Paisley Residences

☎ 0141 848 3159

✉ accommodation@uws.ac.uk

WHAT'S GONE?

MID-AUTUMN FESTIVAL!

Thank you to all who sent in submissions for Mid-Autumn Festival! Congratulations to Ashleigh for her winning photo!



QUIZ NIGHT AT AYR!

Congratulations to the winning team, Who You Gonna Call!



WHAT'S GONE?

WORLD MENTAL HEALTH DAY BRODIE'S BIKE PROJECT FUNDRAISER

Residences gathered with Student Services on Thursday 9th October at Paisley campus to celebrate World Mental Health Day. During the event, we cycled and raised money for Brodie's Bike Project, which will go towards upkeep of our bike fleet. Together, we our static bikes and group cycle, we managed to cycle an amazing 130 miles! Thank you to all who participated!



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 21 bikes in Paisley Residences and 13 bikes in Ayr Residences.

Donate to Brodie's Bike Project

Any money we raise goes to improving the service by maintaining the current fleet and acquiring new bikes and equipment.

You can donate at our GoFundMe page **<https://gofund.me/c53ca62b>**

Or text BRODIE to 70480 to donate £3. Texts will cost the donation amount plus one standard network rate message.



WHAT'S GONE?

CANADIAN THANKSGIVING!

Our Ayr residents celebrated Canadian Thanksgiving with an amazing meal!



BLACK HISTORY MONTH!

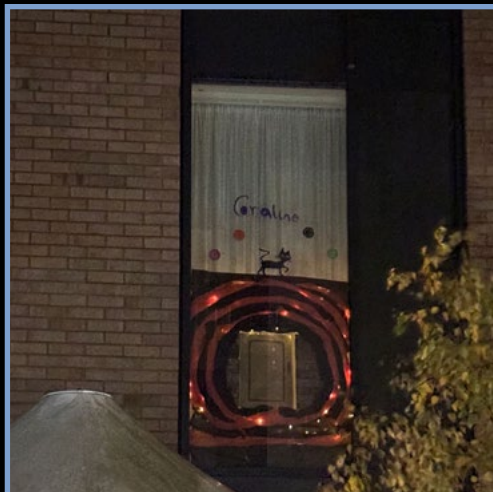
Supported by the Student Union VP for Education, Timiebi, we had movies nights and a potluck party to celebrate Black History Month!

HALLOWEEN READY!

Check out the decorations and events in our haunted house! Thank you to all who helped to decorate and took part in the activities and made our residences spook-tacular! Halloween pizza at residences!



Congratulations to our winners of the Halloween decorating competition!



Congratulations to the winners of our pumpkin carving competition! Yannis, Xinyi, and Jarne!



WHAT'S ON?

UNIVERSITY OF THE
WEST of SCOTLAND
UWS



Celebrate St. Andrew's Day!

Why not try a traditional Scottish pie and haggis lunch at the UWS canteen with a St. Andrew's Day voucher!

Friday 28th November

Collect yours from Reception.

Valid on 28th November only during UWS canteen opening hours

*1 voucher/person

A voucher covers 1 pie and 3 haggis bon bons.
Vegetarian option available



A Night of Art

Tuesday 11th November
At 7pm

In the common room

**Take a break from studies, let your
creativity flow, and unwind with
arts and crafts.**

All resources provided.

Paisley & Ayr

Creative Night **Bracelet Making**

Tuesday 4th November
7pm in the common room

**All resources
provided**



MOVIE NIGHTS

AT THE RESIDENCES



Join us for weekly movie nights in the common room

Paisley on Mondays at 8pm
Ayr on Thursdays at 8pm

Popcorn provided!

Winter WONDERLAND 2025

WEDNESDAY 3RD DECEMBER
12 NOON - 3PM | THE HUB PAISLEY

Winter Wonderland is back! Join us for the event of the year! With stalls, music, food, activities, and of course, Santa!

Transport available for Ayr residents to and from the event. Don't miss out!



Scan the QR code to book your free ticket today!

UNIVERSITY OF THE
WEST of SCOTLAND
UWS



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)



**Scan QR Code
to sign up**

Wellbeing support for Resident students

Procrastination poem

Doing the thing!
Things that aren't doing the thing
Preparing to do the thing isn't doing the thing.
Scheduling time to do the thing isn't doing the thing.
Making a to-do list for the thing isn't doing the thing.
Telling people, you're going to do the thing isn't doing the thing.
Messaging friends who may or may not be doing the thing isn't doing the thing.
Writing a banger tweet about how you're going to do the thing isn't doing the thing.
Reading about how to do the thing isn't doing the thing.
Reading about how other people did the thing isn't doing the thing.
Reading this isn't doing the thing.
The only thing that is doing the thing is doing the thing!

How to do the thing!!

- Break the thing into smaller chunks so they feel less overwhelming!
- Work in short, focused intervals rather than long, draining sessions!
- Limit distractions by ditching unnecessary devices!
- Focus on starting the thing, not finishing, momentum builds once you begin!

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 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.





Wellbeing reading booklist



Reading for wellbeing

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. Click the link below to find books:





International Student Support

Visit 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).

Check out the [**International Student Support Events page**](#) for information on all upcoming sessions for international students.

Save the date

International Students' Day 2026 is on Wednesday 19 November.

Details of what's happening on campus and how you can get involved will be available on the [**International Student Support SharePoint page**](#) once finalised.

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 [**Host UK**](#) 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).

[**International Student Support Events page**](#)



[**International Student Support SharePoint page**](#)



GRADATE ROUTE VISA

ONLINE INFORMATION SESSIONS 2025



TUE 7 OCT
12PM – 1PM



WED 5 NOV
12PM – 1PM



FRI 5 DEC
12PM – 1PM

Have you completed your studies and are planning to stay on and work in the UK?

Find out if you are eligible to apply for the Graduate route visa and how to prepare for this.

For joining instructions to our online zoom information session, go to <https://tinyurl.com/uwsintevent> (no booking required)

Student
Services
International Student Support



UNIVERSITY OF THE
WEST of SCOTLAND
UWS

STUDENT VISA EXTENSION

ONLINE INFORMATION SESSIONS 2025



THU 16 OCT
12PM – 1PM



TUE 11 NOV
12PM – 1PM



MON 8 DEC
12PM – 1PM

Do you have resits and need to stay longer in the UK to complete your course?

Find out if you are eligible to apply for a student visa extension in the UK.

For joining instructions to our online zoom information session, go to <https://tinyurl.com/uwsintevent> (no booking required)

Student
Services
International Student Support



UNIVERSITY OF THE
WEST of SCOTLAND
UWS

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



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





What's on November 2025



**The UWS Careers Service
here to support your career development!**



Check out these online resources this month:

Interactive Career Tools

CVs, Cover Letters and Application Forms



Online Career Skills Masterclasses in November:

5th November - CVs and Cover Letters

11th November - Job or Internship Interviews

26th November - Personal Branding and Networking

**Are you doing any
volunteering activities?**

**Register for the
UWS Volunteer
Recognition Award!**



**LOVE
VOLUNTEERING?**

**Log in via the Student App
or at: uws.ac.uk/careers**





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



Alumni Stories

Forty Years of Friendship Formed in Paisley

Two graduates returned to Paisley Campus recently to mark the beginning of a friendship that has lasted forty years.

Mags Easton and Fee Mackinnon met on the first day at the then Paisley College (now UWS Paisley campus) whilst enrolling on the BSc (Hons) Computing Science degree in 1985. Mags commented: "We met as first years in Paisley when I was just sixteen, became best friends and have been a big part of each other's lives ever since.

The pair had been talking about how to celebrate the 40th anniversary since they met and got in touch with Ewan in the alumni office to organise a visit to campus.

"It was a great way to celebrate our 40 years of friendship, and we were filled with amazing recollections," said Fee. "I have fond memories of nights out with fellow classmates in the Students' Union on Hunter Street, and in particular remember seeing Runrig in the Brough Hall in 1989."

Image taken from the Students' Association handbook sourced from the UWS archive.



Mags and Fee graduated on the same day in July 1990 with honours degrees following a sandwich placement in industry for a year.

They were joined on campus by fellow alumna Linda Hunter, whom Mags met whilst both of them were working for worldwide computer equipment manufacturing company Digital Equipment Corporation in Ayr.

"We were all impressed to hear how the university has evolved, grown and diversified so much since we were there," continued Mags.

"We also chatted about how we still recognise the ethos of encouraging and supporting students who are first in the family to go to university, working with schools, supporting mature students, offering blended learning and other pathways to offer lots of options where full time study may not be the right approach. Great to see."



Image: Mags, Linda and Fee

If you would like to arrange a visit to campus, need assistance with a class reunion or you were at the Runrig gig, we would love to hear from you! Please email Ewan O'Brien at alumni@uws.ac.uk

Find out more about the British Computer Society (BCS) accredited BSc (Hons) Computing Science degree at UWS: <https://www.uws.ac.uk/study/undergraduate/undergraduate-course-search/computing-science/>



UNIVERSITY OF THE
WEST of SCOTLAND
UWS

A GREAT RANGE OF FOOD AT UWS

OPENING HOURS - AYR

COFFEE BAR

08:30-16:00

THE ATRIUM

08:30-14:30

New product range in all outlets from 11 August 2025!

- All food is Halal, not including beef products.
- Various dietary needs catered for.
- Always check with the server for any allergens or dietary requirements.
- Please return all cutlery after use and put used crockery away in the designated areas.
- All catering outlets are card payment only.
- Outlet closing times are subject to change.

Water dispensers available on campus.

Bring your own water bottle for use
at the water dispensers.





UNIVERSITY OF THE
WEST of SCOTLAND
UWS

A GREAT RANGE OF FOOD AT UWS

OPENING HOURS - PAISLEY

COFFEE BAR

08:30-16:00

THE HUB

08:30-14:30

STORIE STREET MARKETPLACE

08:30-15:00

**New product range in all outlets
from 11 August 2025!**

- All food is Halal, not including beef products.
- Various dietaries needs catered for.
- Always check with the server for any allergens or dietary requirements.
- Please return all cutleries after use and put used crockery away in the designated areas.
- All catering outlets are card payment only.
- Outlet closing times are subject to change.

Water dispensers available on campus.

Bring your own water bottle for use
at the water dispensers.



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 or drop into reception.

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

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 or drop us a message to our UWS ResLife Instagram page @uwsresidences

We'd love to hear from you!

UNIVERSITY OF THE
WEST of SCOTLAND
UWS

