



Welcome to UWS Residences! I hope you are settling into your new home.

WELCOME

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?

WALK
AROUND
TOWN



PAISLEY
ABBAY
TOUR



QUIZ
NIGHT



What's gone?

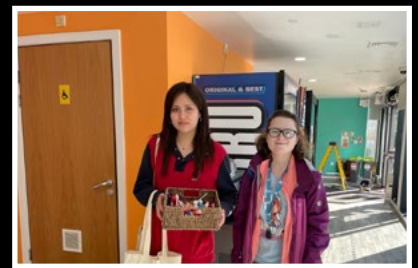
CREATIVE EVENTS



TEA WITH THE TEAM



SCAVENGER HUNTS



SPEED- FRIENDING



WHAT'S ON!

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





HALLOWEEN

PAISLEY

CHECK OUT
WHAT'S ON!



UNIVERSITY OF THE
WEST of SCOTLAND

UWS

MONDAY 27 OCTOBER - 8PM

A murderous movie night!

WEDNESDAY 29 OCTOBER, 6-8PM

Halloween is here so let's get our jack-o-lanterns ready with pumpkin carving! Sign up at reception!

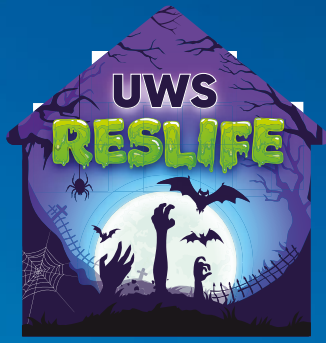
FRIDAY 31 OCTOBER - 7PM

Halloween Party! Heading out for the night? Join us in the common room for a Halloween party with refreshments, music, and fun!

HALLOWEEN COMPETITION!

Halloween Decorations competition! Send a photo of your Halloween decorations to grace.allison@uws.ac.uk to be in with a chance to win a spooky prize! Winner announced on Halloween Night!

HAVE A SPOOKY STAY IN RESIDENCES!



UNIVERSITY OF THE
WEST of SCOTLAND
UWS

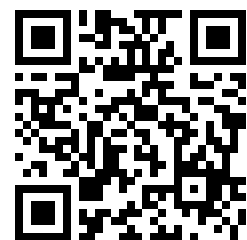
PUMPKIN CARVING! PAISLEY RESIDENCE

WEDNESDAY 29TH OCTOBER | 6PM – 8PM | COMMON ROOM

CARVE OUT SOME TIME FOR FUN THIS HALLOWEEN AND JOIN US AT PUMPKIN CARVING!
GET YOUR JACK-O-LANTERN READY WITH ALL RESOURCES PROVIDED!



SCAN THE QR CODE
TO BOOK A PUMPKIN!



WISHING YOU A HAPPY MID-AUTUMN FESTIVAL! 祝同学们中秋节快乐

Get involved in our ResLife Mid-Autumn Festival photo competition and have a chance to win a prize!

**We are looking for your best photo of the moon this Mid-Autumn.
Can't see the moon through the clouds? Be creative!**

You can also send in a moon-themed photo to take part.
Share your photos with us on Instagram @UWSresidences
or email them to grace.thomson@uws.ac.uk

The winner will be announced on **Monday 6th October!**

赶快来参加 ResLife 中秋节摄影比赛吧，还有机会赢得奖品哦！

追逐中秋月，美丽再升华！期待着你给我们呈现今年最佳的月亮瞬间。如果月亮被云层遮挡怎么办？没关系，即便云层阻挡，创意绝不止步，同学们也可以分享以月亮为主题的创意照片！

心动不如行动，同学们都赶快参与进来吧，点燃属于苏格兰的中秋热情！

同学们可以在 Instagram @UWSresidences 上发布分享摄影照片，也可以发送照片到

邮箱 grace.allison@uws.ac.uk。

获奖者名单将于 10 月 6 日公布！



UNIVERSITY OF THE
WEST of SCOTLAND
UWS



HALLOWEEN

TA'R

CHeCK OUT
WHAT'S ON!



UNIVERSITY OF THE
WEST of SCOTLAND

UWS

CReePY CRAFTS NIGHT!

Tuesday 21st October at 7pm

THRILLER THURSDAY MOVIE NIGHTS!

Thursday 23rd and 30th October at 8pm

Join us for a scary movie in the common room!

PUMPKIN CARVING!

Monday 27th October at 6-8pm

Get your jack-o-lantern ready! All resources provided! Book your pumpkin at reception.

HALLOWEEN PARTY!

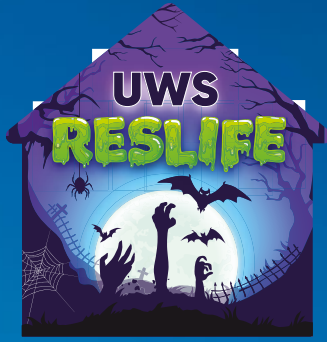
Wednesday 29th October at 8pm

Get together with your hallmates for Halloween fun!

HALLOWEEN DECORATING COMPETITION!

Send a photo of your Halloween decorations to Elspeth.mcquaker@uws.ac.uk to be in with a chance to win a spooky prize! Winner announced on Halloween Night!

HAVE A SPOOKY STAY IN RESIDENCES!



UNIVERSITY OF THE
WEST of SCOTLAND

UWS

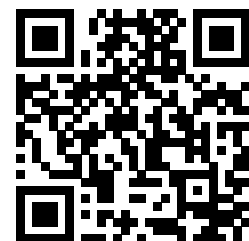
PUMPKIN CARVING! AYR RESIDENCE

MONDAY 27TH OCTOBER | 6-8PM | COMMON ROOM

CARVE OUT SOME TIME FOR FUN THIS HALLOWEEN AND JOIN US AT PUMPKIN CARVING!
GET YOUR JACK-O-LANTERN READY WITH ALL RESOURCES PROVIDED!



SCAN THE QR CODE
TO BOOK A PUMPKIN!



BRODIE'S BIKE PROJECT FUNDRAISER

FOR WORLD MENTAL HEALTH DAY



PAISLEY HUB

**THUR 9
OCTOBER**

11AM – 2PM

Get involved...

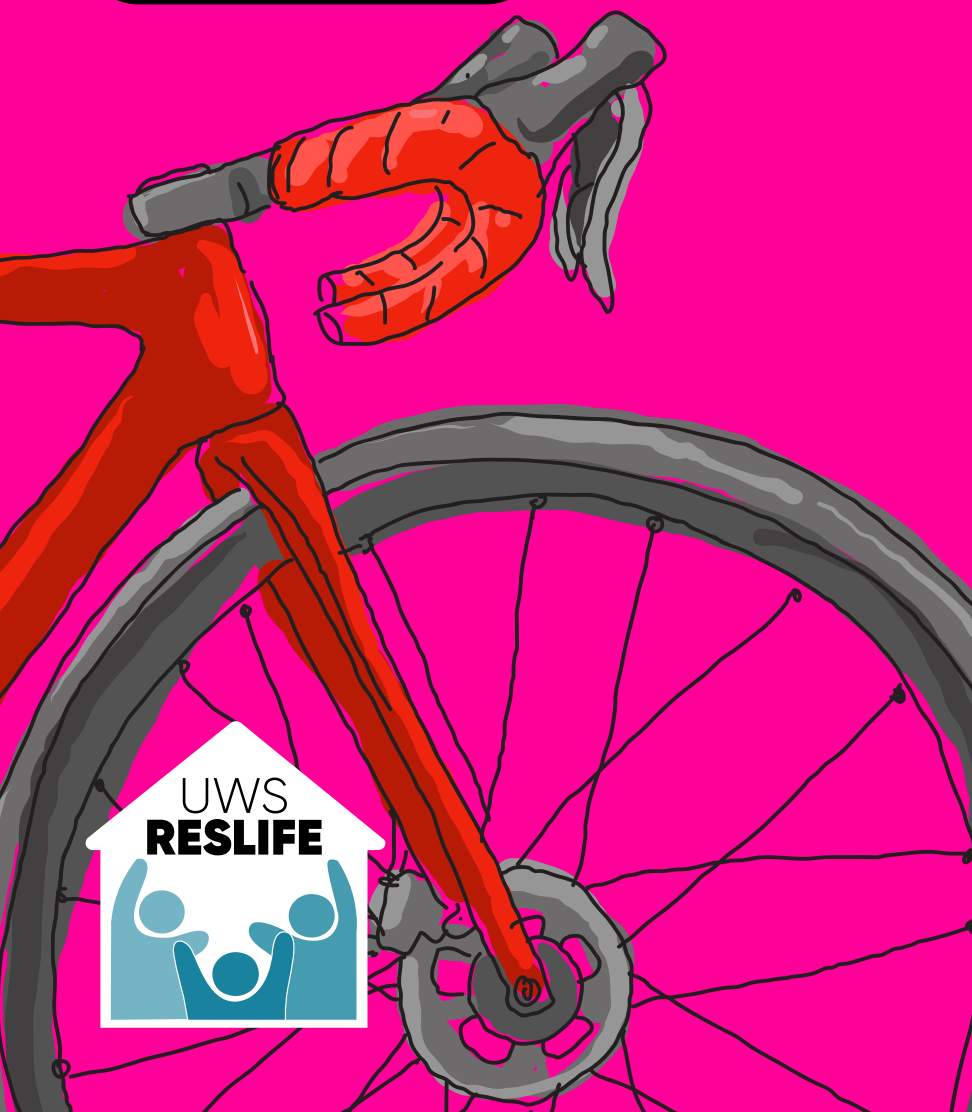
Help us cycle 200 miles!

Hop on a static bike and see how many miles you can cycle!

The Brodie's Bike Project was set up in memory of UWS student Brodie Eaton who passed away in 2016.

Brodie loved to cycle and his family donated the first bikes and equipment to enable UWS students staying in the residences, access to a bike on a short loan basis. The Brodie's Bike Project has now expanded to a fleet of over 20 bikes.

If you are feeling low, anxious, or depressed.
Email: hub@uws.ac.uk to book an appointment with a UWS councillor or call Breathing Space free on 0800 83 85 87, or Samaritans on 116 123.



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.

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**

Being a Good Mate at UWS

At UWS, being a good mate goes both ways. Supporting others with kindness and respect—whether that's sharing notes, checking in, or just reducing isolation by including someone into your group—boosts their wellbeing and yours. Little actions create a stronger, happier campus community for all.

Listen & Check In

Ask, 'How are you?' — it might mean more than you think. Try to be a good listener. Give others space to talk without interrupting.

Offer Practical Help

Share notes if they've missed a class.
Recommend study groups or academic support, if they are falling behind.

Be Inclusive

Invite others to join at breaks or student events.
Help new or shy students feel part of the group.

Offer Encouragement

Remind them of their strengths and past achievements to get here. Suggest UWS student services if they're struggling.

Respect Boundaries

Being supportive doesn't mean you have to solve everything for others. Respect their space and privacy and protect your own.

**Student
Services**



Counselling & Wellbeing

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.



FUNDING

Fact - V - Fiction

MYTH: I can't get SAAS funding because I've studied before.

FACT - You can still apply for a student loan.

SAAS also offer a +1 year of tuition fees & bursary to repeat.
If not SAAS, have you thought about Trusts & Scholarships?

MYTH: *You need kids or to be on benefits to get extra funding.*

FACT: Discretionary Funds are open to all eligible UK students.
Check the criteria and apply TODAY!

MYTH: *The Funding & Advice service is just for emergencies.*

FACT: We're here for you all year round - for Funds guidance,
budgeting, a change in direction, further study, and more!

MYTH: *You have to be in debt before you can ask for help.*

FACT: Financial health is all about planning ahead. You might already have debts (separate to your student loan), or you might be OK for money just now but worried about managing as the year goes on - get in touch with Funding & Advice!

FACTS

MYTHS



Budgeting with Funding & Advice

Student
Services
Funding & Advice



YOUR BUDGET is a balancing act, and we know how difficult it is to keep level.

That's why the Funding & Advice Team have done the hard work for you!

Explore our online money management resources for super simple ways to...

PLAN your accommodation
and other payments.

Develop SAVINGS habits
so you can be ready for one-off expenses (and emergencies!).

Understand the REAL COST
of borrowing and if it's really worth it.

Decide how best to TRAVEL
to work, placement, home, and further – to suit you and your budget.

If you're having trouble prioritising your outgoings, or just not sure where to start, **contact Funding & Advice** any time.





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.

A range of events for new and continuing UWS international students are available including drop-in sessions on campus, visa information sessions and the Discover Scotland trip to Glencoe on Wednesday 15 October (booking required, tickets are £20). For full information see the [**International Student Support Events page**](#)

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**](#)



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**



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

UWS Alumnus Announced New CEO of basketball scotland



Basketballscotland's Board has announced a University of the West of Scotland (UWS) graduate as its new Chief Executive Officer (CEO).

UWS BSc (Hons) sport development graduate David Fallon will be joining basketballscotland, the recognised National Governing Body for basketball in Scotland, from Scottish Athletics.

David commented: "I am absolutely delighted to be appointed to the Chief Executive Officer role at basketballscotland. Basketball is a sport that I enjoyed throughout school, and have experienced and supported in recent years as my nephews begin their journey at club level.

"I look forward to continuing the great work of Kevin Pringle and to working with the Board, staff, and partners to deliver on the vision, values, and strategy for basketball in Scotland.

"I am excited to start in late summer, and I look forward to meeting, and working

collaboratively with, those who are the foundation of the sport: our clubs, members, coaches, officials and volunteers."

A graduate from the Lanarkshire Campus in 2013, David gained experience working at the Glasgow 2014 Commonwealth Games before joining Scottish Squash as a Regional Development Manager for the West of Scotland.

At Scottish Squash David went on to lead on programmes and initiatives to broaden the sport's appeal and has a passion for development, before joining scottishathletics in 2021 as head of development.

"My education at UWS has underpinned my whole career, and provided me with a solid foundation of knowledge and understanding to progress through my career in Scottish Sport," added David.

"I've also enjoyed staying engaged with the university to support academically with a several projects throughout my career, providing research and placement opportunities for other students."

Sporting Alumni Stories Captured in New Podcast Series

A podcast series featuring sporting alumni, produced by University of the West of Scotland (UWS) journalism/ journalism (sports) students, has been released.

The Top of the Scots podcast series delves into the world of sport with episodes from some of the university's most talented former students, highlighting their incredible sporting successes across an array of sports.

The series came about as part of a module in the BA journalism/journalism (sports) degree programme at UWS, and features student

interviews with an Olympian, Paralympians, Commonwealth athletes, Coaches and a Scottish Cup winner.

"I wanted to combine the knowledge of former students and their incredible graduate journeys with those in my current class about to set out on their own, to help them think there is a world beyond just the Old Firm when it comes to Scottish sport," said Dr James Mahon, journalism/sports journalism lecturer. "They have learned through theory and practice in this module and have something proud and tangible to show prospective employers."

Kicking the series off is an interview with Bellshill native and triple Olympian Kirsty Gilmour who has represented both Scotland and Great Britain in Badminton. UWS student Callum Lindsay learns about what it takes to deliver at the highest level in her sport and hears how her time at UWS helped her develop as an athlete.

Since 2016, Kirsty has won six silver and two bronze medals in European competition. She also won Commonwealth silver at Glasgow 2014, Commonwealth bronze in 2018, and represented Team GB three times at Rio, Tokyo and Paris.

Talking about the podcast series, Callum commented: "For me this was about communication and taking ownership of my episodes while helping the others with their recordings, we all want to tell the stories of those who have gone before and do them justice."

Working with the University's Fundraising and Alumni team, students researched the alumni, liaised and interviewed seven former students in person, online via zoom, even crossing time zones to speak to one alumnus in the US. Other alumni interviewed as part of the series included: Captain of Scotland's men's Cerebral Palsy Football team Matthew Wynne; Commonwealth Games and now professional boxer Stephen Newns Jnr; Scottish Cup winner and former professional football player David Winnie; Professional Scottish para table tennis player Martin Perry; Head Basketball Coach

in the US Neil Harrow; Boccia player and Gold Medal Paralympian Stephen McGuire MBE; and WWE Wrestler and WWE referee Thomas Kearns.

A huge thank you to our sporting graduates for taking part in the series and to students Kyle Murphy, Callum Lindsay, Johnny Orr and Robbie Gray.

You can hear the Top of The Scots podcast here: <https://open.spotify.com/show/3YSimiZBWRWafuFVlt6QXa>



PAISLEY CATERING TIMES



HUB
08:30–14:30

**STORIE STREET
MARKETPLACE**
08:30–15:00



COFFEE BAR
08:30–16:00



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WEST of SCOTLAND

UWS

A GREAT RANGE OF FOOD AT UWS

OPENING HOURS

COFFEE BAR

08:30-16:00

**THE
ATRIUM**

BREAKFAST

08:30-11:30

LUNCH

12:00-15:00

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.



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

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



MOVIE NIGHTS

9TH, 16TH & 23RD OCTOBER

FEATURING

CREED III

THE SIX TRIPLE EIGHT

THE WOMAN KING

BLACK
HISTORY
MONTH



STANDING FIRM IN
POWER
& **PROUD**

7:00 PM EACH DAY

STORIE STREET ACCOMMODATION, COMMON ROOM

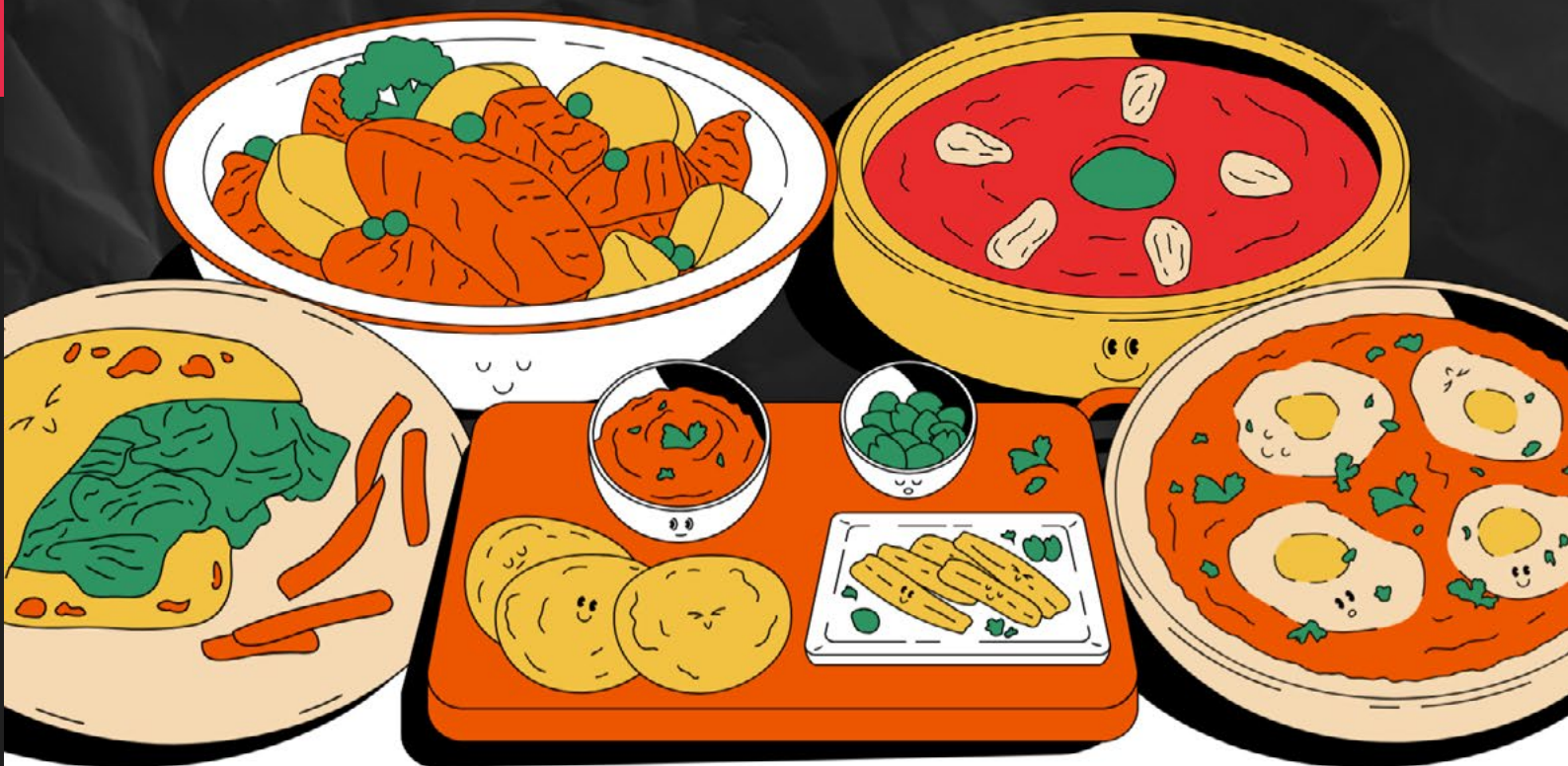
BLACK
HISTORY
month

POTLUCK PARTY!

Friday 24th October
7pm

Storie Street Common Room

Bring your own dish to share with your
hallmates to celebrate Black History Month!



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!

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