



UNIVERSITY OF THE  
WEST of SCOTLAND

UWS

THE

# Resident

May 2025

UWS MY RESLIFE FAMILY

WILL BE GOOD  
bueno



# 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 have enjoyed your stay in our residences. Our dedicated team strive to make your stay an enjoyable one. As we approach the end of the academic year, we are still 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 hope the residence has been your home away from home and as you prepare to leave university, we hope you not only have the qualifications you came for, but lifelong friends as well.

Each month we have prepared The Resident magazine to provide you with the latest updates on what's happening within the residences and the wider university. I hope you have enjoyed reading our editions throughout the year and enjoy this final edition for the academic year 2024-25.

For those of you returning in August, have a great summer! And for those of you who are leaving, we wish you the best of success for your future endeavours.

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**

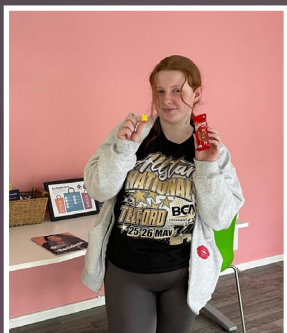
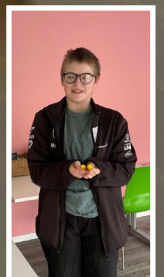
📞 0141 848 3159

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



# What's on & Whats Gone?

**Mother Clucker** – Did you find a chick?







## Egg-celent Painting

Thank you to all who attended!





# Some highlights from the year!





# Ode to Bernie!

This May, we say goodbye to Bernie, our Residence Manager at Paisley Residence. Bernie has worked at UWS for 20 years, and in the Residence office for 10 years. We asked her some questions about her time at UWS.

## How did you come to UWS?

I came to UWS in 2005. Before that, I worked in both hotels and residences. Originally as a student I was a member of Student's Representative Council for four years. In my third year, I was Vice President Internal and after graduating I was elected Sabbatical Student President. After this, with my qualification in hotel management, I combined the love of my studies and working with students and started applying for jobs in student residences.

## What are some particular highlights for you during your time here?

The main highlight is seeing our students' successes especially when they come back to visit with their families or are working as a UWS lecturer.

## What will you miss about Residences?

The variety. Being able to combine my qualifications and experiences with working with students. It's never boring!

## What advice would you give to our students?

Work to the best of your ability in your chosen field. Things are never simple or easy, but the end is always well worth it.

Thank you Bernie! You'll be greatly missed!





# Fuel Up & De-Stress For Exams



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**UWS**

**Check out some tips for getting through the exam period**

## **Start the day right!**

Don't skip the most important meal of the day. Fuel up for the day at Breakfast Club! Monday-Friday 8:30am-10am in the canteen

## **Work your body and your mind!**

Go for a walk in the fresh air or check out the UWS Gym! Try adding some form of exercise into your routine to keep your body energised and your mind refreshed.

## **Keep up with your hobbies**

It may seem counterintuitive, but taking some time to give your mind a rest from staring at your studies can give you a mental and physical break. Schedule it into your study plan and return to your studies feeling properly refreshed.

## **Find a study group!**

Tackling problems together and helping each other out with different subjects can make revising easier. It keeps your social life going and can boost your mood while you study.

## **Be kind to yourself!**

Reflect on all the things you've already achieved, in or outside of studying. Write a list of what you like about yourself, and what others like about you too. And remember you're doing great!





# Wellbeing support for Residents

Research has found that student satisfaction with life was increased with decent quality sleep, as it enhances learning, mood, and mental health. Use our simple acronym B.E.D. to help remind you of simple ways to achieve an ideal 7-9hrs sleep!

**Bedroom** - Approx 18C, is best temperature for sleep, adjust heating or open/close windows. Cool is better!

Keep the room dark, close curtains and blinds to keep out the light

Set up a comfortable sleeping environment, try to keep your room uncluttered.

**Exercise** - Walking or any moderate exercise is excellent to tire yourself out, this can be especially helpful in the early evenings. Heavy workouts in the evening can leave you pumped up and unable to get to sleep!

**Distractions** –Leave your Phone in another room or at least turned off - A simple and effective way to cut out stimulation

If you NEED something to distract you before you fall asleep, listen to a Podcast or relaxing music instead of watching a video, pictures are more stimulating and likely to keep you awake.

*Sleep- what is it good for? Literally everything.... better grades, better vibes, and fewer meltdowns!*

## **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)**



**Scan QR Code  
to sign up**

# Reading for Wellbeing: what is it all about?



Scan to find the  
Wellbeing reading list

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 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.

Scan for  
International  
Student  
Support  
SharePoint  
page



International  
Student  
Support  
Events page





## 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)



## 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!



## Graduate Route Visa

Online Information Session

**Wednesday 2 April, 12 noon – 1pm**

**Monday 12 May, 12 noon – 1pm**

**Wednesday 11 June, 12 noon – 1pm**

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

This Information session is online via Zoom.

For joining instructions, go to  
<https://tinyurl.com/uwsintevents>  
(no booking required)



# Coming or going?

NOW is the time to make a plan for *your 2025/26*.

Got questions?

Funding & Advice have the answers you need to:

- Repeat Study.
- Fund a Postgrad.
- Take a Break.
- Apply to SAAS.
- Budget for the year ahead.

Worried about funding the summer?

If you didn't apply to the 2024/25 Discretionary Funds this year then there's still time!

For details on eligibility and how to make an application, look for your level of study on the Discretionary and Childcare webpage.





# We're here all summer!

**As you look forward to the summer break, or your summer graduation, we want to remind you that we are here to support you throughout the summer months!**

**Explore your  
career options**

**Develop your  
skills**

**Job  
searching**

**Making  
applications**



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





# Bodyblast Workout

1 Dumbbell Half-Burpee

2 Spiderman Press Ups

3 Squat Jumps

4 Jumping Lunges

5 Dumbbell RDL

6 Dumbbell Hammer Raise

7 Dumbbell Bicep Curl

8 Dumbbell Tricep Extension

9 Dumbbell Rear Delt Fly

10 Dumbbell Shrugs

11 Powerbag Rows

12 Plank Jacks

3 Sets  
30 Seconds Work  
15 Seconds Rest  
(Rest for 40-60 seconds between sets)

Can you complete this month's Bodyblast workout?  
Try it for yourself at your UWS Gym



# Winning West Weekend as UWS Dominate Badminton Championships

Five UWS Badminton stars made the trip up to Robert Gordon University, Aberdeen, over the weekend to take on the Scottish Student Badminton Championships. With the top players across Scotland in attendance, UWS were eager to retain medals and titles from last year's Championships and were in fine form, off the back of the recent British Universities Badminton Championships.

Over a two-day competition, the courts saw Mustafa Zaib (Men's Singles and Men's Doubles) and Sen Thomas (Men's Singles, Men's Doubles, Mixed Doubles) join UWS Sport Scholars Matthew Waring (Men's Singles, Men's Doubles, Mixed Doubles), Toni Woods (Women's Singles, Women's Doubles, Mixed Doubles) and Brooke Stalker (Women's Doubles, Mixed Doubles) compete in a gruelling flurry of matches.

With 4 of the 5 athletes reaching day 2's main draw, all eyes were on a medal. It was an all UWS affair in the Mixed Quarter Final as Scotland Duo Matthew Waring and Brooke Stalker took on Toni Woods and Sen Thomas. The Scotland internationals prevailed and set their sights on the medals, whilst Toni and Sen turned their eyes to silverware in their Men's and Women's Doubles, with Toni also in Singles action and keen to retain her Scottish Universities singles title.

A semi-final for Men's pair Matthew and Sen saw them take home the bronze medal, whilst Toni took home the Silver in Women's Singles, but it was a trio of Golds coming back to UWS as Matthew Waring claimed Singles Gold, Women's Doubles Gold for Toni and Brooke and Mixed Doubles Gold as Matthew and Brooke added to their medal haul.

In Judo, UWS Scholar Solomon Rice and Szymon Dauba were in action over the weekend in Walsall. Some fierce competition down at the BUCS Judo Championships, featuring some high-level international Judo players tested the UWS duo, but some solid performances across the competition meant some good placings for both athletes.

Warwick once again hosted the BUCS Archery Finals where Freya Rennie looked to add a historic medal to an impressive medal collection during her time at UWS. Qualifying in the Top 25 for all Female Barebow, Rennie was able to shoot her way through head to heads, but narrowly missed out on a medal, finishing 4th overall, but a brilliant display of shooting over the weekend.







## Alumni Interview: Hannah Cochrane

**In this alumni interview we hear from 2017 graduate Hannah Cochrane who is Sales & Business Development Manager at Scottish Event Campus (SEC) in Glasgow.**

**Tell us about your time at the University and your initial career plans.**

When exploring career options as a young adult I found myself gravitating towards Education, following my mum into the industry that she has loved for over 25 years. As a young person, I found it difficult to decide on my career path. At 16, I had part-time jobs in local hospitality venues, which I absolutely loved. However, I noticed that hospitality as a profession at that time, wasn't as well represented as other industries at careers fayres. With my interests lying in Communication, English, and Creativity, I chose to pursue Early Education, with the goal of becoming a Primary School teacher and was delighted when I was accepted to study at the University of the West of Scotland (UWS).

My time at university offered a fantastic mix of educational and professional development. I chose to commute to campus, taking advantage of the car-sharing initiative promoted by the university. The course content was both engaging and challenging, requiring us to balance theory with government initiatives and discussion-based topics. Some of my favourite memories from UWS are the strong relationships I built with my peers—friendships that have lasted long beyond graduation. The lecturers on our course were all incredibly supportive, particularly when it came to tasks involving public speaking and presentations.

Looking back nine years later, I'm extremely grateful to have been pushed out of my comfort zone. Presenting is now a regular part of my current role, and those

early experiences have truly shaped my confidence and communication skills today.

**You graduated from the Childhood Studies degree at the Ayr Campus but moved into a career in the events and hospitality sector. How did that come about?**

While I loved studying Childhood Studies and had originally intended to pursue a career in Education, I found myself continuing to take on Hospitality roles alongside my studies. I worked at a local wedding venue throughout my time at university along with many Glasgow-based hotel brands, and they quickly became more than just a part-time job—it sparked a real passion for delivering memorable experiences and working with people.

As I neared graduation, I realised how much I thrived in fast-paced, customer-facing environments. I was energised by the creativity, collaboration, and people-first nature of the hospitality and events industry. It felt like a natural transition for me, combining the communication and planning skills I'd developed during my degree with the hands-on experience I'd gained through work. Although my path took a different turn than I initially expected, the foundations built during my degree—particularly around communication, emotional adaptivity and leadership—have proven incredibly valuable in my events and hospitality career. It's a shift I'm so glad I made.





**Tell us a little more about how your career has developed over the years.**

My career in the events and hospitality sector began quite organically. After university, I transitioned into a full-time role as Wedding Co-ordinator at House for an Art Lover, where I had already been working part-time. That role gave me a brilliant foundation in client relationships, event planning and delivery, with the help of some incredible mentors, it confirmed that this was the industry I wanted to grow within.

From there, I took on a variety of roles across the city each offering new challenges and learning opportunities. I've been lucky to work with some fantastic teams and brands such as Thai Leisure Group and Dakota Hotels, each helping me build in confidence and refine my understanding of the industry. Along the way, I became involved in fantastic networking communities, such as Society for Incentive Tourism Excellence (SITE) Scotland.

Over time, my focus shifted more toward corporate events and I developed a real ambition to sell Glasgow as a destination for events. As a proud Glaswegian, the "People Make Glasgow" slogan has always resonated with me. Looking back, I can see how each step—no matter how small at the time—played a part in shaping where I am today. I've always been someone who says yes to opportunity, and that's really defined my career journey so far.

**You got involved in a podcast during Covid. What was the premise behind the podcast?**

During the Covid lockdowns, while Hospitality businesses were beginning to reopen, I co-created a podcast called Pure Buzzin with industry peers. It was born out of a shared need for connection, positivity, and a bit of escapism during such an uncertain time.

We were delighted to have been offered funding from Glasgow Taxis, with an audio & visual partnership being offered from the team at Strathclyde University. The idea was to create a space where we could chat openly about the industry highs, lows, and everything in between—with a healthy dose of humour thrown in. We wanted to highlight everyday stories and experiences that people could relate to, shining light on positive news particularly during a difficult time for the sector. It was all about finding joy in the small things and creating a sense of community when we couldn't physically be together. We didn't take ourselves too seriously, but I am proud of the industry leaders and inspirational talent that we managed to speak with.

**What is your current role and organisation?**

As Sales & Business Development Manager, I am part of the Conference Sales team at the Scottish Event Campus (SEC) in Glasgow, working within the corporate sector. My role involves attracting and supporting local, national and international events, with a strong focus on building relationships, showcasing the value of our destination, and ensuring clients experience the very best of what the SEC—and Glasgow—has to offer. The team here are incredible & I am delighted to be learning so much from them.



I've been fortunate to be involved in initiatives that go beyond events and contribute to broader change. I am currently part of the SEC's Green team, which supports clients in running more sustainable conferences and actively aligns with our Net Zero ambitions. As a campus we are ambitiously moving towards achieving this status by 2030 so it's a very exciting time to be part of the business.

It's a role that's not only dynamic and rewarding but also gives me the chance to make a meaningful impact—both within the industry and the wider community.

**You were recently awarded a HIT Scotland scholarship celebrating Women in Tourism. Can you tell us more about HIT and the scholarship?**

I was delighted to receive a HIT Scotland scholarship. This recognition came after being awarded the Rising Star Award at the Scottish Thistle Awards 2025, which was an incredible moment for me.





HIT Scotland is a fantastic organisation that supports learning and development within the hospitality and tourism industry. Their scholarships are designed to inspire, invest in, and upskill individuals across all levels of the sector. The Women in Tourism scholarship recognises the contributions of women in the industry and supports their continued growth and leadership.

As part of the scholarship, I'll be taking part in a tailored development experience, which I'm really excited about. It's a brilliant chance to develop and bring fresh ideas back into my role at the SEC. I'm incredibly grateful to HIT for the opportunity, and I hope to use it to continue championing collaboration and inclusion within our sector.

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

My biggest piece of advice would be say yes to opportunities, even if they don't follow the exact path you imagined for yourself. Some of the most rewarding moments in my career have come from roles or experiences I didn't initially expect to take on.

Your degree is just the beginning—it gives you a foundation, but the experiences, relationships, and resilience you build along the way that truly shape your journey. Be open, stay curious, and take chances on things that feel slightly out of your comfort zone. I've come to thrive under the motto 'become comfortable with the uncomfortable'.





### **European Badminton Championship Silver for UWS Graduate**

A University of the West of Scotland (UWS) graduate has stood on the European Badminton Championships podium for a sixth time.

Kirsty Gilmour, seeded third in the competition, had only dropped a single set through the entire journey to her fifth European Final, ultimately taking silver in Denmark.

A fantastic achievement for Kirsty who has won a total of six medals at the European Championships – five silvers and one bronze – in an incredible career that has seen her compete at the Olympic and Commonwealth Games.

Spending most of the last decade in the top 30 of the world rankings, Kirsty is one of the best badminton singles players that Britain has ever produced. At Glasgow 2014, while studying at UWS, she became the first Scottish woman to reach a Commonwealth Games Badminton Singles final, winning silver. Following graduation in 2015 with a BA in Creative Industries Practice, Kirsty returned to the podium at the Gold Coast 2018 with a second successive Singles medal, this time a bronze.

Kirsty told Badminton Europe: "It's been really hard this week. At this point, to add another European medal to the tally, I will take it... there's less opportunities to get that gold, I know that, but I give it my all every time and I will sleep fine tonight knowing that."

The final, which took place on Sunday 13 April 2025, saw Kirsty taking on home favourite and top-seeded, Line Kjaersfeldt.

The two followed each other closely until 16-16 in the first game, where Line Kjaersfeldt pulled away to take the set 21-16.

The second game started just as closely as the first, but Kjaersfeldt gained a lead earlier on, and although Kirsty tried to mount a comeback, she never managed to fully catch up.

The match ended 21-16 21-17 in favour of Line Kjaersfeldt.



# **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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