

UNIVERSITY OF THE
WEST OF SCOTLAND



UWS

THE Resident



DEC 2025

I hope you have enjoyed your UWS home this term. Throughout the upcoming holiday, our dedicated team will continue be 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.

WELCOME

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 feel the residence is 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 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 enjoy reading this last edition of 2025.
Best wishes,

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

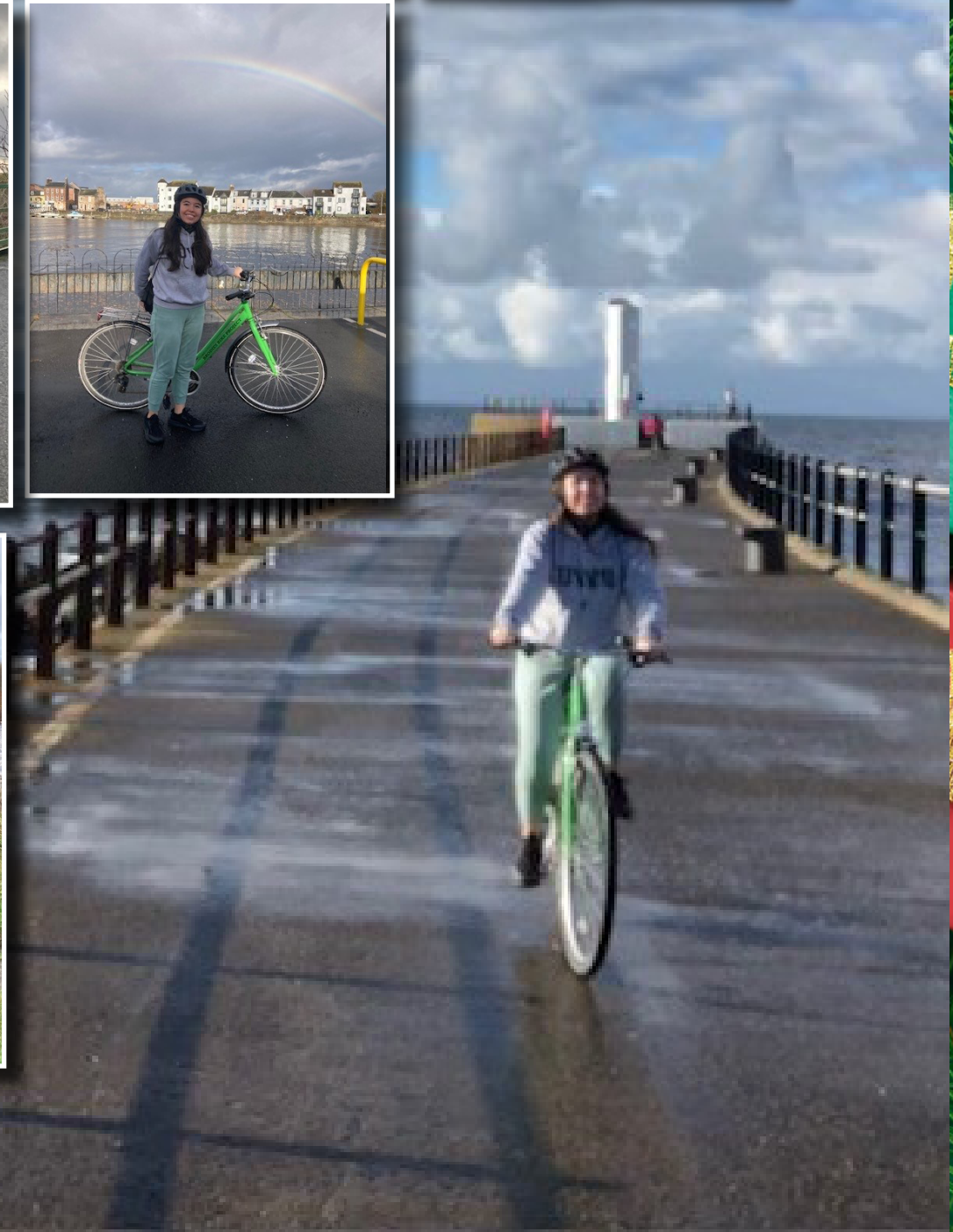
✉ accommodation@uws.ac.uk

What's gone?

We've had several autumn creative events, including bracelet making and an evening of art with paint and clay!



Brodie's Bike Wellbeing Group Cycles have been running throughout the term and will start again in spring 2026. Keep an eye out for dates!

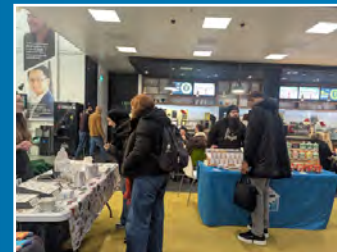


We've had 12 days of Christmas events and activities, from finding the Elf on the Shelf, to card making and nights of Christmas games!



Winter Wonderland took place on Wednesday 3rd December at the Paisley Hub! With stalls, music, food, marshmallows, and even visits from Santa and the Grinch, it was a fantastic start to the festive season! Thank you to all who came and took part. We hope you enjoyed the day!





What's on...

With the Christmas holiday approaching, we're still here for you, with support and activities to get involved in this holiday season!



Did you order your ResLife Christmas lunch? Prepare it with the instructions provided and bring it to the common room to join with your hallmates in celebrating Christmas! On Thursday 25th December at 12 noon!

Don't forget to pick up a mince pie from reception and enjoy some Christmas DVDs in the cozy common room!



2026
HAPPY
new
YEAR

**Wishing you all a very
Happy New Year!**

**Celebrate the New Year
at the Residences!**

First Foot

A Scottish tradition where the first person to enter the house after midnight on New Year's Eve is known as the first foot, and is believed to bring luck for the year ahead.

Pick up your First Foot gift from reception!



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Wall of Wishes

Make a wish

Are you wishing you'll pass
this semester with flying colours?
You'll meet your soulmate? Win the lottery?
Or simply to have an amazing year?

Let's make 2026 the best year with a dash of positivity and hope.
Simply pop down to the common room and add your wish to our
Wall of Wishes.



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Staying in residences over the holidays?

We're here for you

**If you need to talk to someone,
contact the following resources:**

Paisley Residences – Security/Reception – 0141 848 3159

Ayr Residences – Security/Reception – 0129 288 6316

Out of Hours Student Helpline 24/7 – 0800 028 3766

Samaritans – 116 123

Breathing Space – 0800 83 85 87

NHS24 – 111

There's also lots going on in residences and the local area
Follow us @**UWSresidences** for regular updates and info



CHRISTMAS

Wellbeing Tips

A message from the Student Wellbeing Team:

As the term draws to a close, we want to wish all our students a restful and recharging Christmas break. Wherever, you spend your holidays: at home, on campus, or somewhere new. Take time to pause, reflect, and care for yourself.

The festive season can be full of joy and connection, but it can also bring pressure, loneliness, or stress. Here are a few ways to care for your wellbeing and make the most of the break in a way that feels right for you:

Keep Expectations Realistic

The holidays don't have to be perfect. Social media and movies can make it seem like everyone is having the best time, but real life rarely looks that way. Drop the compulsion to 'make the most' of it, focus on small, genuine moments of connection and calm, these matter most.

Nurture Your Connections

After a busy term, spending time with friends and family can recharge your energy. Join in local festive events or plan something simple with friends. If you're apart from loved ones, a quick message, call, or video chat can help bridge the gap.

Protect Your Energy

You don't need to say yes to everything. If you feel overwhelmed, give yourself permission to rest. Quiet moments: a walk, reading, or listening to music are just as valuable as social plans.

Prioritise Self-Care

Keep up the habits that help you feel good. Get some fresh air, move your body, and aim for balance with food and drink. Small choices, like switching off your phone for a while can also give your mood a boost.

Plan Ahead, lightly

A simple plan can help you feel more in control. Write down a few priorities for the break, whether that's finishing an assignment, catching up on rest, or doing something creative. Keep it flexible and be kind to yourself.

Whichever way you celebrate, take time to look after your mind and body, that's the best gift you can give yourself this Christmas!

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**

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.

Reading for Wellbeing: what is it all about?

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.



Scan to find the
Wellbeing reading list

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.



International Student Support

[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 drop-in sessions on campus and online information sessions for international students.

Thank you to everyone who took part in International Students' Day 2025

See the [International Students' Day 2025 SharePoint Event Page](#) for photographs including from the photo booth.

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
SharePoint page**



**International
Student Support
Events page**

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!

For more details go to www.hostuk.org
or scan the QR code



Festive Stays

Now open for applications

Book your stay with a friendly host
for Christmas or New Year.



Careers Team Update December 2025



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



Check out these online resources this month:

Setting Career Goals

Using Artificial Intelligence for Job Applications

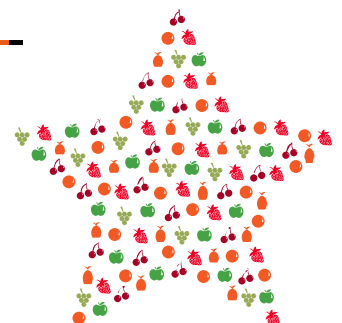
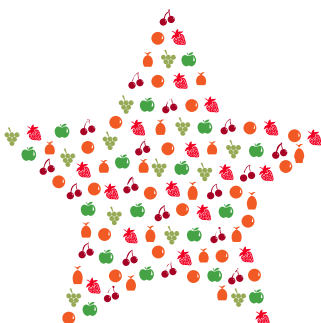


The UWS Employability Award

Register by

Friday 19th December

**to ensure access to the online
programme during the holidays!**



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





Happy Holidays from your Careers Team



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

We hope you enjoy the Winter Break!

**New Year celebrations often include setting goals
for the year ahead.**

**It's a great time to set some career goals!
Check out the Setting Career Goals advice
on our Careers Website.**



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





If you are struggling financially please check your eligibility to the discretionary funds. For more information go to...

www.uws.ac.uk/money-fees-funding/discretionary-childcare-funds



HO HO HO

Guess what's hot off the North Pole Press?

Spending too much for Christmas gets you on the naughty list! It also creates a downer for the other 364 days of the year!



3 WISE TIPS TO SPEND LESS DURING DECEMBER

Socialise wisely: having a Christmas movie night with cosy snacks is much more cost effective than blowing loads on a party night. If you *are* going out, budget for it and call it a night once you spend your limit. Sign up for free events or check out local events such as carol singing to give you festive feels. Get involved with any free UWS events too!

Gift wisely: think crafting, pre-loved or just skipping gifting completely. It's so easy to get swept up in the commercial aspects of the festive season. Don't do it!

Celebrate wisely: again don't fall for the TV advertising, not everyone is having a glittering party. Canapes are not mandatory and you can have a lovely time whilst sticking to budget. If you google "Christmas dinner on a budget" loads of bloggers, websites and articles can show you how to have a champagne time on a very lemonade budget.

Want more super money saving tips?



Paisley's Big Christmas Weekends

Save the Date

Saturday 6th December

Small Business Saturday

Christmas Market **10am - 4pm**

12noon - 4pm - Live Reindeer

► Free face painter

► Free balloon modeller



Sunday 7th December

Christmas Movie -

Frozen Singalong **11am**



Saturday 13th December

Come and meet

The Grinch - **12noon - 4pm**



Sunday 14th December

Christmas Movie

The Polar Express **11am**



Saturday 20th December

Come and meet

Nutcracker the Naughty Elf



Sunday 21st December

Christmas Movie

The Santa Clause **11am**



Paisley's free

Let it Snow

Christmas Trail

28th November -
4th January 2026



Alumni Stories



BAFTA Scholarship for UWS Graduate

A University of the West of Scotland (UWS) graduate has been named among the UK's most promising new filmmakers after securing one of only six BAFTA Scholarships awarded across the country this year.

Daniel Kelly, who graduated from the **BA (Hons) Filmmaking & Screen Writing programme** in Ayr and returned to UWS to complete his **MA in Filmmaking**, will now receive financial support and mentoring and industry access through the prestigious BAFTA UK Scholarship Programme.

The scheme is designed to break down financial barriers for emerging creatives and give them a direct pathway into the screen industries.

The announcement was made at BAFTA's London headquarters in Piccadilly, where the 2025 recipients of the UK Scholarship Programme and the Prince William BAFTA Bursary Fund were revealed at a special event featuring actor and director Peter Capaldi.

Daniel commented: "To be selected as one of just six BAFTA scholars in the UK this year is an incredible honour. Throughout my time as an undergraduate, UWS was instrumental in giving me the chance to experiment, collaborate and grow as a filmmaker. The support I'll now receive through BAFTA, the financial backing, the mentoring and the access to industry networks, will make a huge difference as I develop new work on the MA Filmmaking programme. I can't wait to see where this journey will take me and the kinds of stories I'll be able to tell next."

Daniel is no stranger to recognition. His undergraduate film *Gas & Electricity* won Best Undergraduate Drama at both the RTS Scotland Awards and the national RTS Student Television Awards – one of the UK's most competitive student film prizes. Professor Nick Higgins, Director of the UWS Creative Media Academy, said: "This is an extraordinary achievement. Daniel's talent and ambition have been clear since his undergraduate work, and this BAFTA scholarship is both a recognition of that and an investment in his future."

"At UWS, we are committed to supporting the next generation of filmmakers by ensuring that financial barriers don't get in the way of creativity. To see one of our graduates recognised at this level shows the strength of that approach."

The BAFTA UK Scholarship Programme is part of BAFTA's mission to level the playing field in film, television and games by giving talented individuals the opportunity to develop their careers regardless of background. For Daniel, it represents a major step as he embarks on his Master's studies, with support from both BAFTA and UWS.

First Solo Exhibition for Artist and Alumnus

A University of the West of Scotland (UWS) graduate is set to open his first major solo art exhibition in Ayrshire.

Euan Tait, who graduated from UWS in July 2024 with a BA (Hons) Degree in New Media Art, is an emerging visual artist based in Irvine.

His first major solo exhibition will feature a vibrant mix of analogue and digital prints, along with a selection of original paintings. "It's a body of work I'm really proud of, and I can't wait to share it," commented Euan.

He credits his time at UWS as helping him develop as an artist. "Studying at UWS was an incredibly rewarding experience," he explained. "It served as a vital stepping stone in my journey as an artist, helping me grow both creatively and professionally."

Euan Tait, BA (Hons) New Media Art 2024 "Developing my practice in such a supportive environment, thanks to the guidance and encouragement of the lecturers, has opened the door to exciting new opportunities in the creative industries."

With a background in printmaking, he has an experimental develop lead approach to his work using a range of multi-media platforms from printmaking, photography and painting. His inspiration comes from contemporary printmaking and the resurgence of figurative art within Scotland.



Some examples of Euan's work



Rendered Realities will run from 6th November 2025 to 10th January 2026 at Harbour Arts Centre, 116 Harbour Street, Irvine, KA12 8PZ with free admission. As well as his exhibition, Euan is celebrating having his piece, Shell of Devotion, pre-selected for one of the largest contemporary art exhibitions in Scotland – The Society of Scottish Artists Annual Exhibition – taking place in Edinburgh next year.

Canadian TEDx Talk Delivered by UWS Alumnus

A University of the West of Scotland (UWS) graduate has delivered a TEDx talk in Canada on the theme of kindness being a core leadership competency.

Robin Young is a Canadian native who studied Commercial Music at UWS Ayr campus as part of the partnership with Harris Institute in Toronto, Canada.

Graduating in 2013, he also subsequently completed his MBA at UWS in 2021.

At TEDxOshawa his presentation explored how small, compassionate actions can create a powerful ripple effect in personal and professional environments.

"Earlier this year, I stepped out of my comfort zone and delivered a talk on leading with kindness," explained Robin. "In the talk I encourage leaders to pause, reflect and choose kindness in times of stress and negativity, in order to create positive and lasting change in workplaces and communities."

Currently Director of Corporate Training Services at Durham College, Robin helps people and organisations boost performance and integrate change through workforce development.

Talking about his time studying in Scotland, Robin said: "UWS provided me with the experience of a lifetime!

"As a Canadian student studying abroad, I was lucky enough to study at the new Ayr campus, where I met many other international and EU students in the same situation – we quickly became one big family.

"I left UWS with many opportunities ahead and my time there will always be treasured as it was the time when I began a better life." His "idea worth spreading" is simple but powerful: kindness is a core leadership competency.

"We all lead; in our workplaces, families and communities," continued Robin.

"If watching my talk inspires someone to show kindness to even one person, I'll consider that a huge success."

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

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.



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





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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