

## EDINBURGH CAMPUS STUDENT RESIDENCE

# NEWSLETTER

### YOUR LATEST ON-CAMPUS UPDATE

Welcome to the fourth edition of our newsletter for Edinburgh Campus residents.

I hope that you are all staying safe and healthy during the ongoing lockdown and that your online assessment and dissertation work is going well.

As many of you are nearing the end of your studies at Heriot Watt I would encourage you to check out the services our **Careers and Graduate Futures** Team offer. They are here to support your career planning and offer excellent online events, a huge range of online resources and one-to-one support to help you in your transition to the graduate job market.

I would also like to thank you for your ongoing support in keeping our campus community as safe as possible.

Best wishes

**Campbell Powrie**

Head of Student Llife

### SPOTLIGHT ON STUDENT SERVICES

The University has pulled together a helpful site where you can easily access our online Support Services. Check it out [here](#).

### CAREERS AND GRADUATE FUTURES

As the end of the academic year starts to come into view and thoughts turn to life after University, it's a great time to explore the support and resources the **Careers and Graduate Futures** team provide.

- Keep up to date with the **latest newsletter**
- Book an **online 30 min careers advice appointment**
- Search for **job vacancies**
- Check out the huge range of **online resources** and webinars available for you to access 24/7.

The team continue to monitor the jobs market and check with employers about their recruitment plans so keep checking in.



## WELLBEING SUPPORT

Our Student Wellbeing Team have a wide range of articles and resources available [here](#) and the team can be contacted via the following [e-mail address](#).

We also offer 24/7 support through the [Big White Wall](#). This provides a safe space online to get things off your chest, explore your feelings and learn how to improve and self-manage your mental health and wellbeing. It's available 24/7, is totally anonymous and provides online peer support. Go to [bigwhitewall.com](#) and sign up with your university email address. You then choose an anonymous username for your time on Big White Wall.

## HERIOT WATT UNIVERSITY HEALTH SERVICE

All students resident at Riccarton are entitled to register with the University Health Service. The service is based on The Avenue and is open Monday to Friday 08:00-18:00 and you can collect registration documents during working hours.

The service operates an initial telephone triage system for consultations rather than face-to-face appointments: telephone: **0131 451 3010**

## WHEN THE HEALTH CENTRE IS CLOSED

If you need medical help when the Health Centre is closed contact the University's Safeguarding team for assistance via [SafeZone](#) or telephone NHS 24 on **111**.

## RESIDENCE LIFE DROP IN SESSIONS

The Residence Life Service continues to remain open and they can be contacted via their [Facebook](#) or [Instagram Page](#). The team runs virtual drop-in session runs everyday between 3 – 5pm so if you'd like to chat to one of the team you can email, direct message them or contact on Facebook and Instagram.

The team are based in the **Res Life Hub** in Christina Miller Building and the hub is staffed between 12 noon and 9pm every day.

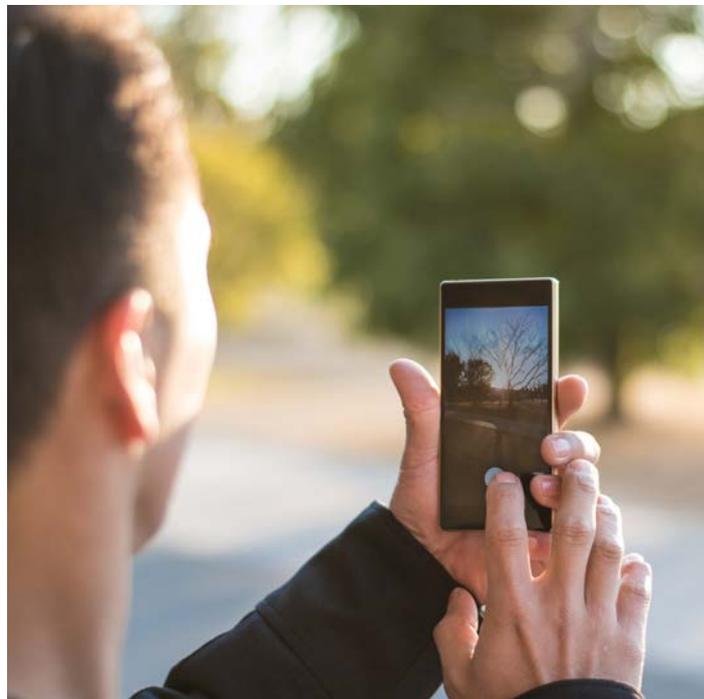
## SAFEGUARDING TEAM

If you need to contact our Safeguarding team, make sure you have activated the SafeZone App on your mobile phone. In an emergency use the SafeZone App, use a red emergency phone handset, dial **2222** from an internal phone or dial **+44 (0)131 451 3500** from your mobile.

## TIME TO SPRING CLEAN

We are now starting to access Halls to clean unoccupied kitchens and rooms. With the end of the academic year approaching it's never too early to think about getting your flat ready for when you are able to move out. Starting now will take the pressure off when you're starting to get ready to leave.

## WEEKLY PHOTO COMPETITION



Congratulations to the winner of the last Competition – eelainehoo – whose atmospheric tour of a very peaceful campus can be found [here](#). The Res Life team will be in touch regarding collection of your prize of Ramen for you and your flatmates!

Do you want to be in for a chance to win yourself and your flatmates some exam fuel (ramen)?

Enter this issue's competition! Our next theme is **#HWUWorkSpace**

We know that exam season is difficult, messy and stressful. Share with us what it looks like for you by sharing a pic of your favourite place to work, revise or play Sims while working to your deadlines! Post your pic on instagram with the hashtag **#HWUWorkSpace**.

## NEXT EDITION

We will continue to keep you updated as regularly as possible. We hope you find this newsletter useful and informative. We'd also like to hear from you about anything you'd particularly like us to include in future editions. If you have any suggestions, please let the Residence Life team know through their Facebook group.