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| “Can I just say on behalf of all of us well done to the Student Services team for this fantastic initiative. Normalising reuse and compassion for others!” Free-tail TherapyUHI North, West and HebridesW | **Goal:** To help support the cost-of-living crisis in a sustainable way, by providing a range of items for free. Crucially, there would be no cost, labelling, or stigma attached to exchanging or taking goods.**Submitted by:** Anne Maree Dykes**Project:** To link in with Green Week and the Brit Challenge to focus on green health and sustainable living, while tackling the difficulties faced by students financially.**Benefit to:** All staff and students.

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| ****Key message: Encourage reusing and recycling****  |
| Support students through the economic crisis while being environmentally active |
| Benefit students, staff, and visitors alike |
| Reduce stigma, encouraging people to exchange items of clothing, books, and other household items |
| Support the cost-of-living crisis in a sustainable manner |
| Positive impact on the mental health and wellbeing of all involved |
| **Project delivery**  |  |
| Responded to identified concerns faced by students |
| Event linked with UHI Green Week and Brit Challenge activities, focusing on green health and acts of kindness |
| Donated items included warm clothing, which directly benefited students who are struggling |
| The event had a high level of student engagement and interaction |
| Students from the Fashion and Textiles course created hand-made woolly hats for students to take away, at no cost  |

**Impact:**  The initiative ran over multiple centres and campuses, with an example of 672 items reused or recycled from over 700 donations at one site alone. The event was highlighted as highly effective practice at the Education Scotland Annual Engagement visit, while positive feedback was received from staff, students, and visitors. |

Recognises the challenges faced by students | Encouraged reflection on living more sustainably | Aimed to help the planet, people’s health, and finances| Reduced stigma | Normalised reusing clothing and recycling items | Supported UHI Green Week and the Brit Challenge – Acts of Kindness