

Key:

Students' Union	Student Counselling and Mental Health
Sustainability	Learning Success
Chaplaincy	Sport and Leisure / CitySport

WEEK 1

Mon 14th May	Tues 15th May	Weds 16th May	Thurs 17th May	Fri 18th May
Coping with Emotional Distress Workshop Contact SCMh for info, times and to pre-book Student Counselling and Mental Health	9:30am - 10:30am Breakfast Club Main Entrance	10:00am - 11:00am Board games SU 'Lounge' next to SU reception	7:15am - 8:15am Yoga CitySport	Coping with Emotional Distress Workshop Contact SCMh for info, times and to pre-book Student Counselling and Mental Health
10:00am - 2:00pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport	10:00am - 2:00pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport	11:00am - 12:00pm Make Your Own Lip & Beard Balm Workshop Main Entrance Stairs	9:30am - 12:30pm SU Relaxation Room Multi Faith Room next to SU reception	10:00am - 4:00pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport
10:00am - 10:45am Yoga (5 spaces available) CitySport	11:00am - 3:30pm Petting Zoo Northampton Square	12:15pm - 1.00pm Zumba (5 spaces available) CitySport	12:00pm - 12:50pm Exam Skills Workshop ELG05	
11:30am - 12:20pm Exam Skills Workshop ELG05		12:00pm - 12:50pm Exam Skills Workshop ELG05	1:00pm - 2:00pm Union Advice Q&A AG04	12:15pm - 12:55pm Free Style Pump CitySport
12.15pm - 1.00pm HIIT Strength and Abs (5 spaces available) CitySport		12:30pm - 2.30pm 'The Listening Post' - Drop in hosted by the Chaplaincy – Tea and Cake provided! Multi Faith Room next to SU reception	12:00pm - 2:00pm Chill-Outdoors: badminton, games & relax Northampton Square	12.45pm - 1.15pm Guided Mindfulness Meditation Quiet Reflection Room
12.45pm - 1.15pm Guided Mindfulness Meditation Quiet Reflection Room	4:00pm - 5:00pm Union Advice Q&A ELG14	1:00pm - 2:00pm Union Advice Q&A AG02	2:30pm - 3.30pm Power Nap Session SU 'Lounge' next to SU reception	
2:00pm - 4:00pm SU Relaxation Room Multi Faith Room next to SU reception		1:30pm - 4:30pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport		3:00pm - 4:00pm Board games SU 'Lounge' next to SU reception
	6:30pm - 7:30pm Jamaican Dance Hall CitySport	2:00pm - 3.00pm Power Nap Session SU 'Lounge' next to SU reception	6:30pm - 7:30pm Pure Hip Hop CitySport	

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WEEK 2

Mon 21st May	Tues 22nd May	Weds 23rd May	Thurs 4th May	Fri 25th May
Coping with Emotional Distress Workshop Contact SCMh for info, times and to pre-book Student Counselling and Mental Health	10:00am - 2:00pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport	9:30am - 10:30am Breakfast Club Main Entrance	7:15am - 8:15am Yoga CitySport	Coping with Emotional Distress Workshop Contact SCMh for info, times and to pre-book Student Counselling and Mental Health
10:00am - 2:00pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport	11:00am - 12:00pm Make Your Own Lip & Beard Balm Workshop Main Entrance Stairs	11:00am - 12:00pm Board games SU 'Lounge' next to SU reception	9:30am - 11:30am SU Relaxation Room Multi Faith Room next to SU reception	10:00am - 4:00pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport
10:00am - 10:45am Yoga CitySport	11:00pm - 3:00pm SU Relaxation Room Multi Faith Room next to SU reception	12:15pm - 1.00pm Zumba City Sport	11:00am - 12:00pm Union Advice Q&A Bunhill Row - 2007	
12:00pm - 2:00pm Dog Cuddle Room Saddlers Common Room	2:00pm - 3.00pm Power Nap Session SU 'Lounge' next to SU reception	12:30pm - 2.30pm 'The Listening Post' - Drop in hosted by the Chaplaincy – Tea and Cake provided! Multi Faith Room next to SU reception	2:00pm - 3.00pm Power Nap Session SU 'Lounge' next to SU reception	12:15pm - 12:55pm Free Style Pump CitySport
12:15pm – 1:00pm HIIT Strength and Abs CitySport	3:00pm - 4:00pm Union Advice Q&A Students' Union Hub	1:00pm - 3:00pm Chill-Outdoors: badminton, games & relax Northampton Square		12.45pm - 1.15pm Guided Mindfulness Meditation Quiet Reflection Room
12.45pm - 1.15pm Guided Mindfulness Meditation Quiet Reflection Room		1:30pm - 4:30pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport		
1:00pm - 2:00pm Union Advice Q&A AG02	6:30pm - 7:30pm Jamaican Dance Hall CitySport	3.00pm - 4.00pm Crafternoon - Send a seriously ill child a hand-made card SU 'Lounge' next to SU reception	6:30pm - 7:30pm Pure Hip Hop CitySport	

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WEEK 3

Mon 28th May	Tues 29th May	Weds 30th May	Thurs 31st May	Fri 1st June
Bank Holiday			7:15am - 8:15am Yoga CitySport	Coping with Emotional Distress Workshop Contact SCMh for info, times and to pre-book Student Counselling and Mental Health
Bank Holiday	10:00am - 2:00pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport		9:30am - 10:30am Breakfast Club Main Entrance	10:00am - 4:00pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport
Bank Holiday	11:00am - 1:00pm Chill-Outdoors: badminton, games & relax Northampton Square	12:15pm - 1.00pm Zumba City Sport	9:30am - 11:30am SU Relaxation Room Multi Faith Room next to SU reception	12:00pm - 1:00pm Make Your Own Lip & Beard Balm Workshop Main Entrance Stairs
Bank Holiday	11:00pm - 3:00pm SU Relaxation Room Multi Faith Room next to SU reception	12:30pm - 2.30pm 'The Listening Post' - Drop in hosted by the Chaplaincy – Tea and Cake provided! Multi Faith Room next to SU reception	2:00pm - 3.00pm Power Nap Session SU 'Lounge' next to SU reception	12:15pm - 12:55pm Free Style Pump CitySport
Bank Holiday	2:00pm - 3.00pm Power Nap Session SU 'Lounge' next to SU reception	1:00pm - 2:00pm Union Advice Q&A AG02	3:00pm - 4:00pm Union Advice Q&A Walkway - University Building	12.45pm - 1.15pm Guided Mindfulness Meditation Quiet Reflection Room
Bank Holiday	3:00pm - 4:00pm Union Advice Q&A MG24	1:30pm - 4:30pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport	2.00pm - 4.00pm Crafternoon - Send a seriously ill child a hand-made card SU Hub	
Bank Holiday	6:30pm - 7:30pm Jamaican Dance Hall CitySport	3:00pm - 4:00pm Board games SU 'Lounge' next to SU reception	6:30pm - 7:30pm Pure Hip Hop CitySport	

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WEEK 4

Mon 4th June	Tues 5th June	Weds 6th June	Thurs 7th June	Fri 8th June
Coping with Emotional Distress Workshop Contact SCMH for info, times and to pre-book Student Counselling and Mental Health	9:30am - 10:30am Breakfast Club Main Entrance		7:15am - 8:15am Yoga CitySport	Coping with Emotional Distress Workshop Contact SCMH for info, times and to pre-book Student Counselling and Mental Health
10:00am - 2:00pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport	10:00am - 2:00pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport			10:00am - 4:00pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport
10:00am - 10:45am Yoga CitySport	11:00pm - 3:00pm SU Relaxation Room Multi Faith Room next to SU reception	9:30am - 12:00pm SU Relaxation Room Multi Faith Room next to SU reception		
12:00pm - 1:00pm Union Advice Q&A MG25	2:00pm - 3:00pm Power Nap Session SU 'Lounge' next to SU reception	12:15pm - 1.00pm Zumba City Sport	12:00pm - 2:00pm Chill-Outdoors: badminton, games & relax Northampton Square	12:15pm - 12:55pm Free Style Pump CitySport
12.15pm - 1.00pm HIIT Strength and Abs CitySport		12:30pm - 2.30pm 'The Listening Post' - Drop in hosted by the Chaplaincy – Tea and Cake provided! Multi Faith Room next to SU reception	2:30pm - 3.30pm Power Nap Session SU 'Lounge' next to SU reception	12.45pm - 1.15pm Guided Mindfulness Meditation Quiet Reflection Room
12.45pm - 1.15pm Guided Mindfulness Meditation Quiet Reflection Room	3:00pm - 4:00pm Union Advice Q&A AG05	1:30pm - 4:30pm Book A Bike up to 60 mins in the Virtual Cycle Studio CitySport		1:00pm - 2:00pm Union Advice Q&A Walkway - University Building
	6:30pm - 7:30pm Jamaican Dance Hall CitySport	3:00pm - 4:00pm Board games SU 'Lounge' next to SU reception	6:30pm - 7:30pm Pure Hip Hop CitySport	