

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

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**WEEK 2**

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

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**WEEK 3**

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

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**WEEK 4**

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