Get In Campus Centre

			Atrium	All	No booking required
Daily 5 minute meditation	16-21 January	10:00	Anywhere on campus	All	No booking required
Mindfulness sessions	18 January 21 January	15:00 -15:30 9:30- 10:00	Breathing Space	All	Please book using MyGateway
Meditation sessions	16 January 18 January	13:00 -14:00 12:00-13:00	Breathing Space Breathing Space	All All	Please book using MyGateway
Emotional Resilience Workshop	17 January	11:00-12:00	Queens 0.14	All	No booking required
Be Active					
DMUactive calendar of activity	16-21 January	Various	Various	All	
Pop up badminton	16 January 17 January	10:30 -12:00 9:00-11:00	Campus Centre Atrium	All	No booking required
Outdoor Table Tennis	16 21 January	All day	Outside Hugh Aston Building	All	Collect bats from Hugh Aston reception
Outdoor Table Tennis session	18 January	12:00-13:00	Outside Hugh Aston Building	All	No booking required
Access to swimming pool and gym classes	16-21 January	Various	Queen Elizabeth II Leisure Centre	All	See step-by-step guide
Be Active and Take Notice					
Tai Chi classes	16, 17, 18, 19, 21 January	14:00 -			

	21 January	12:00-13:00			

‘Craftism’ activities
including:
Making stress balls, stress
putty and also free
painting, and colourinCa62.8 704.74 Tw 11.(p)-0.7 (u)-0.8 (i)-3.2g

“Let’s talk books…” Come and chat to LLS about your favourite books at the Kimberlin Leisure Reading Collection

Archives and Special Collections experience
Archive material needs special care to keep it safe from damage. Join us for the chance to handle some history as you help to clean and re-package some of our collections. Training will be provided.

Academic Skills refreshers
Attend one of our workshops to help improve your skills and boost your confidence. Topics include: Using evidence in your writing, Planning and writing your report, Working SMARTER not harder, Find out about Turnitin, The Mentors' Guide to...succeeding at

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your uplifting message to yourself.					

'Being a friend to yourself (self-care)'	16 January	12.00-13:00	Breathing Space	All	MyGateway
Autism lunch social	16 January	12:00-13:30	Sharing Space	All	
Pop Up Planting	21 January	12:00-14:00		All	
Working with Autistic Students workshop	21 January	14:00-15:00		All	
#HealthyDMU Loss and Bereavement Group	21 January	15:00-16:00		All	
#HealthyDMU - 'Be more confident!'	21 January	16:00-17:00		All	
Give					

DMUlocal