

# January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Student Wellbeing and the Multifaith Chaplaincy reopen at 9am	6	7	8	9	10
11	12	13	14	15 Meditation for Wellbeing 1pm Chaplaincy Social Space	16	17
18	19 Bereavement and Me: How to live well with grief 2pm - 3pm Chaplaincy Social Space	20	21 Yoga for Wellbeing 1pm Chaplaincy Social Space  Motivation and Procrastination 2pm-3pm, Online	22 Meditation for Wellbeing 1pm Chaplaincy Social Space	23	24
25	26 International Café 7.30pm Owen 744, City Campus	27 Holocaust Memorial Day Exhibition Owen, City Campus  Hallam Medical Centre Drop-in 11am – 3pm, Charles Street, City Campus  Wellbeing Fair 11am – 3pm Hallam SU, Charles Street  How to manage exam stress morning session 11.30am - 12pm afternoon session 2pm - 2.30pm Hallam SU, Charles Street	28 Animal Therapy 11:30am - 13:30pm Hallam SU, Owen, City Campus  Yoga for Wellbeing 1pm Chaplaincy Social Space  Bible Discussion 2.30pm Chaplaincy Social Space  Time Management and Organisation 2pm – 3pm, City Campus	29 Placement Wellbeing Café – Collegiate 12pm – 2pm HOTC, Collegiate Campus  Placement Wellbeing Café – City 12pm – 2pm Hallam SU, Owen, City Campus  Meditation for Wellbeing 1pm Chaplaincy Social Space	30	31



# Other places to find support or events

## Togetherall



Access support 24/7, 365 days a year through Togetherall.

## The Skills Centre



Develop academic skills with online resources, 1:1 support and workshops.

## Hallam Students' Union



A range of events and societies as well as support from the Advice Centre.

## Hallam's Support Hub



See what support is available here at Hallam and find the right service to help.

## Sport, Exercise & Active Wellbeing



Classes, club and team sports, relaxed sports, Hallam gym and wellbeing.

## GoGlobal Events



Social and cultural opportunities and trips for international students.

## Adult Autism & ADHD Support Hub



Mental Health Matters Sheffield events and group activities.

# Upcoming Cultural and Religions Celebrations

To all staff and students observing any of the following dates, we wish you a blessed January.

You can follow [@SHUChaplaincy](#) on Instagram for more information and events and you can also link the Hallam Religious and Cultural Calendar to your outlook calendar. Find out how here: [Add this to your Outlook calendar](#)

3<sup>rd</sup> January



**Mahayana New Year**

(Buddhism)

5<sup>th</sup> January



**Birth of Parkash Sri  
Guru Gobind Singh Ji**

(Sikhism)

6<sup>th</sup> January



**Epiphany**

(Christianity)

7<sup>th</sup> January



**Christmas Day**

(Orthodox Christianity)

14<sup>th</sup> January



**Maghi**

(Sikhism)

27<sup>th</sup> January



**Holocaust Memorial  
Day**

(International)

# February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Sexual Abuse & Sexual Violence Awareness Week 2 <sup>nd</sup> – 8 <sup>th</sup> Feb  International Café 7.30pm Owen 744, City Campus	3	4 Wellbeing Wednesday 11am - 2pm, Collegiate and City  Yoga for Wellbeing 1pm Chaplaincy Social Space  Trauma Informed Yoga 2.15pm Chaplaincy Social Space  Managing Study, Deadlines and Assignments 2–3pm, Online	5 Meditation for Wellbeing 1pm Chaplaincy Social Space	6	7
8	9 International Café 7.30pm Owen 744, City Campus	10	11 Yoga for Wellbeing 1pm Chaplaincy Social Space  Trauma Informed Yoga 2.15pm Chaplaincy Social Space  Productivity and Focus 2–3pm, City Campus  Peer Support Check-In 3–4pm, Owen 946, City Campus	12 Meditation for Wellbeing 1pm Chaplaincy Social Space	13	14
15	16 International Café 7.30pm Owen 744, City Campus	17	18 Yoga for Wellbeing 1pm Chaplaincy Social Space  Trauma Informed Yoga 2.15pm Chaplaincy Social Space  1625 Outreach Team Drop-in 2-4pm, Owen 526b	19 Meditation for Wellbeing 1pm Chaplaincy Social Space	20	21
22	23 International Café 7.30pm Owen 744, City Campus	24	25 Yoga for Wellbeing 1pm Chaplaincy Social Space  Trauma Informed Yoga 2.15pm Chaplaincy Social Space	26 Meditation for Wellbeing 1pm Chaplaincy Social Space	27	28



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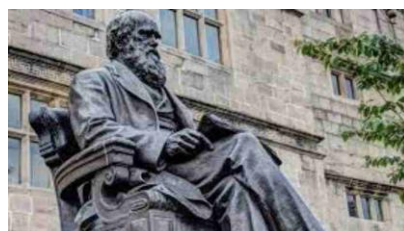
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1<sup>st</sup> February



**Imbolc**  
(Paganism)

12<sup>th</sup> February



**Darwin Day**  
(Humanist)

15<sup>th</sup> February



**Parinirvana Day**  
(Buddhism)

15<sup>th</sup> -16<sup>th</sup> February



**Mahashivratri**  
(Hinduism)

17<sup>th</sup> February



**Ramadan Begins**  
(Islam)

17<sup>th</sup> February



**Shrove Tuesday**  
(Christianity)

18<sup>th</sup> February



**Ash Wednesday & beginning of Lent**  
(Christianity)

21<sup>st</sup> February



**Parkash Sri Guru Har Rai Ji (7th Sikh Guru)**  
(Sikh)

25<sup>th</sup> February – 1<sup>st</sup> March



**Ayyám-i-Há**  
(Intercalary days)  
(Bahá'í)

[shu.ac.uk/wellbeing](https://shu.ac.uk/wellbeing)



@shuchaplaincy