

January

shu.ac.uk/wellbeing

 @shuchaplaincy

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

*Click **hyperlinked** text for more details or make a booking.

** The Multifaith Chaplaincy Social Space is on Level 2, Owen Building, City Campus

Wellbeing

Multifaith Chaplaincy

Practical Peer Support

Students Union

Other



Other places to find support or events

Togetherall



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

The Skills Centre

LIBRARY: 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 Religious 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](#)

3rd January



Mahayana New Year
(Buddhism)

5th January



Birth of Parkash Sri Guru Gobind Singh Ji
(Sikhism)

6th January



Epiphany
(Christianity)

7th January



Christmas Day
(Orthodox Christianity)

14th January



Maghi
(Sikhism)

27th January



Holocaust Memorial Day
(International)

February

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sexual Abuse & Sexual Violence Awareness Week 2nd – 8th Feb	2 International Café 7.30pm Owen 744, City Campus	3	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	4 Meditation for Wellbeing 1pm Chaplaincy Social Space	5	6
8 International Café 7.30pm Owen 744, City Campus	9	10	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	11 Meditation for Wellbeing 1pm Chaplaincy Social Space	12	13
15 International Café 7.30pm Owen 744, City Campus	16	17	Yoga for Wellbeing 1pm Chaplaincy Social Space Trauma Informed Yoga 2.15pm Chaplaincy Social Space 1625 Outreach Team Drop-in 2-4pm, Owen 526b	18 Meditation for Wellbeing 1pm Chaplaincy Social Space	19	20
22 International Café 7.30pm Owen 744, City Campus	23	24	Yoga for Wellbeing 1pm Chaplaincy Social Space Trauma Informed Yoga 2.15pm Chaplaincy Social Space	25 Meditation for Wellbeing 1pm Chaplaincy Social Space	26	27
						28

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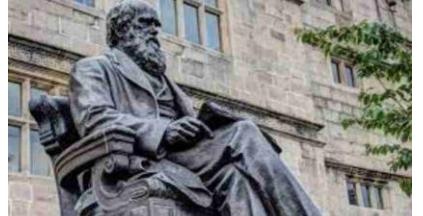
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1st February



Imbolc
(Paganism)

12th February



Darwin Day
(Humanist)

15th February



Parinirvana Day
(Buddhism)

15th -16th February



Mahashivratri
(Hinduism)

17th February



Ramadan Begins
(Islam)

17th February



Shrove Tuesday
(Christianity)

18th February



Ash Wednesday & beginning of Lent
(Christianity)

21st February



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

25th February – 1st March



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