

# June

**Pride Month**  
**Loneliness Awareness Week** - 15<sup>th</sup> - 21<sup>st</sup>

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>Bereavement and Me</b> 2-3pm Chaplaincy Social Space  <b>International Café</b> 7.30pm Owen 744, City Campus	2	3 <b>Yoga for Wellbeing</b> 1pm, Chaplaincy Social Space  <b>Trauma Informed Yoga</b> 2.15pm, Chaplaincy Social Space  <b>Motivation and Procrastination</b> 2-3pm, Online	4 <b>Meditation for Wellbeing</b> 1pm Chaplaincy Social Space	5	6
7	8 <b>International Café</b> 7.30pm Owen 744, City Campus	9	10	11 <b>Meditation for Wellbeing</b> 1pm Chaplaincy Social Space	12	13
14	15 <b>International Café</b> 7.30pm Owen 744, City Campus	16 <b>HSU Pride Jewellery Making</b> 1pm - 4:30pm, HSU Owen	17 <b>Yoga for Wellbeing</b> 1pm, Chaplaincy Social Space  <b>Trauma Informed Yoga</b> 2.15pm, Chaplaincy Social Space  <b>Productivity and Focus</b> 3-4pm, Online	18 <b>Meditation for Wellbeing</b> 1pm Chaplaincy Social Space	19	20 <b>Kelham Pride</b> 12pm-late Kelham Island & Neepsend
21	22 <b>International Café</b> 7.30pm Owen 744, City Campus	23	24 <b>Yoga for Wellbeing</b> 1pm, Chaplaincy Social Space  <b>Trauma Informed Yoga</b> 2.15pm, Chaplaincy Social Space	25 <b>Meditation for Wellbeing</b> 1pm Chaplaincy Social Space	26	27
28	29 <b>International Café</b> 7.30pm Owen 744, City Campus	30				

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

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

# Other places to find support or events

<p><b><u>Togetherall</u></b></p>  <p>Access support 24/7, 365 days a year through Togetherall.</p>	<p><b><u>The Skills Centre</u></b></p>  <p>Develop academic skills with online resources, 1:1 support and workshops.</p>	<p><b><u>Hallam Students' Union</u></b></p>  <p>A range of events and societies as well as support from the Advice Centre.</p>	<p><b><u>Hallam's Support Hub</u></b></p>  <p>See what support is available here at Hallam and find the right service to help.</p>	<p><b><u>Sport, Exercise &amp; Active Wellbeing</u></b></p>  <p>Classes, club and team sports, relaxed sports, Hallam gym and wellbeing.</p>	<p><b><u>GoGlobal Events</u></b></p>  <p>Social and cultural opportunities and trips for international students.</p>	<p><b><u>Adult Autism &amp; ADHD Support Hub</u></b></p>  <p>Mental Health Matters Sheffield events and group activities.</p>
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# Upcoming Cultural and Religions Celebrations

To all staff and students observing any of the following dates, we wish you a blessed June.  
You can link the Hallam Religious and Cultural Calendar to your outlook calendar. Find out how here: [Add this to your Outlook calendar](#)

<p>16<sup>th</sup> - 17<sup>th</sup> June</p>  <p><b>Al-Hijra-Muharram</b> (Islam)</p>	<p>18<sup>th</sup> June</p>  <p><b>Martyrdom of Guru Arjan Dev Sahib</b> (Sikhism)</p>	<p>21<sup>st</sup> June</p>  <p><b>Summer Solstice / Litha</b> (Paganism)</p>	<p>21<sup>st</sup> June</p>  <p><b>World Humanist Day</b> (Humanist)</p>	<p>25<sup>th</sup> June</p>  <p><b>Day of Ashura</b> (Islam)</p>
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