

March

National Student Money Week – 2nd – 6th
University Mental Health Day Week - 9th – 12th
University Mental Health Day – 12th

shu.ac.uk/wellbeing



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 International Café 7.30pm Owen 744, City Campus Bereavement and Me 2-3pm Chaplaincy Social Space	3 National Student Money Week Event – 10am-2pm, Owen Atrium	4 Yoga for Wellbeing 1pm Chaplaincy Social Space Trauma Informed Yoga 2.15pm Chaplaincy Social Space Motivation and Procrastination 2-3pm City Campus Peer Support Check-In 3-4pm, City Campus	5 Meditation for Wellbeing 1pm Chaplaincy Social Space	6	7
8	9 Social Soups 2-3pm Hallam Kitchen, City Campus International Café 7.30pm Owen 744, City Campus	10 The Big Social Knit 12-2pm Hallam Students' Union, Charles Street	11 The Big Social Knit 12-2pm, Students Union Charles Street Yoga for Wellbeing 1pm, Chaplaincy Social Space Trauma Informed Yoga 2.15pm, Chaplaincy Social Space Support and Social Opportunities 2-3pm, City Campus Peer Support Check-In 3-4pm, City Campus	12 Look After Your Mate 1pm City Campus Meditation for Wellbeing 1pm Chaplaincy Social Space Mocktail Making 4-5pm Hallam Kitchen, City Campus	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 Productivity and Focus 2-3pm, Online	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 Managing Study, Deadlines and Assignments 2-3pm, City Campus Peer Support Check-In 3-4pm, City Campus	26 Meditation for Wellbeing 1pm Chaplaincy Social Space	27	28
29	30 International Café 7.30pm Owen 744, City Campus	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

<p><u>Togetherall</u></p>  <p>Access support 24/7, 365 days a year through Togetherall.</p>	<p><u>The Skills Centre</u></p>  <p>Develop academic skills with online resources, 1:1 support and workshops.</p>	<p><u>Hallam Students' Union</u></p>  <p>A range of events and societies as well as support from the Advice Centre.</p>	<p><u>Hallam's Support Hub</u></p>  <p>See what support is available here at Hallam and find the right service to help.</p>	<p><u>Sport, Exercise & Active Wellbeing</u></p>  <p>Classes, club and team sports, relaxed sports, Hallam gym and wellbeing.</p>	<p><u>GoGlobal Events</u></p>  <p>Social and cultural opportunities and trips for international students.</p>	<p><u>Adult Autism & ADHD Support Hub</u></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 March.
 You can link the Hallam Religious and Cultural Calendar to your outlook calendar. Find out how here: [Add this to your Outlook calendar](#)

<p>1st March</p>  <p>St Davids Day (National Day - Wales)</p>	<p>4th March</p>  <p>Holi (Hinduism)</p>	<p>4th - 6th March</p>  <p>HOLA Mohalla (Sikhism)</p>	<p>16th March</p>  <p>Laylat al Qadr (Islam)</p>	<p>19th - 21st March</p>  <p>Eid-al-Fitr (Islam)</p>	<p>20th March</p>  <p>Spring Equinox / Ostara (Paganism)</p>
<p>21st March</p>  <p>Naw-Ruz (Bahá'í)</p>	<p>26th March</p>  <p>Shri Rama Navami (Hinduism)</p>	<p>29th March</p>  <p>Palm Sunday (Christianity)</p>	<p>31st March</p>  <p>Mahavir Jayanti (Jainism)</p>		



April

Stress Awareness Month

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>Yoga for Wellbeing 1pm, Chaplaincy Social Space</p> <p>Trauma Informed Yoga 2.15pm, Chaplaincy Social Space</p> <p>Time Management & Organisation 2-3pm, City Campus</p> <p>Peer Support Check-In 3-4pm, Norfolk 503</p>	<p>2</p> <p>Meditation for Wellbeing 1pm Chaplaincy Social Space</p>	<p>3</p>	<p>4</p>
<p>5</p>	<p>6</p> <p>International Café 7.30pm Owen 744, City Campus</p>	<p>7</p>	<p>8</p> <p>Yoga for Wellbeing 1pm, Chaplaincy Social Space</p> <p>Trauma Informed Yoga 2.15pm, Chaplaincy Social Space</p> <p>Motivation and Procrastination 2-3pm, Online</p>	<p>9</p> <p>Meditation for Wellbeing 1pm Chaplaincy Social Space</p>	<p>10</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>Bereavement and Me 2-3pm Chaplaincy Social Space</p> <p>International Café 7.30pm Owen 744, City Campus</p>	<p>14</p>	<p>15</p> <p>Yoga for Wellbeing 1pm, Chaplaincy Social Space</p> <p>Trauma Informed Yoga 2.15pm, Chaplaincy Social Space</p> <p>1625 Outreach Team Drop-in 2-4pm, Owen 526b</p> <p>Managing Study, Deadlines & Assignments 2-3pm, City Campus</p> <p>Peer Support Check-In 3-4pm, Surrey 5121</p>	<p>16</p> <p>Meditation for Wellbeing 1pm Chaplaincy Social Space</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>International Café 7.30pm Owen 744, City Campus</p>	<p>21</p>	<p>22</p> <p>Yoga for Wellbeing 1pm, Chaplaincy Social Space</p> <p>Trauma Informed Yoga 2.15pm, Chaplaincy Social Space</p> <p>Productivity and Focus 2-3pm, Online</p>	<p>23</p> <p>Meditation for Wellbeing 1pm Chaplaincy Social Space</p>	<p>24</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>International Café 7.30pm Owen 744, City Campus</p>	<p>28</p>	<p>29</p> <p>Yoga for Wellbeing 1pm, Chaplaincy Social Space</p> <p>Trauma Informed Yoga 2.15pm, Chaplaincy Social Space</p> <p>Time Management & Organisation 2-3pm, Online</p>	<p>30</p> <p>Meditation for Wellbeing 1pm Chaplaincy Social Space</p>		

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Adult Autism & ADHD Support Hub



Mental Health Matters Sheffield events and group activities.

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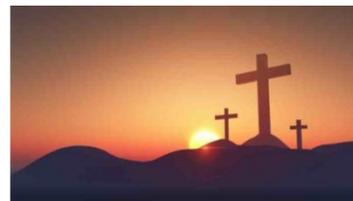
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1st - 9th April



Passover
(Judaism)

3rd April



Good Friday
(Christianity)

5th April



Easter Sunday
(Christianity)

13th - 15th April



Theravada New Year
(Buddhism)

14th April



Vaisakhi
(Sikhism)

18th April



Parkash Sri Guru Angad Dev Ji
(Sikhism)

21st April - 2nd May



Ridván
(Bahá'í)



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