



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 International Café 7.30pm Owen 744, City Campus	5	6 Yoga for Wellbeing 1pm, Chaplaincy Social Space Trauma Informed Yoga 2.15pm, Chaplaincy Social Space Motivation and Procrastination 2-3pm, Online	7 Meditation for Wellbeing 1pm Chaplaincy Social Space	8	9
10	11 Cut. Paste. De-stress 12pm Adsetts Library, City Campus International Café 7.30pm Owen 744, City Campus Wellbeing Walk to Cholera Monument 12:15pm-1pm from Hallam Square	12 Wellbeing Walk to Botanical Gardens 5:15pm-6pm from Collegiate Campus	13 Wellbeing Walk to Cholera Monument 12:15pm-1pm from Hallam Square Yoga for Wellbeing 1pm, Chaplaincy Social Space Trauma Informed Yoga 2.15pm, Chaplaincy Social Space Managing Study, Deadlines and Assignments 2-3pm, Online	14 Meditation for Wellbeing 1pm Chaplaincy Social Space Wellbeing Walk to Cholera Monument 5:15pm-6pm from Hallam Square	15 Wellbeing Walk to Botanical Gardens 12:15pm-1pm from Collegiate Campus	16
17	18 Cut. Paste. De-stress 12pm Adsetts Library, City Campus International Café 7.30pm Owen 744, City Campus	19 Animal Therapy 11.30am-1.30pm HSU Owen	20 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 3-4pm, Online Social Singalong 5:30pm-7pm, HSU Owen	21 Meditation for Wellbeing 1pm Chaplaincy Social Space	22	23
24	25 International Café 7.30pm Owen 744, City Campus	26	27 Yoga for Wellbeing 1pm, Chaplaincy Social Space Trauma Informed Yoga 2.15pm, Chaplaincy Social Space	28 Meditation for Wellbeing 1pm Chaplaincy Social Space	29	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>Togetherall</p>  <p>Access support 24/7, 365 days a year through Togetherall.</p>	<p>The Skills Centre</p>  <p>Develop academic skills with online resources, 1:1 support and workshops.</p>	<p>Hallam Students' Union</p>  <p>A range of events and societies as well as support from the Advice Centre.</p>	<p>Hallam's Support Hub</p>  <p>See what support is available here at Hallam and find the right service to help.</p>	<p>Sport, Exercise & Active Wellbeing</p>  <p>Classes, club and team sports, relaxed sports, Hallam gym and wellbeing.</p>	<p>GoGlobal Events</p>  <p>Social and cultural opportunities and trips for international students.</p>	<p>Adult Autism & ADHD Support Hub</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 May.
 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 May</p>  <p>Beltane (Paganism)</p>	<p>1st May</p>  <p>Vesak / Buddha Day (Buddhism)</p>	<p>2nd May</p>  <p>Twelfth day of Ridván (Bahá'í)</p>	<p>9th May</p>  <p>Parkash Sri Guru Amar Das Ji (Sikhism)</p>	<p>14th May</p>  <p>Ascension of Jesus into Heaven (Christianity)</p>	<p>21st - 23rd May</p>  <p>Shavout (Judaism)</p>
<p>23rd - 24th May</p>  <p>The Declaration of the Báb (Bahá'í)</p>	<p>24th May</p>  <p>Pentecost (Christianity)</p>	<p>25th May</p>  <p>Hajj Begins (Islam)</p>	<p>27th May</p>  <p>Eid-al-Adha (Islam)</p>	<p>28th - 29th May</p>  <p>Ascension of Bahá'u'lláh (Bahá'í)</p>	 <p>shu.ac.uk/wellbeing</p>