



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Summer Hangout 7pm, Weston Park	2	3	4
5	6	7 Friends International Drop-in 2-4pm, 210 Portobello, S1 4AE	8 Summer Hangout 7pm, Weston Park	9 Meditation for Wellbeing 1pm Chaplaincy Social Space	10	11 Walk in the Peaks 10am - 4pm
12 Board Games Night 6-8pm	13 American Pancake Night 5-8pm	14 Sports Day with GoGlobal Sport 2-4pm Friends International Drop-in 2-4pm, 210 Portobello, S1 4AE	15 Yoga for Wellbeing 1pm, Chaplaincy Social Space World Cup Watching Party 8pm, Christ Church Centre, S1 4JR	16 Meditation for Wellbeing 1pm Chaplaincy Social Space	17	18
19	20	21 Friends International Drop-in 2-4pm, 210 Portobello, S1 4AE	22 Yoga for Wellbeing 1pm, Chaplaincy Social Space Summer Hangout 7pm, Weston Park	23	24 24/7 Samaritans Awareness Day	25
26	27	28 Friends International Drop-in 2-4pm, 210 Portobello, S1 4AE	29 Yoga for Wellbeing 1pm, Chaplaincy Social Space Summer Hangout Picnic 6pm, Weston Park	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

*Friends International – Support for International Students in Sheffield (SHU and UoS)

August

shu.ac.uk/wellbeing



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	12 Yoga for Wellbeing 1pm, Chaplaincy Social Space	6	7	8
9	10	11	12 Yoga for Wellbeing 1pm, Chaplaincy Social Space	13	14	15
16	17	18	19 Yoga for Wellbeing 1pm, Chaplaincy Social Space	20	21	22
23	24	25	26 Yoga for Wellbeing 1pm, Chaplaincy Social Space	27	28	29
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

*Friends International – Support for International Students in Sheffield (SHU and UoS)

Wellbeing

Multifaith Chaplaincy

*Friends International

Students Union

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



Mind Sheffield's events and group activities for people with ADHD and or Autism.

Upcoming Cultural and Religions Celebrations

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

10th July



The Martyrdom of the Báb
(Bahá'í)

29th July



Dharma Day
(Buddhism)

1st August



Lammas / Lughnasadh
(Paganism)

29th August



Parkash Sri Guru Granth Sahib Ji
(Sikhism)



shu.ac.uk/wellbeing