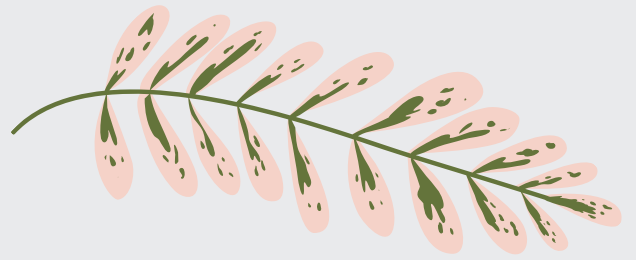


**Welcoming  
you back  
to the  
Multifaith  
Centre**



# Welcome



As a chaplaincy team we are delighted to be able to open the doors and welcome you back to the Multifaith Centre.

We have made a few changes to the Multifaith Centre to keep us all safe whilst using the space; We have put this leaflet together to tell you more.

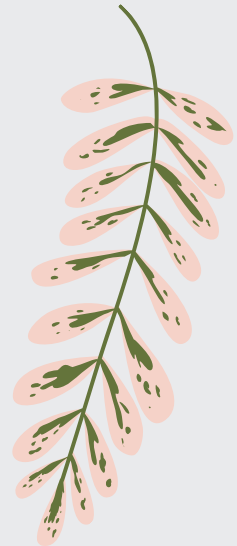
## Location and Opening Hours

### Level 2 Owen Building, City Campus

The Multifaith Centre will be open for use:

**Monday to Thursday 11.00am to 4.45pm**  
**Friday 12.30pm to 2.00pm**

And you will find our Coordinating Chaplain  
Reverend Helena Roulston in her office  
Monday to Thursday 11.00am to 4.45pm.



## Keeping Safe

When using the Multifaith Centre spaces please ensure that you wear a mask at all times, observe social distancing and wash your hands regularly using the hand sanitiser provided.

## Sign-in Sheets



You may find that the spaces look a little different from how you remember them. There are sign-in sheets outside each of the rooms in the centre. If you are in any of the rooms for more than 15 minutes you must fill out a sign-in sheet for track and trace purposes.



# The Quiet Room

## What's in the Quiet Room

The Quiet Room has four comfy seats, space for one wheelchair, and space dividing screens.

## Why you might use the Quiet Room

- ... to relax or find calmness
- ... to have some time on your own
- ... to find quiet time in your busy day
- ... for time and space if you're feeling stressed
- ... to rest for disability related reasons
- ... to pray, meditate, or refocus your thoughts



**Above:  
Photo of  
the Quiet Room**


## Relaxing Sounds to listen to in the Quiet Room



We recommend the [Calm Sounds](#) website. It has soundscapes of natural sounds such as rainforests, oceans, country gardens and thunderstorms. You can find playlists put together by Calm Sounds on Spotify by searching for 'relaxing nature sounds'.

## Please think of others when using the Quiet Room

Please respect others who are using the room by allowing them their space and quiet time. Please don't use the Quiet Room for meetings.



# The Social Space



## Capacity of the Social Space

The capacity of the social space is 4 by the kitchenette or 3 around the tables. The furniture has been spaced at a 2 metre distance. Please do not rearrange it.

## What the Social Space is for

This space is for relaxing in an informal setting or meeting up with friends, remembering the capacity of the room. It isn't a space for study.

## Using the Social Space

When there are chairs free in the room you can use it. Please check by looking through the windows in the doors.

If you use the kitchen facilities please bring your own food, cutlery and crockery and wash and wipe down surfaces after use. The cupboards are not for public use.

Please be aware that the dividing screens in the middle of the space are not sound proof.

**Right:  
Photos of  
the Social Space**



# Muslim Prayer Rooms



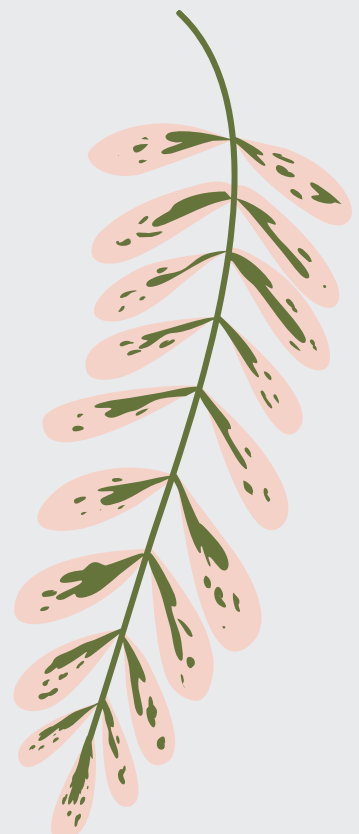
Prayer is so important in these difficult times and we invite you to use the Muslim prayer rooms if you are on campus during prayer times.

## Using the Prayer Rooms

The rooms have been spaced out with markers indicating where you can pray at a safe distance. We ask that if the prayer room is full you wait in the corridor until a space becomes available. Please remember to bring your own mat, wear a face mask at all times and keep your shoes with you at all times. Please remember to sign in if you are in the prayer rooms for longer than 15 minutes.



**Left:**  
**Photo of the**  
**door leading to**  
**the Prayer Rooms**





# SHU Multifaith Chaplaincy.