Wellbeing week programme

Monday 20/11/17

Time	Event	Venue
09.00-10.00	Sunrise Yoga	Activity room, Ground floor,
05.00-10.00	Sumse roga	Simon Building, (59 on the
		campus map)
09.00-09.30	Solution Focused Imagineering –	LGR 1.63, Large Wellbeing Room,
09.00-09.30	towards being the best version of	First floor, Simon building (59 on
	myself'	the campus map)
09.45-10.15	Solution Focused Imagineering –	LGR 1.63, Large Wellbeing Room,
09.43-10.13		First floor, Simon building (59 on
	towards being the best version of myself'	
10.00-11.00		the campus map)
10.00-11.00	Calm your brain and have a croissant	Alan Gilbert Learning Commons,
	Croissant	Oxford Rd (63 on the campus
10 20 10 00	Laurah Dau	map)
10.30-16.00	Launch Day	The Drum, University Place, (37
10 20 16 00	D	on the campus map)
10.30-16.00	Bungee run bouncy castle	Outside University Place (37 on
10.00.11.00	Color of the color	the campus map)
10.00- 11.00	Calm your brain and have a	Alan Gilbert Learning commons,
	croissant	Oxford Rd (63 on the campus
44.20.42.20	0	map)
11.30-12.30	Creative writing workshop	Alan Gilbert Learning Commons,
		Oxford Rd (63 on the campus
44.00.45.00	5	map)
11.00-15.00	Free Massage	The Drum, University Place, (37
11.00.15.00		on the campus map)
11.00-15.00	Free File and Polish from Beauty	University Place, (37 on the
10.15.11.15	Bee	campus map)
13.15-14.15	Table Tennis	Sugden Sports Centre, Activity
		room 1, 114 Grosvenor St,
		Manchester, M1 7HL, (22 on the
12 20 14 00	0 11 11 12 12 13 13 13	campus map)
13.30-14.00	Collection Bites: Time for Tea?	The Manchester Museum,
		Reception desk, Floor G, (44 on
12.00.15.00		the campus map)
13.00-16.00	Beauty Bee File and Paint	University Place, (37 on the
47.00.40.00	C CI II	campus map)
17.00- 18.00	Softball	Sugden Sports Centre, Hall B, 114
		Grosvenor St, Manchester, M1
10.00.00.00	AI. II	7HL, (22 on the campus map)
18.00- 20.00	Netball	Armitage Sports Centre, Hall B,
		Moseley Rd, M14 6HE (120 on the
		campus map)

Tuesday 21/11/17

Time	Event	Venue
08.30-16.30	International society school visits	Meet at the International society
00.00 10.00	(volunteering)	(IS)- for more info and to book
	(**************************************	please see IS website.
09.00-10.00	Sunrise Yoga	Activity room, Ground floor,
03.00 10.00	5456.1084	Simon Building, (59 on the
		campus map)
10.30-13.00	Healthy Bake sale	St Peter's chaplaincy, St Peter's
10.30 13.00	Treatiny bake sure	House, Oxford Road (32 on the
		campus map)
11.30-14.00	Staff Wellbeing fair	Whitworth Hall, Whitworth
11.50 14.00	Starr Weinsering rain	building, Oxford Road, (51 on the
		campus map)
12.00-13.00	Managing Anxiety 1	Resource Room, Simon Building,
12.00 13.00	IVIGITAGING ANAICLY I	Ground floor, Simon Building, (59
		on the campus map)
12.20-13.40	Squash	Sugden Sports Centre, Squash
12.20 13.40	Squasii	courts 1-4, 114 Grosvenor St,
		Manchester, M1 7HL, (22 on the
		campus map)
12.30- 13.00	Relaxation and guided meditation	St Peter's chaplaincy, St Peter's
12.50 15.00	The land to the data of the distriction	House, Oxford Road (32 on the
		campus map)
12.30-13.30	Mindfulness in Nature	The Whitworth Art Gallery,
1		Oxford Road, (84 on the campus
		map)
13.30-14.30	ACEAS Choir in the museum	The Manchester Museum,
		Reception desk, Floor G, (44 on
		the campus map)
13.00-14.30	Finding motivation	Alan Gilbert learning commons,
	G	Oxford Rd (63 on the campus
		map)
13.00-14.00	Learning how to relax	LGR 1.63, Large Wellbeing Room,
	0 - 1 - 1 - 1	First floor, Simon building (59 on
		the campus map)
14.00-17.00	Godlee observatory tours	Godlee Observatory, Sackville St
	,	building, (1 on the campus map)
14.15	Visitor team museum tours	The Manchester Museum,
		Reception desk, Floor G, (44 on
		the campus map)
15.00-16.30	Quidditch taster session/Open	Whitworth park, next to The
	training	Whitworth Art Gallery, Oxford
		Road, (84 on the campus map)
17.00-18.00	Mindfulness for concentration	Alan Gilbert Learning commons,
		Oxford Rd (63 on the campus
		map)
18.00-20.00	Lacrosse	Armitage Sports Centre, Astro B,

		Moseley Rd, M14 6HE (120 on the campus map)
18.00-20.00	Hockey	Armitage Sports Centre, Astro D, Moseley Rd, M14 6HE (120 on the campus map)
19.00-20.00	Badminton	Sugden Sports Centre, Hall C, 114 Grosvenor St, Manchester, M1 7HL, (22 on the campus map)
19.10-20.00	Interval training	Activity room, Ground floor, Simon Building (59 on the campus map)

Wednesday 22/11/17

Time	Event	Venue
07.45-08.30	Yoga Taster Breakfast	St Peter's chaplaincy, St Peter's
		House, Oxford Road (32 on the
08.30-16.30	International society school visits	campus map) Meet at the International society
00.30 10.30	(volunteering)	(IS)- for more info and to book
	(**************************************	please see IS website.
08:30 – 09:30am	Tai-Chi for Wellbeing Wednesdays	The Whitworth, Art Garden, Park
		side entrance, Oxford Road, (84
00.00.10.00	Surviva Va za	on the campus map)
09.00-10.00	Sunrise Yoga	Activity room, Ground floor, Simon building, (59 on the
		campus map)
11.00-15.00	Free massage	UMSA room, Ground floor, Simon
		building, (59 on the campus map)
11.00-15.00	Free massage	Joule Library, Sackville St building,
		(1 on the campus map)
11.30-15.00	Free File and Polish from Beauty	UMSA room, Ground floor, Simon
	Bee	building, (59 on the campus map)
12.00-12.45	Our life with Bees	St Peter's chaplaincy, St Peter's
		House, Oxford Road (32 on the
12.00-14.00	In Stitches knitting group	campus map) Barnes Wallis Student hub,
12.00 14.00	in stitelies kintting group	Lounge area, Sackville Street, (9
		on the campus map)
13.00-13.45	Pilates	Activity room, Ground floor,
		Simon building, (59 on the
13.00-14.30	Finding motivation (Students	campus map) Alan Gilbert Learning Commons,
13.30 1 1.30	only)	Oxford Rd (63 on the campus
	···//	map)
13.30-14.30	Women only swim	Manchester Aquatics centre, 2
14.00.45.00	On any about any all	Booth St E, M13 9SS
14.00-15.00	Opera shack up close opera performance	Christie's bistro, First floor, Christie building, (58 on the
	performance	campus map)

14.00-17.00	Godlee Observatory tours	Godlee Observatory, Sackville St
		building, (1 on the campus map)
14.15	Visitor team museum tours	The Manchester Museum,
		Reception desk, Floor G, (44 on
		the campus map)
15.00-16.30	Drama workshop	Alan Gilbert Learning Commons,
	'	Oxford Rd (63 on the campus
		map)
15.00-16.00	Zumba	Activity room, Ground floor,
		Simon building, (59 on the
		campus map)
15.00-17.00	WYC Student Society Workshop	The Whitworth (Clore Learning
	Wednesdays	Studio), Oxford Road, (84 on the
		campus map)
		Sampas map,
16.00-18.00	Dodgeball	Active lifestyles centre, Denmark
		Rd, M15 6FG
17.00-18.00	Mindfulness meditation	Large Wellbeing Room, First floor,
		Simon building, (59 on the
		campus map)
18.00-23.00	Console event (drop in)	The Grove, Whitworth Park,
	, , ,	Grove House, 316 Oxford Road,
		M13 9WJ
18.15-20.15	Table tennis	Sugden Sports Centre, Activity
		room 1, 114 Grosvenor St,
		Manchester, M1 7HL, (22 on the
		campus map)
19.00-20.00	Ultimate frisbee	Armitage Sports Centre, Astro C,
		Moseley Rd, M14 6HE (120 on the
		campus map)
19.00-21.00	Look after your mate workshop	
20.00-21.00	Free swim	Manchester Aquatics centre, 2
		Booth St East, M13 9SS

Thursday 23/11/17

Time	Event	Venue
08.30-09.45	Yoga Thursdays	The Whitworth, Art Garden, Park
00.30 03.43	Toga Titatsaays	side entrance, Oxford Road, (84
		on the campus map)
09.00-10.00	Sunrise yoga	Activity room, Ground floor,
03.00 10.00	Sumse yogu	Simon building, (59 on the
		campus map)
10.00-16.30	Manchester Dog's home	Resource room, Ground floor,
10.00 10.30	Wallenester bog shome	Simon building, (59 on the
		campus map)
11.00-15.00	Free Massage	UMSA room, Ground floor, Simon
11.00 15.00	The massage	building, (59 on the campus map)
11.00-15.00	Free Massage	Sackville street library
11.00-15.00	Free File and Paint	UMSA room, Ground floor, Simon
1		building, (59 on the campus map)
12.00-13.00	Challenging unhelpful thinking	Alan Gilbert Learning Commons,
	habits	Oxford Rd (63 on the campus
		map)
12.00-13.00	Vivarium tour	The Manchester Museum,
		Reception desk, Floor G, (44 on
		the campus map)
		Book via
		mcrmuseum.eventbrite.com or
		ring 0161 306 1581
13.00-14.00	Badminton	Sugden Sports Centre, Halls A and
		B, 114 Grosvenor St, Manchester,
		M1 7HL, (22 on the campus map)
13.00-14.00	Mindfulness meditation	Large wellbeing room, First floor,
	(particularly for beginners)	Simon building, (59 on the
	(,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	campus map)
13.00-14.30	Developing skills in	Careers room, 5 th Floor, Crawford
	assertiveness	House, (31 on the campus map)
13.00-14.00	Martin Harris lunchtime concert	Martin Harris Rodewald concert
		hall, (42 on the campus map)
14.00-17.00	Circus skills workshop with Circus	Activity Room, Ground floor,
	Sensible	Simon building, (59 on the
		campus map)
14.00-17.00	Godlee observatory tours	Godlee Observatory, Sackville St
		building, (1 on the campus map)
14.00-16.30	Christmas tree decoration craft	The Atrium, University Place, (37
	creation in The Atrium	on the campus map)
14.15	Visitor team museum tours	The Manchester Museum,
		Reception desk, Floor G, (44 on
		the campus map)
17.00-18.00	Volleyball	Sugden, Hall B, 114 Grosvenor St,
		Manchester, M1 7HL, (22 on the
17.00 10.00		campus map)
17.30-18.30	Futsal (women only)	Sugden, Hall C, 114 Grosvenor St,
		Manchester, M1 7HL, (22 on the
		campus map)

18.00-19.00	John Ryland's poetry reading	John Ryland's library, 50 Deansgate, M3 3EG, (300 on the campus map) Booking via JR website.
18.00-20.00	Touch Rugby	3G Rugby pitch, Armitage Sports Centre, Moseley Rd, M14 6HE (120 on the campus map)
18.00-21.00	Thursday Lates at The Whitworth	The Whitworth, Oxford Road, (84 on the campus map)
19.00-20.00	Futsal (men only)	Sugden, Hall B, 114 Grosvenor St, Manchester, M1 7HL, (22 on the campus map)
19.00-20.30	Women's fitness	Activity room, Ground floor, Simon building, (59 on the campus map)

Friday 24/11/17

Time	Event	Venue
09.00-10.00	Sunrise Yoga	Activity room, Ground floor,
		Simon building, (59 on the
		campus map)
10.00-11.00	Calm your brain and have a	Alan Gilbert Learning commons,
	croissant	Oxford Rd (63 on the campus map)
10.30-16.30	The Closet, clothes sale and free	The Closet, University of
	glitter face painting and hair braiding	Manchester Students Union, M13 9PG
11.00-15.00	Free Massage	UMSA room, Ground floor, Simon
		building, (59 on the campus map)
11.00-15.00	Free Massage	Joule Library, Sackville St building,
		(1 on the campus map)
11.30-12.30	Muse meditation headbands	Resource Room, Ground floor,
	taster session (drop in)	Simon building, (59 on the
		campus map)
13.00-14.00	Challenging unhelpful thinking	Alan Gilbert Learning Commons,
	habits	Oxford Rd (63 on the campus
13.00-14.00	Mindfulness skills	map) Large Wellbeing Room, First
13.00-14.00	Mindrumess skills	Floor, Simon building, (59 on the
		campus map)
14.00-15.00	Pregnancy Yoga	Activity Room, Ground floor,
		Simon building, (59 on the
47.00.47.00		campus map)
15.00-17.00	Christie's event	Christie's bistro, First floor,
		Christie building, (58 on the
10.00.20.00	De ali athe II	campus map)
18.00-20.00	Basketball	Armitage Sports Centre, Hall B,
		Moseley Rd, M14 6HE (120 on the
		campus map)

Saturday 25/11/17

Time	Event	Venue
11.00- 12.30	Badminton	Armitage Sports Centre, Hall B,
		Moseley Rd, M14 6HE (120 on the
		campus map)
13.00-15.00	Volleyball	Armitage Sports Centre, Hall B,
		Moseley Rd, M14 6HE (120 on the
		campus map)

Sunday 26/11/17

Time	Event	Venue
12.30-13.30	Basketball	Sugden, Hall C, 114 Grosvenor St,
		Manchester, M1 7HL, (22 on the
		campus map)

All Week

Event	Venue
Good Deed boxes	Various venues across the Uni-
	look out for them across campus.
Gratefulness wall	Alan Gilbert Learning commons

Additional activities

Time	Event	Venue
/11/17	Café scientifique30	Mad Lab café, 36-40 Edge Street, M4 1HN