

Wellbeing week programme

Monday 20/11/17

Time	Event	Venue
09.00-10.00	Sunrise Yoga	Activity room, Ground floor, Simon Building, (59 on the campus map)
09.00-09.30	Solution Focused Imagineering – towards being the best version of myself'	LGR 1.63, Large Wellbeing Room, First floor, Simon building (59 on the campus map)
09.45-10.15	Solution Focused Imagineering – towards being the best version of myself'	LGR 1.63, Large Wellbeing Room, First floor, Simon building (59 on the campus map)
10.00-11.00	Calm your brain and have a croissant	Alan Gilbert Learning Commons, Oxford Rd (63 on the campus map)
10.30-16.00	Launch Day	The Drum, University Place, (37 on the campus map)
10.30-16.00	Bungee run bouncy castle	Outside University Place (37 on the campus map)
11.30-12.30	Creative writing workshop	Alan Gilbert Learning Commons, Oxford Rd (63 on the campus map)
11.00-15.00	Free Massage	The Drum, University Place, (37 on the campus map)
11.00-15.00	Free File and Polish from Beauty Bee	University Place, (37 on the campus map)
13.15-14.15	Table Tennis	Sugden Sports Centre, Activity room 1, 114 Grosvenor St, Manchester, M1 7HL, (22 on the campus map)
13.30-14.00	Collection Bites: Time for Tea?	The Manchester Museum, Reception desk, Floor G, (44 on the campus map)
13.00-16.00	Beauty Bee File and Paint	University Place, (37 on the campus map)
17.00- 18.00	Softball	Sugden Sports Centre, Hall B, 114 Grosvenor St, Manchester, M1 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 (volunteering)	Meet at the International society (IS)- for more info and to book please see IS website.
09.00-10.00	Sunrise Yoga	Activity room, Ground floor, Simon Building, (59 on the campus map)
10.30-13.00	Healthy Bake sale	St Peter's chaplaincy, St Peter's House, Oxford Road (32 on the campus map)
11.30-14.00	Staff Wellbeing fair	Whitworth Hall, Whitworth building, Oxford Road, (51 on the campus map)
11.30-14.30	Levenshulme Market	Bridgeford Street, University of Manchester, M15 6FH
12.00-13.00	Managing Anxiety 1	Resource Room, Simon Building, Ground floor, Simon Building, (59 on the campus map)
12.20-13.40	Squash	Sugden Sports Centre, Squash 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 House, Oxford Road (32 on the campus map)
12.30-13.30	Mindfulness in Nature	The Whitworth Art Gallery, 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, Oxford Rd (63 on the campus map)
13.00-14.00	Learning how to relax	LGR 1.63, Large Wellbeing Room, 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 training	Whitworth park, next to The 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 campus map)
08.30-16.30	International society school visits (volunteering)	Meet at the International society (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 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	The Closet Clothes sale	The Closet, University of 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)
11.30-15.00	Free File and Polish from Beauty Bee	UMSA room, Ground floor, Simon 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 campus map)
12.00-14.00	In Stitches knitting group	Barnes Wallis Student hub, Lounge area, Sackville Street, (9 on the campus map)
13.00-13.45	Pilates	Activity room, Ground floor, Simon building, (59 on the campus map)
13.00-14.30	Finding motivation (Students only)	Alan Gilbert Learning Commons, Oxford Rd (63 on the campus map)
13.30-14.30	Women only swim	Manchester Aquatics centre, 2 Booth St E, M13 9SS
14.00-15.00	Opera shack up close opera	Christie's bistro, First floor,

	performance	Christie building, (58 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	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 Wednesdays	The Whitworth (Clore Learning Studio), Oxford Road, (84 on the campus 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	Victoria Park and Fallowfield halls
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 side entrance, Oxford Road, (84 on the campus map)
09.00-10.00	Sunrise yoga	Activity room, Ground floor, Simon building, (59 on the campus map)
10.00-16.30	Manchester Dog's home	Resource 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	Sackville street library
11.00-15.00	Free File and Paint	UMSA room, Ground floor, Simon building, (59 on the campus map)
11.00-15.00	The Closet- Swap shop	The Closet, University of Manchester Students Union, M13 9PG
12.00-13.00	Challenging unhelpful thinking habits	Alan Gilbert Learning Commons, 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 (particularly for beginners)	Large wellbeing room, First floor, Simon building, (59 on the campus map)
13.00-14.30	Developing skills in assertiveness	Careers room, 5 th Floor, Crawford 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 Sensible	Activity Room, Ground 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)
14.00-16.30	Christmas tree decoration craft creation in The Atrium	The Atrium, University Place, (37 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 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 croissant	Alan Gilbert Learning commons, Oxford Rd (63 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)
11.30-12.30	Muse meditation headbands taster session (drop in)	Resource Room, Ground floor, Simon building, (59 on the campus map)
13.00-14.00	Challenging unhelpful thinking habits	Alan Gilbert Learning Commons, Oxford Rd (63 on the campus map)
13.00-14.00	Mindfulness skills	Large Wellbeing Room, First Floor, Simon building, (59 on the campus map)
14.00-15.00	Pregnancy Yoga	Activity Room, Ground floor, Simon building, (59 on the campus map)
15.00-17.00	Christie's event	Christie's bistro, First floor, Christie building, (58 on the 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