



MANCHESTER  
1824

The University of Manchester

# Quiet Spaces on Campus

**Interactive Map:**

<https://www.manchester.ac.uk/discover/maps/interactive-map/>

**Virtual tour /360 images:**

<https://www.manchester.ac.uk/study/virtual/360-tours/>

**Campus from students' perspective:**

<https://stories.manchester.ac.uk/campus/#group-section-Welcome-to-our-campus-oCDoEHou4J>



# **A very warm welcome to the University of Manchester**

If you find busy places stressful, this guide is for you, and you may find the places listed in this booklet helpful while studying at the University of Manchester.

The main campus is situated on Oxford Road. Although the main campus can get extremely busy and crowded, there are quiet spaces where you can take some time out if things become overwhelming. This guide is a collection of those spaces, with images and descriptions of the buildings they are housed in.

Most of the quiet spaces in this booklet can be found on the University of Manchester's Interactive Map by clicking the 'Welfare Rooms' button. Other helpful tools are also available on the Manchester University website, including virtual 360 images of key places on campus and videos of the campus through the eyes of our students.

We hope you find this guide helpful and wish you the best of luck with your studies at The University of Manchester.

Best wishes,  
Norman Darwen and Nina Walsh  
(Specialist ASC and Transition Mentors)

# The Students Union

## Address:

**The Students Union,  
Oxford Road,  
Manchester M13 9PL**

**The Safe Space room is  
located on the 2nd floor.**



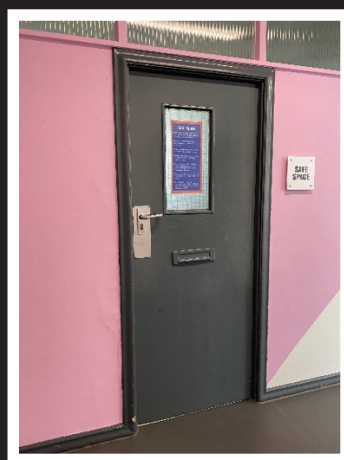
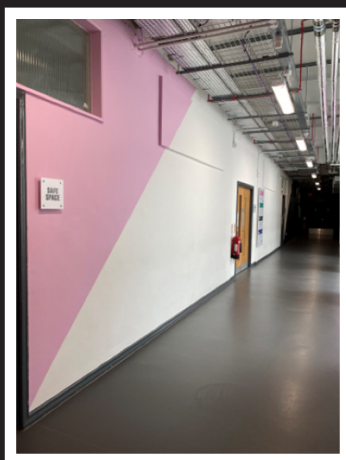
The University of Manchester's Students' Union is run by students for students. The biggest students' union in the UK, it will provide you with the space, resources and support to make the most of your time at university. The building can get very busy and noisy, especially during welcome week.

The Student's Union has a safe space on the 2nd Floor. The room is a dedicated quiet space and is usually empty, although you may occasionally find another student reading, studying or taking some time out in this quiet room. The door to the safe space should be unlocked so you can just enter the room as and when you need to.

The reception staff in the students' union are very helpful; you will see them on the right-hand side when you come through the main entrance. The reception staff will happily direct or take you to the safe space room. All you need to do is tell them you need some time out in the safe space room and ask them to show you where it is.



**Interior of the Safe Space / quiet room**



**Second-floor corridor**

# University Place

## Address:

**University Place,  
176 Oxford Rd,  
Manchester M13 9PL**

**The well-being pod is  
located on the 1st floor.**



The well-being pod is in a space called the Atrium which is on the 1st floor of University Place. University place is a very busy part of campus. The atrium gets very busy during term time, but the well-being pod itself is quiet, and you can close the glass door of the pod to reduce noise. Inside there is comfortable seating and mindful art materials that you are welcome to use.

Two staircases and multiple lifts will take you up to the first floor. The reception team are located on the ground floor of the building and will be happy to direct you to the Atrium. You will see the well-being pod as soon as you enter the atrium.

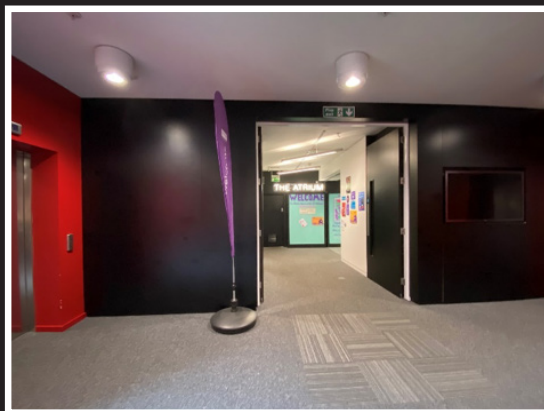
It is worth noting that the Disability Advisory Support Service (also known as DASS) is located on the floor of University Place.



**The well-being pod /  
quiet space**



**Interior of the well-being pod**



**The corridor to the Atrium**

# Simon Building

**Address: Simon Building,  
Brunswick Park.  
Manchester M13 9PL, UK**

**The chill-out and welfare  
rooms are located  
on the 1st floor.**



The Simon Building is across the road from the quadrangle at the heart of the campus. The Simon building houses two quiet spaces: the chill-out and welfare rooms.

Both rooms are located on the first floor of the Simon building. The Simon building has multiple entrances. One of the entrances goes through a canteen that can get very busy (especially around lunchtime). The other entries are quieter.

The chill-out room is a part of the well-being service and houses long beds that staff and students can chill out or sleep on between lectures and meetings. The welfare room is just around the corner, but it is important to note that it also doubles as a prayer room and may be occupied during prayer times. It is a small room with a comfortable chair and hot and cold water access.



**The corridor where the well-being room is located**



**Sleeping and relaxing beanbags in the chill-out room**



**The inside of the welfare room**

# Jean McFarlane Building

**Address: Jean McFarlane Building,  
Oxford Road,  
Manchester M13 9PL**

**There are two welfare rooms located on the ground floor of Jean McFarlane.**



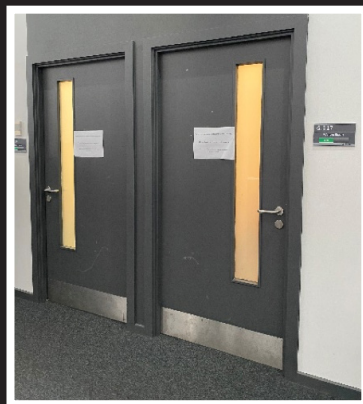
The Jean MacFarlane building is located behind University Place. When you enter the building, you will see the reception area to the right of you and a large open study space beyond this, to the left. The staff at Jean McFarlane have said the open study space gets busy at “brunch and lunch” times but is generally quiet.

The two welfare rooms are at the end of the open study space on the right-hand side. It is important to note that neither room has natural light, and you cannot dim/adjust the room lighting.

You can mark the room as engaged by changing the sign outside of the door. Remember to change the sign back to ‘free’ when you leave so others can use it.



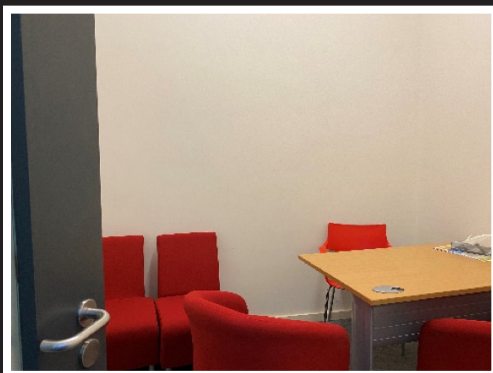
**Ground floor of Jean McFarlane**



**Doors to the welfare rooms:  
G316 and G317**



**Interior of the welfare rooms**



**Interior of the welfare rooms**

# The Manchester Museum

**Address: The Manchester Museum,  
Oxford Road,  
Manchester M13 9PL**

**The quiet room is on the  
1st floor next to the  
Egypt and Sudan Gallery.**



The quiet room at the Manchester Museum is available to anyone who would like to spend some time away from the galleries for rest, reflection or other reasons. It is a calm, peaceful space with comfortable seating and mindful activities such as puzzles and books. Ear defenders are also available in the room and at the welcome desk.

The quiet room is locked, so the visitors' team at the Manchester Museum will need to unlock the room for you. The visitors' team can be found at the reception desk and dotted around the museum. They will happily open the quiet room for you. Once in the room, the door locks from the outside, so although you can get out, no one (other than staff) can enter the room. If you are having a difficult time, staff will conduct a welfare check roughly every 20 minutes to ensure you are ok and to see whether they can help.

Further information about using the quiet room can be found at: **<https://www.museum.manchester>**.



**Quiet room interior**



**Entrance to the quiet room**

# The Catholic Chaplaincy

**Address: 335-337 Oxford Road,  
Manchester. M13 9PG**

**Inside the chaplaincy is a quiet study space.**



The catholic chaplaincy is located next to the catholic church on Oxford Road. All students (of any or no faith) are welcome at the catholic chaplaincy.

Inside the chaplaincy is a quiet and comfortable study space, where students are welcome to help themselves to tea and coffee. Although the quiet study space can sometimes get quite full, it is usually always quiet, and it is a safe and welcoming space where all students are welcome to study/take some time out.



**Outside the Chaplaincy**



**Interior of the quiet study space**



**Interior of the quiet study space**

## Other quiet spaces on campus:

Below is a list of the other welfare spaces you will find on the interactive map. These spaces may be useful to you in an emergency.

### Engineering Building A

**Address: Booth Street East, Manchester M13 9PT**

The Engineering building, also known as MECD is located behind the Aquatics Centre.

The Welfare room is located on the ground floor close to the Booth Street East entrance (GA.051). The room is set up as a prayer room with no seating. All students are welcome to access the room, but please note that the lighting in the room is quite bright, and there are no windows.

### Michael Smith Building

**Address: Dover Street, Manchester M13 9PT**

The Michael Smith building is behind the catholic church on Oxford Road.

The Welfare room is located on the ground floor behind the reception. To gain access to the room, you need to speak to the reception staff, who will let you through the swipe access doors and open the room for you. The room has no windows but does have a medical bed should you need to lie down.



# Coupland Building 3

**Address: Coupland Street, Manchester. M13 9PT**

Coupland 3 is located on the rear quadrangle of the historical cluster of university buildings, just off Oxford Road.

The welfare room is located on the first floor. The room is mainly used as a prayer room, and mats are set up on the floor as you enter the room. The room is light and bright with lots of natural light and a kitchenette, but there isn't much space for sitting.

# Schuster Building

**Address: Brunswick Park, Manchester, M139PL**

The Schuster building is located off Brunswick Park, which was formerly Brunswick Street.

The welfare room is located in the basement of the Schuster building. It is a very small room with a fridge and a first aid kit in there. The room has comfortable chairs, but it is important to note that this room doubles as a first aid room.



# **The Mentoring Service**

This booklet has been put together by Norman Darwen and Nina Walsh, the University of Manchester's dedicated Specialist Autism Mentors. Their role at the University is multifaceted, from helping students settle in and negotiate student life to understanding how their diagnosis may impact them whilst at University; Norman and Nina collectively have over 40 years of experience working with autistic students and staff and can provide awareness training on the subject of autism spectrum condition (ASC) by request. They also facilitate several social groups for autistic students, including undergraduate, postgraduate and women's groups. Nina is also qualified and registered as an Art Psychotherapist and hopes to establish termly arts for student wellbeing groups.

Referrals to the specialist mentoring service should be made via The Disability and Advisory Support Service (DASS).

**Email: [dass@manchester.ac.uk](mailto:dass@manchester.ac.uk)**

**Contact Telephone number: +44 (0)161 275 7512**

Further information about DASS and Specialist Mentoring Support can be found by clicking 'What support can I get' on the DASS website [www.dass.manchester.ac.uk](http://www.dass.manchester.ac.uk)



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