**Cambuswellbeing Map**

**Wellbeing Support Services**
1. **Student Support and Wellbeing**
   - **Location:** Keynes College, by the Duck Pond
   - **Contact:** 01227 823206
   - **Info:** Free confidential support to all students experiencing distress.

2. **Nursing Service**
   - **Location:** Banking Hall (next to Security)
   - **Contact:** 01227 823603
   - **Info:** Nurses are on duty from 7am to midnight and offer an emergency scheme after midnight. Students may drop in without an appointment.

3. Psychological Therapies & Medical Centre
   - **Location:** University Medical Centre, Giles Lane
   - **Contact:** 01227 469338
   - **Info:** Confidential support for exam and academic stress, anxiety, low mood, worry, phobia and trauma.

4. **Medical Centre**
   - **Location:** Giles Lane
   - **Contact:** 01227 469333
   - **Info:** NHS General Practice.

5. **Sports Centre**
   - **Location:** Main Campus
   - **Contact:** 01227 826263
   - **Info:** Sessions include Pilates, Pilates, Body Pump, Spin and Yoga.

6. **Cycle Hub**
   - **Location:** Next to the Parkwood Sports Pavilion
   - **Contact:** 01227 827223
   - **Info:** Free short-time bike hire for Gold and Silver Sports Centre members, Mon-Sun, 9am-7pm.

7. **Chaplaincy**
   - **Location:** Rutherford College/ Elliot College
   - **Contact:** 01227 827491
   - **Info:** The Chaplains lead worship and run social and educational events.

8. **Mosque**
   - **Location:** Giles Lane
   - **Contact:** 01227 768225
   - **Info:** The Mosque provides social, cultural and faith-based needs.

**Indoor Relaxation Spaces**
9. **Library Chill Out Zone**
   - **Location:** Templeman Library, D Block, First Floor
   - **Info:** A relaxing space with calming activities so you can take a break from your studies.

10. **Keynes Lounge**
    - **Location:** Next to K-Bar
    - **Info:** An alcohol-free social and study space with comfy furniture and space to relax.

12. **Woodys Upstairs Lounge Space**
    - **Location:** Upstairs in Woody’s
    - **Info:** An alcohol-free social and study space with comfy furniture and space to relax.

**Outdoor Relaxation Spaces**
11. **Oasis Garden**
    - **Location:** Parkwood, Near to the Nursery
    - **Info:** A quiet, relaxing garden space to relax, meditate and unwind away from the busy centre of campus.

13. **Eliot Cloister Garden**
    - **Location:** Centre of Eliot College
    - **Info:** A tranquil spot for study, quiet contemplation and relaxation with curved wooden seats.

14. **Keynes Duck Pond**
    - **Location:** Keynes College, by Dolce Vita
    - **Info:** A relaxing spot by the water to unwind and destress.

15. **Quercus Genius**
    - **Location:** Behind Beckett Court
    - **Info:** An peaceful outdoor space with wooden carved seats, nestled within the woodland.

16. **Billhook Nook Theatre**
    - **Location:** Opposite the KBS and Maths building
    - **Info:** A beautiful outdoor theatre with cut wooden slices for seats and a stage below a canopy of intertwined wood.

17. **Labyrinth**
    - **Location:** Follow the footpath between Eliot and Beckett
    - **Info:** Walking the labyrinth is a peaceful experience. Follow the path to the centre and enjoy a quiet, meditative break.

18. **Darwin Rose Garden**
    - **Location:** In the centre of Darwin Houses
    - **Info:** Surround yourself with green lawns and sweet smelling roses in this relaxing garden.

19. **Crab and Winkle Way Walk**
    - **Location:** Parkwood, next to the Nursery
    - **Info:** You can follow this walk all the way to Whitstable if you choose!

20. **Bluebell Woods Walk**
    - **Location:** Behind Beckett Court and the Venue
    - **Info:** Stroll through the bluebell woods, down Chaucer Fields and back up Eliot. Footpath for a lunchtime break.

21. **Sarre Penn Valley Walk**
    - **Location:** Back of the Giles Lane Carpark, by Woolf College Carpark
    - **Info:** Explore the network of fields hidden behind the Giles Lane carpark. Wander next to the Sarre Penn stream and follow the paths into the Blean Woods nature reserve. You could spend a half hour or a day exploring.

22. **St Stephen’s Hill Walk**
    - **Location:** Roundabout on the junction between Giles Lane and St Stephen’s Hill
    - **Info:** Opposite Giles Lane, by the roundabout near Darwin College, you will see a country path that leads towards fields. Follow it all the way through the woods all the way to the end and over the stile into a network of fields that take you all the way to Down’s Road.

23. **Canterbury Park Run**
    - **Location:** Grass pitches opposite Park Wood
    - **Info:** 8.50am briefing, run starts at 9am. Entry is free of charge but runners must be registered with Parkrun UK and bring their individual barcodes. www.parkrun.org.uk/canterbury

**Additional Support**
- **Wellbeing and Self-Help reading lists**
  - [kent.wellbeingzone.co.uk](http://kent.wellbeingzone.co.uk)
  - Available as free downloads or books you can borrow from the Library. [resources.kent.ac.uk/lists/ECO6161-CFEE-FOA-8783-9A-782B8F4D73.html](http://resources.kent.ac.uk/lists/ECO6161-CFEE-FOA-8783-9A-782B8F4D73.html)
  - [kent.ac.uk/tools](http://kent.ac.uk/tools)
  - [www.kent.ac.uk](http://www.kent.ac.uk)
  - [www.kent.ac.uk](http://www.kent.ac.uk)

**Productivity Tools**
- [www.kent.ac.uk](http://www.kent.ac.uk/tools)

**Exams De-stress**
- [www.kent.ac.uk](http://www.kent.ac.uk)

**Ramadan Guidelines**
- [www.kent.ac.uk](http://www.kent.ac.uk)

**Meditation Mix CD**
- [www.kent.ac.uk](http://www.kent.ac.uk)

**Exam De-stress Programme of events**
- [www.kent.ac.uk](http://www.kent.ac.uk)

**Nightline**
- **Contact:** Call 01227 824848 Mon, Wed, Fri, Sat, Sun, 8am-8pm or email: listening@canterbury.nightline.ac.uk
- [www.kent.ac.uk](http://www.kent.ac.uk)

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