CAMPUS WELLBEING MAP

WELLBEING SUPPORT SERVICES
1. Student Support and Wellbeing
2. Nursing Service
3. Psychological Therapies & Medical Centre
4. Sports Centre
5. Cycle Hub
6. Student Learning Advisory Service
7. Chaplaincy (Rutherford College/Eliot College)
8. Mosque (external)

OUTDOOR RELAXATION SPACES
9. Oasis Garden
10. Elliot Cloister Garden
11. Keynes Duck Pond
12. Quercus Gerius
13. Billcock Nook Theatre
14. Labyrinth
15. Darwin Rose Garden

INDOOR RELAXATION SPACES
16. Library Chill Out Zone
17. Keynes Lounge

WALKS
18. Crab and Winkle Way Walk
20. Sarras Penn Valley Walk (Blean Woods Nature Reserve)
21. St. Stephen's Hill Walk
22. Canterbury Park Run
### Wellbeing Support Services

1. **Student Support and Wellbeing**  
   **Location:** Keynes College, by the Duck Pond  
   **Contact:** 01227 823306  
   **Info:** Free confidential support to all students experiencing distress.

2. **Nursing Service**  
   **Location:** Keynes College, Room EG3  
   **Contact:** 01227 823303  
   **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 469330  
   **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 823623  
   **Info:** Sessions include Pilates, PiYo, Body Pump, Spin and Yoga.

6. **Cycle Hub**  
   **Location:** Next to the Parwood Sports Pavilion  
   **Contact:** 01227 827273  
   **Info:** Free short-term bike hire for Gold and Silver Sports Centre members, Mon-Sun, 9am-7pm.

7. **Chaplaincy**  
   **Location:** Rutherford College/Elton 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.

9. **Library Chill Out Zone**  
   **Location:** Floor 3, Templeman Library East  
   **Info:** Relax in a calm pop-up space in the Library, open for exam season.

10. **Keynes Lounge**  
    **Location:** Next to K- Bar  
    **Info:** A relaxing space with comfy furniture and space to relax.

11. **Oasis Garden**  
    **Location:** Parkwood, near to the Nursery  
    **Info:** A quiet, relaxing gardens space to relax, meditate and unwind away from the busy centre of campus.

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

13. **Keynes Duck Pond**  
    **Location:** Keynes college, by Exeine vita  
    **Info:** A relaxing spot by the water to unwind and destress.

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

15. **Billhook Neck Theatre**  
    **Location:** Opposite the new RSP and Maths building  
    **Info:** A beautiful outdoor theatre with cut wooden slices for seats and a stage below a canopy of intertwined wood.

16. **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.

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

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

19. **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 luncheontime break.

20. **Sarre Penn Valley Walk (Blean Woods Nature Reserve)**  
    **Location:** Back of the Giles Lane Carpark, by Woolfe 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.

### Indoor Relaxation Spaces

- **Library Chill Out Zone**
- **Keynes Lounge**
- **Oasis Garden**
- **Eliot Cloister Garden**
- **Keynes Duck Pond**
- **Quercus Genius**

### Outdoor Relaxation Spaces

- **Billhook Neck Theatre**
- **Labyrinth**
- **Darwin Rose Garden**
- **Crab and Winkle Way Walk**
- **Bluebell Woods Walk**
- **Sarre Penn Valley Walk (Blean Woods Nature Reserve)**

### ADDITIONAL SUPPORT

- **Wellbeing Zone App**  
  [App](kentwellbeingzone.co.uk)  
  **Info:** Download Kent’s free health and wellbeing app. Use code ‘Kents’ to sign up.

- **Wellbeing and Self-Help Reading Lists**  
  [List](kentwellbeingzone.co.uk)  
  **Info:** Available as free downloads or books you can borrow from the library. resource-lists.kent.ac.uk/  
  **Info:** Topics include study and exam skills, motivation, mindfulness, and healthy eating.

- **Productivity Tools**  
  [Website](kent.ac.uk/student-support/accessibility/productivity)  
  **Info:** Study smarter with these free apps and tools to save you time.

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**Meditation Mix CD**  
[kent.ac.uk/smy/a/currentstudents/meditationmix2015.html]  
**Info:** Developed by Kent students, this free CD supports both individual and group meditation.

**Ramadan Guidelines**  
[www.kent.ac.uk/student-records/downloads/HowtostayhealthyduringRamadanguidelines.pdf]  
**Info:** Fasting and exams can be a stressful mix. Developed with the mosque.

**Exam De-stress Programme of events**  
[kentunion.co.uk/deestress]  
**Info:** There is a full programme of events taking place throughout the summer term designed to help you relax and de-stress.

**Samaritans**  
(Contact: 116 123 | info@samaritans.org)  
**Info:** The Samaritans offer 24 hour support to anyone who is experiencing feelings of distress.