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 823503
   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. 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.

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

6. 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.

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.

9. 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.

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

12. 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. Elliot Cloister Garden
    Location: Centre of Elliot 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. 23. Canterbury Park Run
    Location: Parkwood, next to the Nursery
    Info: You can follow this walk all the way to Whitstable if you choose!

18. Darwin Rose Garden
    Location: In the centre of Darwin House
    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 (Blean Woods Nature Reserve)
    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.

ADDITIONAL SUPPORT

Wellbeing and Self-Help reading lists
kent.wellbeingzone.co.uk
Available as free downloads or books you can borrow from the Library. resources.kent.ac.uk/ lists/ECDD61C4-FFED-50A8-87F3-9A7B2BB4B73.
Info: The library stocks a range of wellbeing and self-help books for you to peruse at your leisure. Topics can include study and exam skills, motivation, mindfulness and healthy eating.

Productivity Tools
www.kent.ac.uk/tools

Meditation Mix CD
kent.ac.uk/csu/exams/students/meditationmix2015.html
Info: Developed by Kent students, this free CD supports both individual and group meditation.

Ramadan Guidelines
kent.ac.uk/csu/exams/students/Howtostayhealthyduringramadanguidelines.pdf
Info: Fasting and exams can be a stressful mix. Developed with the mosque.

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

Nightline
Contact: Call: 01227 824848 Mon, Wed, Fri, Sat, Sun, 8am-8am or email: listening@canterbury.nightline.ac.uk
Info: Canterbury Nightline. Student-run anonymous listening and information service.