

WELLBEING WEEK

7-11 MARCH 2022

Wellbeing Week provides an opportunity for staff and students to focus on their wellbeing. The week is packed full of activities – many of which are available all year round – to help support the LJMU staff and student community.

For more info on Wellbeing Week, our **#FindYourSpace** campaign and the wider support available throughout the year for staff and students visit

ljmu.ac.uk/wellbeingweek

and follow  [@ljmusaw](https://twitter.com/ljmusaw) and [@ljmu](https://twitter.com/ljmu)



MONDAY 7 MARCH (PAGE 1 OF 3)

<p>Menopause Café <i>For staff and postgraduate students only.</i></p>	<p>Let's talk about menopause in a new way, to break down taboos, and increase awareness of the impact of menopause on those experiencing it, their family, friends and their colleagues. The session is an informal group-directed, interactive discussion; a chance for everyone to talk about menopause in a friendly and inclusive environment. The last 30 minutes will be an opportunity to explore how else we can support each other in relation to menopause.</p> <p><i>This event is delivered by Niki Hopkins and Kay Standing and available throughout the Academic Year</i></p>	<p>Monday 7 March 10am-12pm</p>	<p>Online</p>	<p>Book in advance via Eventbrite</p>
<p>Working Memory to improve self-regulation <i>For staff and students.</i></p>	<p>This drop-in session demonstrates an app which can be used in determining how your working memory can be used to control impulses. This is a pilot app that is considered to help individuals to control additions such as alcohol, smoking and eating disorders.</p> <p><i>This event is delivered by Samantha Brooks and Kanayo Umeh</i></p>	<p>Monday 7 March 10am-1pm</p>	<p>G.01 Tithebarn Street</p>	<p>No need to book – just turn up!</p>
<p>Smoothie Bike Challenge (JMSU)</p>	<p>Get into the competitive spirit with our smoothie bike challenge! Hop onto the bike and blend your very own smoothie as you cycle. The virtual distance within 60 seconds will be measured and results will be posted on the leaderboard.</p>	<p>Monday 7 March 10.30am-4.30pm</p>	<p>Student Life Building</p>	<p>No need to book – just turn up! Find out more here</p>
<p>Desk Yoga <i>For staff and students.</i></p>	<p>In this session you will be guided through a series of easy-to-follow stretches that you can do anywhere to get your body moving, improve strength and flexibility and boost your energy levels. Targeting the muscles and joints in the back, neck and shoulders that get tight from sitting/working for long periods. No yoga experience or equipment required, all ages and fitness levels welcome.</p> <p><i>This event is delivered by YinYan</i></p>	<p>Monday 7 March 12-12.40pm</p>	<p>Online</p>	<p>Book in advance via LibCal</p>
<p>Badminton</p>	<p>Drop-in Badminton, play with a friend or arrive as an individual. Sports Centre staff are on hand to help, give tips on playing and organise games.</p>	<p>Monday 7 March 12-1pm</p>	<p>LJMU Sports Centre</p>	<p>Book via LJMU Sport App</p>

MONDAY 7 MARCH (PAGE 2 OF 3)

<p>Wellbeing Lunch and Town Hall Event <i>For staff and students.</i></p>	<p>Free wellbeing lunch for staff and students, followed by a Town Hall style event. Early feedback on the student healthy lifestyles survey will be available, as will the opportunity to find out how to get involved in activities, what the university can offer you, and let the university know what you would like in place to help you stay healthy.</p> <p>Quorn and root vegetable shepherd's pie, topped with mashed and sweet potato (Suitable for vegan, vegetarians and Halal). Selection of sugar free/diet canned drinks.</p>	<p>Monday 7 March 12-2pm</p>	<p>Lunch – Student Life Building (ground floor)</p> <p>Town Hall Event – 206 Student Life Building (upstairs)</p>	<p>No need to book – just turn up!</p>
<p>Bookmark Scratch Art (JMSU)</p>	<p>Unleash your creativity with our bookmark scratch art session. The perfect companion to any book!</p>	<p>Monday 7 March 12-3pm</p>	<p>Student Life Building</p>	<p>No need to book – just turn up!</p> <p>Find out more here</p>
<p>Formula Student Full Motion Racing Simulator <i>For staff and students.</i></p>	<p>Have a go on the motion simulator that tilts and rotates to simulate the experience of being in a car, plane, or pretty much any other vehicle. It can be configured as a driving simulator or racing simulator and is used for the training of our Formula student drivers and aides in the development of the Formula Student Car.</p> <p><i>This event is delivered by Faculty of Engineering and Technology</i></p>	<p>Monday 7 March 12-3pm</p>	<p>Vehicle Engineering Lab L8, Annexe Block, Byrom Street</p>	<p>No need to book – just turn up!</p>
<p>Increasing Resilience <i>For staff only.</i></p>	<p>This session focuses on raising awareness of how to respond positively to periods of stress and pressure, by building resilience and the capability to respond to challenging events. We shall look at a range of practical techniques and methods that can help create a resilient attitude.</p> <p><i>This event is delivered by the LDF and available throughout the Academic Year</i></p>	<p>Monday 7 March 1-2.30pm</p>	<p>G20 & G21 Exchange Station</p>	<p>Book in advance via LibCal</p>
<p>Best Stretches to know for Injury Prevention <i>For staff only.</i></p>	<p>Prevention is better than cure. If you are physically active, you are more likely to pick up an injury. During this online workshop you will learn self-treatment techniques and key stretches for injury prevention.</p> <p><i>This event is delivered by Bounce Physiotherapy Clinic Practitioner, Nina Slawson</i></p>	<p>Monday 7 March 3-3.30pm</p>	<p>Online</p>	<p>Book in advance via LibCal</p>

MONDAY 7 MARCH (PAGE 2 OF 3)

<p>Thrive in the Forest: Relaxing Around the Fire Pit <i>For staff and students.</i></p>	<p>Join us around the fire pit at the end of a long day! Enjoy hot chocolate and toast marshmallows to make your own s'mores (vegan/veggie options available). Have a go at lighting a fire from scratch and preparing your own kindling in true Bear Grylls style! This activity is outdoors so it is advisable to dress in comfortable, waterproof/warm clothing. Booking is essential and places are limited.</p> <p><i>This event is delivered by the School of Education</i></p>	<p>Monday 7 March 4.30-6pm</p>	<p>Outdoor Learning Zone, JLAD</p>	<p>Book in advance via Eventbrite</p>
<p>Netball Now</p>	<p>Back to netball, not played for a while. Want to dust off your trainers. Come have a game. Sports Centre staff are on hand to help and for advice.</p>	<p>Monday 7 March 5-6pm</p>	<p>LJMU Sports Centre</p>	<p>Book via LJMU Sport App</p>

TUESDAY 8 MARCH (PAGE 1 OF 3)

<p>SilverCloud Demo <i>For staff and students.</i></p>	<p>Empower yourself and take control of your mental wellbeing with our fully confidential 24/7 support tools from SilverCloud. During this session you will learn more about SilverCloud and the wide range of programmes available. You will have an opportunity to ask questions at the end of the platform demonstration.</p> <p><i>This event is delivered by SilverCloud</i></p>	<p>Tuesday 8 March 10-10.40am</p>	<p>Online</p>	<p>Book in advance via LibCal</p>
<p>Let's Ride! <i>For staff and students.</i></p>	<p>We have teamed up with Cycling UK, who will lead a group on a safe ride around the city centre. Bring your bike and wear suitable clothing...and let's ride! This session is aimed at riders who have some experience but require help to build awareness and confidence when using the road.</p> <p><i>This event is delivered by Cycling UK</i></p>	<p>Tuesday 8 March 10-11am</p>	<p>Meet outside Student Life Building</p>	<p>Book in advance via LibCal</p>
<p>From Strength to Strength <i>For staff and students.</i></p>	<p>This session will introduce you to the character strengths approach that ignites our positive core and enhances positive social connections. You will find out about your own personal character strengths profile, learn how to recognise strengths in oneself and others, and find new ways of expressing your strengths to deal with challenges and achieve goals.</p>	<p>Tuesday 8 March 11am-12pm</p>	<p>Online</p>	<p>Book in advance via LibCal</p>
<p>Dr Bike <i>For staff and students.</i></p>	<p>We have teamed up with Cycling UK, who will be on-site to provide free bike safety checks and minor repairs. To pre-book in your bike, please request a half hour slot.</p> <p><i>This event is delivered by Cycling UK</i></p>	<p>Tuesday 8 March 11.30am-3.30pm</p>	<p>Student Life Building (outside entrance)</p>	<p>Book your 30-min slot in advance via Calendly</p>
<p>Exy's Midday Runners <i>For staff only.</i></p>	<p>Join us at Exchange Station (Exy) for a friendly jog and become part of Exy's Midday Runners, a new running group for all abilities. One for newbies / slower runners (but all welcome).</p>	<p>Tuesday 8 March 12-12.30pm</p>	<p>Meet in Exchange Station Foyer</p>	<p>Book via email to John Trantom j.trantom@ljmu.ac.uk or just turn up</p>
<p>Badminton</p>	<p>Drop-in Badminton, play with a friend or arrive as an individual. Sports Centre staff are on hand to help, give tips on playing and organise games.</p>	<p>Tuesday 8 March 12-1pm</p>	<p>LJMU Sports Centre</p>	<p>Book via LJMU Sport App</p>
<p>Mindful Doodling <i>For staff and students.</i></p>	<p>Mindful doodling can help you relax, focus and feel happier. During this session, take your pen for a walk to create a mindful drawing and add a splash of watercolour paint. No drawing or painting experience needed. All resources provided.</p>	<p>Tuesday 8 March 12-1pm</p>	<p>323 Redmonds Building</p>	<p>Book in advance via LibCal</p>

TUESDAY 8 MARCH (PAGE 2 OF 3)

<p>Gynaecology-yay! (JMSU)</p>	<p>Celebrate International Women's Day with our gynaecology-yay party! We're sharing women's stories from around the world and want to empower you. Join us for sweet treats, games, a photo station and prizes!</p>	<p>Tuesday 8 March 12-4pm</p>	<p>Social Space, Student Life Building</p>	<p>No need to book – just turn up! Find out more here</p>
<p>Dementia Friends <i>For staff and students.</i></p>	<p>A 'Dementia Friend' is somebody that learns about dementia so they can help their community. During this friendly interactive session, you'll learn more about dementia, how it affects a person and what you can do to help people affected by dementia in your community.</p> <p><i>This event is delivered by the School of Nursing and Allied Health</i></p>	<p>Tuesday 8 March 1-2pm</p>	<p>TB.504 Tithebarn Building</p>	<p>Book in advance via Dementia Friends</p>
<p>Pubs, Pulpits and Peaky Blinders Guided Walk <i>For staff and students.</i></p>	<p>Cobbled streets, Georgian townhouses, quirky pubs, the biggest cathedral in Britain, theatres and hidden gems make this one of the most beautiful parts of the city. Join us as we explore The Georgian Quarter.</p> <p><i>This event is delivered by local Blue Badge Guide, Margo Storey</i></p>	<p>Tuesday 8 March 1-2pm</p>	<p>Meet outside The Medical Institute, 114 Mount Pleasant, L3 5SR</p>	<p>Book in advance via LibCal</p>
<p>Mock Search and Rescue Operation <i>For staff and students.</i></p>	<p>Our Maritime Centre is home to an array of cutting-edge training facilities. Take a closer look during this mock search and rescue operation at sea. In groups of 4, assume the role of the RNLI crew on a mission to search and rescue a yacht in trouble off the coast of Wirral. This exercise will take under 30 minutes and will require involvement and cooperation of all group members.</p> <p><i>This event is delivered by Faculty of Engineering and Technology</i></p>	<p>Tuesday 8 March 1-4pm</p>	<p>G.01 Maritime Simulator Suite, James Parsons Building, Byrom St</p>	<p>Book your 30-min slot in advance via Calendly</p>
<p>Sports Massage <i>For staff only.</i></p>	<p>Sports massage is proven to release and reduce tension in muscles, improve circulation and encourage the removal of waste products such as lactic acid built up during sporting activities. Treatment is of particular benefit to those prone to overuse injuries, as muscles are allowed to relax and recover fully before the next exercise session. Try out a sports massage for yourself, or just observe one being discussed and performed.</p> <p><i>This event is delivered by Lecturer in Liverpool Business School and accredited Sports Massage Therapist, Mike Drummond</i></p>	<p>Tuesday 8 March 1.30-4.30pm</p>	<p>210 Student Life Building</p>	<p>Book your 30-min slot in advance via Calendly</p>

TUESDAY 8 MARCH (PAGE 3 OF 3)

<p>Thrive in the Forest: Whittling <i>For staff and students.</i></p>	<p>Whittling or wood carving, is fun and creative. Choice of activities: whittle a simple marshmallow toasting fork, simple wooden whistle, carved mystical forest creature, or walking stick. The session will finish with time around the fire pit toasting s'mores and drinking hot chocolate (vegan/veggie options available). This activity is outdoors so it is advisable to dress in comfortable, waterproof/warm clothing. Booking is essential and places are limited.</p> <p><i>This event is delivered by the School of Education</i></p>	<p>Tuesday 8 March 2-4pm</p>	<p>Outdoor Learning Zone, JLAD</p>	<p>Book in advance via Eventbrite</p>
<p>Self-defence</p>	<p>Improve your self-confidence and fitness with self-defence training from our team of highly qualified instructors.</p>	<p>Tuesday 8 March 5-6pm</p>	<p>LJMU Sports Centre</p>	<p>Book via LJMU Sport App</p>

WEDNESDAY 9 MARCH (PAGE 1 OF 3)

Free Wellbeing Goodie Bag (JMSU)	Collect your free goodie bag today.	Wednesday 9 March	Student Life Building	When they're gone, they're gone!
Book My Mind: Writing for Wellbeing <i>For staff only.</i>	This workshop is offered as a 'taster' to the practice of 'expressive writing for wellbeing', based on principles from poetry/bibliotherapy.	Wednesday 9 March 10am-12.30pm	210 Student Life Building	Book via saw.ljmu.ac.uk
Desk Yoga <i>For staff and students.</i>	In this session you will be guided through a series of easy-to-follow stretches that you can do anywhere to get your body moving, improve strength and flexibility and boost your energy levels. Targeting the muscles and joints in the back, neck and shoulders that get tight from sitting/working for long periods. No yoga experience or equipment required, all ages and fitness levels welcome. <i>This event is delivered by YinYan</i>	Wednesday 9 March 11-11.40pm	Online	Book in advance via LibCal
Exy's Midday Runners <i>For staff only.</i>	Join us at Exchange Station (Exy) for a friendly jog and become part of Exy's Midday Runners, a new running group for all abilities. One for intermediate / more advanced runners.	Wednesday 9 March 12-12.45pm	Meet in Exchange Station Foyer	Book via email to John Trantom j.trantom@ljmu.ac.uk or just turn up
Crochet Circle <i>For staff and students.</i>	Come along to a relaxing crochet session, with like-minded people. Drop-in any time. Bring your yarn, hooks and own refreshments, and settle in for some crochet time and mental restoration.	Wednesday 9 March 12-2pm	442 Redmonds Building	Book in advance via LibCal
Know Your Strength (Building Resilience) <i>For students only.</i>	Resilience is the ability to recover from setbacks, adapt well to change and keep going. It is a skill that can be developed over time.	Wednesday 9 March 1-2.30pm	210 Student Life Building	Book via saw.ljmu.ac.uk
Introducing Mindfulness Practice <i>For staff and students.</i>	An experiential workshop introducing several key mindfulness practices for reducing stress and increasing wellbeing. "Mindfulness is not about trying to get somewhere else, but simply being aware of where you are – and allowing yourself to BE where and AS you are". 2020 CMRP MBSR Resource Book P7.	Wednesday 9 March 1-2pm	211 Student Life Building	Book via saw.ljmu.ac.uk

WEDNESDAY 9 MARCH (PAGE 2 OF 3)

Brighten Up Your Day with Flower Planting (JMSU)	Take some time out to connect with nature and plant flowers outside the Student Life Building. Guaranteed to brighten your day! All tools provided.	Wednesday 9 March 1.30-2.30pm	Student Life Building	No need to book – just turn up! Find out more here
Flower Arranging <i>For staff only.</i>	Come and learn some basic flower arranging tips to transform a shop-bought bunch of flowers, create a quick and cheap table display for Easter, and make your own bows. All resources provided.	Wednesday 9 March 2-3.30pm	323 Redmonds Building	Book in advance via LibCal
Blackbullion Demo for Financial Wellbeing <i>For students only.</i>	Come and have a look at our Blackbullion platform which is designed to help you improve your financial wellbeing.	Wednesday 9 March 2-4pm	202 Student Life Building	No need to book – just turn up!
Introducing Mindfulness Practice <i>For staff and students.</i>	An experiential workshop introducing several key mindfulness practices for reducing stress and increasing wellbeing. “Mindfulness is not about trying to get somewhere else, but simply being aware of where you are – and allowing yourself to BE where and AS you are”. <i>2020 CMRP MBSR Resource Book P7.</i>	Wednesday 9 March 3-4pm	210 Student Life Building	Book via saw.ljmu.ac.uk
Networking and Pitch with Confidence <i>For students only.</i>	Learn about networking, boost your confidence and create a pitch to help you in conversation with potential employers.	Wednesday 9 March 3-4pm	Online	Book via careers.ljmu.ac.uk

WEDNESDAY 9 MARCH (PAGE 3 OF 3)

Managing Anxiety <i>For students only</i>	Join the Wellbeing Team to learn strategies to help you manage your anxiety.	Wednesday 9 March 5-6pm	Online	Book via saw.ljmu.ac.uk
Legs, Bums & Tums Tabata Style	High energy interval fitness session concentrating on LB&T area.	Wednesday 9 March 5.15-6pm	LJMU Sports Centre	Book via LJMU Sport App
Cubaton	Latina dance exercise class.	Wednesday 9 March 6.30-7.30pm	LJMU Sports Centre	Book via LJMU Sport App
Salsa	Salsa is great fun. Take part in this amalgamation of Cuban dances.	Wednesday 9 March 7.30-8.30pm	LJMU Sports Centre	Book via LJMU Sport App

THURSDAY 10 MARCH (PAGE 1 OF 3)

<p>Let's Ride! <i>For staff and students.</i></p>	<p>We have teamed up with Cycling UK, who will lead a group on a safe ride around the city centre. Bring your bike and wear suitable clothing...and let's ride! This session is aimed at riders who have some experience but require help to build awareness and confidence when using the road.</p> <p><i>This event is delivered by Cycling UK</i></p>	<p>Thursday 10 March 10-11am</p>	<p>James Parsons Building, Byrom Street (outside entrance)</p>	<p>Book in advance via LibCal</p>
<p>Tea & Empathy: Moving Forward in Covid Times <i>For staff only.</i></p>	<p>We have all had to adapt to new ways of working and living in an ever-changing world. Coping with this has not been easy for many, especially for those who already have other concerns. So how are we all coping in the latest stage of the pandemic? During this session, you will hear from those with lived experience, learn about support available, and have opportunity to reflect on and share your own experiences and feelings in a safe space.</p> <p><i>This event is co-delivered by the EDI Team and the Co-Chairs of LJMU's Staff Disability Network</i></p>	<p>Thursday 10 March 10-11.30am</p>	<p>Online</p>	<p>Book in advance via LibCal</p>
<p>Book My Mind: Writing for Wellbeing <i>For students only.</i></p>	<p>Workshop delivered by Dr Anne-Marie Smith. This workshop is offered as a 'taster' to the practice of 'expressive writing for wellbeing', based on principles from poetry/bibliotherapy.</p>	<p>Thursday 10 March 10-11.30am</p>	<p>210 Student Life Building</p>	<p>Book via saw.ljmu.ac.uk</p>
<p>Graduate Fair <i>For students only.</i></p>	<p>Are you looking to gain work experience, secure a sandwich placement or are you a final year student looking to secure a graduate job to start after graduation? Attend this event from Student Futures.</p>	<p>Thursday 10 March 12-3pm</p>	<p>Student Life Building</p>	<p>No need to book – just turn up!</p>
<p>Dr Bike <i>For staff and students.</i></p>	<p>We have teamed up with Cycling UK, who will be on-site to provide free bike safety checks and minor repairs. To pre-book in your bike, please request a half hour slot.</p> <p><i>This event is delivered by Cycling UK</i></p>	<p>Thursday 10 March 11.30am-3.30pm</p>	<p>James Parsons Building, Byrom Street (outside entrance)</p>	<p>Book your 30-min slot in advance via Calendly</p>
<p>Face Down Your Worries – Clay Modelling <i>For staff and students.</i></p>	<p>Expressing how you are feeling can help lessen negative emotions and getting your hands mucky with a bit of clay is a fun. Relax and create with others, led by a practised artist and experienced creative workshop leader. We will learn the basics of modelling a face to make a mask that you can paint after hardening and hang on the wall. Bring some items of your own to incorporate into your creation and to create textures on the clay. All other resources provided.</p>	<p>Thursday 10 March 11.30am-12.30pm</p>	<p>227 Redmonds</p>	<p>Book in advance via LibCal</p>

THURSDAY 10 MARCH (PAGE 2 OF 3)

<p>Top Techniques for Desk-based Neck and Back Pain <i>For staff only.</i></p>	<p>Sitting down for long periods of time during the working day has been proved to have a negative impact on the body. During this online tutorial you will learn self-treatment techniques to relieve desk-based back and neck tension.</p> <p><i>This event is delivered by Bounce Physiotherapy Clinic Practitioner, Nina Slawson</i></p>	<p>Thursday 10 March 12-12.20pm</p>	<p>Online</p>	<p>Book in advance via LibCal</p>
<p>5-side Football Tournament</p>	<p>Sign your team up for a mini competition.</p>	<p>Thursday 10 March 12-2pm</p>	<p>LJMU Sports Centre</p>	<p>Book via LJMU Sport App</p>
<p>Wellbeing Lunch <i>For staff and students.</i></p>	<p>Free wellbeing lunch for staff and students.</p> <p>Quorn and root vegetable shepherd's pie, topped with mashed and sweet potato (Suitable for vegan, vegetarians and Halal). Selection of sugar free/ diet canned drinks.</p>	<p>Thursday 10 March 12-2pm</p>	<p>'Upper Starbucks' area in Byrom Street</p>	<p>No need to book – just turn up!</p>
<p>Trade and Tourism Guided Walk <i>For staff and students.</i></p>	<p>The Royal Liver Building, The Cunard Building and The Port of Liverpool Building combine to make one of the most recognisable of skylines. Join us as we explore them, along with the Beatles Statue, and the Royal Albert Dock's latest developments.</p> <p><i>This event is delivered by local Blue Badge Guide, Margo Storey</i></p>	<p>Thursday 10 March 1-2pm</p>	<p>Meet at the Beatles Statue, Pier Head, L3 1BY</p>	<p>Book in advance via LibCal</p>
<p>Tea for Dementia Carers <i>For staff and students.</i></p>	<p>LJMU staff and students who care for or have a loved one with a diagnosis of dementia are welcome to join this session. Our Mental Health professionals will offer tips, advice and signposting to support and services over a cup of tea in this interactive online session.</p> <p><i>This event is delivered by the School of Nursing and Allied Health</i></p>	<p>Thursday 10 March 2-3pm</p>	<p>Online</p>	<p>Book in advance via LibCal</p>
<p>Kick the Habit <i>For staff and students.</i></p>	<p>Quitting smoking is always challenging. During these uncertain times, additional stress and lack of support can hinder the best intentions. This session will give an overview of smoking, how it affects the body, and highlight the dangers of second-hand smoke. It will also provide information on what therapies and local support is available, and how to access the service.</p> <p><i>This event is delivered by Smokefree Liverpool and Solutions4health</i></p>	<p>Thursday 10 March 3-4pm</p>	<p>Online</p>	<p>Book via email to Ginny Flannery gabby.flannery@solutions4health.co.uk</p>

THURSDAY 10 MARCH (PAGE 3 OF 3)

<p>Digital Wellbeing <i>For staff and students.</i></p>	<p>Digital wellbeing considers the impact of technologies and digital services on people's mental, physical and emotional health. During this session you will learn how it impacts us, reflect on your own digital wellbeing, and gain tips for building healthy digital habits.</p>	<p>Thursday 10 March 3-4pm</p>	<p>Online</p>	<p>Book in advance via LibCal</p>
<p>Self-defence</p>	<p>Improve your self-confidence and fitness with self-defence training from our team of highly qualified instructors.</p>	<p>Thursday 10 March 5-6pm</p>	<p>LJMU Sports Centre</p>	<p>Book via LJMU Sport App</p>
<p>Thrive in the Forest: Journaling Around the Campfire <i>For students only.</i></p>	<p>Join us for some meditative and reflective activities around the campfire utilising your LJMU Wellbeing Journal. As the sun sets, we will toast marshmallows over the lit fire, heat up hot chocolate and take part in some therapeutic forest school activities. Bring your LJMU Wellbeing Journal with you (spare copies available if you don't have one).</p> <p><i>This event is delivered by Wellbeing Matters LJMU and SAW</i></p>	<p>Thursday 10 March 5-6pm</p>	<p>Outdoor Learning Zone, JLAD (Meet at Student Life Building Reception)</p>	<p>Book via saw.ljmu.ac.uk</p>
<p>Basketball</p>	<p>Drop-in Basketball, play with a friend or arrive as an individual. Sports Centre staff are on hand to help, give tips on playing and organise games.</p>	<p>Thursday 10 March 5-6pm</p>	<p>LJMU Sports Centre</p>	<p>Book via LJMU Sport App</p>
<p>Book Club</p>	<p>Book Club with Library Services</p>	<p>Thursday 10 March 5-6pm</p>	<p>Student Life Building</p>	<p>No need to book – just turn up!</p>
<p>Introduction to Mindfulness and Meditation <i>For students only.</i></p>	<p>This workshop will offer you guidance from an experienced, professional teacher on using mindfulness practices to help manage stress, feel happy and be well.</p>	<p>Thursday 10 March 6-7pm</p>	<p>UG15, Student Life Building</p>	<p>Book in advance via jmsu.co.uk</p>

FRIDAY 11 MARCH (PAGE 1 OF 2)

<p>Togetherall Demo <i>For staff and students.</i></p>	<p>Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. During this session you will learn more about Togetherall and the 24/7 support available. You will have an opportunity to ask questions at the end of the platform demonstration.</p> <p><i>This event is delivered by Togetherall</i></p>	<p>Friday 11 March 10-10.40am</p>	<p>Online</p>	<p>Book in advance via LibCal</p>
<p>Supporting Distressed Students <i>For staff only.</i></p>	<p>This workshop is aimed at increasing staff confidence and developing strategies when supporting students who are exhibiting signs of distress. It will examine the varying levels of distress that students may display, looking at practical tips, examples, and highlighting where specialist support is available. This workshop is of particular relevance to personal tutors and those providing frontline services to students.</p> <p><i>This event is co-delivered by the LDF and SAW and available throughout the Academic Year</i></p>	<p>Friday 11 March 10-11.30am</p>	<p>203 Student Life Building</p>	<p>Book in advance via LibCal</p>
<p>Thrive in the Forest: Woodland Crafts <i>For staff and students.</i></p>	<p>Relax outdoors while using natural materials for woodland crafts such as creating fairy folk, weaving, dream catchers, and hapa-zome printing. The session will finish with time around the fire pit toasting s'mores and drinking hot chocolate (vegan/veggie options available). This activity is outdoors so it is advisable to dress in comfortable, waterproof/warm clothing. Booking is essential and places are limited.</p> <p><i>This event is delivered by the School of Education</i></p>	<p>Friday 11 March 10am-12pm</p>	<p>Outdoor Learning Zone, JLAD</p>	<p>Book in advance via Eventbrite</p>
<p>Learn Ukulele <i>For staff and students.</i></p>	<p>Learn the basic skills to become a ukulele legend. Some say the ukulele is easy to play, we think it's just easy to love and we're going to show you why. It's a powerful way of reducing stress while boosting your brain power, confidence and creativity, in a friendly and fun setting. No experience necessary. Ukulele and music for the session provided...just bring yourself.</p> <p><i>This event is delivered by YinYan</i></p>	<p>Friday 11 March 11.15am-12.15pm</p>	<p>210 Student Life Building</p>	<p>Book in advance via LibCal</p>
<p>Netball Tournament</p>	<p>Sign your team up for a Netball tournament.</p>	<p>Friday 11 March 11.30am-2.30pm</p>	<p>LJMU Sports Centre</p>	<p>Book via LJMU Sport App</p>
<p>Clubbercise</p>	<p>Dance/club music played at this fast-paced exercise class.</p>	<p>Friday 11 March 12.15-1pm</p>	<p>LJMU Sports Centre</p>	<p>Book via LJMU Sport App</p>

FRIDAY 11 MARCH (PAGE 2 OF 2)

Latin Caliente Dance Fit	Come join us for this exciting new Latin dance/exercise class.	Friday 11 March 1.15-2pm	LJMU Sports Centre	Book via LJMU Sport App
Preparing for the Workplace <i>For students only.</i>	How to prepare for the workplace and settle into your new job.	Friday 11 March 2-3pm	Online	Book via careers.ljmu.ac.uk
Make-do and Mend <i>For staff and students.</i>	With the growing culture of fast/ throwaway fashion our aim for this workshop is to give a basic understanding of how to repair and alter clothing using hand stitching techniques. Research has found that hand stitching is very therapeutic and has a calming effect on your wellbeing.	Friday 11 March 2-3.30pm	Studio 14 John Lennon Art and Design Building	Book via email to Cathy Reilly c.reilly@ljmu.ac.uk
Kinball	Keep the giant ball from hitting the floor in this 3-team game. Fun and energetic sport that anyone can play. Sign your team up. 4-8 players per team. Who's in your team?	Friday 11 March 3-4pm	LJMU Sports Centre	Book via LJMU Sport App
Archery Tournament	Sign your team up for an archery tournament. Mixed teams, max 8 per squad.	Friday 11 March 4-5pm	LJMU Sports Centre	Book via LJMU Sport App
Trampolining	Access the universities Olympic-grade trampolines with high level instruction.	Friday 11 March 5-6pm	LJMU Sports Centre	Book via LJMU Sport App

SATURDAY 12 MARCH

Legs, Bums & Tums Tabata Style	High energy interval fitness session concentrating on LB&T area.	Saturday 12 March 11.15am-12pm	LJMU Sports Centre	Book via LJMU Sport App
Archery	LJMU trained instructors guide you through how to use the bow.	Saturday 12 March 12-1pm	LJMU Sports Centre	Book via LJMU Sport App
Wellbeing and Nature Walk (JMSU) <i>For students only</i>	<p>This walk is between Seacombe Ferry Terminal and New Brighton. There will be the opportunity to end the walk at New Brighton or turn around and return back to the ferry terminal.</p> <p>It is approximately 2.5 miles in each direction and is a nice leisurely stroll.</p> <p><i>This event is delivered by the Geography and Climate Change Society</i></p>	Saturday 12 March 12-3pm	Meet at Seacombe Ferry Terminal	Book in advance via jmsu.co.uk
Latin Mania Dance Fit	Come join us for this exciting new Latin dance/exercise class.	Saturday 12 March 12.30-1.30pm	LJMU Sports Centre	Book via LJMU Sport App