

## Exam Wellbeing Events Programme

Monday 22 April - Friday 17 May 2024



The exam period can be a stressful time. Over the next 4 weeks we encourage you to take time out and participate in these events across campus.

Date	Time	<b>Event and Location</b>
Monday 22 April		Creation Station: Crafting & Board Games OTI 206 - Global Room temp home
Tuesday 23 April		Creation Station: Crafting & Board Games OTI 206 - Global Room temp home
Wednesday 24 April	15:00 - 16:00	UoD Museums Wellbeing Walk Meet outside the Enquiry Centre
Thursday 25 April	14:00 - 16:00	Jewellery Making with DUSA OTI 206 - Global Room temp home
Thursday 25 April	17:30 - 18:30	Fibre Art (Knitting, Crochet, Cross-stitching, Tatreez) Create Space - please book your space
Friday 26 April	14:30 - 16:30	Film making & editing Create Space - please book your space
Tuesday 30 April	14:30 - 15:30	Sewing - Scrunchie Making Create Space - please book your space
Wednesday 1 May	13:00 - 14:00	DUSA Urban Beach & V&A Visit Meet at entrance to V&A
Thursday 2 May	14:00 - 16:00	Archives - Come see some of our collections! Global Room
Thursday 2 May	17:30 - 18:30	Fibre Art (Knitting, Crochet, Cross-stitching, Tatreez) Create Space - please book your space
Friday 3 May	13:00 - 14:00	UoD Museums Wellbeing Walk Meet outside the Enquiry Centre
Friday 3 May	14:15 - 16:30	Feel Good Friday Global Room
Monday 6 May	12:00 - 13:00	DUSA Therapeutic Writing Session Level 2 DUSA reception area
Tuesday 7 May	10:30 - 11:30	Cuppa, Cake & Chat Global Room
Tuesday 7 May	15:30 - 16:30	Badge Making Create Space - please book your space

Wednesday 8 May13:00 - 14:00 Campus GreenDUSA Dog Therapy Campus GreenWednesday 8 MayTBC - 2 hrs TBC - 2 hrsZine Making Create Space - please book your spaceThursday 9 May18:00 - 19:00 OnlineUoD Museums Online Still Life Drawing OnlineFriday 10 May14:15 - 16:30 Global RoomFeel Good Friday Global RoomSaturday 11 May17:30 - 18:30 Orop In O9:00 - 17:00 Wednesday 10:00 - 17:00Messages of Kindness Board for Mental Health Awareness Week running each day - Global RoomMonday 13 May10:30 - 11:30 Global RoomCuppa, Cake & Chat Global RoomTuesday 14 May15:00 - 16:30UoD Museums Mindful Crafting: Incredible Insects Global RoomTuesday 14 May14:30 - 16:30Crochet - Granny Square Create Space - please book your spaceWednesday 15 MayDrop In O9:00 - 17:00Creation Station: Crafting & Board Games Global RoomThursday 16 May17:30 - 18:30Fibre Art (Knitting, Crochet, Cross-stitching, Tatreez) Create Space - please book your spaceFriday 17 May14:15 - 16:30Feel Good Friday Global Room	Date	Time	<b>Event and Location</b>
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Sign up for UoD

Museum Events:



Book your place Create Space Events:



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Book your class at ISE