

WELLBEING MAP



WELLBEING SUPPORT SERVICES

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



INDOOR RELAXATION SPACES

- 9 Library chill out zone
- 10 Keynes lounge
- 11 Woody's upstairs lounge space



OUTDOOR RELAXATION SPACES

- 12 Oasis garden
- 13 Eliot Cloister garden
- 14 Keynes duck pond
- 15 Quercus Genius
- 16 Jennison Pond
- 17 Labyrinth
- 18 Darwin rose garden



STROLLS

- 19 Crab and Winkle Way walk
- 20 Bluebell Woods walk
- 21 Sarre Penn Valley walk (Blean Woods Nature Reserve)
- 22 St Stephen's Hill walk
- 23 Canterbury parkrun



We have a mindfulness blog:
[HTTPS://UKCMINDFULNESS.WORDPRESS.COM](https://ukcmindfulness.wordpress.com)

Need to talk?
[KENTSSW@KENT.AC.UK \(CANTERBURY\)](mailto:kentssw@kent.ac.uk)
[MEDWAYSSW@KENT.AC.UK \(MEDWAY\)](mailto:medwayssw@kent.ac.uk)

Helplines:
24/7 SAMARITANS 116 123
24/7 TEXT SERVICE SHOUT 85258

BIODIVERSITY WALK

- A Kent Community Oasis Garden
- B Crab and Winkle footpath
- C Beverley Farm pond
- D Keynes pond
- E Upper Eliot pond and Bluebell woods
- F Lower Eliot pond
- G Southern orchard
- H Southern slopes overlook
- I Darwin rose garden
- J Bison mural (in June 2022)
- K Crab and Winkle Railway Tunnel
- L Brotherhood wood
- M Remnant Ancient woodland
- N Jennison pond
- O Park Wood

STROLL, SUPPORT, UNWIND...

kent.ac.uk/student-support

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