WELLBEING MAP

WEISSBEING 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. Jenkinson Pond
17. Labyrinth
18. Darwin rose garden

STROLLS
19. Crab and Winkle Way walk
20. Bluebell Woods walk
21. Sarre Penn Valley walk
22. St Stephen’s Hill walk
23. Canterbury parkrun

We have a mindfulness blog:
https://ukcmindfulness.wordpress.com

Need to talk?
KENTSSW@KENT.AC.UK (CANTERBURY)
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Helplines:
24/7 SAMARITANS 116 123
24/7 TEXT SERVICE SHOUT 85258

STROLL, SUPPORT, UNWIND...
kent.ac.uk/student-support