Student Support and Wellbeing (SSW) Newsletter, June 2023

# Introduction

# As we approach the summer, [Student Support and Wellbeing](https://www.kent.ac.uk/student-support) is still here for you, whether you are on campus or elsewhere.Follow us on [Instagram @UniKentSSW](https://www.instagram.com/unikentssw/) for updates and wellbeing reminders.

# What else is going on this month?

## **Refugee Week, 19-25 June**

## Find out more about what's going on to mark [Refugee Week](https://www.kent.ac.uk/refugee-week) at Kent. Events include a guided walk to hear the Refugee Tales, as well as a range of workshops and lectures on migration and movement throughout the month.

## [**[Community garden on campus](https://www.kent.ac.uk/student-support%22%20%5Cl%20%22partners%22%20%5Ct%20%22_blank)**](https://www.kent.ac.uk/sustainability/kentcog)

## Come along to [open gardening sessions](https://www.kent.ac.uk/sustainability/kentcog/kentcog-volunteering) every Wednesday and Friday, 11:00-14:00 throughout the summer. All welcome.

## [[**Gym quiet sessions**](http://www.kent.ac.uk/sports)](https://www.kent.ac.uk/student/exams#events)

## [Kent Sport](http://www.kent.ac.uk/sports) now have quiet hours on Wednesdays 09:30-10:30 and Fridays 07:30-09:30 which are open to all.

## [[**Therapy dogs in Nexus**](https://www.kent.ac.uk/student/wellbeing#therapy-dogs)](https://www.kent.ac.uk/student/nexus)

On Thursday 8 June 11:30-13:00, come along to [meet a therapy dog](https://www.kent.ac.uk/student/wellbeing#therapy-dogs) on in Templeman Library, Canterbury campus.

## [[**Get matched with a student**](https://forms.office.com/r/BmAsjij0Xf)](https://www.kent.ac.uk/student/nexus)

Want to meet someone new? [Sign up](https://forms.office.com/r/BmAsjij0Xf) to be matched with another student to meet for a coffee break or a walk.

**Remember to check the**[SSW events calendar](https://www.kent.ac.uk/student-support#events)**to find out about support groups where you can meet new people.**

# Stay connected

* [Student Support and Wellbeing webpages](http://kent.ac.uk/student-support)
* [@UniKentSSW on Instagram](http://instagram.com/unikentssw)
* Email WellbeingEvents@kent.ac.uk