



MENTAL HEALTH AWARENESS WEEK

Mental Health Awareness Week, hosted by the Mental Health Foundation, is the UK's national week to raise awareness of mental health. This year, the theme for the week is 'Loneliness'. Across the country, people will be reflecting on loneliness and how it impacts our mental health. ChCh is running a number of different events and we encourage everyone to get involved!

Christ Church

SCHEDULE

MONDAY 9 MAY

- 1.45-3.45pm Group Work Session
(Thatched Barn)
- 4.30-6pm Peer Support Drop-In
(The Snug Tom 3.8)

TUESDAY 10 MAY

- 3pm Pizza Pilgrims Trip
(Pizza Pilgrims)
- 10pm Late Night Tea Break
(JCR)
- 4.30-6pm Peer Support Drop-In
(The Snug Tom 3.8)

WEDNESDAY 11 MAY

- 1pm Garden Tour
(Meet at Tom Tower)
- 4.30-6pm Peer Support Drop-In
(The Snug Tom 3.8)

THURSDAY 12 MAY

- 1pm Meadow Tour
(Meet at Tom Tower)
- 4pm Brain Strain
(Killcanon 1)
- 8.30-10pm OASIS
(Chapter House)
- 4.30-6pm Peer Support Drop-In
(The Snug Tom 3.8)

FRIDAY 13 MAY

- 6pm Classical Drawing Workshop
(GCR Les Jones Dining Room)
- 4.30-6pm Peer Support Drop-In
(The Snug Tom 3.8)

SATURDAY 14 MAY

- 11am GCR Post-Bop Brunch
(GCR)

SUNDAY 15 MAY

- 9pm Movie Night
(JCR TV Room)



EVENT DETAILS

PEER SUPPORT DROP-IN

A chance to have a chat with one of our student peer supporters about anything that's worrying you - nothing is too small. Every day between 4.30pm and 6pm a peer supporter will be available in The Snug - Tom 3:8.

GROUP WORK SESSION

This is a chance for you to work in a slightly different environment, on your own or in small groups, doing whatever you'd find useful. Ben Fernando will also be around to talk about exam technique. Cake and a fun activity involving ducklings and goslings will be included.

PIZZA PILGRIMS TRIP

Make your own pizza and colour in your pizza box (soft drink included) for £7 on battels.

Sign up here: [PizzaTrip](#)

LATE NIGHT TEA BREAK

Classic LNTB...but with an added extra surprise! Make sure you arrive on time for this one!

GARDEN TOUR

John James' tours are always extremely popular so sign up quickly to get a spot. Explore the ChCh Gardens with John and discover places and plants you've never seen before!

Sign up Here: [GardenTour](#)

MEADOW TOUR

Another chance to explore ChCh with John James - this time venture into the center of the meadow, a rare opportunity not to be missed!

Sign up here: [MeadowTour](#)

BRAIN STRAIN

Your weekly supply of tea and home made cake with Clare. Featuring gluten-free Chocolate brownies and a mystery cake!

OASIS

A quiet contemplative space for you to take a break from the stresses of term/life. Discover your inner child with colouring, clay modelling, jigsaws, origami and Kintsugi (gold leaf crackery repair.) It's amazing how refreshing time out can be - drop in at any point to enjoy the activities and have a well-deserved break. Hot drinks available throughout.

CLASSICAL DRAWING

Come and learn classical drawing techniques and create your own masterpiece in this 1 hour masterclass with young artist Micah Hayns. All materials will be supplied and all abilities (or none!) are welcome. Strictly limited places so first in first served! Check out Micah here: [Instagram](#)

Sign up here: [ClassicalArt](#)

GCR BRUNCH

After a late night at Bop what could be better than brunch? Pop by the GCR 11am-12.30pm for coffee, croissants and chat.

MOVIE NIGHT

Wrap up the week's events with a chill movie night in the JCR TV room.

