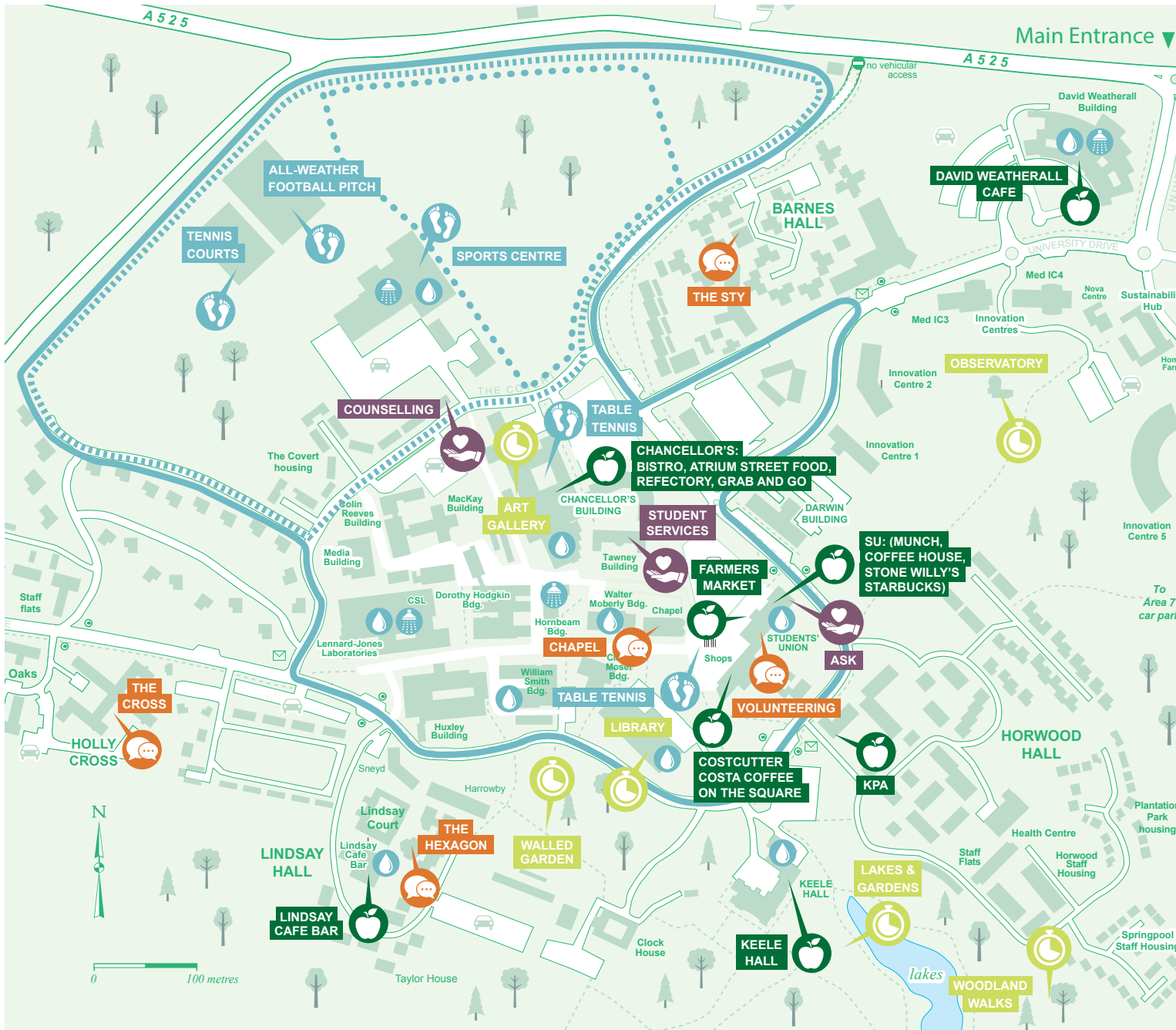


# Keele Wellbeing Map



## Be Active

- Running routes (1k, 2k & 3k)
- Sports Centre
- Tennis Court
- Football Pitch
- Showers
- Table Tennis

## Take Time Out

- Library
- Art Gallery
- Observatory
- Walled garden
- Lakes & gardens
- Woodland Walks

## Eat Well

- Farmers Market
- Chancellor's (Bistro, Refectory, Grab & Go)
- Lindsay Café Bar
- SU (Munch, Coffee House, Stone Willy's, Starbucks)
- KPA
- Keele Hall
- Costa
- David Weatherall Café
- On The Square
- Costcutter
- Water Dispensers

## Connect

- The Sty (Barnes Common Room)
- The Hexagon (Lindsay Common Room)
- The Cross (Holly Cross & Oaks Common Room)
- KeeleSU Volunteering
- Chapel

## Be Supported

- Student Services
- ASK
- Counselling

### Additional Key

- 1k run
- 2k run
- 3k run
- Showers
- Water Dispenser

# Keele University Wellbeing Map

At Keele University your health and wellbeing is a priority of ours and we want staff and students to feel that they are a valued member of the community. This map will help you to keep active, take time out, eat well, connect and be supported during your time at Keele.

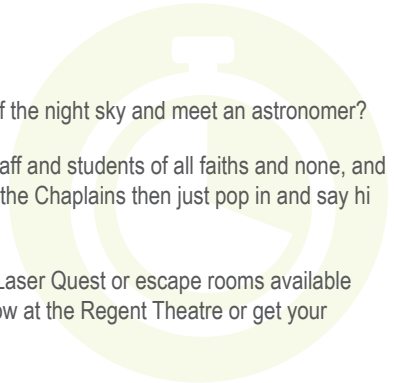


## Take Time Out

Why not take a wander up to the observatory to have a viewing of the night sky and meet an astronomer?

At the Chapel you'll find a full-time Chaplaincy team who serve staff and students of all faiths and none, and a variety of student Christian groups. If you want to talk to one of the Chaplains then just pop in and say hi during the day.

Fancy venturing off campus? Give something different a go with Laser Quest or escape rooms available just a five-minute drive away at Lymelight Boulevard. Catch a show at the Regent Theatre or get your adrenaline pumping with a trip to Alton Towers.

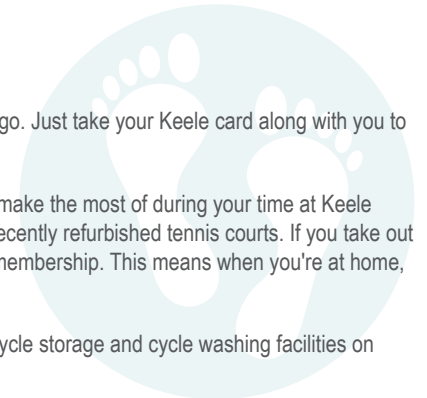


## Keep Active

Did you know? Students and staff can swim at Jubilee 2 for £2 a go. Just take your Keele card along with you to get this deal.

The Keele Sports Centre has a wide range of facilities for you to make the most of during your time at Keele including a bouldering wall, full sized 3G football pitch, and four recently refurbished tennis courts. If you take out our annual gym membership, you also get the BUCS UNiversal membership. This means when you're at home, you can use your local university gym for free!

Fancy cycling to Keele? Find out where you can locate lockers, cycle storage and cycle washing facilities on campus by searching for the 'Keele Cycle Map'.



## Eat Well

We have a fantastic Farmers' Market where you'll find fresh fruit and vegetables, pies, homemade bread and homemade scotch eggs! You can find this every Tuesday (during term time) outside the Students' Union.

Visit Chancellor's Bistro where you can grab homemade sandwiches, salads and smoothies. On The Square offers a wide range of delicious lunch options from jacket potatoes and salad boxes, to chicken dishes and Asian food. Visit the SU with Munch for hot meals, jacket potatoes, salads and sandwiches with gluten free, vegetarian and vegan options. Or visit the Union shop for daily meal deals.

Did you know? Every Wednesday in the Refectory, there is a vegan hot dish on the menu. We call it Vegan Wednesday.

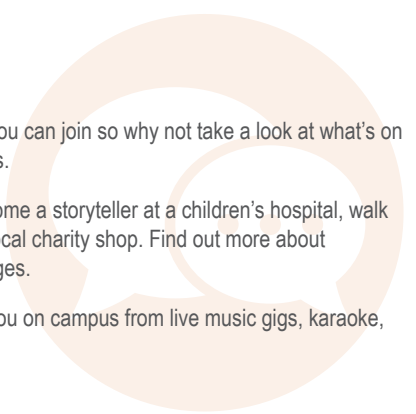


## Connect

There are hundreds of societies on campus that you can join so why not take a look at what's on offer and connect with people with similar interests.

Fancy volunteering your time to help others? Become a storyteller at a children's hospital, walk rescue dogs at the Greyhound Gap or work at a local charity shop. Find out more about opportunities at the KeeleSU Volunteering webpages.

Socialise at one of the many events available to you on campus from live music gigs, karaoke, pub quizzes and pool competitions



## Be Supported

Have concerns or a query? Need some support and guidance? Make the most of the services available on and off campus.

### At Keele

Keele Student Services | 01782 734481 | [student.services@keele.ac.uk](mailto:student.services@keele.ac.uk)  
Keele Counselling and Mental Health | 01782 734187 | [counselling@keele.ac.uk](mailto:counselling@keele.ac.uk)  
Advice and Support at Keele (ASK) | [su.ask@keele.ac.uk](mailto:su.ask@keele.ac.uk)  
Staff Counselling | 01782 733733 | [occupationalhealth.enquiries@keele.ac.uk](mailto:occupationalhealth.enquiries@keele.ac.uk)

### Other

Silvercloud | Offers free online solutions which deliver space from anxiety, depression, stress, eating issues & chronic illness  
Mind | 0300 123 3393 | Here to make sure anyone with a mental health problem has somewhere to turn for advice and support

