

## Get Involved in DMU's Digital Detox

The following table lists what activities are taking place and how you can sign up:

Activity	Date	Timings	Location	Staff or students?	How to book
<b>Take Notice</b>					
Mass Meditation	16 January	10:00-10.30	Campus Centre Atrium	All	No booking required
Daily 5 minute meditation	16-21 January	10:00	Anywhere on campus	All	No booking required
Mindfulness sessions	18 January 21 January	15:00-15:30 9:30-10:00	Breathing Space	All	Please book using <a href="#">MyGateway</a>
Meditation sessions	16 January 18 January	13:00-14:00 12:00-13:00	Breathing Space Breathing Space	All All	Please book using <a href="#">MyGateway</a>
Emotional Resilience Workshop	17 January	11:00-12:00	Queens 0.14.	All	No booking required
<b>Be Active</b>					
<a href="#">DMUactive calendar of activity</a>	16-21 January	Various	Various	All	
Pop up badminton	16 January 17 January	10:30-12:00 9:00-11:00	Campus Centre Atrium	All	No booking required
Outdoor Table Tennis	16-21 January	All day	Outside Hugh Aston Building	All	Collect bats from Hugh Aston reception
Outdoor Table Tennis session	18 January	12:00-13:00	Outside Hugh Aston Building	All	No booking required
Access to swimming pool and gym classes	16-21 January	Various	Queen Elizabeth II Leisure Centre	All	<a href="#">See step-by-step guide</a>
<b>Be Active and Take Notice</b>					
Tai Chi classes	16,17,18,19,21 January	14:00-15:00	Hugh Aston Atrium	All	No booking required
Yoga classes	16 January 18 January	15:00-16:00 13:00-14:00	Breathing Space	All	Please book using <a href="#">MyGateway</a>

	21 January	12:00-13:00			
'Craftism' activities including: Making stress balls, stress putty and also free painting, and colouring pages, song writing and composing poems		TBC	Campus Centre	Students	No booking required
Give it a Go sessions	18 January	See bottom of this document for info	Campus Centre		
<b>Connect and Learn</b>					
Open Faith - Tour of Breathing Space, Prayer Room and Chaplaincy & #Healthy DMU talk	21 January	10:00-11:00	Breathing Space	All	Please book using <a href="#">MyGateway</a>
Q&A with the Imam and Chaplain	21 January	11:00-11:30	Breathing Space	All	Please book using <a href="#">MyGateway</a>
<b>Connect and Take Notice</b>					
Staff Common Room Open Day	18 January	7:30-18:30	Staff Common Room	Staff	No booking required
<b>Learn</b>					
Chill out zone - jigsaws, board games, craft activities etc.	16 January	14:00-17:00	Kimberlin Library 00.11	All	No booking required
Relax with a book - Step away from social media. Get absorbed in the worlds, actions and interactions of characters in a novel, with a diverse choice of authors and genres (sci-fi, thrillers, crime, fantasy, romance, classics) on offer from the Kimberlin Leisure Reading collection.	16-21 January		Kimberlin Library Leisure Reading Collection		No booking required
Visit the display of DMU students' recommended reads and most borrowed books.	16-21 January		Kimberlin Library Leisure Reading Collection	All	No booking required

<p>“Let’s talk books...” Come and chat to LLS about your favourite books at the Kimberlin Leisure Reading Collection</p> <p><u>Archives and Special Collections experience</u> Archive material needs special care to keep it safe from damage. Join us for the chance to handle some history as you help to clean and re-package some of our collections. Training will be provided.</p> <p><u>Academic Skills refreshers</u> Attend one of our workshops to help improve your skills and boost your confidence. Topics include: Using evidence in your writing, Planning and writing your report, Working SMARTER not harder, Find out about Turnitin, The Mentors' Guide to...succeeding at university, Planning and structuring your literature review AND... the brand new Algebra Interactive Session and <b>Critical Writing Escape Room!</b></p> <p>Mindful Origami Heart Message To celebrate Digital Detox Week, and in readiness for St Valentine's Day, our Writer &amp; RLF Fellow Debjani Chatterjee will lead a 'Mindful Origami Heart Message' session. No prior experience or equipment needed. Just turn up for the simple and creative joy of origami, coupled with</p>	17 January	10:30-12:30	Kimberlin Library Leisure Reading Collection	All	No booking required
	17 and 18 January	12:00-13:00	Special Collections area (00.21) in the Kimberlin Library.	All	Spaces are limited. Book by emailing <a href="mailto:archives@dmu.ac.uk">archives@dmu.ac.uk</a>
	14-18 January		Kimberlin Library 0.07B	Students	For the full programme and to book a place, go to: <a href="https://dmu-ac-uk.libcal.com/caleNDAR/workshops/">https://dmu-ac-uk.libcal.com/caleNDAR/workshops/</a>
	17 January	15:00-15:30	Kimberlin Learning Development Zone open area	All	Book via: <a href="https://dmu-ac-uk.libcal.com/event/3364020">https://dmu-ac-uk.libcal.com/event/3364020</a>

your uplifting message to yourself.					
<u>DSA Workshops</u>  Drop in sessions to raise awareness of Disabled Students Allowance.  No obligation to apply for DSA's – just some answers to the questions: <ul style="list-style-type: none"> <li>• What is DSA?</li> <li>• Is it for me?</li> <li>• What help can it provide?</li> </ul>	16 January 17 January 18 January	13:00-14:00 13:00-14:00 13:00-14:00	Student Gateway	Students	No booking required
Calligraphy	16 January 18 January	15:00-16:00 11:00-12:00	Hugh Aston Atrium Hugh Aston Atrium	All All	No booking required
<b>Connect and Take Notice</b>					
<u>BUCS – support our sports teams</u>  Men's Football: DMU 3rd vs Oxford University 3rd  Leicester Riders vs Plymouth Raiders: email <a href="mailto:sports@dmu.ac.uk">sports@dmu.ac.uk</a> to enter a draw for free tickets	16 January 19 January	17:00 19:30	Beaumont Park Morningside Arena	All All	No booking required Competition prize draw
<u>#HealthyDMU Market Stalls</u>  Market stalls will be available in each of the Faculties promoting our #Healthy DMU approach and SPA's (Single Point of Access) appointments. There will be cupcakes, mindfulness stress toys and a chance to discuss any issues which may be concerning students.	14 January 15 January 16 January 17 January	10:00-14:00 10:00-14:00 10:00-14:00 10:00-14:00	Hawthorn Building Clephan Building Hugh Aston Building Gateway House	Students	No booking required
<b>Learn, Connect, Take Notice</b>					
<u>HealthyDMU masterclasses</u>					

'Being a friend to yourself (self-care)'	16 January	12.00-13:00	Breathing Space	All	<a href="#">MyGateway</a>
Autism lunch social	16 January	12:00-13:30	Sharing Space	All	
Pop Up Planting	21 January	12:00-14:00		All	
Working with Autistic Students workshop	21 January	14:00-15:00		All	
#HealthyDMU Loss and Bereavement Group	21 January	15:00-16:00		All	
#HealthyDMU - 'Be more confident!'	21 January	16:00-17:00		All	
<b>Give</b>					
<b>DMUlocal</b>	Ongoing			All	<a href="https://www.dmu.ac.uk/community/public-engagement/index.aspx">https://www.dmu.ac.uk/community/public-engagement/index.aspx</a>

\*The offer entitles staff and students to access the following free of charge:

- Swimming pool during lane swim and public swim sessions
- Sauna during lane swim and public swim sessions
- Classes – studio and pool based – as per timetable

### Give it a go schedule:

Time	Atrium	Function Room 1	Function Room 2	2.01	2.02
1:30pm-2:30pm	Fencing	Feminist Group	UV Zumba	Netball	Trampolining
3pm-4pm	Hip Hop Dance	Student Choir	International Society	Boxing	Lacrosse
4:30pm-5pm	Demon Barbers	App Development Society	Indian Society	Swimming and Triathlon	American Football
5:30pm-6:30pm	Bollywood	Radical Youth	Cocktail Society	Conservative Society	Hockey

[Click here to find out how to access activities at the Queen Elizabeth II Leisure Centre \(include hyperlink to sub-page\)](#)

[#HealthyDMU Services: click here to find out more about masterclasses, SPA appointments, Disabled Students' Allowances and mindfulness](#)