

#Healthy DMU Enhancing your wellbeing

YOUR DIVIUSION





WELLBEING AND INCLUSION



SUPPORT

The Student Gateway

Based on the ground floor of Gateway House, the Student Gateway is DMU's one-stop shop for non-academic enquiries.

Mental health support

We aim to make sure all students have a positive experience at DMU. Our team is there to guide you towards the many support services available, and from day one we encourage you to ask for our help with issues you think might affect your mental health.

We support students with existing mental health conditions and offer support on counselling services, practical adjustments, goal setting and advice on accessing agencies that can support with alcohol and substance use issues.

Mature students

DMU has around 2,600 mature students. We value life experience and professional skills, so even if you have had a gap and are returning to education, or are studying part-time around your life, career or family, you will fit right in to our welcoming community.

> dmu.ac.uk/healthy dmu.ac.uk/studentgateway dmu.ac.uk/disability

Disability support

Our Disability Advice and Support team provides services tailored to the specific needs of students with physical and sensory disabilities, medical conditions and Specific Learning Differences. Many students do not identify as disabled but benefit from the support our team offers.

Stay active while you study

DMUactive is a daily programme of free recreational sports alongside their studies. Sessions are free and run throughout the academic year - all you need is

opportunities for students to become physically active your DMU student card.

Religious support

DMU Christian chaplains and Muslim imam provide advice and guidance to students of all faiths and on matters relating to faith and religion, alongside spiritual, pastoral, moral and social care. There are prayer rooms for different faiths on campus, and anyone can visit the on campus chaplaincy for non-denominational religious support.

Performance sport

SPORT

The Watershed, our indoor training environment, offers land-training facilities for rowing, as well as a dedicated gym where our strength and conditioning coaches work with sports teams to develop fitness and strength. They are also on hand to educate students about how to lead a fit and healthy lifestyle and maintain a balanced diet.

This year, DMUsport will work within guidelines from the government, national governing bodies for sport, and UKactive, to ensure all activities are safe for students and plan to offer as much sport and physical activity sessions for all abilities as possible within those guidelines.

The DMUsport team are committed to delivering in-person activity where it is safe and possible, and will continue to support you virtually to make sure you have access to sport if in-person activity is not available.

DMUfreedom

DMUfreedom, our free-thinking equality, diversity and inclusion charter, was created to put inclusivity at the heart of everything we do at DMU. At its simplest, we believe what you believe - that your university experience should give you all the time, space and support you need to find your true self, and choose your own life and career path.

We're committed to providing every opportunity for students to maintain a fit and active lifestyle, whatever their ability or confidence level.

Our DMUactive programme is run by students and offers free activities, one-off events and internal leagues, in a range of sports including tennis, basketball, lacrosse, netball and badminton.

The programme is working to create safe and fun activities, and sessions will run face-to-face where possible in line with Government advice. However if this is not possible there will also be an online provision.

Sporting facilities

The Queen Elizabeth II Diamond Jubilee Leisure Centre has a 25-metre six-lane swimming pool, sauna, 13-metre climbing wall, sports hall, free-weights area, fitness suite and a comprehensive fitness programme with a variety of activities, from aerobics and abs blast, to yoga and Zumba.

Our Beaumont Park facility boasts a recently improved clubhouse, two all weather 3G artificial pitches, two FAstandard grass pitches and floodlights for night games.

Wellbeing Tips

As a student, you may be juggling a variety of activities, responsibilities and social groups. This can be difficult at times, so here are a few tips to help you make time for you.

LINKS.

- 1.Be sure to set aside some personal time for self-care. Dedicate this time to things that make you feel your best.
- 2. Pay attention to your body and remember to stay hydrated and eat well-balanced meals. Keep a water bottle on you so you don't have to waste money buying new bottles every day. Also, try to meal-prep ahead of deadlines so you have healthy, quick and easy meals on hand.
- 3. You may not have time to squeeze in a full workout every day, but incorporating small physical tasks into your daily routine is a great way to keep yourself active. Simple things like taking the stairs instead of the lift, or taking a brisk walk around campus are great ways to inject some movement into a long study day.



For more information about health, wellbeing and inclusion at DMU, please visit

dmu.ac.uk/yourdmufuture





De Montfort University

© @dmuleicester

in De Montfort University

© 07970 655 800

De Montfort University The Gateway Leicester LE1 9BH UK

T: +44 (0)116 2 50 60 70 E: enquiry@dmu.ac.uk W: dmu.ac.uk