

This article will tell you about the weekly Wellbeing Café run jointly by the student-led Wellbeing Society and the University's Student Wellbeing Service.



The Wellbeing Café

Run jointly by the Student Wellbeing Service
and the Student-Led Wellbeing Society

The Wellbeing Café is a friendly place to meet others, hang out, talk, play board games or take part in wellbeing activities with like-minded people – with free tea and coffee!

Every Wednesday in term-time, 4 – 5.30pm @ Café Coco,
next to Blackwell's bookshop and the Students' Union

University of Portsmouth

The Wellbeing Café is a friendly weekly meeting place which offers an opportunity to meet up with other students interested in supporting their own wellbeing at university.

You can drop in just to hang out, connect with others and have a cup of tea.

You also have the opportunity to access information around wellbeing or take part in informal activities. There will always be a member of staff from the Wellbeing Service as well as members of the student-led Wellbeing Society there to meet and greet you.

The activities on offer will be developed by and for the students who attend the café. They may take the shape of creative writing, investigating on-line information, crafts, mindfulness or more practical support like budgeting advice to take the stress out of managing money.

We will also have occasional guests to lead discussions on particular topics, or run activities that interest us.

Just turn up at CaféCoco every Wednesday in term-time between 4.00pm and 5.30pm.

Or if you like, the Wellbeing Adviser can arrange to meet up with you beforehand to go over together - just ring the Student Wellbeing Service administrator on +44(0)23 9284 3157 and ask to speak to Ruth Geddes, or email - ruth.geddes@port.ac.uk.