

The first wealth is Health!

At the University of Exeter the health and wellbeing of staff is important to us.

Did you know?

Streatham has an outdoor swimming pool which is open seven days a week from May to September. (weather permitting)

Keep Active

The Russell Seal Fitness Centre is a world class gym training facility. Offering staff three discounted membership options with the choice of a salary deduction payment scheme, plus pay as you go **Fitness Classes** including Body Combat, Pilates, Yoga, Zumba, Body Pump, Box Fit and even Pole Fit! There are also a variety of **courts and pitches** for hire. For more information visit www.exeter.ac.uk/sport

If you're looking for a sporting partner with a common interest, log onto the **new sports match website** to arrange matches, games and training sessions.



Staff Association members can take advantage of a range of free sports including Touch Tennis, Netball, Frisbee, Golf and Yoga to name a few.



The Vic Ambler Golf Centre is also home to the Staff Association beginners' golf group.



Worked up a sweat? Don't worry we have plenty of **showers** located on campus too!

Gym not YOUR thing?

The Staff Association run lunchtime walking and running groups! See website for more details.

Visit www.exeter.ac.uk/staff/wellbeing for full details



Don't try to be perfect just try to be better than you were

Take time out

The Staff Association and Wellbeing Services offer an extensive range of **complementary therapies** including: aromatherapy, herbal medicine, holistic massage, homeopathy, Hopi ear candling, Indian head massage, kinesiology, reflexology, shiatsu bodywork and swedish massage.

Cost per 60 minute session:
£25 Staff Association members
£30 non-members

Tai Chi and Yoga provide the perfect opportunity to slow down, relax and forget about the stresses of modern life. The Staff Association run weekly classes for members.

Our **Multifaith Chaplaincy** provides space for people to practice their religion and spirituality, welcoming people of all faiths or no faith and offering the Quiet Chaplaincy Room as a place for reflection.

Mindfulness sessions can help with stress, and improve energy levels and wellbeing. They are FREE to all staff and take place every Monday during term-time from 12.00-12.45pm.

BOOK-LOVER HEAVEN!

All University staff can borrow up to 50 books at a time from the main library, all you need is your staff card.

Fancy watching a play or a film?



Exeter Northcott Theatre is a 460-seat venue at the heart of the Streatham Campus.



The **Staff Association Film Club** screens a variety of pre-release and current films once a month in the Alumni Auditorium. Staff Association members go **FREE**; non-members **£3.50**. For full schedule please see www.exeter.ac.uk/staffassociation



The **Bill Douglas Museum** houses one of Britain's largest cinematic collections and is located in the Old Library.

Did you know?

- Streatham Campus is a registered botanic garden, widely regarded as the most beautiful and botanically interesting of any UK university. Take a walk or find a bench to sit and enjoy your lunch. The Grounds and Gardens team also offers seasonal guided tours. To find out more visit www.exeter.ac.uk/visit/campuses/gardens/

Eat Well

Did you know?

We have a great farmers' market. The market takes place regularly on a Friday from 11.00am – 3.00pm, which boasts an array of fresh, local and organic produce.



Healthy food and drink options available on campus

- Salads:** La Touche Café, Market Place shops, Ram Bar, Reed Hall, Graze at Terrace Restaurant
- Wraps:** Comida
- Homemade soups:** La Touche Café, Reed Hall, Roundhouse, Sustain Café
- Jacket potatoes:** Ram Bar
- Smoothies and juices:** Market Place shops, Sustain Café, The Caravan, Costa, Graze at Terrace Restaurant
- Mobile shop:** Tues/Thurs lunchtimes outside Northcott Theatre

Menus, locations and opening times at www.exeter.ac.uk/retailoutlets

connect



Socialise! The Staff Association hosts a range of social activities such as the ever-popular end of term pub quiz. Special interest groups include frisbee, book club, craft groups, touch tennis, golf club and netball.



Grow! The Exeter Community Garden is not just a physical space in which to grow food, plants and improve the habitat, but an interchange of knowledge and ideas. Anyone can get involved and get growing.

volunteer

Whether you're a young apprentice, graduate recruit or a seasoned professional, share your experiences with young people by volunteering for Inspiring the Future for Schools and Colleges. For the full range of community challenges and sustainability projects see: www.exeter.ac.uk/staff/wellbeing

5 steps to wellbeing

LOOK FOR OPPORTUNITIES in life's challenges

GO FOR A WALK with a friend

FOCUS MORE on the things you can CONTROL

ASK FOR HELP

GET INVOLVED in a CAUSE you believe in



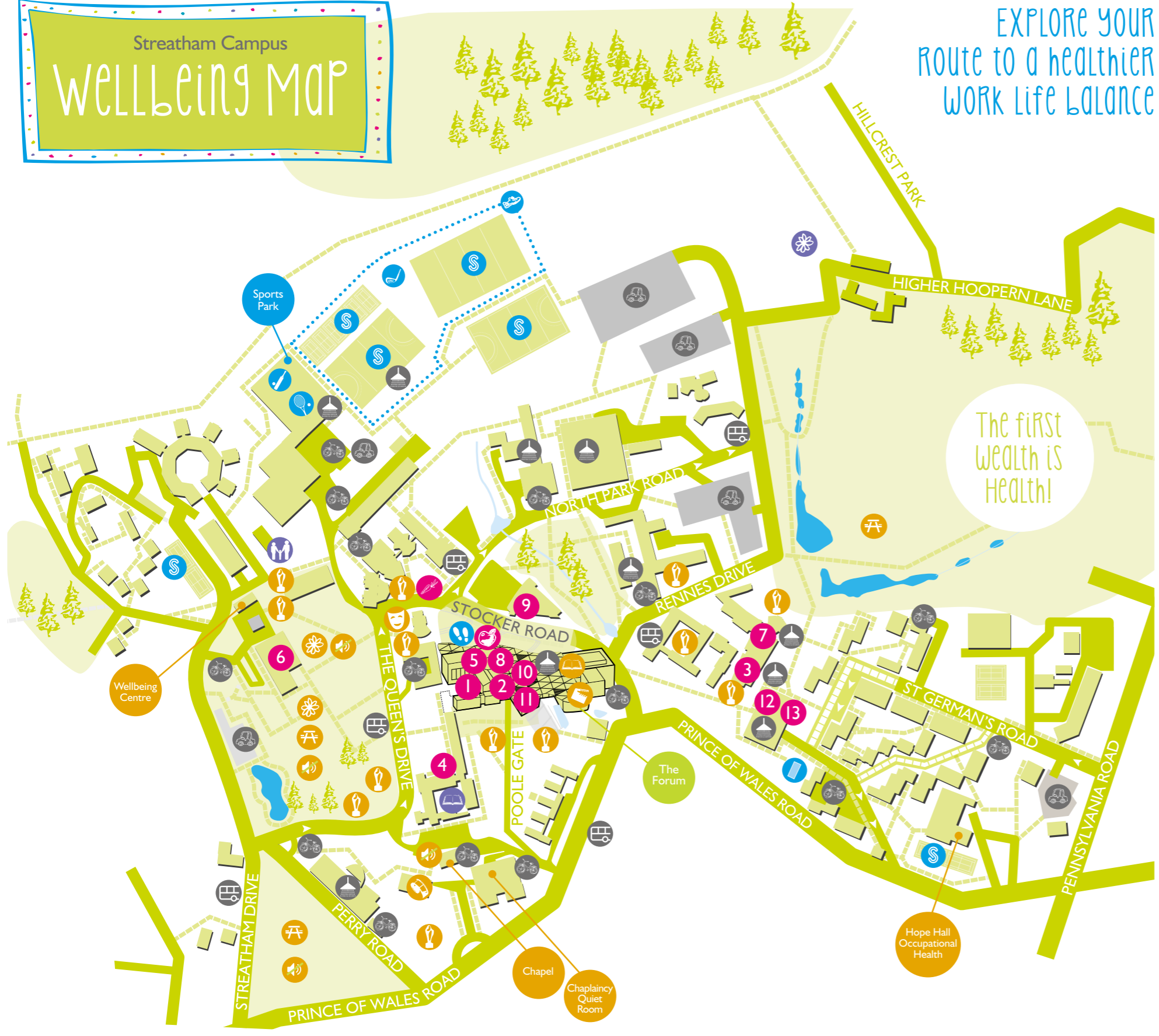
For full details of health and wellbeing facilities:

www.exeter.ac.uk/staff/wellbeing

Streatham Campus Wellbeing Map

Streatham Campus Wellbeing Map

EXPLORE YOUR ROUTE TO A HEALTHIER WORK LIFE BALANCE



- Bus stops
- Bike racks
- Showers
- Parking

Streatham Campus Wellbeing Map

Your route to a healthy work life balance



KEY This map has been created to help you

..keep active

- Tennis Centre
- Golf Centre
- Trim Trail
- Outdoor Swimming Pool (Summer only)
- Other sports facilities (Pitches, courts)
- Cricket Centre
- Meeting point for running and walking groups

..Take time out

- Garden and picnic areas
- Quiet areas
- Library
- Sculpture Walk *
- Northcott Theatre
- Alumni Auditorium (Film Club venue)
- Bill Douglas Cinema Museum

..connect

- Book Club
- Family Centre
- Exeter Community Garden

..Eat Well

- Great Hall Piazza (farmers' market twice a month)
- Love Local Food mobile shop (Tues/Thurs lunchtime)
- The Caravan (Devonshire House)
- Comida (Devonshire House)
- La Touche Café (Building One)
- Coffee Bar (Queen's Building)
- Ram Bar (Devonshire House)
- Café Reed and Woodbridge Restaurant (Reed Hall)
- Sustain Café (Xfi Building)
- Terrace Restaurant (Devonshire House)
- INTO Café (Stocker Road)
- Market Place (Forum)
- Costa (Forum)
- Market Place (Cornwall House)
- The Grove (Cornwall House)

* For more details please refer to: www.artsandculturexeter.co.uk/sculpture-collection