

# The first wealth is Health!

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

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

## Take time out

The Chapel of St Luke provides an opportunity for some quiet reflection – regular services are held here. For more details email [anglicanchaplaincy@exeter.ac.uk](mailto:anglicanchaplaincy@exeter.ac.uk) There are also male and female Muslim Prayer Rooms available to use.

**Memorial Garden.** Look out for the small memorial garden and the two bug hotels which are designed to encourage wildlife.

## BOOK-LOVER Heaven!

Visit St Luke's Library, based in the Highton building. Books, journals and resources cover a range of subjects. Did you know members of staff can borrow up to 50 books?

### Did you know?

Staff house and gardens provides a quiet space with comfortable chairs for staff to relax, eat their lunch or catch up with colleagues.

Visit [www.exeter.ac.uk/staff/wellbeing](http://www.exeter.ac.uk/staff/wellbeing) for full details

## KEEP ACTIVE

**St Luke's Sports Centre.** The 35 station gym has benefitted from an investment of £50,000 to deliver some of the very best Life Fitness cardio, resistance and free weights. Whatever your fitness goal, our qualified on-site instructors can help you achieve it, offering a three discounted membership

options, with the choice of salary deduction payment scheme.

Gym not your thing? We also offer a full range of fitness classes including Body Combat, Pilates, Yoga, Circuits and Cardio Blast to name a few. To find out more visit [www.sport.exeter.ac.uk/facilities/stlukessportscentre](http://www.sport.exeter.ac.uk/facilities/stlukessportscentre)

### SUMMER SPORTS

During the summer months tennis / volleyball nets will be available on the Quadrangle for staff use.



There are cycle racks across the campus and there are three showers currently available with more being planned!

### GYM NOT YOUR THING?

Check out our full range of fitness classes [www.sport.exeter.ac.uk/facilities/stlukessportscentre](http://www.sport.exeter.ac.uk/facilities/stlukessportscentre)



**Swimming Pool.** St Luke's has a heated indoor pool open seven days a week for staff use – or if you are interested in becoming a lifeguard or wish to develop your coaching skills go to [www.sport.exeter.ac.uk/education](http://www.sport.exeter.ac.uk/education). The pool is also home to the Learn to Swim programme – lessons are available to all over three years of age.



**Why not cycle to work?** There are two bikes available to staff (one male and one female) so that you can cycle between Streatham and St Luke's campus – approximately an eight minute cycle! Full details can be found at: [www.exeter.ac.uk/sustainability/travel/bike](http://www.exeter.ac.uk/sustainability/travel/bike)



**Buses.** Regular buses take you into town and beyond. The D bus provides a regular link to Streatham campus every 15 minutes – and remember with your staff ID card you can claim a 30% discount on this bus.

## EAT WELL



### Cloisters Café

- Hot and cold breakfast options
- Paninis
- Omelettes
- Jacket potatoes
- Soup
- Salad
- Fairtrade hot drinks and a selection of cold drinks

For full details please visit: [www.exeter.ac.uk/retailoutlets](http://www.exeter.ac.uk/retailoutlets)

## connect



**Socialise!** The Staff Association hosts a range of social activities such as the ever-popular termly pub quiz. Special Interest Groups include netball, frisbee, art and craft, tai chi, golf club and a book club! Find out more at [www.exeter.ac.uk/staffassociation](http://www.exeter.ac.uk/staffassociation)

**Volunteer** – whether you are a young apprentice, graduate, recruit or 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](http://www.exeter.ac.uk/staff/wellbeing)

### Did you know?

The University allows departments one paid day in a 12 month period to undertake volunteering in the community? This is known as a Community Challenge. [www.exeter.ac.uk/staff/development/management/community](http://www.exeter.ac.uk/staff/development/management/community)

## 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](http://www.exeter.ac.uk/staff/wellbeing)

# St Luke's Campus Wellbeing Map

EXPLORE YOUR  
Route to a healthier  
WORK LIFE BALANCE



- Bus stops
- Bike racks
- Showers (outdoor showers available in Accommodation)
- Parking

# St Luke's Campus Wellbeing Map

Your route to a healthy work life balance



**KEY** This map has been created to help you .....

## ..keep active

- St Luke's Sports Centre
- Swimming pool
- Tennis/Volleyball (Summer months only)



## ..Take time out

- Library
- Bug Hotels
- St Luke's Chapel



## ..Eat well

- Cloisters Café
  - Hot and cold breakfast options
  - Paninis
  - Omelettes
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  - Soup
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