

# WOBBLE WEEK 2023

30th Oct - 3rd Nov

If you require a different version of this timetable in order to make it accessible to you, please contact [studentengagement@stmarys.ac.uk](mailto:studentengagement@stmarys.ac.uk)



More info and links below!

Monday

Tuesday

Wednesday

Thursday

Friday

## Wobble Wall & Stick it to Your Wobble!

Shannon Corridor Drop-in throughout the week

### Les Mills Classes

Your choice of virtual fitness classes

Dance Studio  
 07:30-08:30

### Free Massage

Sign up live, or email [rehabclinic@stmarys.ac.uk](mailto:rehabclinic@stmarys.ac.uk) to book your 30-min slot!

Rehab Clinic (Sports Centre, Room 45)  
 11:00-14:00

### Nature Walk

Relax, unwind, and discover the beautiful woods of St Mary's

Main reception  
 12:00-12:45

### Home Comforts

#### Menu

Nigerian lamb curry, jollof rice, & traditional warm puddings!

Ref  
 12:00-14:00

### Brew @ 2

Free tea & coffee with your SU

Outside K Block  
 14:00-15:00

### Pumpkin Carving with Creative Writing Society

Get creative this spooky season!

SU Bar  
 14:00-16:00

### Meet your EDI Chairs

Meet your EDI Chairs for LGBTQ+, Women, Intersectionality, Disability, Race Equity, Mature Students, and Faith & Culture

SU Bar  
 14:00-16:00

### Big Shave: Time to Grow your Mo's!

Kick off Movember with a Big Shave to get you prepped for Men's Mental Health month!

SU Bar  
 17:00-19:00

### Spooky Reading Group: 1st Meeting!

Free to students! Bring a spooky passage, poem, or just sit & listen!

Turret Room: SHH Castle  
 18:30-19:45

### Residents' Spooky Movie Night

Campus residents celebrate Halloween together!

SU Bar  
 20:00-22:00

### Les Mills Classes

Your choice of virtual fitness classes

Dance Studio  
 07:30-08:30

### Mindfulness Drop-In with Student Services

Student Services  
 13:00-13:30

### Stop and Ask

Find out about key support at SMU - & get a free lunch voucher!

Piazza  
 13:00-14:00

### Les Mills Classes

Your choice of virtual fitness classes

Dance Studio  
 13:00-14:00

### Give sports a go!

Try something new with lots of different games & activities!

Performance Hall  
 13:00-15:00

### Free Massage

Sign up live, or email [rehabclinic@stmarys.ac.uk](mailto:rehabclinic@stmarys.ac.uk) to book your 30-min slot!

Rehab Clinic (Sports Centre, Room 45)  
 13:00-17:00

### Brew at 2

Free tea & coffee with your SU

Outside K Block  
 14:00-15:00

### Meet the Library & Hub Team

Get support with navigating resources, referencing, academic writing, IT skills, & more!

Library  
 14:00-16:00

### Race Equity Network Chai & Chat

Come & meet the Race Equity Network & enjoy some free Chai

DV Lounge  
 16:00-17:00

### Board Games Night

Join us for a chill night of classic board games

SU Bar  
 18:00-21:00

### Les Mills Classes

Your choice of virtual fitness classes

Dance Studio  
 07:30-08:30

### Tea & Chat with Student Services

Come, share a wobble, and find out the support available

[zoom](#)  
 10:30-11:30

### Normalising Wobbles

Join Manayka, a former student at SMU, as she shared her wobbles & top tips!

[zoom](#) (Time change!!)  
 16:00-17:00

### Academic Skills Drop-In

[zoom](#)  
 13:00-14:00

### Mindfulness Drop-In

Student Services  
 14:00-14:30

### Buddies Social

A social for all who took part in the SU buddies scheme!

DV Café  
 14:00-15:00

### Brew at 2

Free tea & coffee with your SU

Outside K Block  
 14:00-15:00

### Meet the Library & Hub Team Online

Get support with navigating resources, referencing, academic writing, IT skills, & more!

[online](#)  
 14:00-16:00

### Pottery Painting

SU Bar  
 14:00-16:00

### Chaplaincy Crafts

Have free hot chocolates, get crafty, & write home (stamps on us!)

Chaplaincy  
 15:00-16:30

### Spooky Castle Tour

Glass of bubbly & Halloween tour of Strawberry Hill House!

SHH/Castle  
 18:15 start  
 [Sign-up](#)

### Les Mills Classes

Your choice of virtual fitness classes

Dance Studio  
 07:30-08:30

### Meet the Library & Hub Team

Get support with navigating resources, referencing, academic writing, IT skills, & more!

Library  
 10:00-12:00

### Yoga for all!

Dance Studio  
 11:00-11:30 & 1:30-14:00

### Battling Academic Overwhelm & Time Management

Get practical support & tips to get you back on track!

N44 & [Zoom](#)  
 11:00-12:00

### Mental Health Quiz

Goodies to be won!

Shannon Corridor  
 12:00-14:00

### Les Mills Classes

Your choice of virtual fitness classes

Dance Studio  
 13:00-14:00

### Brew at 2

Free tea & coffee with your SU

Outside K Block  
 14:00-15:00

### Commuter Café

A social for commuter students - & the exciting launch of our Commuter Peer Mentor scheme!

SU Bar  
 14:00-16:00

### Sport Matches

Football, Netball, Dodgeball & more!

Tennis Centre  
 14:00-16:00

### Aromatherapy

Create some amazing self-care products - for you, or as gifts!

SHH/Castle  
 16:30-18:00  
 [Sign-up](#)

### Mature Students: Cheese & Wine Night

SU Bar  
 18:00-20:00

### Les Mills Classes

Your choice of virtual fitness classes

Dance Studio  
 07:30-08:30

### Free Massage

Sign up live, or email [rehabclinic@stmarys.ac.uk](mailto:rehabclinic@stmarys.ac.uk) to book your 30-min slot!

Rehab Clinic (Sports Centre, Room 45)  
 09:00-13:00

### Wellbeing Walk

Give your mind space to breathe

Main Reception  
 12:00-12:45

### Mindful Colouring with No Ordinary Society!

Student Square  
 12:00-13:00

### Les Mills Classes

Your choice of virtual fitness classes

Dance Studio  
 13:00-14:00

### Brew at 2

Free tea & coffee with your SU

Outside K Block  
 14:00-15:00

### Opportuni-Tea!

Find out about different opportunities open to you as students, based on your passions!

SU Bar  
 14:00-15:00

### Mature & PG Students Café

DV Café and [Zoom](#)  
 15:00-16:00

### Mindful with Movement

Amazing dance class to try different styles & have some fun!

Dance Studio  
 16:00-17:00

### Look after your mate training

Gain new skills and learn how to support your pals.

K17  
 16:00-19:00

### Pride Got Talent

Join Pride Society for an Open mic style event!

SU Bar  
 17:00-20:00



St Mary's University Twickenham London



St Mary's University Students' Union