

What We Do...

We all know university can be one of the best times of our lives but we also know it can be one of the most challenging. Leaving home, relocating to a new city, leaving old friends, making new friends and of course coursework and exams can all lead to periods of stress and we want to help you through this.

We also aim to provide support to students at the University of Leeds who may be interested in, or have been affected by mental health issues either personally or through friends and family.

We want to offer support through a wide range of fun activities. These will be based around a monthly theme and we hope they will help enhance your mental health.



THE
MIND
MATTERS
society



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What to
look forward
to...

2011
- 2012



UNIVERSITY OF LEEDS

and...

...New Beginnings

October

17 October Give It A Go
Meet and greet...and pizza!
Lunch In Leeds

...Food and Drink

November

Buffet Lunch- everyone
brings something!
Make Your Own Food
"Come Dine With Me"-
who's dish will win?

...The Festive Season

December


Visit to German Market
Festive Film
Festive Buffet



...Exams and Coursework

January

Meditation- just before your
exams!
Revision Sessions
Celebration Drinks...it's over!!



...Fundraising

February

Bag Packing for Leeds Mind
Charity- aim £1000!
Sponsored Hike
Cake Baking / Pizza Making
Marathon

...The Great Outdoors

March

Pick Your Own Fruit & Make JAM!
Visit to Ilkey
Farm Visit

...Hobbies

April

Cr-afternoon - Learn a new craft
Climbing taster session
Learn to Cook

...Spirituality & Wellbeing

May

Meditation
Tai Chi
Yoga



...Films, Music & Books

June

Film Night
Silent Disco
DVD, CD & Book Swap

...and much
more to
come!