

STUDENT HEALTH AND WELLBEING ACTIVITIES: SEMESTER 1, 2026

WEEK 1	<u>AFTER DARK SAFETY</u> <u>TOUR 23RD FEB</u>	<u>SBR - PLANNING</u> <u>23RD FEB</u>	<u>SBR - PLANNING</u> <u>24TH FEB</u>	<u>MIDWEEK RESET</u> <u>25TH FEB</u>	<u>TLR CAFE</u> <u>25TH FEB</u>	<u>COMMUNITY GARDEN</u> <u>26TH FEB</u>	<u>THRIVE THROUGH</u> <u>THESIS 26TH FEB</u>
WEEK 2	<u>EQUITY SUNRISE WALK</u> <u>SOCIAL 3RD MARCH</u>	<u>MIDWEEK RESET</u> <u>4TH MARCH</u>	<u>TLR CAFE</u> <u>4TH MARCH</u>	<u>RAINBOW SOCIAL</u> <u>4TH MARCH</u>	<u>DISABILITY & NEURODIVERGENT</u> <u>SOCIAL 5TH MARCH</u>	<u>COMMUNITY GARDEN</u> <u>5TH MARCH</u>	
WEEK 3	<u>AFTER DARK SAFETY</u> <u>TOUR 9TH MARCH</u>	<u>MIDWEEK RESET</u> <u>11TH MARCH</u>	<u>TLR CAFE</u> <u>11TH MARCH</u>	<u>PARENTS AND CARERS</u> <u>SOCIAL 11TH MARCH</u>	<u>COMMUNITY GARDEN</u> <u>12TH MARCH</u>	<u>RESILIENCE & BELONGING</u> <u>12TH MARCH</u>	
WEEK 4	<u>MIDWEEK RESET</u> <u>18TH MARCH</u>	<u>TLR CAFE</u> <u>18TH MARCH</u>	<u>TLR DISABILITY & NEURODIVERGENT</u> <u>SOCIAL 18TH MARCH</u>	<u>SELF CARE</u> <u>18TH MARCH</u>	<u>RAINBOW SOCIAL</u> <u>19TH MARCH</u>	<u>COMMUNITY GARDEN</u> <u>19TH MARCH</u>	
WEEK 5	<u>SBR - STRENGTH</u> <u>23RD MARCH</u>	<u>SBR - STRENGTH</u> <u>24TH MARCH</u>	<u>MIDWEEK RESET</u> <u>25TH MARCH</u>	<u>EQUITY SUNRISE WALK</u> <u>SOCIAL 24TH MARCH</u>	<u>TLR CAFE</u> <u>25TH MARCH</u>	<u>TLR BREAKFAST</u> <u>26TH MARCH</u>	<u>THRIVE THROUGH</u> <u>THESIS 26TH MARCH</u>
WEEK 6	<u>MIDWEEK RESET</u> <u>1ST APRIL</u>	<u>TLR CAFE</u> <u>1ST APRIL</u>	<u>RAINBOW SOCIAL</u> <u>1ST APRIL</u>	<u>COMMUNITY GARDEN</u> <u>2ND APRIL</u>	<u>TLR DISABILITY & NEURODIVERGENT</u> <u>SOCIAL 2ND APRIL</u>		
BREAK	<u>SELF CARE</u> <u>8TH APRIL</u>						
WEEK 7	<u>PROCRASTINATING</u> <u>14TH APRIL</u>	<u>MIDWEEK RESET</u> <u>15TH APRIL</u>	<u>TLR CAFE</u> <u>15TH APRIL</u>	<u>DISABILITY & NEURODIVERGENT</u> <u>SOCIAL 15TH APRIL</u>	<u>CONFIDENCE BETWEEN THE SHEETS</u> <u>16TH APRIL</u>	<u>COMMUNITY GARDEN</u> <u>16TH APRIL</u>	<u>RAINBOW SOCIAL</u> <u>16TH APRIL</u>
WEEK 8	<u>MIDWEEK RESET</u> <u>22ND APRIL</u>	<u>EQUITY SUNRISE WALK</u> <u>SOCIAL 21ST APRIL</u>	<u>TLR CAFE</u> <u>22ND APRIL</u>	<u>COMMUNITY GARDEN</u> <u>23RD APRIL</u>			

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WEEK 9	<u>SBR - TACKLING</u> <u>27TH APRIL</u>	<u>SBR - TACKLING</u> <u>28TH APRIL</u>	<u>TLR BREAKFAST</u> <u>28TH APRIL</u>	<u>MIDWEEK RESET</u> <u>29TH APRIL</u>	<u>TLR CAFE</u> <u>29TH APRIL</u>	<u>PARENTS AND CARERS</u> <u>SOCIAL</u> <u>29TH APRIL</u>	<u>THRIVE THROUGH</u> <u>THESIS</u> <u>30TH APRIL</u>
WEEK 10	<u>MIDWEEK RESET</u> <u>6TH MAY</u>	<u>TLR CAFE</u> <u>6TH MAY</u>	<u>TLR RAINBOW SOCIAL</u> <u>6TH MAY</u>	<u>COMMUNITY GARDEN</u> <u>7TH MAY</u>	<u>DISABILITY & NEURODIVERGENT SOCIAL</u> <u>7TH MAY</u>		
WEEK 11	<u>MIDWEEK RESET</u> <u>13TH MAY</u>	<u>TLR CAFE</u> <u>13TH MAY</u>	<u>DISABILITY & NEURODIVERGENT SOCIAL</u> <u>13TH MAY</u>	<u>TLR RAINBOW SOCIAL</u> <u>14TH MAY</u>	<u>COMMUNITY GARDEN</u> <u>14TH MAY</u>		
WEEK 12	<u>EQUITY SUNRISE WALK</u> <u>SOCIAL</u> <u>19TH MAY</u>	<u>MIDWEEK RESET</u> <u>20TH MAY</u>	<u>TLR CAFE</u> <u>20TH MAY</u>	<u>COMMUNITY GARDEN</u> <u>21ST MAY</u>			
WEEK 13	<u>SBR - FINAL CHECK</u> <u>25TH MAY</u>	<u>SBR - FINAL CHECK</u> <u>26TH MAY</u>	<u>MIDWEEK RESET</u> <u>27TH MAY</u>	<u>TLR CAFE</u> <u>27TH MAY</u>	<u>TLR BREAKFAST</u> <u>27TH MAY</u>	<u>THRIVE THROUGH</u> <u>THESIS</u> <u>28TH MAY</u>	<u>COMMUNITY GARDEN</u> <u>28TH MAY</u>
EXAMS	SEATED MASSAGES DATE TBC	SEATED MASSAGES DATE TBC					
BREAK	<u>EMPATHY WITHOUT BURNOUT</u> <u>22ND JUNE</u>	<u>THRIVE THROUGH THESIS</u> <u>25TH JUNE</u>					

For International Cafe dates and other events for International Students, click [here](#).