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# BREW MONDAY

# AT QUEEN'S

# Monday 20 January 2025

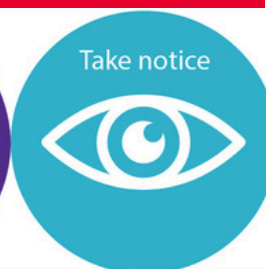
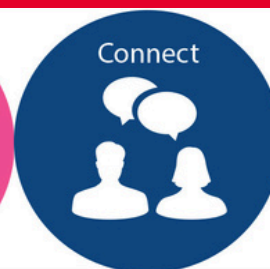
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#QUBeWell

# WHAT?

**Brew Monday** is a day to promote mental well-being and social connections by encouraging people to connect with others over a cup of tea or coffee. It was created to combat the idea of "Blue Monday", which is often considered the most depressing day of the year. All the activities in this programme are linked to the PHA Take 5 Steps to Wellbeing





**10:00-11:00am**

## **Staff Wellbeing Talk**

**Online**

At one time or another we can all feel overwhelmed. At times like these, it may be helpful to speak with someone trained to listen who can offer advice, guidance, and a fresh approach. The support available via Lena is fully independent and provides you with access to a range of mental health and wellbeing interventions. Therapy focuses on finding solutions to the problem at hand, by agreeing outcomes and goals. Our therapists will support and encourage you to believe that change is possible. They will work alongside you to identify the strengths, skills and resources that you possess and can draw on to resolve the issue.

[Register here](#)



**10:30-11:30am**

## **SU Food and Mood Pop-up**

**Peter Froggatt  
Centre**

Join the SU Mental Health and Wellbeing team in the Peter Froggatt Centre Foyer (near Junction café) for a free tasty mood-boosting treat and a free cuppa (while stocks last)

*Drop-in event*



**Monday 20 January**





# Monday 20 January

**1:15-1:45pm**



**The CUBE,  
One Elmwood**

## **Move and Groove with Queen's Sport**

An engaging 30-minute bodyweight class to encourage everyone to #FindYourMovement. Drop by the information stall in the foyer of One Elmwood for wellbeing resources and support. Let's make Brew Monday a day to uplift and energise! This event is open to both Staff and Students.

[Register here](#)

**12-1pm**

**SU Student  
Lounge**



## **SU Volunteer Coffee Collab and Tea Tasting**

Session 1- Coffee Collab 12-1pm  
Opportunity for SU Club and Society Committee Members to come along and chat about ways to collab with other groups or a Handy Helper Hosted event. The event will be quite informal with guess the coffee tasting, tasty treats, and some top tips/signposting on WellBeing.

**1-2pm**

Session 2- Tea Tasting 1-2pm  
Opportunity to learn how to make the Perfect Cup of Tea. Open to all Queen's Students to have an informal chat, tasty treats and wellbeing goodies to take with you after.



## Monday 20 - Friday 25 January

The **STAND Student Festival** has been bringing award-winning photography, art exhibitions, and events to campuses across the Island of Ireland for over 10 years.

It is run by students, for students, with the aim of raising awareness about the burning issues shaping the world around us.

This year's exhibition theme, 'A Place for Everyone', organised with SU Volunteer touches on the idea of finding your path as an activist and nods to several contemporary issues, such as migrant rights, racism, the housing crisis, gender equality, and more.

[More info](#)



# STAND Student Festival

Queen's Students' Union  
18-24 January, 2025



#QUBeWell





# Tuesday 21 January - STAND Student Festival

Come along to the Students' Union Foyer anytime between 11-2pm where a range of activities will be taking place:

- Interested in social justice, the environment or activism? Meet STAND staff, learn about their programmes and how you can get involved. Plus, take their student survey to claim your free doughnut!
- Enjoy crocheting stress balls, journaling decorations and tasty snacks with student-led society QUB Inclusion.
- Join SU Volunteer and QUB Sustainability as they use sustainable art to explore the relevance of Sustainable Development Goals (SDGs) to student life.
- Find out more about your SU Swap Shop – what's in it and how does it work? Come in and have a look around!

An Ending Violence Against Women & Girls Workshop will also be taking place from 1.30-3.30pm in the SU Blue Sky Room. Led by expert trainers, participants will embark on a transformative journey, examining personal biases and engaging in open, honest dialogue. Delivered by White Ribbon NI, which works to challenge the attitudes and beliefs which lead to violence against women and girls in Northern Ireland. Lunch will also be provided!

**STAND**  
**Student**  
**Festival**

Queen's Students' Union  
18-24 January, 2025



[Register for the workshop here](#)





# Wednesday 22 January

**11am-2pm**

## **Free Student Haircuts with Student Wellbeing**

**One Elmwood Foyer**

Providing a confidence boost for the new semester with Laird Law Barbers

*Drop-in event*

**6pm-8:30pm**

## **Taste of Belfast - International Student Ceili**

**Whitla Hall**

Join us to connect and interact with fellow international students and learn how to Irish dance! Come along to the Whitla Hall for a relaxed and fun activity designed to welcome international students to Belfast. We'll also have a local Irish dancing group performance for you to enjoy, before taking part in the main Ceili. Enjoy traditional live Irish music and more importantly a bit of craic! Free pizza will be provided after all the dancing.

[Register here](#)



#QUBeWell





# Thursday 23 January

**11am-2pm**

**The Graduate School**

## **The Big Graduate School Breakfast**

To kick off second semester for Postgraduate students, the Graduate School are hosting the Big Welcome Back Breakfast in the Social Space!



[Register here](#)

# Thursday 30 January

**11am-1:30pm**

**Meet at One Elmwood**

## **Big January Clean Up**

Meet the Sustainability team at One Elmwood for a Wellbeing Litter Pick and help us to clean the local area and keep litter off the streets! We will finish in One Elmwood for a well-earned lunch and opportunity to catch up with each other.



[Register here](#)

**#QUBeWell**



Date	Time	Event	Location	Students/Staff	How to attend
Monday 20 January	10-11am	Staff Wellbeing Talk	Online	Staff	<a href="#">Register here</a>
Monday 20 January	10:30-11:30am	SU Food and Mood Pop-up	Peter Froggatt Centre	Students	Drop in event
Monday 20 January	11am-12pm	Queen’s Accommodation Coffee Morning	Coffee Bars, Queen’s Accommodation	Students and Staff	Drop in event
Monday 20 January	12-2pm	SU Volunteer Coffee Collab and Tea Tasting	Student Lounge, One Elmwood	Clubs and Societies 12-1 All students 1-2pm	Drop-in event
Monday 20 January	1:15-1:45pm	Move and Groove with Queen’s Sport	The CUBE, One Elmwood	Students and Staff	<a href="#">Register here</a>
Monday 20 - Friday 25 January		STAND Student Exhibition	Outside One Elmwood	Open to all	<a href="#">Register here for workshop</a>
Wednesday 22 January	11am-2pm	Free Student Haircuts	One Elmwood	Students	Drop-in event
Wednesday 22 January	6-8:30pm	International Student Ceili	Whitla Hall	International Students	<a href="#">Register here</a>
Thursday 23 January	9:15-10:15am	Graduate School Big Breakfast	Graduate School	Postgraduate Students	<a href="#">Register here</a>
Thursday 30 January	11am-1:30pm	Big January Clean Up	Meet at One Elmwood	Open to all	<a href="#">Register here</a>



## Brew Monday

- A big thanks to all the services and teams running events!
- Enjoy one of the events happening across campus or organise your own!
- Encourage everyone to bring a reusable cup
- Why not host a walking meeting or take your tea break at the Quad? Wrap up warm and enjoy the fresh air while connecting with a classmate, colleague or someone new.
- Invite someone new to join your Brew Monday or say hello to someone you don't usually speak to
- Use the hashtags #QUBeWell and #QUBrewMonday to let us know what you're up to!

**Take5**  
steps to wellbeing

