



Thursday 3 <sup>rd</sup> Oct 1-2pm	LRC 1J38 (GSR 6)	<b>Study buddy social</b> – come and find peers to study with and learn some study skills in a friendly setting.	<b>3<sup>rd</sup> Oct – Anita Fromm</b> ( <a href="mailto:a.fromm@herts.ac.uk">a.fromm@herts.ac.uk</a> )
Monday 7 <sup>th</sup> Oct	Wright Building	<b>Can you find any wellbeing stickers and treats hidden around the Wright Building</b> – Pause and take some time to look after your mental health this week as part of World Mental Health Day 2024	<b>Laura Lowe</b> ( <a href="mailto:L.lowe@herts.ac.uk">L.lowe@herts.ac.uk</a> ) <b>Freddie Stublely</b> ( <a href="mailto:f.stublely@herts.ac.uk">f.stublely@herts.ac.uk</a> )
All week	Online – will be shared	<b>Induction quiz</b> – prizes to be won, how much do you remember from your induction!	<b>Freddie Stublely</b> ( <a href="mailto:f.stublely@herts.ac.uk">f.stublely@herts.ac.uk</a> )
Tuesday 8 <sup>th</sup> Oct 5:30-7pm	online	<b>Online Student-Parents and Carers Social</b> – Meet other student parents and carers and think with a member of the academic skills team how can you balance study and family to make sure you have a good work-life balance. <b>Join Zoom Meeting</b> <a href="https://herts-ac-uk.zoom.us/j/97704710353">https://herts-ac-uk.zoom.us/j/97704710353</a>	<b>Shipa Begum</b> ( <a href="mailto:s.begum7@herts.ac.uk">s.begum7@herts.ac.uk</a> )
Wednesday 9 <sup>th</sup> Oct 1:30-3:30	F392	<b>Returning to Education Social Networking Event</b> – This event will debunk some common myths about returning to education! Come and meet others who have been away from studying for a while and think about how you can get back into studying.	<b>Shipa Begum</b> ( <a href="mailto:s.begum7@herts.ac.uk">s.begum7@herts.ac.uk</a> )
10 <sup>th</sup> Oct Tbc but likely 11-3pm	Tbc but likely Elehouse	<b>HSK Student Union Social</b> – join the SU for games and fun with other HSK students	<b>Megan Stretch &amp; Laura Lowe</b> ( <a href="mailto:L.lowe@herts.ac.uk">L.lowe@herts.ac.uk</a> )
Thursday 10 <sup>th</sup> Oct	Wright Building	<b>World Mental Health Day pledge wall</b> – how will you prioritise your mental health this year? Come and make a pledge on our pledge wall in the Wright Building.	<b>Laura Lowe</b> ( <a href="mailto:L.lowe@herts.ac.uk">L.lowe@herts.ac.uk</a> )
Friday 11 <sup>th</sup> Oct 3-5pm	Online: <a href="https://herts-ac-uk.zoom.us/j/97659160508?pwd= 18EtuR2tBUvZWg30QHv2MwAfEbsk.1">https://herts-ac-uk.zoom.us/j/97659160508?pwd= 18EtuR2tBUvZWg30QHv2MwAfEbsk.1</a>	<b>Black Student Empowerment Group social</b> – This is a networking group for black students. Come and meet, socialise and network with other staff and students in HSK.	<b>Vida Douglas</b> ( <a href="mailto:v.douglas@herts.ac.uk">v.douglas@herts.ac.uk</a> ) <b>Careen Hanson</b> ( <a href="mailto:c.hanson2@herts.ac.uk">c.hanson2@herts.ac.uk</a> )
All week	Submit online via the form or to <a href="mailto:heartofHSK@herts.ac.uk">heartofHSK@herts.ac.uk</a>	<b>Heart of Health and Social Work photo competition.</b> Submit a photo that represents what Health and Social Work means to you. This could include something that represents your chosen profession, a photo of you and your peers on your programme – be creative and there's PRIZES to be won! <b>Please do not take any photos of placement areas or patients/ service users. Enter by submitting via this form</b> <a href="https://forms.office.com/e/4KxyW8zpJH">https://forms.office.com/e/4KxyW8zpJH</a> Poster: <a href="#">Heart of HSK photo competition.docx</a>	<b>Laura Lowe</b> ( <a href="mailto:L.lowe@herts.ac.uk">L.lowe@herts.ac.uk</a> ) <b>Kathy Whayman</b> ( <a href="mailto:k.whayman@herts.ac.uk">k.whayman@herts.ac.uk</a> )
Wednesday 16 <sup>th</sup> Oct 1-2:30	F326	<b>Coffee social plus sharing the photos submitted so far for our competition</b> Come and have coffee, chat and see the amazing photos from the Heart of Health and Social Work photo competition	<b>Laura Lowe</b> ( <a href="mailto:L.lowe@herts.ac.uk">L.lowe@herts.ac.uk</a> ) <b>Kathy Whayman</b> ( <a href="mailto:k.whayman@herts.ac.uk">k.whayman@herts.ac.uk</a> )

<b>Thursday 17<sup>th</sup> Oct 12:30- 13:30</b>	<b>LRC 1J138 (GSR 6)</b>	<b>Study buddies</b> – come any find peers to study with and learn some study skills in a friendly setting.	<b>Anita Fromm</b> ( <a href="mailto:a.fromm@herts.ac.uk">a.fromm@herts.ac.uk</a> )
<b>Wednesday 23<sup>rd</sup> Oct 1- 2pm</b>	<b>F392</b>	<b>Neurodivergent student social</b> – This is an event specifically for students who are neurodivergent. Come and meet staff and other students and see how we can support you during your time here.	<b>Mariya Shabbir</b> ( <a href="mailto:m.shabbir@herts.ac.uk">m.shabbir@herts.ac.uk</a> )
<b>31<sup>st</sup> Oct 12:30-13:30</b>	<b>LRC 1J138 (GSR 6)</b> <a href="#">Zoom link</a>	<b>Study buddy social</b> – come and find peers to study with and learn some study skills in a friendly setting.	<b>Anita Fromm</b> ( <a href="mailto:a.fromm@herts.ac.uk">a.fromm@herts.ac.uk</a> )