

This year for Mental Health Awareness Week (14th – 20th May 2018) we hosted a Curry & Chaat each lunchtime in the Café Bistro.

Curry & Chaat is a new Mental Health Foundation initiative and the aim is to provide the opportunity for students and staff to take a break and enjoy a delicious curry prepared, cooked and served by our amazing Hospitality students.

Mediation and Wellbeing sessions were also on offer on Tuesday 15th May.

Mental Health Awareness Week

CURRY & CHAAT

TUCK IN FOR MENTAL HEALTH

Monday 14th – Friday 18th May
Third Floor, 12:00 – 12:45pm

Have lunch at the Bistro. 50% of the money raised from meals sold will go to nominated mental health charities.



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Mental Health Awareness Week

MEDITATION & WELLBEING

Tuesday 15th May

- Room 126, 12.15-12.45pm
Guided Meditation & Stress Management Session. Bring your lunch along to this session and enjoy complimentary tea & coffee.
- Room 229, 10.00-11.00am
Sport and Fitness students are offering help and advice on wellbeing.



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