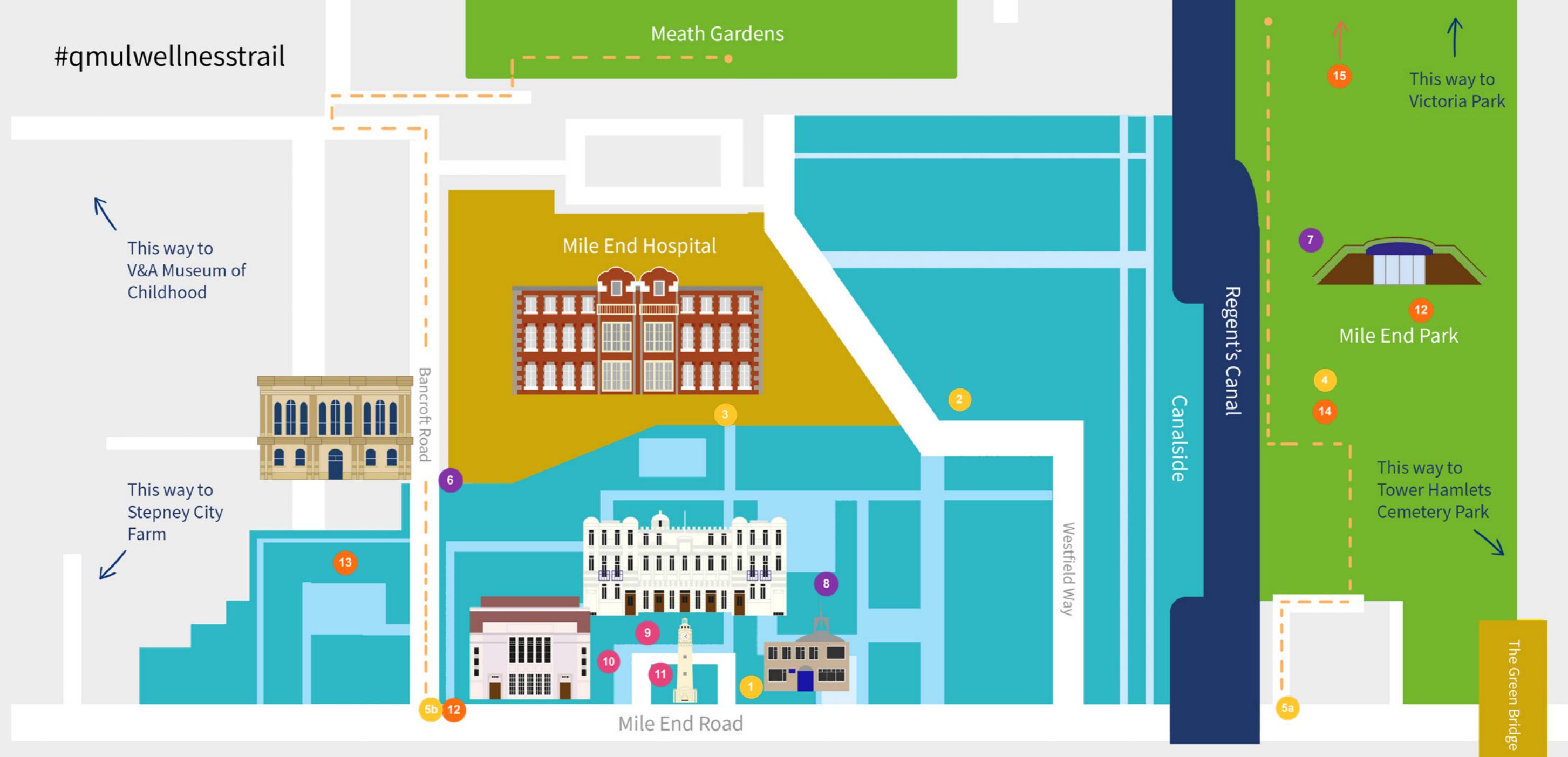


#qmulwellnesstrail



Relaxing

1 Mindfulness Meditation at St Benet's Chaplaincy

This is a simple way of meditating and can be helpful in coping with the stress of daily life. Sessions are free and open to all QMUL students and staff. For more info on dates visit: faith.qmul.ac.uk/mindfulness-staff-students

2 The Medicinal Garden

Located behind Beaumont Court The Medicinal Garden includes plants which were historically used in medicine.

3 Mile End Hospital Garden

Access through a gate behind Mucci's.

4 Mile End Park

A beautiful green space covering over 70 acres with a number of places to explore and relax during the day.

Local Walks

Whitman Road through Mile End Park

5a Bancroft Road to Meath Gardens

Learning

6 Tower Hamlets Local History Library and Archives

Located on Bancroft road this library contains a wealth of information about the local area. Access to the archives requires pre-registration. Events range from history walks and talks to printmaking workshops. ideastore.co.uk/local-history-whats-on

7 The Art Pavilion, Mile End

A gallery space located in Mile End Park which is used for arts events ranging from exhibitions and craft fairs to poetry readings. For information on current exhibitions check: whitechapelgallery.org/first-thursdays/galleries

8 Archives display - Mile End Library

With documents dating from the 17th Century, the Archives are definitely worth a visit. Items from the archives are regularly exhibited at Mile End Library, ask a member of staff for more information. If you want to see something that isn't in the exhibition you can book a visit: archives@qmul.ac.uk

Listed buildings

9 Queens' Building

The Grade II listed Queens' Building is home to the elegant Octagon. Built in 1887, the Octagon was originally a library, designed by Victorian architect ER Robson and inspired by the Reading Room at the British Museum.

10 People's Palace

Originally opened in 1887 by Queen Victoria, the People's Palace was built to provide cultural activities to the people of East London. In 1931 the Queen's Hall was completely destroyed by a fire. The Palace was rebuilt and reopened in 1936. Queen Mary purchased the Palace in 1954.

11 Clock Tower

The Clock Tower was built in 1890, for the benefit of the people of East London by Herbert Stern Esq, in memory of his father.

Keep Active

12 Cycling

Santander Cycles can be hired from Clinton Road or Queen Mary's docking stations on Mile End Road. There are several cycle routes through the parks and along the canal.

13 Qmotion

Qmotion is the sport & fitness centre for QMUL. The facilities accommodate a range of activities from group exercise classes through to performance training. qmsu.org/qmotion

14 Free fitness classes at Mile End Park

Classes range from yoga to box fit. To book visit: ourparks.org.uk/borough/mile-end-park

15 Outdoor Gym Equipment in Mile End Park

Free to use, located in the North of the park.

Get Active



Turn up
and play

Fun &
social

Get Active is our recreational sports programme available to Queen Mary students, staff, and alumni. Whether you want to try something new or continue with one of your favourite sports with no commitment required, Get Active is the best place to do so in a fun, social and relaxed environment. We offer turn up and play sessions, structured courses, one-off events and much more! No specialist equipment or clothing is required to take part.

Get Active is a great way to stay fit, meet new people and make new friends, so get involved and give it a go!

www.qmsu.org/getactive

Queen Mary University of London
Students' Union

Community Foundation



Our Community Foundation is a Sport Leadership & Workforce Development Programme run by the Students' Union. Since 2013, we have provided a platform for students to make a positive difference in the local community of Tower Hamlets. As well as supporting the community, we aim to enhance the student experience and increase employability.

Students can engage in a number of ways by facilitating physical activity with local schools and sport clubs, tackling issues through our Social Cohesion Sport Programme and supporting our Sports Camp during school holidays. All students can benefit through our Leadership Academy with rewards such as certificates, clothing, and funded sport qualifications.

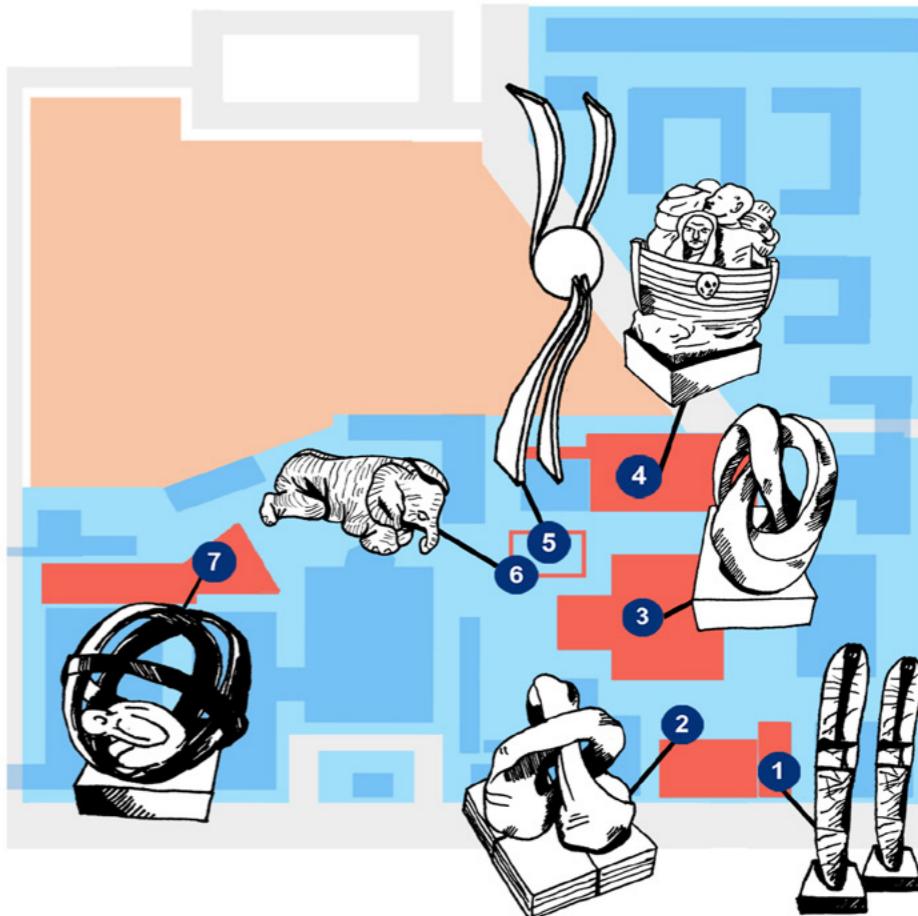
www.qmsu.org/communityfoundation

Queen Mary University of London
Students' Union

Contact us:
Student Life
Student and Academic Services
Queen Mary University of London
Mile End Road
London E1 4NS

While understanding that Queen Mary University of London has taken reasonable safety precautions when selecting appropriate Wellbeing activities for students outside the campus, they cannot be held liable or personally responsible for any injuries, losses and damages that may occur while attending, exercising or participating in these external activities.

The Mile End Campus Sculpture Trail



QMUL Useful Contacts

Student Support Contacts

[my.qmul.ac.uk/services-and-support/
student-support-contacts](http://my.qmul.ac.uk/services-and-support/student-support-contacts)

Advice and Counselling Service

Emotional, psychological, financial and student welfare support. welfare.qmul.ac.uk
Twitter: @QMUL_ACS
Student Health

Chaplaincy and Pastoral Support

Weekday NHS medical Service, health and wellbeing events www.studenthealth.qmul.ac.uk
Twitter: @QMStudentHealth

Music

Concerts, performances, music making and music tuition. www.music.qmul.ac.uk
Twitter: @QMUL_Music
Facebook: @QMULMusic

Have some extra time?

Why not visit:

Tower Hamlets Cemetery Park

A local nature reserve, look out for free guided walks by botanists and local history experts.
Tower Hamlets Cemetery Park
Southern Grove, Mile End, E3 4PX

Stepney City Farm

A three acre working farm, seasonal farm-grown produce on sale and accessible tours available.
Stepney Way, E1 3DG

Victoria Park

It has a large lake with three islands and boats to hire.
Grove Road, E3 5TB

V&A Museum of Childhood

Closed for refurbishment but sign up for updates at vam.ac.uk/info/transforming-the-va-museum-of-childhood#email-updates
Cambridge Heath Road, E2 9PA



Wellness Trail
Mile End Campus

All are within walking distance from Mile End Campus and are free.