



# Welcome to Wellbeing Wednesday!

## Links to follow

### **Week 1 - Activities in Nottingham**

- [Knit and Natter \(Nottingham Library\)](#)
- [Meditation Classes \(Nottingham Buddhist Centre\)](#)

### **Week 2 - Recipe Ideas**

- [HealthyU Recipe Ideas](#)
- [Student recipes | Good Food \(bbcgoodfood.com\)](#)
- [Student Recipes | Student And Uni Meals | Tesco Real Food](#)
- [Student recipes - BBC Food](#)
- [Quick, Cheap and Easy Student Recipes - The Student Food Project](#)
- [Mob's Easy & Cheap Student Recipes](#)
- [14 recipes every student should know - Jamie Oliver](#)
- [25+ Easy Microwave recipes - Student Eats](#)

### **Week 3 - Budget Saving Tips**

- [Free food: How to eat for free \(or very cheaply\) – MSE \(moneysavingexpert.com\)](#)
- [Supermarket cheapest deals](#)
- [Best time of day to find reduced supermarket food](#)
- [Approved food - Buy food close to it's sell-by-date](#)
- [University budgeting tips | MoneyHelper](#)
- [Managing your money \(nottingham.ac.uk\)](#)
- [Funding and Financial Support](#)
- [SU Money Advice](#)
- [Laptop loan and repair](#)



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## Links to follow

### Week 4 - Walks around Nottingham

- [Sherwood Forest](#)
- [Attenborough Nature Reserve](#)
- [Wollaton Hall](#)
- [Lenton Recreation Ground](#)
- [Canal Walk](#)
- [Colwick Country Park](#)
- [Skylark Nature Reserve \(Holme Pierrepont\)](#)
- [Nottingham Victoria Embankment](#)
- [Guided walks](#)

### Week 5 - Time to Relax

- [Doodling ideas](#)
- [Drawing ideas](#)
- [Journaling ideas](#)
- [Salt dough model making ideas](#)
- [Aluminium foil models](#)
- [Knitting - link for free patterns](#)
- [Crochet - link for free patterns](#)