

Quiet Spaces

Quiet Spaces are designed to support the emotional, spiritual and physical well-being of our students, staff and visitors.

Each University site has a space for students, staff and visitors to undertake prayer or personal reflection or to use for health requirements or rest. Some sites have two separate spaces (one for prayer or personal reflection and another for rest or health requirements), smaller sites have multipurpose spaces.

Multi-purpose Quiet Spaces (CCW and LCF)

Multi-purpose quiet spaces can be used for the following purposes:

- Prayer or personal reflection.
- Rest (e.g. recovery from a seizure or rest during pregnancy).
- Breastfeeding or expressing milk.
- Taking medication.
- Other health reasons.

Most multi-purpose spaces are designed for single use.

Quiet Spaces for Prayer and Personal Reflection (CSM and LCC)

These spaces are available for students, staff and visitors to use for prayer, personal reflection or meditation. They are multi-faith spaces, designed for quiet reflection. If you wish to undertake a group activity or meeting, please arrange to book a separate room.

Quiet Spaces for Health and Rest / Medical Rooms (CSM and LCC)

Quiet Spaces for health, rest and maternity requirements are located in CSM Kings Cross and LCC. To make arrangements for access to these spaces, please contact your local Disability Adviser (for students) or Health and Safety Adviser (for staff).

User Guidelines

The following guidelines have been developed with input from students and staff across UAL. User Guidelines are displayed in all quiet spaces, some have been adapted to reflect local arrangements.

Please consider the following guidelines when using Quiet Spaces:

- Respect the right of others to undertake peaceful and quiet reflection, prayer or meditation in a way that is meaningful to them.
- Put your mobile on to silent and don't take calls while you're in the space.
- Where possible, please remove your shoes on entering the room.
- Please do not leave books, pictures or religious artefacts on display in the space. Do not attach anything to the walls.
- Return prayer mats to the storage space after use.
- Leave the room in a tidy state.
- Please use the sign – in sheets so that we can monitor the number of people using the spaces.
- In busy periods, please limit the use of the space to 15 minutes.
- Please do not use Quiet Spaces for group discussions or meetings. Please refer to your local room bookings system to arrange an appropriate space.

Arrangements relating to health and maternity:

- Please contact your local Health and Safety Adviser to arrange storage of medication or breast milk, or to arrange the disposal of sharps.
- Quiet Spaces are not First Aid rooms. If you require First Aid, contact your local First Aider directly or through the College Reception.

Feedback and enquiries relating to Quiet Spaces:

Estates – To report maintenance issues in any of the UAL Quiet Spaces, email estateshelpdesk@arts.ac.uk or contact your college lead.

Diversity Team – For general feedback regarding Quiet Spaces, please contact Bethan Williams (Equality and Diversity Officer) b.j.williams@arts.ac.uk

Chaplaincy - The UAL Chaplains offer pastoral and spiritual care to students and staff, and organise events and activities in relation to faith, spirituality, and the arts. Contact William Whitcombe (LCC and LCF) w.whitcombe@arts.ac.uk or Mark Dean (CCW and CSM) m.w.dean@arts.ac.uk

Student Union – The Student Union work with students from diverse faith backgrounds and support student faith societies. Contact **Mostafa Rajaai** (SU Culture and Diversity Officer) culture-diversity@su.arts.ac.uk