

Clifton Campus Wellbeing Map



Go for a ride
Explore Bristol and the surrounding countryside following the National Cycle Network

Picnic in the park
Have a picnic in Goldney Hall Gardens. Getting outdoors in daylight is great for boosting your mood and sharing food with friends is a good way to connect.

Take a break
Look out for sunflower patches on campus in late summer. These are peaceful areas for contemplation and to take a break.

Take a look

The Birdcage Walk takes you through a fairy tale archway of lime trees. At the southern end under a weeping holly look for the grave of Ann, the 'milkmaid poetess' who wrote the Inhumanity of the Slave Trade in 1788.

U1 bus stop
Scan QR code for timetable

Bristol's student union
is the largest purpose-built students' union in the country with a floor area equivalent to nearly four full-size football pitches. It is also home to the University's swimming pool.

TAKE NOTICE

Did you know?
The poet John Addington Symonds lived in Clifton Hill House from 1851 and was an early advocate of positive change for LGBT and equality.

Cheers drive
Students living in University accommodation are eligible for a free Unibus pass.

KEEP ACTIVE

Connect...

TAKE TIME OUT

Clifton Campus Wellbeing Map



Take time out

- 1 Goldney Garden
- 2 Clifton Hill House garden
- 3 Sinclair House garden
- 4 Manor Hall garden
- 5 Birdcage walk
- 6 Rotunda Goldney Garden
- 7 SU Living room

Be kind

- 11 Bristol Students' Union

Keep active

- 12 Tennis courts Goldney Garden
- 13 Swimming pool Richmond Building

Take notice

- 14 Ornamental Canal Goldney Garden
- 15 The Pond Clifton Hill House
- 16 Hercules Statue Goldney Garden

Connect

- 8 Student Support Centre
- 9 West Residential Student Support Centre
- 10 The Orangery Goldney Garden

Collect them all

This is one of 4 maps that's been created to welcome you to the university and show what's on offer at each campus.

If you need support don't hesitate to reach out. You're not alone. bristol.ac.uk/wellbeing

5 steps to wellbeing

Take time out

Go outdoors, eat well, get plenty of rest and sleep.

Take notice

Stay present and appreciate the things around you.

Keep active

Exercise can improve your mood, confidence and ability to think clearly.

Be kind

Even the smallest act of kindness can make you and others happier.

Connect

Feel happier and safer by spending time with friends, neighbours or colleagues.



Keep active

Goldney Gardens cover 10 acres and are a fantastic place for a stroll. Research shows that walking is better for creative thinking than sitting so get out and stretch your legs.

The **Swimming pool** in the **Richmond Building** is the perfect place to boost your energy levels. Join one of the water-based clubs, take swimming lessons or just enjoy a good workout.

De-stress

B: Active Campus is a programme of free or low-cost activities open to all students. Scan the QR code to download the app where you can book classes and tennis courts.



Take time out

SU Living rooms are a relaxing space to unwind, have a cup of tea or eat your lunch. Meet new people or enjoy the space to chill and catch up with friends.

Clifton Hill House Gardens is the perfect place to enjoy the natural world with its wildflower meadows and wildlife pond complete with newts and frogs.

unwind

Taking regular breaks can improve your focus and memory and just 20 minutes in nature will lower your stress hormone levels.

Meditation can be an important tool to improve wellbeing. The Multifaith Chaplaincy has all kinds of meditation groups you can join.



Be kind

Bristol Hub has a range of opportunities to help tackle social problems. Be a social superhero and join one of their volunteering programmes.

Volunteering can help expand your social network and reduce stress and depression. There are all kinds of opportunities on the Students' Union website.

Be happy

Take a **Science of Happiness** unit in your first year and explore the latest research in psychological science about how to be happier, less stressed and how to flo



Take notice

Discover things to see and do in the city on the official **Visit Bristol** site.

Clifton Hill House has a blue plaque commemorating Dame Katherine Furse who believed in the amazing potential of women. She was Director of the Women's Royal Naval Service in 1917.

The **ornamental canal** at Goldney Gardens is a great place for wildlife spotting. You'll find dragonflies, kingfishers and you might even see a bat if you're lucky.

Get inspired

Clifton Hill House was designed by architect Isaac Ware. He was a young chimney sweep until the Earl of Burlington saw him drawing on pavements in London; recognising his talent he paid for his education!



Connect

The Students' Union is a bustling hub of activity with comedy nights, talks, performances and music events. Go on, get out and enjoy yourself!

The **Global Lounge** on the 1st floor of Senate House is open to all students. Visit and enjoy limitless tea and coffee.

Get stuck in

The ResiLife Facebook page has updates on all kinds of events for all Campus's from jive nights to crafting.

SU Wellbeing Network welcomes all students to ensure wellbeing needs are being met by the policies, services and culture at university. Join the group to attend events and become part of the peer support network.

Welcome to Clifton Campus

Sometimes the demands of studying and life in general can seem a challenge so it's important to look after your wellbeing.

Taking care of your physical, emotional and mental health can help you manage the ups and downs of University life.

This map has been created to help you make time for the activities you love and keep a good balance between studies and leisure.



Residential Life

If you're a student living in University accommodation, you can contact your Residential Life team at anytime.

Your Residential Life team can help with anything from homesickness to problems with flatmates; they also organise events and activities in residences.

You can contact Residential Life by telephone or email **24 hours a day**, or by visiting your Student Support Centre in person.

Tel: **0117 428 3301**

Email: resilife-west@bristol.ac.uk

Address: **West Village Student Support Centre, Clifton Hill House, Lower Clifton Hill, Bristol BS8 1BZ**

Wellbeing Support

If you're feeling worried or upset contact us.

We're open to all students and offer professional help and guidance if you're experiencing challenges. If you have any queries relating to wellbeing support, including an existing request for support, our phone line is accessible 24 hours a day, or contact us by:

Opening times: **Monday to Friday, 9am to 8pm.**

Email: wellbeing-access@bristol.ac.uk

Tel: **0117 456 9860**

Out of hours? Call the **NHS 111** service. If it's a medical emergency, or if there's a fire or crime taking place, call **999**.

