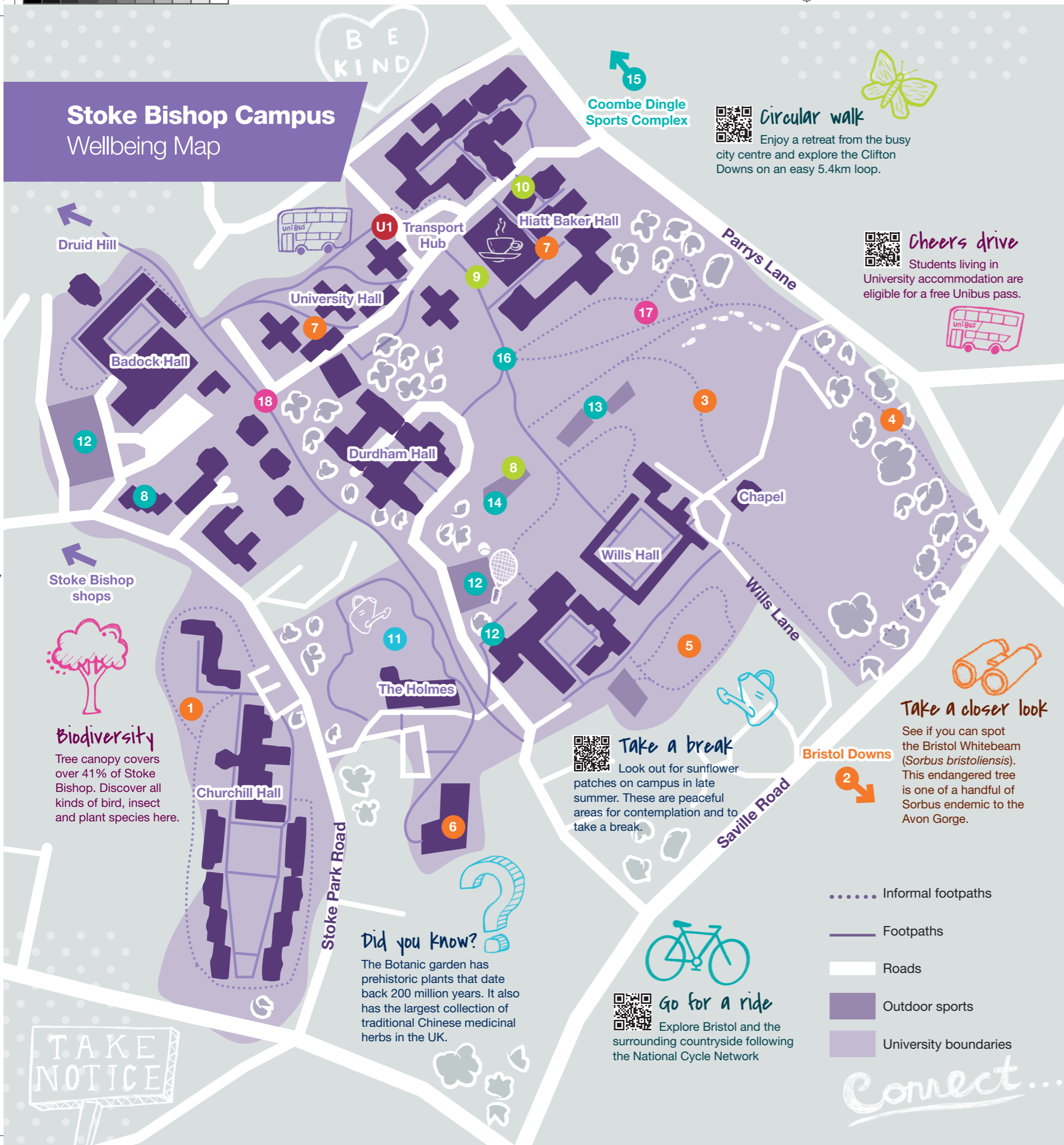


Stoke Bishop Campus Wellbeing Map



Circular walk
 Enjoy a retreat from the busy city centre and explore the Clifton Downs on an easy 5.4km loop.

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

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 closer look
 See if you can spot the Bristol Whitebeam (*Sorbus bristolensis*). This endangered tree is one of a handful of *Sorbus* endemic to the Avon Gorge.

Did you know?
 The Botanic garden has prehistoric plants that date back 200 million years. It also has the largest collection of traditional Chinese medicinal herbs in the UK.

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

KEEP ACTIVE *Connect...*

Stoke Bishop Campus Wellbeing Map



Take time out

- 1 Arboretum
Walk around Churchill Hall
- 2 The Downs
- 3 Summer Meadow Walk
- 4 Woodland Walk
- 5 Quiet Garden
- 6 Botanic Garden Glasshouses
- 7 SU Living room

Keep active

- 12 Tennis
- 13 Squash
- 14 Outdoor gym
- 15 Coombe Dingle Sports Complex
- 16 Fitness Trail
Start/finish

Take notice

- 17 Public art
- 18 Hollybush Lane Walk

Connect


- 8 Multipurpose games area
- 9 Source Café
- 10 North Residential Student Support Centre

Be kind

- 11 Botanic Garden

Bristol Unibus Stop

U1 Bus stop
 Scan QR code for timetable



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

 **The fitness trail** is approximately 1.5 miles long and has some great scenery to enjoy. Physical activity like fast walking and running can improve academic performance, reduce levels of stress and boost endorphins!

Coombe Dingle Sports Complex is just 10 to 15 minutes walk away. Join in with all kinds of exercise classes to suit all abilities.

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.

Welcome to Stoke Bishop 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 3300**

Email: resilife-north@bristol.ac.uk

Address: **North Village Student Support Centre, Baker Hall, Parry's Lane Bristol BS9 1AD**

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**.




Take time out

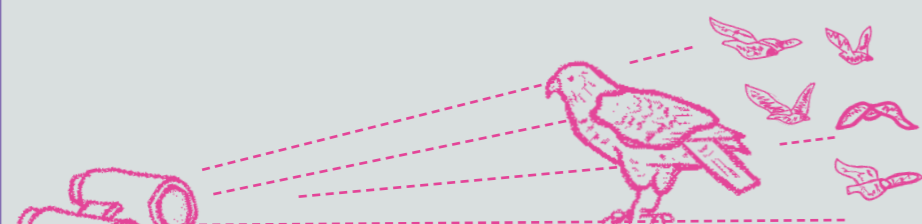
 **Meditation** can be an important tool to improve wellbeing. The Multifaith Chaplaincy has all kinds of meditation groups you can join.

 **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.

unwind


Just 20 minutes in nature will lower your stress hormone levels. And taking regular breaks can improve your focus and memory.

 **The Downs** is a huge area of protected parkland with 26 football pitches and plenty of space for walks or picnics with friends.



Take notice

Edith & Hans is an artwork created by Sarah Staton. The symbols on the internal walls were created from overlaid currency symbols to celebrate the University's international community.

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


The Holmes has a fascinating past. Famous American generals George S. Patton and Omar Bradley stayed here during the Second World War as they prepared for the D-Day landings. Look out for the information board in the building.


Get inspired


Druids used to gather around the stones of a megalithic burial chamber just beyond the Hollybush Lane Walk. The ancient capstone is still hidden in a garden on Druid Hill.




Be kind

 **The Botanic Garden** take on volunteers for gardening and general help. Have a break from your studies and get potting, leaf raking or even lead guided tours. Free entry for students.

 **The St Monica Trust** near Stoke Bishop has volunteering schemes. Build relationships with older people living in Bristol and make a real difference.


 **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 flourish.




Connect

Source Café is a great place to meet up with friends. Catch up over delicious salads, wraps and smoothies or coffee and cake. Open from 8am to 7pm weekdays, 11am to 5.30pm at weekends.

 **The Students' Union** helps students run over 350 societies, sports clubs, groups and support networks. From football to cheese, skydiving to Pokémon get stuck in.

 **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.