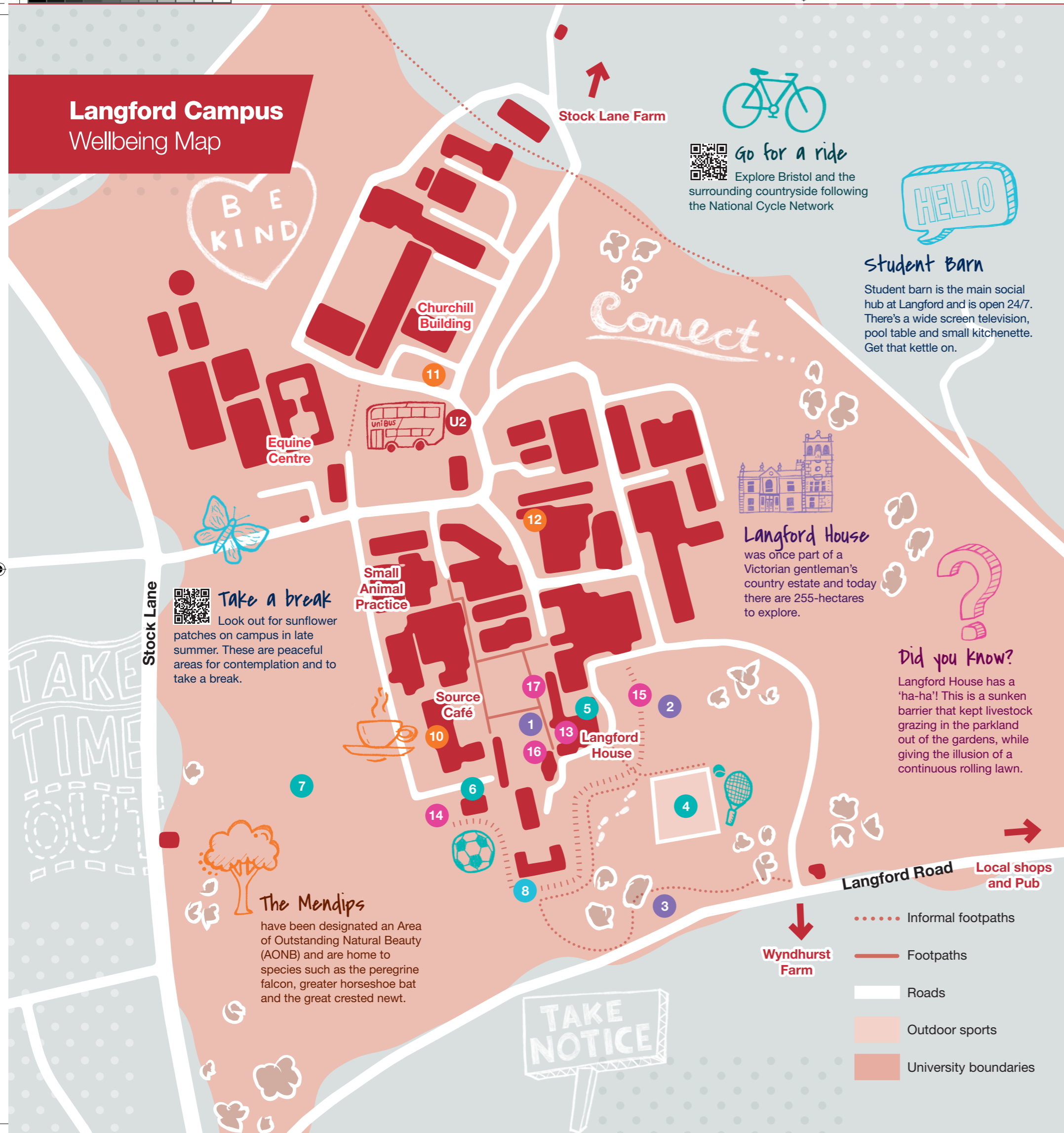


Langford Campus Wellbeing Map



BE KIND

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

HELLO

Student Barn
Student barn is the main social hub at Langford and is open 24/7. There's a wide screen television, pool table and small kitchenette. Get that kettle on.

Connect...

Langford House
was once part of a Victorian gentleman's country estate and today there are 255-hectares to explore.

Did you know?
Langford House has a 'ha-ha'! This is a sunken barrier that kept livestock grazing in the parkland out of the gardens, while giving the illusion of a continuous rolling lawn.

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

The Mendips
have been designated an Area of Outstanding Natural Beauty (AONB) and are home to species such as the peregrine falcon, greater horseshoe bat and the great crested newt.

TAKE NOTICE

- Informal footpaths
- Footpaths
- Roads
- Outdoor sports
- University boundaries

KEEP ACTIVE

Connect...

TAKE TIME OUT

Langford Campus Wellbeing Map



BE KIND

TAKE NOTICE

Take time out

- 1 Walled Garden
- 2 Summerhouse
- 3 Woodland walk

Connect

- 10 Source Café
Communal building
- 11 Unibus bus stop
- 12 The Student Barn

Keep active

- 4 Tennis court
- 5 Gym
- 6 Squash court
- 7 Sports pitch

Take notice

- 13 Langford House
- 14 Small wild garden
- 15 Ha-ha
- 16 Glasshouse
- 17 Pear Arch

Be kind

- 8 Memorial stone

Bristol Unibus Stop

U2 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 Gym** has a range of fitness machines and the Sports, Exercise & Health department organise a selection of evening exercise classes.

 **Get Exercise Confident** is a great resource set up by medical student William Fotherby. Physical activity combats depression and anxiety and improves self-esteem and self-image.

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

The **Woodland Walk** is a lovely route when you need to take a break. And walking is good for creative thinking and sharpening the senses, so get away from that desk when you can!

Have a picnic in the landscaped garden at Langford House. Getting outdoors in daylight can lift your mood and sharing food with friends is a good way to relax.

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.




Take notice

The **wild garden** is bustling with life, encouraged by bird boxes, hedgehog houses and log piles all over the site. Connecting to the natural world is important for our wellbeing.

The **Glasshouse** was built by the same manufacturers that supplied Queen Victoria. Today only one glasshouse remains of the many that provided all the bedding and house plants for the estate.

Get inspired


Desert stone of the Triassic period was used to build the local church, St Mary the Virgin. In the interior walls you can see small stones that fell from the hills to the desert floor around 200 million years ago!


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



Be kind

 **A Memorial stone** at the southern end of the lawn commemorates Sidney Hill's first cow Crummy. Once the owner of Langford House, Sidney Hill loved animals and was nicknamed 'Mr Greatheart' for his generosity to the poor. **Bristol Paws Project** was set up by veterinary students to help people from disadvantaged backgrounds look after their pets. Check out the Bristol SU page to get involved.


 **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 in the Communal building is the perfect place to meet up with friends over coffee and cake or lunch. And all the food here is sustainable.

 **Unibus bus stop** connects Langford to the main University campus with regular bus services. Vet School students get a free pass for unlimited travel on Unibus U2.

 **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 Langford 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**.

