

Clifton Campus (Main) Wellbeing Map



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

UoB Student Communities
We are here to support you to feel part of your community in UoBristol residences. Check our **What's On** highlight for this week's events.

Discover
Get involved in all things nature! Follow @unibrsgardens on Instagram and/or contact allotmentclub@groups.bristol.ac.uk and learn to grow your own food.

Tea or coffee?
Visit the Global Lounge and enjoy limitless tea and coffee. Located on the 1st floor Senate House and open to all students.

Meet up
Beacon House is a great place to meet up with friends and open to the public as well as students. Enjoy a coffee and pastry or light lunch in the Source Café.

Take a look
The monkeys at the bottom and top of the Cantocks Steps are called 'Peter' and 'Paul' as tributes to world-renowned physicists Peter Higgs and Paul Dirac from Bristol.

Did you know?
Royal Fort Garden has a Green Flag Award for being one of the best parks in the country. It's rich in biodiversity (with its very own resident fox) and home to some unique sculptures

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

- Footpaths
- Roads
- Parks and green space
- University boundaries

KEEP ACTIVE *Connect...*

Clifton Campus (Main) Wellbeing Map

BE KIND

TAKE NOTICE

Take time out	Be kind
<p>1 Quiet Garden 11 Woodland Road</p> <p>2 Royal Fort Gardens</p> <p>3 Merchant Venturers Garden</p> <p>4 Hampton House Garden</p> <p>5 Multifaith Chaplaincy</p> <p>6 Centenary Garden</p> <p>7 SU Living room</p> <p>8 City Museum</p>	<p>13 Bristol Students' Union The Richmond Building</p>
	Keep active
	<p>14 Ping pong tables</p> <p>15 Indoor Sports Centre</p> <p>16 Cantocks Steps</p>
	Take notice
	<p>17 Luke Jerran Palm Temple</p> <p>18 Living Wall</p> <p>19 Hollow</p> <p>20 Follow Me (Public Art)</p> <p>21 Ivy Gate</p> <p>22 Manna Ash Tree</p>
Connect	
<p>9 Priory Road Complex café</p> <p>10 Senate House</p> <p>11 Beacon House</p> <p>12 East Residential Student Support Centre</p>	
<p>Collect them all This is one of four maps created to show what's on offer at each campus. Learn more on our website.</p>	<p>Bristol Unibus Stop</p> <p>U1 Bus stop Scan QR code for timetable</p>

If you need support don't hesitate to reach out. You're not alone. bristol.ac.uk/students/support/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 Indoor Sports Centre** has everything from a fitness suite and yoga studios to a sports hall for circuit training, badminton and basketball. There's even a sports clinic.

 Our **Healthy Minds** programme offers a varied programme of physical activities to help improve students' wellbeing. If you need support to be more active get in touch.


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.

 **Ping pong** tables can be spotted throughout Bristol. There are two near the Life Sciences building, just bring your bats.


Take time out

 **The Centenary Garden** was designed by Bristol postgraduate and garden designer Anne de Verteuil in 2009 to celebrate 100 years of the University of Bristol.


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


unwind

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


 **SU Living rooms** are a relaxing space to unwind, catch up, have a cup of tea or eat your lunch.

Be kind


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


 Become **Run or Walk Group Leaders** and support our network of social running and walking groups for students and staff across campus at Bristol.


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.

Take notice

 Go **Metal Gnu spotting** in Royal Fort. The park is full of nature-inspired work by Bristol's resident sculptor, among them lizards, monkeys, bats, doves, a hawk, mouse, iguana and owl.


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

 **The Living Wall** on the Life Sciences building contains 6,720 plants grown in a hydroponic soil less system. Gardeners have to use a window cleaning platform to weed and prune it.

Get inspired


Hollow was created by artist Katie Paterson and is made up of wood samples from 10,000 unique tree species. They include a fossil from an ancient forest, which grew 390 million years ago (where New York now stands).


Connect

 The **SU Loft** is a new collaborative co-working space with kitchen facilities and plenty of plug sockets on the upper-ground of Senate House.

 **Beckford Bar** located in Senate House is a perfect space to meet for a drink, hold small socials and relax.

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 the Clifton Campus (Main)

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 3302**

Email: resilife-east@bristol.ac.uk

Address: **East Village Student Support Centre, The Hawthorns, Woodland Road, Bristol BS9 1UQ**



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**.

