

# The Langford Wellbeing Map



Stock Lane Farm



### Need to chat?

Big White Wall is an anonymous online community where you can share troubles and support each other. It's a safe space moderated by trained professionals 24/7.  
[bristol.ac.uk/big-white-wall](http://bristol.ac.uk/big-white-wall)

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.

Stock Ln

Small Animal Practice

Source Café

Langford House

Langford Rd

Local shops and Pub

Wyndhurst Farm

### 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.



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

**KEEP ACTIVE** *Connect...*

## The Langford Wellbeing Map

**TAKE TIME OUT**

**BE KIND**

**TAKE NOTICE**

**Take time out**

- 1 Walled Garden
- 2 Green roof *Dolberry Building*
- 3 Woodland walk

**Keep active**

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

**Be kind**

- 8 Memorial stone

**Make it yours**  
 Why not use this map to create your own events or activities?

**Connect**

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

**Take notice**

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

**Let us know**  
 If you have a good idea or if you think something is missing  
 ✉ [external-estates@bristol.ac.uk](mailto:external-estates@bristol.ac.uk)

If you need support don't hesitate to reach out. You're not alone. [bristol.ac.uk/wellbeing](http://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 dept. organise a selection of evening exercise classes. [bristol.ac.uk/sport/memberships/student/](https://bristol.ac.uk/sport/memberships/student/)

**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. [bristol.ac.uk/sport/get-exercise-confident/](https://bristol.ac.uk/sport/get-exercise-confident/)

### De-stress

Cycling is a good way to get moving and boost your energy. Cycle to Portishead and get a bit of sea air by following this planned route: [bit.ly/2MWRbHs](https://bit.ly/2MWRbHs)

**Tennis courts** and equipment are free for students living in residence. The sport is great for the brain as it involves planning, tactical thinking and coordination!

## 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 in nature will lower your stress hormone levels.

The **Walled Garden** at Langford House has a small formal pond and fountain. Looking at water is a great way to calm the mind and lower stress levels.

## Be kind

**A Memorial stone** at the southern end of the lawn commemorates Langford House owner's first cow Crummy. 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 SU page to get involved. [bristolsu.org.uk/groups/the-bristol-paws-project](https://bristolsu.org.uk/groups/the-bristol-paws-project)

**Volunteering** can help expand your social network and reduce stress and depression. There are all kinds of opportunities on the Students' Union website. [bristolsu.org.uk](https://bristolsu.org.uk)

### Look out for each other

A smile or a kind word can make the world of difference to someone's day. Above all, be kind to yourself. Practising self-compassion is important for your wellbeing. [self-compassion.org](https://self-compassion.org)

## 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.

The **Pear Arch** is over 50 metres long and includes twelve varieties of pear.

### 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!

## 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. [bristol.ac.uk/students/bristol-travel/](https://bristol.ac.uk/students/bristol-travel/)

### Get stuck in

There are plenty of places to meet up on the main University Campus and tons of events and activities. Just hop on Unibus U2.

The **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.

## Welcome to the Langford

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.



## Student Wellbeing Service

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. We're your first point of contact and we'll make sure you get the right help from the right people.

[bristol.ac.uk/students/wellbeing/services](https://bristol.ac.uk/students/wellbeing/services)

We're available Monday to Friday, 9am to 5pm.  
[student-wellbeing@bristol.ac.uk](mailto:student-wellbeing@bristol.ac.uk)  
Tel: 0117 428 4300

If you need support don't hesitate to reach out.

## Student Support Centre

We are open 24 hours a day, 7 days a week.

If you're in student accommodation contact us anytime for any reason. We're here to help. Residential Life Advisers can help with homesickness, problems with flatmates and more.

### West Residential Village

Clifton Hill House, Lower Clifton Hill,  
Clifton, Bristol BS8 1BQX  
[resilife-west@bristol.ac.uk](mailto:resilife-west@bristol.ac.uk)  
Tel: 0117 428 3301