

# Main Campus Wellbeing Map



**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.

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

**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 monkeys at the bottom and top of the Cantocks Steps (14) are called 'Peter' and 'Paul' as tributes to world-renowned physicists Peter Higgs and Paul Dirac from Bristol.

**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.

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

**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

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

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

## Main Campus Wellbeing Map

**TAKE TIME OUT**

**BE KIND** **TAKE NOTICE**

University of BRISTOL

<p><b>Take time out</b></p> <ol style="list-style-type: none"> <li>1 Quiet Garden 11 Woodland Road</li> <li>2 Royal Fort Gardens</li> <li>3 Merchant Venturers Garden</li> <li>4 Hampton House Garden</li> <li>5 Multifaith Chaplaincy</li> <li>6 Centenary Garden</li> <li>7 SU Living room</li> </ol> <p><b>Connect</b></p> <ol style="list-style-type: none"> <li>8 Priors Road Complex café</li> <li>9 Senate House</li> <li>10 Beacon House</li> <li>11 East Residential Student Support Centre</li> </ol>	<p><b>Be kind</b></p> <ol style="list-style-type: none"> <li>12 Bristol Students' Union The Richmond Building</li> </ol> <p><b>Keep active</b></p> <ol style="list-style-type: none"> <li>13 Ping pong tables</li> <li>14 Indoor Sports Centre</li> <li>15 Cantocks Steps</li> </ol> <p><b>Take notice</b></p> <ol style="list-style-type: none"> <li>16 Metal Gnu sculptures</li> <li>17 Living Wall</li> <li>18 Hollow</li> <li>19 Follow Me (Public Art)</li> <li>20 Ivy Gate</li> <li>21 Manna Ash Tree</li> </ol>
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**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](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 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

 **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 flourish.



### Take notice

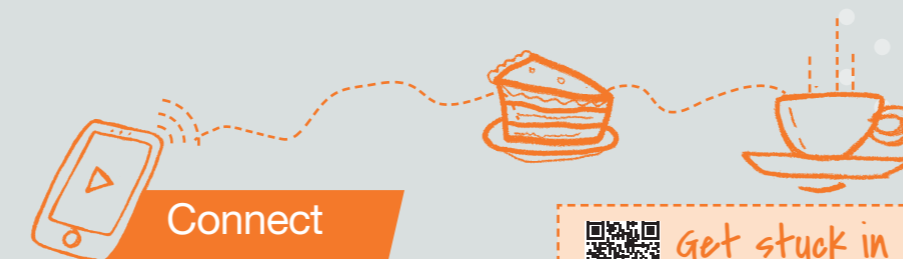
Go **Metal Gnu spotting** in Royal Fort. The park is full of nature-inspired work by Bristol's resident sculptor, among them lizards, monkeys, bats, doves, a hawk, mouse, iguana and owl.

 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.

 **The Balloon Bar** offers pub quizzes, live music nights and delicious food (with plenty of vegan options).

### 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 Main 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 3302**

Email: [resilife-east@bristol.ac.uk](mailto: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](mailto: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**.

