Clifton Village
Wellbeing Map

Introduction
We’ve made some changes to our campus - adapting our libraries, study spaces, sports centre and social hubs in line with social distancing guidelines, so you can still enjoy the experiences of campus life.

Re-usable face coverings will be issued to all staff and students to use whilst on campus. They will be worn as a sign of respect, kindness and sensitivity to each other and those at higher risk.

Sanitising stations will be at all building entrances and all buildings will be certified COVID-19 Secure to government guidelines for the return to campus.

Students will have access to testing where appropriate, and will be supported to isolate safely if living in university accommodation.

We’ve provided more space for walking and cycling in and around campus to ensure all day-to-day student travel for study, work and leisure is as safe and hassle-free as possible.

All actions taken are with your safety in mind. Plans are in place to ensure that we can support you whatever the circumstances. 🔗 bristol.ac.uk/students/your-studies/study-2020/campus-safety/
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.
The poet John Addington Symonds lived in Clifton Hill House from 1851 and was an early advocate of positive change for LGBT and equality.

Looking for the Precinct?
Head straight up Queens road past the Victoria rooms and turn left when you get to Beacon house. Then just follow Elton road until you get to Fymand avenue!

Did you know?
At the southern end of the Birdcage Walk, under a weeping holly look for the grave of Ann Yearsley, the ‘milkmaid poetess’ who wrote the Inhumanity of the Slave Trade in 1788.

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)

Did you know?

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5 steps to wellbeing

Take time out
Go outdoors, eat well, get plenty of rest and sleep.

Explore
Grow your confidence and appreciate your surroundings.

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.
Take time out

1. **Birdcage Walk** takes you through a fairy tale archway of lime trees. Once the site of two parish churches, today you can picnic among the ruins and peaceful cemetery.

2. **Clifton Hill House Gardens** is the perfect place to enjoy the natural world with its wildflower meadows and wildlife pond complete with newts and frogs!

3. **The Rotunda** at Goldney Gardens is a quiet space to relax where you can enjoy stunning views over Bristol. The gardens cover 10 acres and are a fantastic place for a stroll or a picnic.

**Allow time for yourself and your faith.** If you are religious, or even if you are still searching for answers there are a number of places on campus that you can worship. [bristol.ac.uk/multifaith-chaplaincy/places-to-worship/](https://bristol.ac.uk/multifaith-chaplaincy/places-to-worship/)

**Unwind**

Taking regular breaks can improve your focus and memory and just 20 minutes in nature will lower your stress hormone levels.
You can use your free bus pass for unlimited travel on the Unibus U1 service and four other First bus services to get around the city centre and between campuses. Download the First Bus app for regular updates. 🌐 Term time bus route

Walking tours are a great way to familiarise yourself with the city and feel present in your surroundings. 🌐 bristol.ac.uk/university/visit/self-guided-walking-tour/

The International Office is a ten minute walk away from Clifton Village. It’s hard to meet people when you first move to a city, let alone a new country!

So, if you’re looking to meet some interesting people this is a good place for a coffee with a great view of the Suspension Bridge. 🌐 bristol.ac.uk/sraa/int-office/

Make the most of it

The University has many campuses all over Bristol, each with their own unique experiences. Download the other campus maps and use your free bus pass to make the most of it all!
The Indoor Sports Centre on Tyndall Avenue 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!

The Richmond Building offers state-of-the-art facilities, including a 33 metre swimming pool and dance studios. It’s the perfect place to boost your energy levels. Join a club or enjoy a good workout. 

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

Sign up for a sports membership:

De-stress
B: Active Residencies offer all kinds of workouts from skip hop to Cuban salsa.

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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: [bristolhub.org/projects](http://bristolhub.org/projects)

**Tea and Chatter Club** gives older people the chance to hang out with students. Go to a lunchtime concert at the Victoria rooms or out to lunch. Join the Facebook group for more details [Tea and Chatter](https://www.facebook.com/groups/TeaandChatter/)

**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](http://bristolsu.org.uk)

**Discover your strengths!**

Take a Science of Happiness unit in your first year. Explore the latest results from research in psychological science about how to be happier, how to feel less stressed and how to flourish. [bris.ac.uk/unit-programme-catalogue/UnitDetails](http://bris.ac.uk/unit-programme-catalogue/UnitDetails)
The Students’ Union is a bustling hub of activity with comedy nights, talks, performances and music events. Go on, get out and enjoy yourself! bristolsu.org.uk/bristol-su-live

Bristol SU Living room runs a weekly programme of events at Senate House open to everyone. Meet new people or enjoy the space to chill with friends bristolsu.org.uk/bristolsulivingroom

Get stuck in
The ResiLife West Village Facebook page has updates on all kinds of events in the Clifton area from jive nights to crafting. UoBResiLifeWestVillage

A Junior Common Room (JCR) is a student committee that represent the voices of students living in halls, so have your say and sign up! bristolsu.org.uk/student-voice/representation/jcrs

A Senior Resident (SR) lives in each student residence. They are usually postgraduate students doing a Masters or PhD so they know what you are going through! To contact your SR call the duty mobile number for your residence.
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

We’re available Monday to Friday, 9am to 5pm.
wellbeing-access@bristol.ac.uk
Tel: 0117 456 9860

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

Life-threatening emergency:

Call 999 immediately or go to your nearest hospital.

After calling 999 if you are on campus call Security Services on 01173311223
bristol.ac.uk/students/support/wellbeing/emergency-help/
We offer a full NHS GP service for University students and their families.

All consultations at Student Health will be by telephone in the first instance, so please do not turn up without first speaking to a GP. If you call to request an appointment, a doctor will call you back and either treat and advise on the phone, or make an appointment for you to come into the Students’ Health Service.

If you are struggling with mental health issues due to, or made worse by coronavirus, take a look at our local charity for young people Off The Record

otrbristol.org.uk/

Students’ health service
Open Monday to Friday 8:45am - 6:30pm
Hampton House, St Michael’s Hill, BS6 6AU
Tel: 0117 330 2720

bristol.ac.uk/students-health/register/

Download the Student Health app:
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

12 Clifton Hill House
Lower Clifton Hill
Clifton
Bristol
BS8 1BQX

For anything relating to the welfare of yourself or a friend: resilife-west@bristol.ac.uk

For enquires about University-owned residences including post, room keys, lock-outs and maintenance issues: residences-facilities-west@bristol.ac.uk

Tel: 0117 428 3301
Helpful links

🔗 Student Led Help Line for Students
🔗 Student Health Service Contact details
🔗 Information for international students
🔗 Look After Yourself
🔗 Practising self compassion
🔗 The happiness pulse
🔗 Security services
🔗 Counselling services
🔗 Report and Support for harassment and assault
🔗 Mindfulness resources
Key locations

Click on a number to read more about the location in this guide or online.

Take time out

1. Birdcage walk
2. Clifton Hill House garden
3. Rotunda
   Goldney Garden
4. Sinclair House garden
5. Manor Hall garden

Explore

6. Ornamental Canal
   Goldney Garden
7. The Pond
   Clifton Hill House
8. Hercules Statue
   Goldney Garden
9. Shell Grotto
   Goldney Garden
10. Swimming pool
    and Dance studios
    Richmond Building
11. Tennis courts
    Goldney Garden
12. Student Support Centre
13. Students Union
14. The Orangery
    Goldney Garden

Let us know
If you have a good idea or if you think something is missing
✉️ external-estates@bristol.ac.uk