The Precinct
Wellbeing Map

Introduction

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The Precinct Wellbeing Map

Introduction

University of Bristol
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.
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.
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.

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, including chapels, quiet rooms and prayer rooms. [bristol.ac.uk/multifaith-chaplaincy/places-to-worship/](https://bristol.ac.uk/multifaith-chaplaincy/places-to-worship/)

Royal Fort Garden is a stunning spot to unwind, rich in biodiversity (with its very own resident fox!) and home to some unique sculptures.

Meditation and Yoga are a great tool to improve wellbeing. Join a Society or look up an online class. [bristolsu.org.uk/groups/yoga-society-c4db](https://bristolsu.org.uk/groups/yoga-society-c4db)

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

Scout out the city centre; take in the city’s trademark colourful buildings and graffiti as you wonder through the independent shops in Easton and Redfield.

You could also wind your way along the River Avon and take the opportunity to reflect on the things around you. bristol.ac.uk/city/explore-bristol/

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

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 sports hall for circuit training, badminton and basketball. There’s even a sports clinic! 

[bristol.ac.uk/sport/facilities/indoor/]

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. 

[bristolsu.ac.uk/sport/student/healthy-minds/]

De-stress

Being active is great for building confidence, improving academic performance and reducing stress.

Ping pong tables can be spotted throughout Bristol. There are two by the Life Sciences building. Just bring your bats! 

[bristol.gov.uk/museums-parks-sports-culture/ping-bristol]

Sign up for a sports membership:

[bristol.ac.uk/sport/memberships/student]
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)

**Roots Gardening Project** is a student run gardening group on a mission to help the local community. If you’d like to volunteer contact: [Rootsscgp@gmail.com](mailto:Rootsscgp@gmail.com)

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 Balloon Bar offers pub quizzes and delicious food with a mouthwatering menu. Get out and have some fun! [balloonbar.bristolsu.org.uk](http://balloonbar.bristolsu.org.uk)

Bristol SU Living room runs a weekly programme of events at Senate House open to everyone. [bristolsu.org.uk/bristolsulivingroom](http://bristolsu.org.uk/bristolsulivingroom)

**Ask for help**

The ResiLife East Village Facebook page has updates on all kinds of events on campus. [UoBResiLifeEastVillage](https://www.facebook.com/UoBResiLifeEastVillage)

Beacon House is open to the public as well as students. Enjoy a coffee and pastry or light lunch in the Source Café. [bristol.ac.uk/beacon-house/](http://bristol.ac.uk/beacon-house/)

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/re...](http://bristolsu.org.uk/student-voice/representation/jcrs)

A Senior Resident (SR) lives in each student residence. They are usually past 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/
Students’ health service

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/

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:
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.

East Residential Village

17 The Hawthorns
Woodland Road
Bristol
BS8 1UQ

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

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

Tel: 0117 428 3302
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. The Centenary Garden
2. Multifaith Chaplaincy
3. Royal Fort Gardens
4. Merchant Venturers Garden
5. Hampton House Garden
6. Quiet Garden, 11 Woodland Road

**Keep active**
13. Indoor Sports Centre
14. Ping pong tables
15. Cantocks Steps

**Be kind**
16. Roots Gardening Project, Bottom of Cantocks Steps
17. Student Support Centre

**Explore**
7. Hollow
8. Living Wall
9. Metal Gnu sculptures
10. Ivy Gate
11. Manna Ash Tree
12. Follow Me (Public Art)

**Connect**
18. Balloon Bar, Richmond Building
19. Beacon House
20. Priory Road Complex café
21. Senate House

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