Whiteladies Rd A4018
Queens Rd A4018
Park Row
Woodland Rd
St Michael’s Hill
Tyndall Ave
Park Rd

The Precinct
Wellbeing Map

One of the wood samples in Hollow (16) is from the 
4,580-year-old Methuselah Tree. The ancient bristlecone 
pine is the oldest known tree in the world.

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.

Did you know?
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If you need support don’t hesitate to reach out. 
You’re not alone. bristol.ac.uk/wellbeing

The Precinct
Wellbeing Map

Keep active

Take time out

Quiet Garden
11 Woodland Road

Royal Fort Gardens

Merchant Venturers Garden

Hampton House Garden

Multifaith Chaplaincy

Centenary Garden

Take notice

Metal Gnu sculptures

Hollow

Living Wall

Follow Me (Public Art)

Ivy Gate

Manna Ash Tree

Connect

Priory Road Complex café

Senate House

Beacon House

Be kind

Students Union

Roots Gardening Project
Bottom of Cantocks Steps

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

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much of the work. who built Royal Fort House in 1762. His landscaped gardens of Thomas Tyndall was once the entrance to the Ivy Gate hawk, mouse, iguana and owl! them lizards, monkeys, bats, doves, a by Bristol's resident sculptor, among Metal Gnu spotting Go

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, bristol.ac.uk/multifaith-chaplaincy/events

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

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 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. bristol.ac.uk/sport/activities/healthy-minds/

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 Roots Gardening Project is a student run gardening group on a mission to help the local community. If you’d like to volunteer contact: RootsCGP@gmail.com

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/bristolsu livingroom The Balloon Bar offers pub quizzes, live music nights and delicious food with a mouthwatering menu (and plenty of vegan options). Get out and have some fun! bristolsu.org.uk/the-balloon-bar

The Hawthorns, Woodland Road, Bristol BS8 1UQ resilife-east@bristol.ac.uk Tel: 0117 428 3302