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

Tell us what you think
If you have a good idea or if you think something is missing send us an envelope external-estates@bristol.ac.uk

Keep active
1. Tennis
2. Squash
3. Outdoor gym
4. Fitness Trail

Take notice
14. Public art
15. Hollybush Lane Walk

Connect
12. Multipurpose games area
13. Source Café

Take a closer look
- See if you can spot the Bristol Whitebeam (Sorbus bristoliensis). This endangered tree is one of a handful of Sorbus endemic to the Avon Gorge.

Did you know?
- Bristol Zoo Gardens is the 5th oldest zoo in the world and has helped save over 175 species from extinction. From twilight world to butterfly forest there are over 400 species to visit here.
- Bristol Zoo Gardens is the world’s largest collection of traditional Chinese medicinal herbs.

Biodiversity
- Tree canopy covers over 41% of Stoke Bishop. Discover all kinds of bird, insect and plant species here.

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

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

Take time out
- Arboretum Walk around Churchill Hall
- The Downs
- Summer Meadow Walk
- Woodland Walk
- Quiet Garden
- Botanic Garden Glasshouses

Stoke Bishop Wellbeing Map
- Druid Hill
- Church Hall
- Badock Hall
- University Hall
- Wills Hall
- Parrys Ln
- Saville Rd
- Wills Ln
- Stoke Park Rd

Stoke Park R
d
Parrys Ln

Stoke Bishop shops

Stoke Bishop
Wellbeing Map

Stoke Bishop
Wellbeing Map
Welcome to Stoke Bishop

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

We’re available Monday to Friday, 9am to 5pm.
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.

Visit your school office to make an appointment with your Student Wellbeing Advisers.
student-wellbeing@bristol.ac.uk
Tel: 0117 428 3300

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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.

Tel: 0117 428 3300

bristol.ac.uk/north-village