

WELLBEING MAP

 Tree Walk
 3K Walk



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| 1 Surrey Sports Park | 5 Lewis Elton Gallery | 9 Outdoor Terrace | 13 Picnic Area |
| 2 Garden & Allotment | 6 Self-Help Library | 10 Campus Telescope | 14 Mindful Bench |
| 3 Quiet Centre | 7 Simply Fresh | 11 Health Centre | 15 Lakeside Restaurant |
| 4 Wates House | 8 Chaplaincy | 12 Centre for Wellbeing | 16 PATS Field |

1 Surrey Sports Park

SSP is a short 15 minute walk away from the main campus and houses a swimming pool, state of the art gym, climbing wall and numerous classes. For more information visit surreysportspark.co.uk

2 Garden & Allotment

A little patch of Stag Hill campus where you can grow fruit, vegetables or even try your hand at bee keeping! For more information on joining Surrey GardenSoc visit gardensoc.wordpress.com

3 Quiet Centre

The Quiet Centre is available as a multi-faith quiet environment for individuals and groups, primarily for prayer, meditation and contemplation. Open 24/7 - access by using you campus ID card

4 Wates House

Wates House serves a selection of delicious food to be enjoyed with views toward Guildford Cathedral. Choose from menu featuring homemade dishes and fresh salads. Visit facebook.com/fooddrinksurrey for current menus

5 Lewis Elton Gallery

Surrey is home to a thriving arts community and we even have our own on-campus gallery! Take some time out of your day to visit one of the dynamic exhibitions. To find out what's on visit surrey.ac.uk/arts

6 Self-Help Library

Reading is a powerful tool to help improve wellbeing and students and staff are all able to access the extensive University library. Head to SPLASH on the 3rd floor to check out the stock of self-help titles

7 Simply Fresh

Stock up on your five-a-day! Simply Fresh is the University's campus convenience store stocking a variety of fresh, seasonal and organic fruit and vegetables, as well as freshly baked bread and hot lunches.

8 Chaplaincy

The University's multi-faith chaplaincy team exists to support the faith and beliefs of the entire University community. Drop by for a coffee and chat or visit surrey.ac.uk/chaplaincy for more information.

9 Outdoor Terrace

Take a proper lunch break! Grab a fresh, healthy lunch from the Hillside canteen and take a seat at one of the picnic benches just outside to watch the world go by.

10 Surrey Telescope

Take a moment to sit and contemplate the world around you, next to the University's very own telescope! For public viewings and demonstrations, visit astrophysics.ph.surrey.ac.uk/astrophysics

11 Health Centre

Guildowns GP Practice is an NHS medical practice located in University Court. All students are encouraged to register - for more information visit guildowns.nhs.uk.

12 Centre for Wellbeing

The Centre for Wellbeing has a dedicated team of nurses and counsellors to support, advise and advocate for student and staff health and wellbeing. To find out more about the services visit surrey.ac.uk/wellbeing

13 Picnic Area

Step away from your computer screen, take a break and head to the picnic area next to lake, for beautiful views, fresh air and some much needed time out!

14 Mindful Bench

Want to take a little time out of your day to practice mindfulness or meditation? The benches at the far side of the lake are a peaceful option. For an example exercise visit bemindful.co.uk

15 Lakeside

Treat yourself to a delicious lunch made with locally sourced, seasonal ingredients. Look out for student themed menus throughout the year. Visit surrey.ac.uk/shtmlakeside for more info

16 PATS Field

Physical activity can help to boost your mood when feeling low or sluggish. The green space of PATS field is perfect for Frisbee, football or whatever takes your fancy!

TREE WALK

1 Jacquemont's Birch (*Betula utilis* var. *jacquemontii*)

Region/Country of Origin: Himalaya

Due to building work, this tree was transplanted in March 2015 from its original position by the Performing Arts Building. The tree was retained because of its outstanding bark affect and resilience to change.

2 Olive (*Olea europaea*)

Region/Country of Origin: Mediterranean

This olive tree is over 100 years old and was shipped to the UK from one of the olive groves in the Italian mountains. It does produce olives, but not in abundance and is netted in the winter months to protect it from harsh weather.

3 Red Maple (*Acer rubrum*)

Region/Country of Origin: North America

This maple has been here for 40 years and was donated to the University by Mr J. Cory-Dixon. It is always worth looking at in detail from mid-July as its tips start to tinge red, marking the onset of autumn.

4 Wattle (*Acacia rubida*)

Region/Country of Origin: South East Australia

Acacia's can be very tender in this country, however this is a beautiful example of this variety, and very much a focal tree. It is evergreen and will produce fragrant yellow flowers in late winter - early spring.

5

Chinese Swamp Cypress (*Glyptostrobus pensilis*)

Region/Country of Origin: South China

Until the 1970s, the Chinese swamp cypress was not thought to be able to survive in the UK but a national survival study proved otherwise. It enjoys having its feet in water (hence its position) and has survived and flourished on campus.

6

Contorted Hazel (*Corylus avellana* 'Contorta')

Region/Country of Origin: Native

Better known as the 'Harry Lauder walking stick'! It was found growing in a hedge in Gloucestershire in 1863 and has been cultivated here ever since - a true native! View in the winter to see the full effect of the twisted stems, followed by star shaped red flowers.

7

Pedunculate Oak (*Quercus robur*)

Region/Country of Origin: Native

Another major native tree of the region, and nationally, is the common oak. This 150 year old tree predates the University and would have been part of a historic hedge that separated different areas of the Royal Deere Park of Guildford.

8

Jacquemont's birch (*betula utilis* var. *jacquemontii*)

Region/Country of Origin: Himalaya

Tibetan Cherry (*Prunus serrula*)

Region/Country of Origin: West China

Both of these trees produce an amazing display of bark, with the Jacquemont's birch a sparkling white, contrasting with the deep mahogany red shine of the Tibetan cherry bark.



3K WALK

Walking is simple, free and one of the easiest ways to get more active and become healthier. Get some exercise and explore your campus at the same time!



1

Start (and finish) at the Centre for Wellbeing. Follow the road towards the lake before heading onto the grass.

2

Take a moment to stop and appreciate your surroundings - the lake, fountain and the wolf sculpture can all be seen from here.

3

Want some refreshment en-route? Stop in to Lakeside Coffee Shop for a smoothie or hot/cold drink

4

You're halfway! Why not pop into the Ivy Arts Centre to see what's on this week?

5

Head past the Library and the amphitheatre, up towards Stag Hill Court. Take the incline at a pace to get your heart racing!

6

You've done it! Stop at the top of Stag Hill to admire the views before heading back to Centre for Wellbeing