Bristol Guide to LOCAL LIVING



bristol hub

University of BRISTOL


BRISTOL
a little drop of lovely

Bristol Guide to

LOCAL LIVING

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Introduction

Welcome to Bristol, and welcome to the Guide to Local Living. This Guide has been made for students, by students, with help from Bristol Hub and the University of Bristol Sustainability Department. We hope this guide will help you enjoy all Bristol has to offer, while enabling and inspiring you to have a positive social impact.

Why have a positive impact?
We live within an economic system that prioritizes profit over people and fails to hold businesses accountable for their social and environmental costs. This system leaves our environment damaged, local economies undermined, the vulnerable abandoned, and individuals stressed and precarious.

What can we do?
We can resist this. We can consume carefully and waste less, we can support local businesses, we can connect with communities, care for the vulnerable and care for ourselves. In every area of our lives we can take actions large and small to connect with others, transform our communities and our lives.

Although we might only stay in Bristol briefly we can make a positive impact, not just get a degree.

Annabel Summerfield,
Local Living Guide Coordinator and student at the University of Bristol

Home

Where we live is a great place to start taking action to live sustainably. As students, we have little control over what appliances we use or how insulated our house is - and our landlords may be more concerned with their costs than energy efficiency. There are changes you can make to reduce energy wastage, save water, keep your bills low and take back the power.



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Energy

- **Turn appliances off**
  Instead of stand-by.
- **Wash clothes at 30°**
  Instead of 60°.
- **Change lightbulbs**
  "A" rated bulbs use one fifth of the energy of a standard bulb.
- **Defrost the freezer**
  Less ice makes it easier for the freezer to cool down food.
- **Create double glazing**
  Press cling-film or bubble-wrap onto windows to make temporary double glazing.
- **Plug gaps**
  Repurpose old tights into draft excluder by stuffing one leg with fabric scraps.

Ask your landlord:

- **Switch supplier**
  If your contract allows, switch energy supplier to a green tariff where the energy is from renewable sources. Ecotricity provide 100% renewable sourced energy, and Bristol Energy also offer a green tariff.
- **Replace the boiler**
  Ask if an old boiler can be replaced with a more efficient model.
- **Check your landlord is meeting their legal obligations**
  A rented property should have an Energy Performance Certificate with a rating of A-E showing it meets a minimum standard of insulation and efficiency. Your landlord is obliged to show you the EPC if requested.

Water

- **Take a shorter shower**
  Have a shorter shower and choose an eco setting to save water and energy.

- **Notice and fix leaks**
  Report them to your landlord or halls team.

- **Ask your water company for water saving devices**
  Bristol Water give free tap aerators, which reduce the volume of water used.

- **Wash a full load on your dishwasher and washing machine**
  Choose the eco setting, or a setting that minimises the number of rinse cycles.

- **Keep a jug of cold water in the fridge**
  Avoid running the cold tap for drinking water.



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Waste & Recycling

Every item we buy and use is the result of energy, water, labour and materials that went into making, transporting and selling it. Every time we throw away an item, we discard the resources that went into its whole lifecycle, and if we buy the same item again double the resources and energy are used! So one way to cut down energy use and environmental damage is to consume less and reuse more.





1. Reuse

Switch from single-use cups and bottles, to reusable items you can refill. It might seem strange at first, but think how quickly we have adapted to bringing our own bags to the shops. Source Cafe sells discounted Keep Cups and water bottles on campus.

2. Repair

It can be tempting to replace things like bikes, furniture and clothes when they break, but often repairing can make them just as good and be a way to learn a new skill. Bristol Bike project, Hamilton House and the University all offer bike maintenance courses.

3. Recycle

Use the recycling bins and boxes provided where you live. If a bin is missing ask the council to replace it (it's free and easy at www.bristol.gov.uk/bins-recycling). Visit bristolwastecompany.co.uk for a waste collection calendar and more details on local waste and recycling.

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Food Waste

The UK wasted more than 7 million tonnes of food in 2015, but the majority of food waste is preventable. There are some simple steps to avoid throwing away food.

- **Best before vs Use by**
  Food is still safe to eat after the best before date, although it may lose flavour. Take note of use by dates, food should be eaten before this date.

- **Use all of what you buy**
  Wash potatoes and carrots instead of peeling them.

- **Put leftovers and lunches in reuseable tupperware**
  Avoid film-wrap, re-use and recycle aluminium foil. Try making beeswax wraps - it is surprisingly easy to make your own using an internet tutorial and an oven.

- **Pay attention to when food goes off**
  Try making a big batch of a meal you can freeze or share a big meal with your housemates if food is about to go off.

- **Bread**
  Bread is the most thrown away food. Save your dough by freezing half a loaf and defrosting when you need it.

Eat Junk food

Junk Food Cafe is a student-led pop-up cafe that makes delicious meals from food that would be thrown away by shops restaurants.
www.facebook.com/@BristolStudentsJunkFood

Take action

Join the Gleaning network and salvage surplus and wonky crops and redistribute to food charities.
www.feedbackglobal.org/campaigns/gleaning-network/

Volunteer

Foodcycle pedal across Bristol collecting food and turn it into tasty meals at the Barton Hill Settlement.
www.foodcycle.org.uk

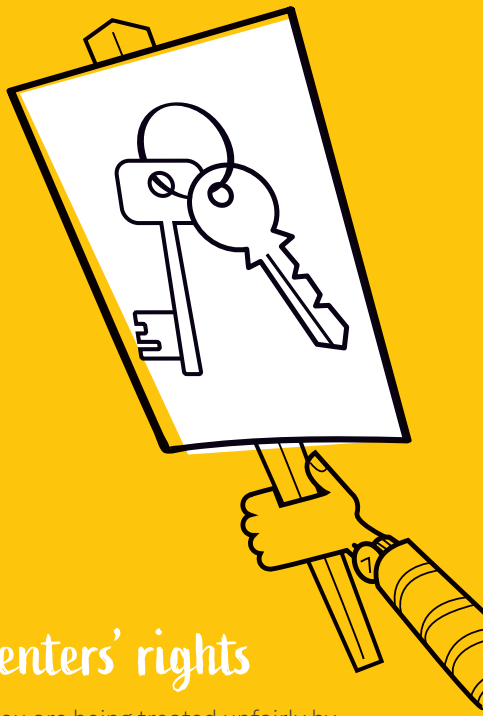
FareShare redistribute unwanted and surplus food to charities and community groups.
www.fareshare.org.uk

For more food waste information and tips visit **www.lovefoodhatewaste.com**.

Moving Out

When you move out of your accommodation plan ahead to avoid throwing away a large amount of stuff

- Donate clothes through the Big Give, the British Heart Foundation's Summer collection. University Halls and several sites on campus have collection points.
- Give unwanted clothes, books and household items to charity shops.
- Take unwanted bikes to the Bristol Bike Project.
- Ask if your neighbours or friends would appreciate any items.
- Start early. Spread the rubbish and recycling over a few waste-collections.



Renters' rights

If you are being treated unfairly by your landlord make sure you know your legal rights and understand the problem. Get free and confidential advice from Citizens Advice.
Visit: **www.citizensadvice.org.uk.**

ACORN is the renter's union, protecting renters' rights and campaigning for better protection and fair treatment. Joining helps support action to protect tenants.
Visit: **acorntheunion.org.uk.**

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Out and about

Bristol is a vibrant and busy city, with an abundance of places to eat, drink, see bands and watch films. The city's creative spirit flows through its independent and local venues. Choosing to support them helps keep Bristol diverse and unique. Included here is a small sample of places but there are plenty more to discover.



Food

Boston Tea Party

First opened on Bristol Park Street in 1995, BTP has since grown across the West Country. Offering a range of cakes, coffees and lunches, BTP are pioneers of the KeepCup movement, having banned single-use cups in June 2018.

Friska

The cool and conscious alternative to Pret, Friska serves breakfast, lunch and coffee, while keeping landfill waste at zero and supporting local and international charities.

Cafe Kino

A non-profit workers' cooperative serving vegan food and drinks; Cafe Kino is archetypal Stokes Croft. The vegan menu of salads, burgers, falafel and breakfasts is sourced responsibly from independent suppliers - they take their ethics as seriously as their food.

Thali Cafe

Serving up dishes from across India, locally sourced, and made in Bristol. Their reusable metal Tiffins and biodegradable containers offer an alternative to the plastic takeaway box.

Biblos Wrap

Bringing a fusion of Caribbean and Middle Eastern flavours to Bristol, Biblos wraps are filling, homemade and budget friendly.

The Spotless Leopard

An ever-changing menu of vegan lunches and cakes served from a van just off Whiteladies road, the Spotless Leopard aims to bring you food that is locally sourced, ethical and healthy.

Also try:

Street food markets on Wine Street on Tuesday and Friday lunchtimes and St Nicholas market on Saturdays for a vibrant choice of street food.

Drinks

The Apple

A student favourite serving many local ciders in a barge.

The Hope and Anchor

This friendly pub has a student discount on selected ales and makes a pretty good Sunday roast.

Grain Barge & the Tobacco Factory

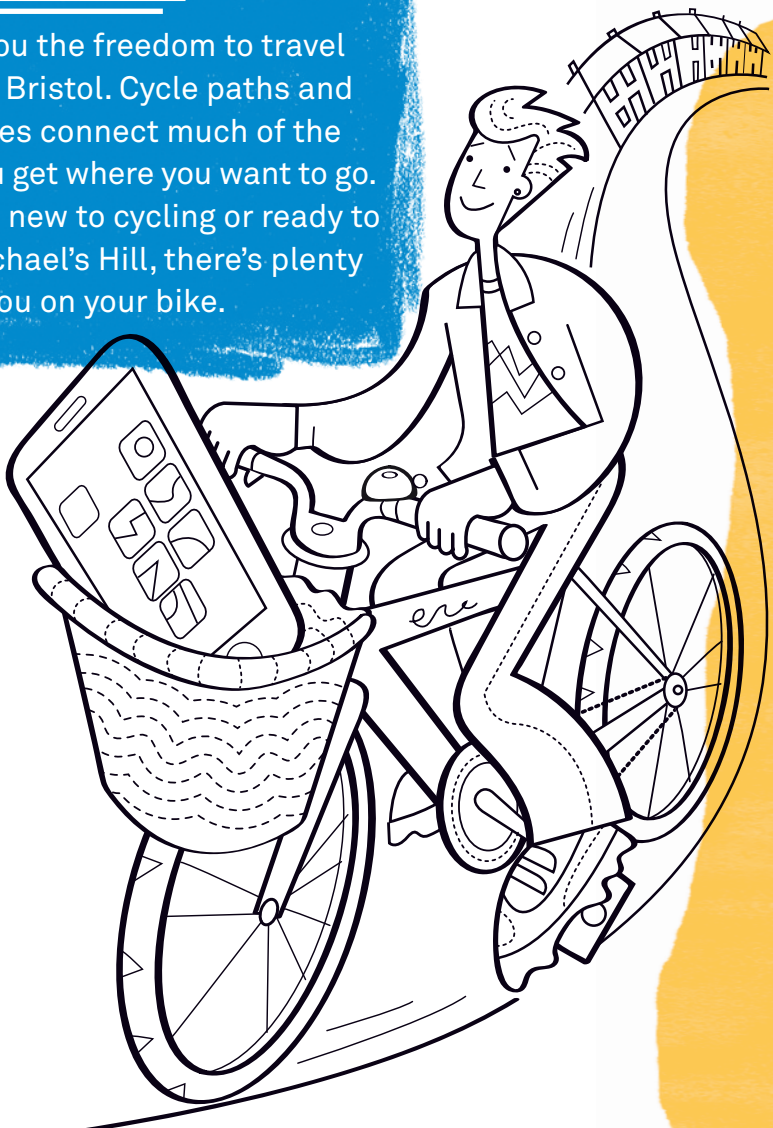
These sister venues both serve beers from local and independent brewers, in unique venues.

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Cycling

Cycling gives you the freedom to travel further all over Bristol. Cycle paths and segregated lanes connect much of the city helping you get where you want to go. Whether you're new to cycling or ready to zoom up St Michael's Hill, there's plenty of help to get you on your bike.



Find a bike

Rent

Want to give cycling a try? Rent a bike. Better by Bike offers bikes to rent for free for one month, or you could pay-as-you-ride on a YoBike dotted across the city.

Bristol Bike Project

A community bike project that repairs unwanted bikes. You can buy a second-hand bike in full working order from £130. **thebristolbikeproject.org**

Balloon Bike

Hire a bike for the year, along with locks and lights for £50 from the SU.

Looking after your bike

The University holds bike clinics fortnightly on Wednesday afternoons on Tyndall Avenue. Bring your bike in for a free tune-up from a professional mechanic.

Keep your bike safe

You can buy discounted locks and lights from the SU shop, the Basket. Security services at the Royal Fort lodge can security mark your bike and sell discounted locks.

Plan your route

The Better by Bike route planner helps you find a cycle-friendly route and shows where the you can ride on cycle paths. Find it and much more at the Better by Bike website.

Keep up-to-date

Keep up to date with cycling events and initiatives by joining the University Bike User Group (TUB-BUG) mailing list.

For more information visit **bristol.ac.uk/transportplan/transport/cycling**.

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Music & Cinema

Left Bank

Left Bank showcases Bristol's creative community with local and visiting artists 6 nights of the week in the heart of Stokes Croft.

Exchange

Coffee shop, community interest company, and host to an eclectic mix of artists, including bigger names like George Ezra and Haim.

The Fleece

Unpretentious and utilitarian, the Fleece's black box interior hosts promising bands from across the south west, established acts, along with club nights and an impressive array of tribute acts.



Watershed

Independent Harbourside cinema showing films from around the world, a mixture of old and new releases. Tickets are £5 for under 25s.

Louisiana

Over the last 25 years this family-run venue has made a habit of catching upcoming artists just before they become stars, while supporting local talent.

Cube Microplex

Volunteer-run cinema showing a huge range of film, from the slightly unusual to the totally avant garde. Look out for music, comedy and other performances too.

Download the Headfirst app for listings of gigs and clubnights across bristol and to buy tickets. www.headfirstbristol.co.uk



Shopping

How you choose to save and spend your money has an impact: you can support the local economy and encourage ethical business.

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Food shopping

- **Reduce packaging**
  Choose loose fruit and vegetables, and where possible recycle food packaging. Buying in bulk can reduce the amount of packaging. Go further by bringing your own containers to one of Bristol's zero waste shops!

- **Buy locally and seasonally**
  This is one way to reduce the distance your food has travelled to reach you as well as supporting local businesses and jobs. Even if you can't reach a local market, see if you pass a greengrocers on your walk into University.

- **Eat less meat**
  More water, land and energy is used to produce meat than to grow plants, so consider reducing your meat intake. If you already don't eat meat, why not share a recipe with your meat-eating friends to help them find alternatives?

- **Hungry caterpillar food coop**
  Selling whole foods from the Multifaith Chaplaincy every Wednesday afternoon, pick up some goods after lectures.

Zero waste shops

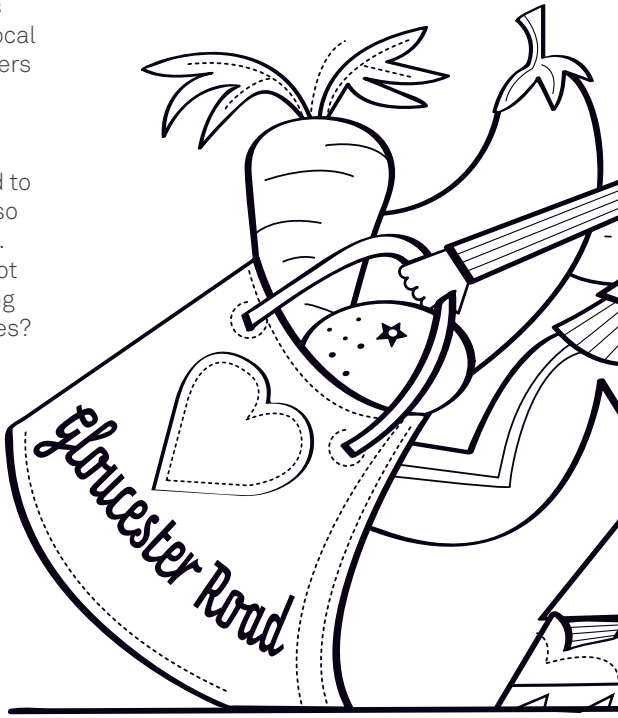
Bring your own containers and pay by weight:

Scoopaway - Gloucester Road

Zero Green - North Street

Wild Oats - Redland Road

Preserve - Gloucester Road



Bristol Pound

The conventional pounds sterling you pay to a business often drain into a complicated financial system - sitting in the bank account of a big-brand shareholder, a tax haven, or a corporate paypacket. Bristol Pound is different. Any £B you spend stays in local businesses, so the value remains in the local economy, supporting businesses and people in Bristol.



How?

To start using £B, simply exchange sterling notes for £B notes at £B cashpoints. To get more involved and use app and online payment, create an account via the Bristol Pound Website and Bristol Credit Union. Deposit money into your £B account, and you're ready to go!

Where?

A growing range of shops and businesses accept £B. You can pay your Bristol Energy bills, hop on a First bus, and get a bite to eat from Cafe Kino and Chili Daddy all in £B. Past Bristol mayors have received their entire salary in £B! See the £B website for an up-to-date directory of all the businesses accepting £B.

Visit www.bristolpound.org

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Banking

Banks provide services for people who want to borrow, lend and invest money.

Traditionally, a bank's choice of who to lend to has been guided by profit alone, irrespective of the ethics or sustainability of the activities the money is financing. Banks continue to use savers' money to finance oil extraction, arms companies, and exploitative labour.

Some banks use ethical and environmental criteria to decide what they finance, allowing ordinary people to save money without it being used to fund unethical projects. They are showing that good business and ethical values can coexist.

Co-operative bank

The Co-operative bank makes an ethical policy on the basis of customer opinion and declines to provide banking to groups who breach the policy.

For example, the Co-op declined to serve a customer who supplied machinery to a subsidiary of an oil company.

Triodos Bank

For 35 years Triodos has invested into businesses that benefit the environment and help people. As an unlisted company, Triodos puts its customers first, not shareholders, and is transparent about how it uses investors' money.

Bristol Credit Union

As a credit union, savings create a pool of money that members can borrow from and the interest paid feeds back into members' savings. Borrowers benefit from fair and affordable interest rates while lenders get decent returns on their savings and know they are investing in the local community. Being able to access a loan from BCU helps people avoid pay-day loans and alleviates credit inequality.



Social Impact

Social impact is the effect of an activity on the wellbeing of people and the community. At University there are many opportunities to make a positive social impact.

You can take practical action by volunteering, represent students in the Students' Union and enact change through activism and campaigning.

Bristol is home to an amazing array of groups and projects having social impact and this section highlights only a small sample - explore your community and find ways you can get involved.

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Volunteering with Bristol Hub

Volunteering is key to tackling social issues. As inequality rises and public services shrink, the role of volunteers becomes even more important. From providing food to the homeless to teaching children to code, volunteers make it happen.

As students, volunteering connects you with Bristol beyond the university bubble, and makes you part of something greater.

Bristol Hub

Bristol Hub connects students to local organisations and supports students to take part in social action where both community and student benefit.

Volunteering

Bristol Hub works with local organisations to find opportunities for volunteers to do meaningful work. Volunteer Programmes tackle a range of issues. You could be teaching children to code, running Forest Schools activities, tutoring pupils, or working with older people. Each of the roles requires 1-2 hours each week, so can fit into a busy schedule.



Whilst volunteering with Bristol Hub you'll get training and support from Hub staff to ensure you have the best experience, gain skills and have a tangible impact in the community.

Skilled Placements

Bristol Hub provides opportunities to work with local charities and social enterprises through placements and team projects. You work closely with the local organisation to have a big impact while developing your skills and gaining an insight into working in the third sector.

Social Impact Voluntary Placements run over the summer vacation; participants are placed with a local social impact organisation, to work with them on a project for 7 weeks.

The Social Innovation Programme runs in term time and students work in teams to carry out a consultation project for a community organisation, whilst receiving training and mentorship.

Visit www.bristolhub.org



Anna Lawton
Bristol Hub Volunteer

"I think volunteering has taken me out of the University bubble and made me feel a lot more attached to the Bristol community. The network of local people in Bristol so committed to helping the city's homeless and refugee communities is inspiring. Meeting these people who dedicate so much time to amazing causes has made me determined to do more."



Gemma Abbott
Social Innovation Programme team member

"I would definitely recommend the Social Innovation Programme I learned how to work more effectively in a team, it highlighted that I wanted a people-based role, and that my best skills lay in analysis and communication."

Anna Trafford
Bristol Hub Volunteer

"I started volunteering at uni as a way to use my time productively and to meet new people. It ended up being much more than that though; volunteering as a tutor in a local school gave me a chance to make a positive impact on people's lives, and it became a hugely rewarding part of my weekly routine"

Eben Tuff
Feed the Homeless Volunteer

"Through volunteering I've met some of the most lively, optimistic and lovely people who have influenced me to have a more positive outlook on life. Some have gone on to become great friends – in fact I attended the wedding for two of them."

Volunteering FAQ's

? I don't know how much commitment I can give?

Many volunteer roles can be flexible, making it easy to fit around deadlines, social life, and university holidays. Many projects allow you to commit on a week-by-week basis, some roles you can do from home, and you can take part in one-day projects.

? Do I need specific skills?

You don't need specific skills to be a great volunteer - usually enthusiasm is the only required attribute! Bristol Hub provides training to volunteers to support you to have the best impact possible. Equally, if you already have specific skills it offers a way to use them and teach others.

? Will volunteering take up all my spare time?

You definitely don't need a lot of free time to fit in volunteering and there will be opportunities to suit your schedule. Most Bristol Hub programmes ask for 1-2 hours each week and there are one-day projects and microvolunteering opportunities throughout the year.

? Will I be making a difference?

You might not change the world in a big way, but you will have an impact on an issue that you care about. You are contributing to making a positive change as part of a wider community of people who volunteer.

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Bristol SU

The Students' Union isn't just a building. All students are members of the SU, and elect representatives who campaign for student rights, and lobby on key issues. The SU also has a pastoral role supporting you on academic and welfare issues and providing opportunities to expand your university experience.

Representation

Elected officers work full-time to lead the SU. They represent students, run campaigns and coordinate SU activities. Course reps represent students on each course and bring concerns to academic staff.

Junior Common Room reps represent the students living in each hall and coordinate social activities and events

Networks

The 13 networks offer a hub for students to connect and campaign on different issues. Each network is led by an elected chair.

Join the RAG, Volunteering and Sustainability Network and sign up to the Newsletter to get involved in sustainability and volunteering related events and opportunities.

Student groups

The SU supports over 300 different student societies and sports clubs. Meet groups at the Welcome fair and find out more on the SU website "find a group" search.

Volunteering

The SU supports student-led volunteering programmes, including projects working with children, supporting other students, gardening with people in the local community and much more. See the SU website to search for opportunities city-wide and to get involved with student-led volunteering.

Visit The Richmond Building and www.bristolsu.org.uk



Nura Alyah LGBT+Network Chair 2018/19

"My decision to run for network chair stemmed out of a desire to share and facilitate all the amazing things LGBT+ students are already doing. I wanted to give them space to use their skills and talents for any number of causes. I want to hit the ground running and keep my idealism fresh - I am confident that there is enough talent and energy within the LGBT students at Bristol to do truly amazing things in this next academic year."

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Take Action

Through activism and campaigning, students have the power to make change in our University and beyond. Activism is hard work and unpredictable, but also an incredible way to make change, build community, and transform the world we live in.





Elmi Hassan

Rename Wills Memorial Campaign

Elmi, alongside students Asher Websdale and Shakeel Taylor-Camara created a petition calling for Wills Memorial Building to be renamed, due to the historic links of the namesake to the slave trade.

"The outcomes have been great. While there was a counter-petition established by students, we felt that debating these issues is always healthy. One great outcome was the formation of the Past Matters committee. The committee has been instrumental in updating the Wills building's displays and in addition is responsible for putting on an art exhibition in the Wills Building that will commence in November.

University is supposed to be a place which ideas are generated and debated and we are constantly reminded to think critically, so my suggestion is - if something doesn't feel right to you, do your research and say something. University is a habitat for learning and expanding your conscious thought and if you believe this is not being achieved, aid it!"



Nasra Ayub

UG Education Officer 2018/19

"My University experience as a black woman was quite difficult. From the lack of diversity within the University to the minimal help for students living at home, I believed that to ensure that other students have more support during their time at University, I had to stand as an Elected Officer and try and make changes that benefit students.

My vision is that, when students who belong to liberation groups (e.g. BME, LGBTQ+, Disabled etc) go to Bristol University, they feel empowered, they feel comfortable in their courses and not alienated because of their identity."

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Jobs and Careers

Starting a career is a daunting task. How do you know what you're good at? How do you find something you want to do? It is fine if you don't know! There are many chances to try things and change direction and that doesn't stop when you leave university.

If you are committed to tackling problems, working with people, and making the world better you might want to consider a career in the social impact sector.

Social impact organisations include charities, not-for-profits, and social enterprises, that aim to make a positive impact in the communities they work with.

The social impact sector is full of diverse opportunities: you could code, design campaigns, run outreach, manage accounts, support volunteers, lobby government, and much more.

There's so much possibility to find the right job for you while making a difference.

Issy Schmidt

UoB Graduate

"My first job after I graduated from Bristol was as the Hub Support Officer at SOAS, as part of the Worthwhile grad scheme. One of my favourite things about the role was that I ran the same programme I used to volunteer through - Schools Plus. I graduated in May with a Masters in International Relations and Economics, I focused on issues and policy relating to refugees and women's rights. I'm currently living and working in Washington DC, where I'm interning at a think tank working on issues related to the Syrian civil war."

Social Impact Voluntary Placements

Student Hubs runs the Social Impact Voluntary Placement scheme. Students are matched with local charities and social enterprises for a 7-week placement in the summer vacation, and receive support from Hubs throughout.

Working closely with organisations gives an insight into the social impact sector and the opportunity to develop skills relevant to many professions.

Applications open in the Spring. There are placements available in Bristol, Oxford, Cambridge, London, Hampshire and remotely.

Visit **www.bristolhub.org to find out** more.

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Social Enterprise

Social Enterprises trade to tackle social problems, combining business with a positive impact. They can take many forms but usually involve having a social purpose and reinvesting profits back into the organisation or community.

Examples in Bristol include the **Exchange**, **Bristol Pound**, and **Cafe Kino**. The added goal of community benefit adds an exciting dimension to start-ups, and an extra challenge for entrepreneurs.

BaseCamp is the student enterprise arm of the careers service, and exists to support students to create, develop and grow start-ups, including social enterprises. They run an array of events to support and challenge you, wherever you are on your enterprise journey.

Gain skills
Workshops and panel events help you develop the skills and knowledge to succeed.

Apply, Pitch, Compete Basecamp run New Enterprise, a series of competitions for students and graduates to pitch their ideas for start-up businesses, competing for funding from £200 to £20,000.

Get connected
Regular networking evenings give an opportunity to network with local businesses.

Visit www.bristol.ac.uk/careers/student-enterprise/



Akansha Subramanian

Vice-president
UoB Enactus

"By running social enterprises I realised each action has bigger consequences and can empower someone. I learned you grow through your failures. I formed two social enterprises, one was successful, one failed and flopped.

If you put your mind to anything and dedicate your time to anything and you truly understand the needs of a place without assuming what someone else requires, you can realise change."

Search for jobs

EcoJam

Website bringing together green jobs, events and news from Bristol and across the UK in one place.

Charityjob

Website advertising jobs in charities across the UK.

Graduate schemes

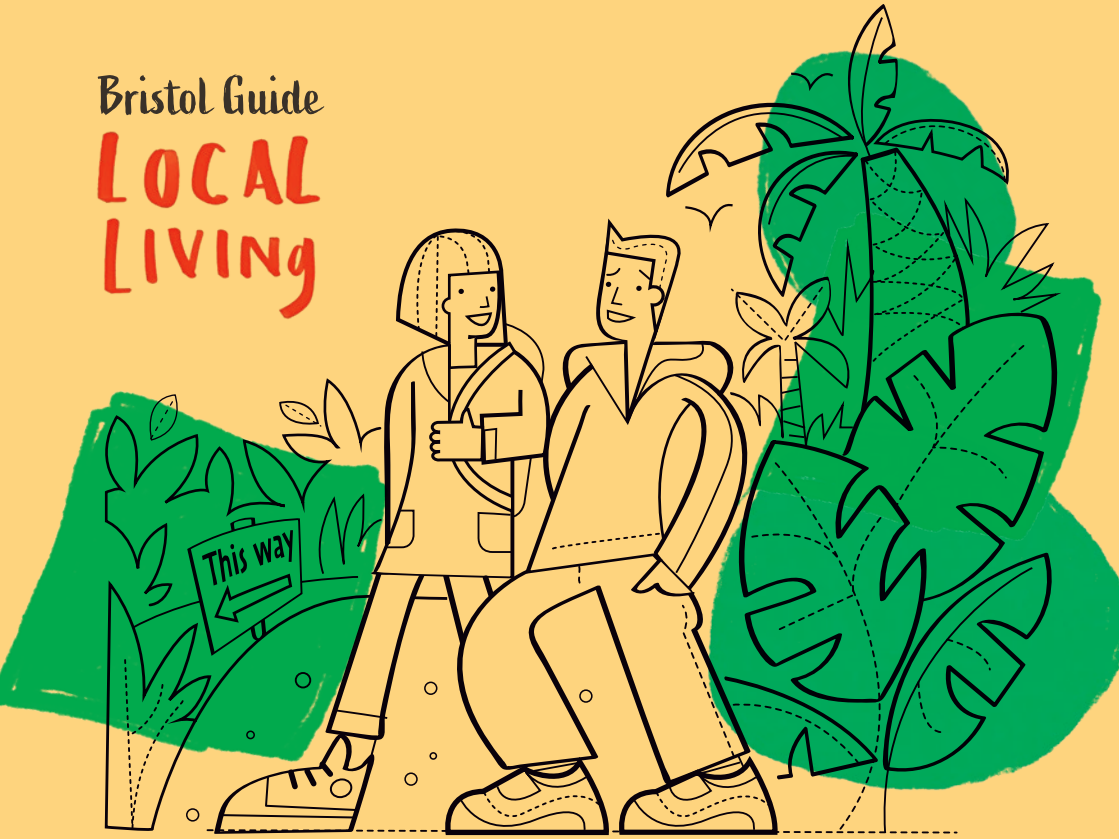
Traditionally the preserve of large corporations, a few schemes are launching graduates into not-for-profits and the public sector. Although not the only way to start a career in social impact, they offer mentorship, training, and put you in a cohort of other career starters.

Worthwhile places graduates in charities and social enterprises, and **Charityworks** match graduates to charities, not-for-profits and housing associations.

Public sector grad schemes give the opportunity to be part of transforming the delivery of front line services. Look into **Teach First, Frontline, Unlocked, Police Now** and **Think Ahead.**

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Wellbeing

University can be exciting and fun, but can also pose lots of challenges: pressure to do well academically, to make lots of friends, and to make it all look easy. Combined with our personal lives and family, it is not surprising we can find it difficult. It is important to care for our emotional and physical health and know where to reach out if we need some support.

Self care is different for everyone, so find what suits you. Here is some advice to get you started.

Take a break from the city

Being in a natural environment can reduce stress.

- Have a relaxing walk in one of the green spaces around Bristol. Ashton Court, the Blaise Castle Estate, and Leigh Woods are all a walk or a bus journey away.
- Appreciate a huge diversity of plant life and get free student entry at the University Botanic gardens.
- The Avon Wildlife trust run guided walks and several programs to help people connect with nature and support wellbeing. **www.avonwildlifetrust.org.uk**

Relax

Take time to relax and find perspective.

- **B:active** runs yoga classes.
- The Student Counselling Service runs a course on mindfulness. Several apps and books can introduce and guide you through a meditation practice.
- Find what works for you, it might not be downward dog, but could be listening to music, drawing, or enjoying a cup of tea.

Get active

It might seem obvious, but physical activity can help our mental health.

- **B:Active** run free and low cost activities and exercise classes in halls and on campus
- For non-pressured matches and a chance to get to know others in your halls and course, try joining your intramural sports teams.
- Find what works for you, it might be dance, walking, anything that moves your body and you enjoy.

Connect

Building meaningful connections with people helps us feel supported and understood.

- Ask a friend to have lunch together after a lecture.
- Organise a movie night with your flatmates.
- Join a society to meet people with similar interests, and join a volunteering project to meet people and contribute to positive change.

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Helpful Resources

For information and advice:

- The SU website and the Student Minds website have advice for health and wellbeing.
- The ESC Student app gives you information about common health problems and when to see a doctor.
- Mental health charity, Off the Record, have created the wonderful Resilience Lab, including online activities to explore how you're feeling and find ways to feel better

Sometimes we need a bit of help, and sometimes things feel really wrong. If you feel like this, you are definitely not alone and there is help available to you.

Nightline

A student-run non-advisory, non-judgmental listening service, running 8am-8pm in term times.

Student Counselling Service

Workshops and weekly sessions as well as offering one-to-one support. **www.bristol.ac.uk/student-counselling/**

Student Health Service

An appointment can serve as a good first step to signpost you to support for a range of issues. Make sure you register when you arrive. bristol.ac.uk/students-health

- Just Ask is a service offering advice on academic issues. www.bristolsu.org.uk/advice-and-support
- Your Personal tutor can be a first point of contact on academic or personal issues.

Activism, Wellbeing and the Community

Ruth Day
University of Bristol student

> Activism is, for me, the most empowering, worthwhile thing I've done since starting University. But a constant worry was the threat of burnout when you've worked yourself too hard and have nothing left to give. Yet activism doesn't have to lead to this, you can stay sustained throughout whatever you do.

So how can activism be part of a positive, grounded, sustainable lifestyle? How can we link activism and our wellbeing? In addition to this, you could view your own state of wellbeing as something inherently political. Surviving is a form of resistance: it's not only a show of immense strength, but is also a political act that defies how small and insecure the world can make you feel. But also, activism can be a form of self-care. It can bring you into contact with and embed you in many different communities, which can provide that sense of belonging and empowerment that can build you up to enact change.

Personally, activism brought me into an empowering University community of activists passionate about transforming Higher Education - the Bristol Student-Staff Solidarity Group. It was in this autonomous, grassroots group where I felt for the first time that I belonged somewhere at University. In a way, our 'successes' were not so much the actions we did, but the community we created. And then, having grown hugely though being part of this group, I was able to be part of starting something new - co-founding Support Our Services, a UoB mental health activism group. We were able to bring together those passionate about fighting for better mental health services together on a march through Bristol, and create a really positive space of defiance, creativity, and openness.

But it was venturing into communities outside the 'University bubble' which I think have impacted me and helped me grow the most. Over the summer, I took part in an activism course run collaboratively by OTR and University of Bristol called Generation Snowstorm where we looked at sustainable, compassionate, community-led activism.

Bristol Guide
LOCAL LIVING

We got to explore different autonomous spaces in the wider city, and also be inspired by the work of current activists and those that went before us. It was this community that taught me that it was okay to be vulnerable, rewarding to truly connect with other activists, and radical yet nourishing to come to my activism from gratitude rather than anger. Here, I was able to be impactful whilst growing in a much more personal way and connecting myself to the local Bristol community.

I believe that each community you join shapes and sustains you in a different way. Every new person that you come into contact with impacts you and helps you grow. Activism doesn't just have to be direct action or protests. It can also be reconnecting with nature, or creating a community where people feel supported and empowered.

Community-led, compassionate activism can be a form of self-care as well as giving you a platform to voice your views on those world issues that impact your wellbeing, and it's something that I have found so beneficial to me as person, as well as giving me the chance to help others. So if there's something you are passionate about, stand up, connect to other groups and find those communities that can empower you to go forth and make the change you want to see. ”

Want to get involved?

If you're interested in getting involved with any of the groups/projects mentioned, contact them here:

- OTR - www.otrbristol.org.uk
- Generation Snowstorm - @generationsnowstorm on Instagram
- BSSS - @bristolstudentstaffsolidarity on Facebook
- Support Our Services - @uobsupportourservices on Facebook



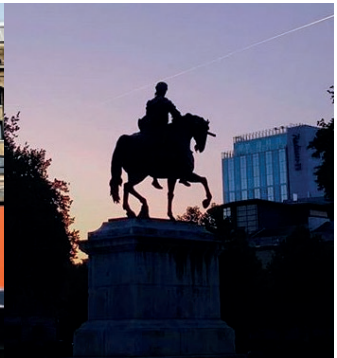
Visit somewhere in the guide? Take part in volunteering? Take action to live sustainably?

Share your photos with us on instagram - tag @bristolhub and use the hashtag #bristollocalliving

If you liked this guide and want to be involved in future editions, email **hello@bristolhub.org**

Thanks to Bristol Hub and the University of Bristol Sustainability Department for supporting the Guide to Local Living, to Sunny Miglani for photography, and to the students and alumni for their contributions.





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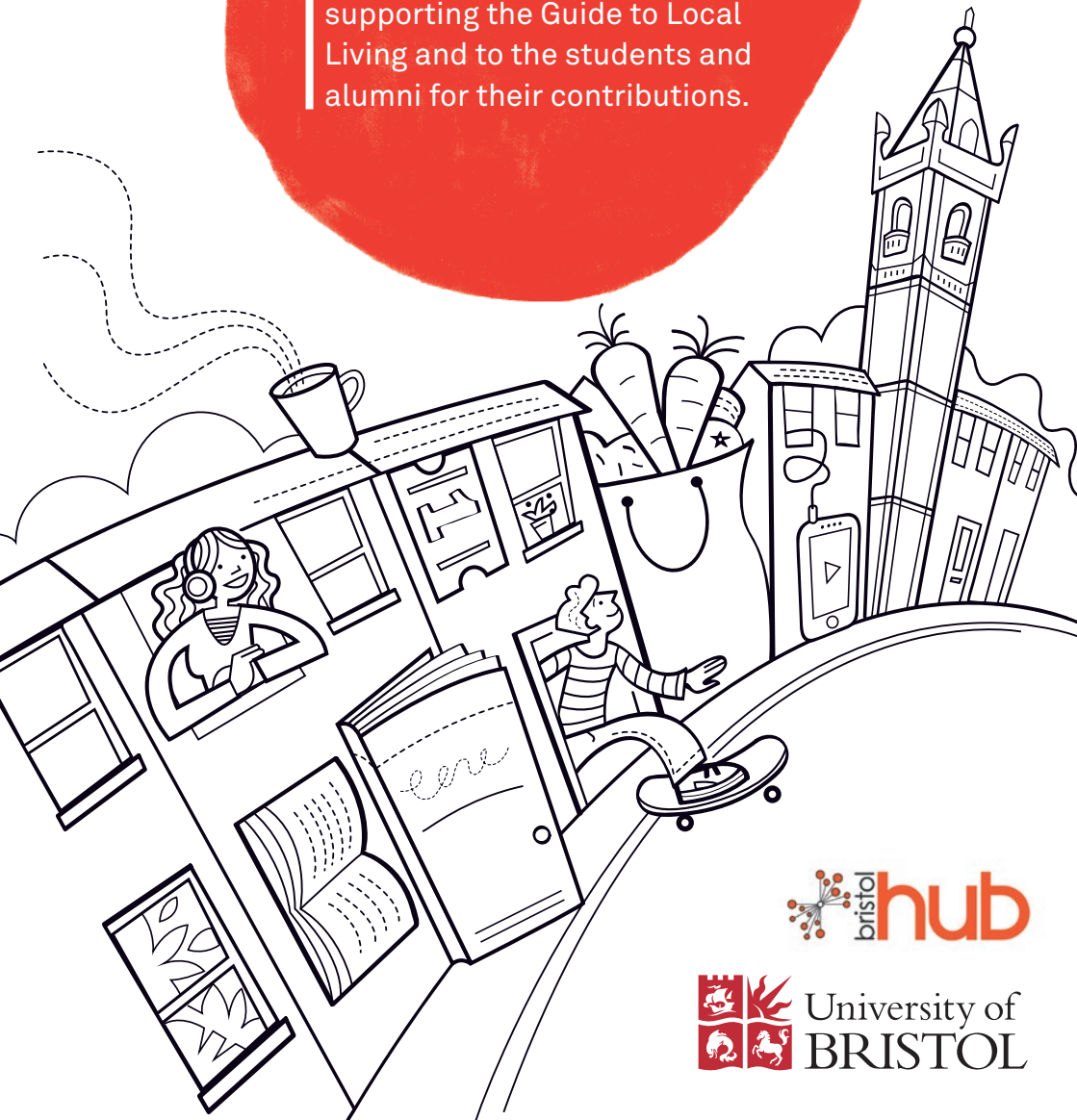
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