Welcome to the University of Liverpool

Wellbeing Map

Sports and Fitness centre
0151 794 3307
sfc@liverpool.ac.uk

Human Resources
0151 794 6771
hr@liverpool.ac.uk

Student Services
0151 794 5863
advice@liverpool.ac.uk
counserv@liverpool.ac.uk

Liverpool Guild of Students:
0151 794 6868
guildadvice@liv.ac.uk

Student Health Centre:
0151 285 4578
brownlowhealth.co.uk

Key

Be Active
1 Sports and Fitness centre
0151 794 3307
sfc@liverpool.ac.uk

Connect
2 Human Resources
0151 794 6771
hr@liverpool.ac.uk

Support
3 Student Services
0151 794 5863
advice@liverpool.ac.uk
counserv@liverpool.ac.uk

Take Time Out
4 Liverpool Guild of Students:
0151 794 6868
guildadvice@liv.ac.uk

Eat Well
5 Student Health Centre:
0151 285 4578
brownlowhealth.co.uk
Welcome to the University of Liverpool Wellbeing Map

Your health and wellbeing is a priority and we would like to show you the opportunities that are available. This map covers two campuses (Liverpool and Leahurst) and contains information on places to **Be Active**, places to **Connect**, places for **Support**, places to **Take Time Out** and places to **Eat Well**. This map is available for all students and staff. Please pay attention to “All Students (Undergraduate and Postgraduate) only” facilities.

### Be Active
1. Sports and Fitness Centre
2. Swimming Pool
3. Squash Courts
4. Fitness Classes
5. Shower Facilities available for cyclists
6. Walking for Health Meeting Points
7. The Guild LivCycle and BIKIOSK schemes *
8. Leahurst Campus Front Lawn
9. Leahurst Shower Facilities
10. Be Active

### Connect
11. Quiet Study Spaces *
12. Group Study spaces *
13. Muslim Prayer Room
14. Chaplaincy Office
15. Confucius Institute – Chinese Cultural Centre
16. Green Guild
17. The Guild Roof Garden and Beekeeping
18. Aquaponics
19. The Guild *
20. Guild Societies
21. Give it a Go Programme (volunteering)
22. Connect and Explore Zone, Career Studio
23. Leahurst House Common Room

### Support
24. Student Services *
25. Student Welfare Advice and Guidance *
26. Disability Advice and Guidance *
27. International Advice and Guidance *
28. Money Advice *
29. Counselling Service and Mental Health Advisory Service *
30. Careers and Employability *
31. Guild Advice and Support *
32. Human Resources
33. Computer Services Building
34. Student Administration Centre *
35. Liverpool Doctoral College
36. Library Services
37. University of Liverpool Children’s Centre Nursery
38. English Language Centre
39. Occupational Health
40. Student Health Centre *
41. Brownlow Health
42. Student Accommodation Office (Crown Place) *
43. Liverpool Student Homes *

### Take time out
44. Greenbank Student Village *
45. The Liverpool Guild of Students
46. Victoria Gallery and Museum
47. Garstang Museum
48. Augustus John Pub
49. Blackwell’s Bookshop
50. Leahurst Bar

### Eat Well
51. Café’s
52. Local Shops
53. The Guild
54. The Court Yard
55. Starbucks
56. The Sphinx
57. Leahurst Café

*All Students (Undergraduate and Postgraduate) only*
Leahurst House

Liverpool City Centre
Lime Street Station
Buses and Shops
10 min

Ness Botanic Gardens

Sefton Park
20 min
Princess Park
25 min
Local Shops
11 min

Be Active
Connect
Support
Take time out
Eat Well

Building entrance
Accessible entrance
Secure cycle parking
Buses
Library
Local shops
Café's
Civic directions