ETHICAL LIVING

How to lead a local, sustainable lifestyle

University of Warwick Campus
Leamington Spa
Kenilworth
Coventry & Earlsdon

2019 - 2020
Welcome to the University of Warwick’s ‘Ethical Living’ guide to leading a local, sustainable lifestyle in the West Midlands.

Whether you’ve just come here on a 12 hour flight or have returned for another year from only 12 miles away, this guide will better acquaint you with life on- and off-campus in the West Midlands region.

We’ll introduce environmentally-leading projects and businesses across campus, Leamington Spa, Kenilworth, Coventry and Earlsdon - from local grocers, cafés and independent retailers, to sightseeing spots and pastime activities.

You’ll learn how simple lifestyle changes can reduce your energy consumption, curtail the waste you produce, and save you money during your time at Warwick. If you’re interested in working in the not-for-profit sector during or after university, we have a section dedicated to sustainability-related volunteering projects and graduate opportunities.

We know how tough University life can be mentally, putting students into unknown territories of stress, anxiety and even depression. If this touches home with you, there is a specially-curated list of services and people who can talk, listen, and help. Being ethical is as much about taking care of yourself as it is about taking care of the world around you.

We hope this guide serves you well during your time at Warwick. We have no doubt that you’re going to do great.
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GENERAL TIPS

Shop locally

Use large supermarkets only when you have to. Buy locally to:

- Connect with your community and grow your network
- Support local businesses and local development
- Preserve the character and livelihood of your town
- Know where your purchases come from, and reduce transport-related emissions
- Experience local traditions and unique tastes

Shop seasonally

Check what farmers are growing throughout the year: [http://eatseasonably.co.uk/what-to-eat-now/calender/](http://eatseasonably.co.uk/what-to-eat-now/calender/)

Look for British produce - it's more likely to be in season and available abundantly. Buying products flown from around the world creates considerable carbon emissions.

Buy organic

'Organic' doesn't simply mean adding 50p to the price of an otherwise low-cost item. Organic farming reduces the level of pollutants in groundwater, creating richer soil and promoting plant growth as a result. It reduces erosion, exposure to pesticides and antibiotic-resistant bacteria.
University of Warwick Food Co-op is a non-profit, student-run social enterprise which promotes organic and Fairtrade products. They sell fresh fruit, vegetables and dried foods weekly, usually in the SU Atrium. All products are sustainably-sourced and reasonably-priced.

Visit their Facebook page for weekly stall updates.

Piazza Market Days are held on campus fortnightly, on Wednesdays, between 11 - 3 pm. The food is multicultural, fresh, and almost-wholly produced in Warwickshire.

The Allotment Society is not what you’d immediately expect from a student society. Behind Arthur Vick, however, lies a clearing with raised beds, greenhouses and sheds, and lots of fresh fruit and vegetables being grown for student use.

RAWKUS is a volunteer-based campaign collecting food and goods left behind by students at the end of term. You can also bring your leftover items to designated collection points in the weeks leading up to going home. The items are then donated to local charities. There is also a Food Donation Point at Tesco in Cannon Park.

Follow the RAWKUS Facebook page for collection updates.
Gaia Food is a food co-op found at Regent Place. Most of their products are organic, with nearly all being locally-produced under a policy of Fairtrade. They sell vegetable boxes, fruit, fresh bread, weighed dried goods and toiletries.

Canalside Community Food is a community farm providing vegetables and fruit to its members. You can buy a share of the vegetable harvest or pick your own fruit - it’s based in Radford Semele.

Wild and Free aren’t based in Leamington – but they’ll deliver there. They specialise in vegetarian, vegan, dairy-free and gluten-free produce, with the widest organic range in Warwickshire. You can buy everything online and they will deliver for free on Tuesdays.

Leamington Night Shelter is a non-profit organisation providing overnight sleeping arrangements, hot meals, food parcels and take-away food for those who are at risk in Leamington. You can donate left-over food, sheets, clothes or crockery, or become a volunteer.
Kenilworth Market takes place every Thursday near the Holiday Inn. Farmers, retailers, and fishmongers turn up to fill the entire square with low-cost, local produce.

Joe Richards the Greengrocer sells low-cost, British seasonal produce. You can buy fruit and vegetables by weight, local chutneys, and discounted sweet items.

If you can’t be weaned off meat, Steve Crowe & Son is a top-rated butcher selling Warwickshire meats.

So many more people are moving to Kenilworth now that it’s so important we champion its people and their produce.
COVENTRY & EARLSDON

Outside of central Coventry, on Earlsdon Street, Down to Earth is an organic, independent shop stocking wholefoods, fairly traded goods and locally-sourced produce. They also deliver grocery boxes locally, and offer a range of plastic-free or biodegradable house and body products - bring your own containers to reduce waste!

Five Acre Community Farm is located between Coventry and Rugby. The local community can support farmers by signing up for a weekly share of the harvest for £7-£12.

The Pod is a social activism program in Coventry. You can help on their allotments or visit their city café. Bring back your own food and learn about stopping food waste.

Coventry’s very own Farmers Market has a bunch of stalls selling home grown, bred, caught, pickled, brewed or baked goods.

LIVE.

It’s the City of Culture - we have to know our own culture and invest in it to be able to promote it.
Curiositea brings in cakes and bakes from local suppliers, offering vegan options for all milkshakes and drinks.

Warwick SU

The Oculus Café has the widest range of vegan options on campus, serving sandwiches, snacks and cakes. As a cashless café, it’s the campus’ “fast food” point.

The Oculus, Health Centre Road

EAT.

Hit up the Dirty Duck for classic pub-style food, with plenty of meat-free and healthy options. With your Eating at Warwick card discount, this one rivals Spoons.

Warwick SU

Fresh Rootz shakes up world cuisines with veganism and respect for the planet. It appears every fortnightly at the food market, selling specialities from Sri Lanka to South Africa.

The Piazza
The Garden Shed Café was the first fully vegan café in Warwickshire. It boasts a full menu from pizza to all day breakfast, so there are plenty of opportunities to test whether you’d miss meat or not.

Warwick Street

Coffee Architects is a popular spot renowned for generous portions, slick aesthetics, and many vegan/vegetarian options. You’ll find plant-based and organic produce in their funky menu.

Warwick Street

Leamington Spa

Pure and Raw is an independent juice and coffee bar, serving deliciously fresh food with health at its heart. Fruit and vegetables lie at its core, meaning that produce is often vegan and environmentally-friendly.

Regent Street

Warwick Street Kitchen are extremely ethically minded — they have food to suit all diets, and use only compostable or reusable crockery.

Warwick Street

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Regent Place

Leamington Spa

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**Totally Vegan** is pretty self-explanatory: the food is plant-based, low-cost, and totally delicious. You can go for coffee and a muffin, or something more substantial - we’ve heard the nachos are winners.

*Fargo Village*

**Falafel Corner** is a hugely-popular creator of fresh, made-to-order vegan falafel, as well as organic juices. With take-away as the focus of the business, why not bring your own Tupperware and stock up?

*Broadgate*

**Soma Gourmet Salads** create high quality, unique salad combinations, purely from seasonal produce. You’ll find a great array of vegan and vegetarian produce, with the menu changing daily.

*City Arcade*

**The Pod** is a social enterprise, created to represent the Coventry Food Union. With the mission statement that no one should suffer from hunger, and food should bring us together, this café serves vegan food from community allotments.

*Far Gosford Street*
The Almanack is a popular and stylish spot in the centre of Kenilworth town. They are open from breakfast until late, and every meal champions local produce.

Arden’s Café is a sustainable way to eat and drink on a lazy afternoon. Vegan milks, reusable ceramics and a focus on bringing Warwickshire food into its menu, it’s not to be missed.

EAT. Kenilworth

Instead of taking away your curry, enjoy the stylish ambience of the Indian Edge restaurant. Curries are often made without dairy, making for excellent vegan nights out.

Zizzi may be a well-known and well-loved chain, but it is now offering a full vegan menu. You can stay true to your Italian favourites while saving the planet.
**Street**

**Street** in Earlsdon is an Asian Street-Food style restaurant, selling everything with gluten free and vegan options. It’s great for students, with small and large options available too.

**Millsy’s Café Bar** has local artists playing live music and serves a wide menu to cater for all diets. It’s an independent café that is as successful as a chain - a definite recommendation.

**EAT. Earlsdon**

**Kendall’s** of Earlsdon has been described as the best delicatessen north of London and east of Ludlow - it serves only the best of local produce, acting as a hub for the community of Earlsdon.

**Da Vinci’s Italian Ristorante** is an upscale place to celebrate that essay result, a BUCS win, or someone’s birthday. Vegan options range from jackfruit to dairy-free, classic Italian recipes. You can also order through Deliveroo, meaning that the food is cycled to your door.
Want to see change on the streets where you live?

With Coventry Winter Shelter or Leamington Night Shelter, you can volunteer for an evening, night or morning and provide a life-changing experience for those without a roof over their heads.

Interested in helping 8 charities at once?

RAWKUS collects all unwanted belongings and food on campus once students have moved out. This happens termly and all collections are targeted towards 8 different charities.

Interested in educating people on sustainable food, transport and energy?

Action 21 runs community groups in Leamington Spa.

Love encouraging an outdoor or active lifestyle?

Become an activator or leader for one of Warwick Sport’s many different sport, fitness, and wellbeing activities. You could lead a lunchtime walk, an evening running group, or even a football training session.

Interested in helping 8 charities at once?

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Passionate about ending hunger?

Food Union brings people in Coventry to make food accessible - from working on allotments to community cafés.

Love Leamington?

Keep Foundry Wood safe and clear by helping teams of volunteers maintain a beautiful environmental repose.

Care for the green spaces around the University?

Friends of Canley Green Spaces meet weekly to plant spring bulbs, create meadows, and uproot invasive species.
The Social Finance graduate programme is unique in the social investment and social change industry. It offers a training programme across three years to equip you with both the technical and transferable skills to develop as a Leader for Social Change.

CharityWorks is the UK non-profit sector’s graduate programme. As a Graduate Trainee you will deliver a full time job in a partner charity or housing association, and take part in a acclaimed leadership programme.

Take on a British Red Cross volunteering internship - you could be sent abroad, work on international or national crises, help refugees, or start fundraising initiatives.

Charity vacancy website Eden Brown is a great way to find national, regional and local opportunities for job posts following your degree. It has vacancies listed often for all non-profit ventures.

The Worthwhile Graduate Scheme enters you into the social impact space. Through the facilitation of meaningful work placements and training, the Worthwhile Graduate Scheme is the strongest starting point for those passionate about a social impact career.

Civil Service Fast Streamers are given a range of contrasting placements or postings in government departments and agencies. This provides the opportunity to build up a portfolio of experience by moving between areas of work.

Frontline's mission is to transform the lives of vulnerable children by recruiting and developing outstanding individuals to be leaders in social work and broader society.

TPP is a charitable job agency, with a large board of posts every week. Graduate and entry-level positions near the University are often found advertised here.
On Campus

• We have over 60 sports clubs for you to test out - membership will bring great benefits, such as free facility hire, discounted classes, and great friends.
• Heard of our #ActiveCampus? Rock Up and Play is a scheme designed to keep our campus active, where you can pay and play on an on-spec basis. No pressure, no obligations - just further ways to live a healthy life. Sports available include badminton, squash, athletics, football.
• Warwick Sport offers FREE classes too. As part of a comprehensive wellbeing scheme, free yoga for study and wellness workouts are often brought to key areas of study.
• The Outdoor Activity Zone on Claceycroft Field boasts an outdoor gym, a basketball court, and plenty of space for sprints. The best thing about it is that it's free and open to everyone!

Off Campus

• The 52 Cycle Route is an amazing opportunity to go from campus into the heart of Coventry, or through Kenilworth to Leamington.
• Leamington is home to an array of low-cost gyms, such as BizFitness, to get out of the house.
• Kenilworth’s Abbey Fields are known for tricky hills to challenge all budding athletes. You can find free tennis and basketball courts here, as well as a river for paddling.
• Coventry’s War Memorial Park is home to some brilliant running and cycle routes—there is a Park Run there every Saturday at 9 am too.
• Earlsdon’s Hearsall Common is great for a walk, a jog, or as a way to get to the University.
- Find the bluebells in **Tocil Wood** in Spring
- Do a **free Warwick Sport class** on the Claycroft Activity Zone
- Watch the sunset on **Windmill Hill**
- Watch our ducks and geese behind **Bluebell**
- Find the **Diamond Wood**
- Do the **Campus Energy Trail**
- Walk to see the **Cryfield Energy Centre**
- Hire a **NextBike** to cycle around Lakeside and Tocil
- Do the **Campus Sculpture Trail**
- Squirrel watch along **Canley Brook** to **Gibbet Hill**
- Check out the **Allotment** behind Arthur Vick
- Walk to **Canley station** instead of getting trains from Coventry
- Watch the sunrise at **Cryfield Pavilion**
- Go on a **Charging Bike** in the Library to study
- Try out all of the different **retail outlets** when buying your coffee - don’t just go to the nearest
- Do the **Coventry Park Run** - even if you intend to walk it!
- Walk, run, or cycle to Earlsdon along **Kenilworth Road**
Transport

Cycle
NextBike have bike stations across campus, with flexible prices to rent a bike for the whole year. You can drop the bike off anywhere across our 18 stations.

Car share
For students, LiftShare is your best option. Find a friend who is offering lifts, sign up, and they'll arrange where to pick you up.

Bus
11/11U/12X - This service is run by National Express and is £2.10 for a single. All run to Coventry, and the 11 runs to Kenilworth and Leamington upon return.

U1/U2/NU1 - Takes you to Leamington directly for £3.10 for a single. Ran by Stagecoach.

60/43 - To WMG Academy, Ricoh Arena, University Hospital for £2.

87 – Hop over to Solihull in an hour, hourly from Cannon Park.

Train station
Canley is the closest station, with trains to London Euston and Birmingham New Street. A 25 minute walk from campus.

Taxis
Central Taxis is the recognised University taxi service, but Uber is also available.

EXPLORE. Campus

Discoveries
1. Tocil Wood
2. Lakeside Route
3. Windmill Hill
4. Diamond Wood
5. Campus Energy Trail
Transport

Cycle
Find plenty of bike racks and spaces across the town, with a cycling parking hub at the train station. Cycle lanes run from Kenilworth to the town centre.

Bus
11 – Getting to Kenilworth, Campus, and then Coventry in no time, this service is run by National Express and is £2.10 for a single.

U1/U2/NU1 - Takes you out to campus and back with few stops, £3.10 for a single, ran by Stagecoach.

EXPLORE. Leamington

X18/18 - To Warwick, if you like castles, and then to Stratford, if you like Shakespeare.

Train station
The train station is at the bottom of the Parade, beyond the Church. It has cross-country services to London Marylebone, Bournemouth or Newcastle. You can also go to Stratford, Solihull and Birmingham New Street.

Car share
For students, LiftShare is your best option. Sign up!

Taxis
A taxi rank is found at the station and near the Church. Uber operates regularly.

Discoveries
1. Jephson Gardens
2. Pump Room Gardens
3. Victoria Park
4. Warwick Town
Transport

Cycle
Kenilworth is home to the University's most renowned cycle route, Route 52. This takes you through Campus to Cryfield, Crackley Woods, and along the Kenilworth Greenway.

Train station
Kenilworth's train station reopened in 2018. It serves Coventry and Leamington, taking 5 minutes to get to each destination with West Midlands Trains.

Bus
11 - To Leamington and to campus/Coventry, runs two to three times an hour.

17 - Stratford, via Leamington. Stagecoach ran.

Car share
For students, LiftShare is your best option. Find a friend who is offering lifts, sign up, and they'll arrange where to pick you up.

Taxis
A taxi rank operates on the Main Square, opposite the Holiday Inn. Campus to Kenilworth can be up to £15.

EXPLORÉ. Kenilworth

Discoveries
1. Abbey Fields
2. Kenilworth Castle
3. Stoneleigh Abbey
4. Kenilworth Greenway
5. Kenilworth Centre
**Transport**

**Cycle**
There are several cycle routes running around Coventry. From University, follow the cycle route from Gibbet Hill alongside the road, or follow the 52 signposts from Cannon Park through Canley, Earlsdon, and then into Coventry.

**Train station**
Coventry is one of the most well-connected stations. It’ll take you an hour to get to London, 20 minutes to reach Birmingham. There are also frequent trains to Glasgow, Reading, Manchester and more.

**Bus**
11/11U/12X - Go to Coventry station/city centre directly with 12X or take a detour from Pool Meadow through Earlsdon to Kenilworth and Leamington.

X18 - Coventry City Centre to Stratford and Warwick. Runs via Leamington.

**Car share**
For students, LiftShare is your best option. Find a friend who is offering lifts, sign up, and they’ll arrange where to pick you up.

**Taxis**
Taxis can be taken from the train station, the city centre rank, or private hire is available.

**EXPLORE. Coventry**

**Discoveries**
1. War Memorial Park
2. Allesley Park
3. Swanwell Park and Pool
4. Coventry Transport Museum
5. Lady Herbert’s Garden
Transport

Cycle
You can follow the 10 route through Canley to Tocil on campus, and keep following that to join up with the 52 (Kenilworth Greenway) if you fancy a longer ride to Kenilworth or even Leamington. The 11 route takes you along the Gibbet Hill route, after passing Hearsall Golf Course.

Car share
For students, LiftShare is your best option. Find a friend who is offering lifts, sign up, and they'll arrange where to pick you up.

EXPLORE. Earlsdon

Train station
Earlsdon is almost equidistant from Canley and Coventry. Canley has services to Birmingham or London, whereas Coventry gives you Cross Country choices.

Bus
The 11 and 11U runs to campus and then onto Leamington via Kenilworth. The 5 goes to Canley train station, via Tile Hill and Cannon Park.

Taxis
Taxis can be called from private hire companies and Uber is normally on hand.

Discoveries
1. Hearsall Common
2. Spencer Park
3. Lake View Park
4. Canley Brook
**RECYCLE. Campus**

*What goes where?*

**Clean Recyclables**
Plastic packaging, cardboard, newspapers, magazines, cartons, food tins, drink cans, foil, aerosols.
*NO FOOD, LIQUIDS, GLASS.*

**Non-Recyclables**
Plastic bags, plastic cutlery, clingfilm, polystyrene packaging, disposable cups, paper towels, uncleaned packaging, food waste.
*NO LIQUIDS OR GLASS.*

**Clothing Banks**
Clothes, shoes, accessories, bags, books, CDs,

**Batteries**

**Office Paper**

**Food waste**

**CDs, DVDs**

**Crisps packets**

Visit our website for an [A-Z list of recycling points on campus](warwick.ac.uk/recycling):
RECYCLE. Leamington & Kenilworth

What goes where?

Newspapers, magazines, junk mail, catalogues, envelopes, phone directories, shredded paper.

Glass bottles (without corks) and jars (without lids).

Metal tins, aerosol cans, aluminium foil and foil trays, sweet/biscuit tins.

Cereal boxes, egg boxes, toilet roll tubes, cardboard, birthday cards, tissue boxes.

Food packaging, meat trays, yogurt pots, margarine/ice cream tubes.

Beauty product pots, cleaning or toiletry bottles, lids and caps.

NO BLACK PLASTIC, ALL WASHED.

Food waste (meat, fish, bones, coffee grounds, tea bags, vegetables, plate scrapings, rice, pasta, beans, bread, pastries, dairy).

Leave out liquids, oils, and packaging.

Garden cuttings, small branches.

Wrapping paper made with glitter or foil.

Food waste that can’t be composted.

Collected fortnightly.

Clothes, footwear, belts, bags.

Curtains.

No duvets and pillows.
**RECYCLE.**

Coventry & Earlsdon

*What goes where?*

- Newspapers, magazines, junk mail, paper.
- Cereal boxes, cardboard, food tubs, cartons.
- Food/drinks cans, tins, plastic and glass bottles.
- Cleaning bottles, bottles and tubs for toiletries.

**NO FOOD WASTE, CLOTHES/BEDDING, CARRIER BAGS, POLYSTYRENE; ALL CLEAN ITEMS.**

- Black bagged waste, such as food that can’t be composted, polystyrene, cling film, soiled or contaminated packaging, and liquids.

**NO RUBBLE OR ELECTRICAL ITEMS.**

- Food waste, including plate scrapings, bones, meat, fish, vegetables, dairy, and additionally plants, flowers, weeds, twigs and grass cuttings.

- Clothes, footwear, belts, bags, curtains.

**NO DUVETS AND PILLOWS.**
Don't create waste in the first place - only take what you need to Uni and ensure your housemates and yourself pool equipment, cleaning products, and even ingredients.

Use what you have to the maximum, and only then think about passing it on to a friend or a local charity shop. You can bring old clothes to the SU Swap Shop, happening termly.

Always recycle, to let waste be broken down into its most basic form and create new products. Try to buy recycled things too - pencils, clothes, and paper can all be purchased accessibly.

You can allow certain waste, such as biomass, to be incinerated or aerobically digested. This returns the energy to the National Grid, feeding the energy you need with the energy you’ve used!

**CAMPUS**
- Bins in every kitchen - green bags to be used for recycling.
- Large recycling bins (glass, plastics, paper etc). around every Hall of Residence.
- RAWKUS boxes - end of term collections of food and unwanted goods.
- Tesco Food Bank Donation Point, for unwanted food.
- Warwick Swap, for trading University-owned items

**LEAMINGTON AND KENILWORTH**
- Princes Drive Recycling Centre, near Victoria Park, Leamington.
- Cherry Tree Orchard Recycling Centre, Kenilworth.
- Action 21, Sydenham - community furniture reuse scheme.
- Leamington Night Shelter, blankets and food.
- Age UK Charity Reuse shop.
- Kenilworth Recycling Centre.

**COVENTRY & EARLSDON**
- The Coventry Waste and Recycling Centre

**WHY?**
- Protects habitat destruction, reduces deforestation, and preserves rain forests.
- Reduces volume of chemicals and greenhouse gases otherwise released in landfill.
- Requires less energy, meaning natural resources remain protected.
- Reduces need for raw materials, saving precious stocks.
- Land space not required - most landfills are full in the UK now.
WASTE. Food

What is going to waste?

The average UK family is wasting nearly £60 a month, throwing away almost an entire meal a day.

20 to 40% of UK fruit & veg are rejected before reaching the shelves due to 'cosmetic' standards.

8.4 million people, about the population of London, reported having insufficient food in the UK in 2014.

What can we repurpose?

Made too much pasta? Turn it into pasta bakes and pasta salads.

Instead of throwing old fruit away, make a smoothie - chances are they're still good.

Freeze youghurts that are about to expire for a quick frozen yoghurt!

How can we prevent it

Freeze for the future

Compost your waste

Plan your meals
Warwickshire produces 5 million tonnes of CO2 a year, and campus alone costs £1,250 an hour to run.

Layer up, before putting the heating on, and ensure radiators are unobstructed/curtains are closed at night for maximum heat flow.

You can improve appliance efficiency by keeping fridges between 3 and 4 degrees, defrosting freezers regularly, and using pan lids.

Turn chargers, empty plugs, and most importantly, lights, off at the wall. Set timers for appliances to charge at 4 am, so they use cheap electricity and don’t overcharge.

Wash at 30 degrees, in one large wash per week, then let clothes dry naturally on a rack.
WASTE. Water

It takes **3 litres of water** to make **1 litre of bottled water**.

A running tap uses **6 litres of water per minute**.

Flushing toilets uses between **7 and 13 litres of water**.

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Have **showers** rather than baths.
- **Time your showers** and aim to beat them by 1 minute each time.
- Try to **shower in the gym or University facilities** where heating and lighting is optimised to save energy.

Only **fill the kettle for what you need**. Fill your mug and empty it into the kettle.
- **Turn the tap off** when brushing your teeth, shaving, or washing your hands
- **Turn the shower off** when shampooing.
- **Fault report** leaks to Accommodation.

Flush the toilet appropriately with the **dual-flush**.
- If you and your flatmates can, agree to **avoid flushing the toilet at night**.
- **Don’t flush anything inappropriate down the toilet** - even a tiny cotton bud can pose problems for water flow.

Use a **washing up bowl** to wash your dishes.
- **Save dishwater for watering plants** or your garden off-campus.
- If you have a **dishwasher**, limit use to Friday nights only and switch on overnight on eco-setting.
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<tr>
<th>Topic</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Academic pressures or exam stress</td>
<td>Personal Tutor - for discussion of marks and modules&lt;br&gt;Student Advice Centre - for plagiarism or complaints</td>
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<tr>
<td>Adjusting to university life</td>
<td>Residential Life Team - go to your Resident Tutor or Warden&lt;br&gt;Student Advice Centre - for family, housing, or relationship problems</td>
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<td>Alcohol and legal highs</td>
<td>GP - to access NHS medical help from the University Health Centre&lt;br&gt;Personal Tutor - if addictions or abuse may affect your studies</td>
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<tr>
<td>Anger issues</td>
<td>University Counselling Service - access individual, group or email counselling, based in Westwood</td>
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<td>Anxiety</td>
<td>Mental Health and Wellbeing Services - access a specialist mentor&lt;br&gt;University Counselling Service - access counselling in Westwood</td>
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<tr>
<td>Bereavement/Grief</td>
<td>University Counselling Service - individual, group or email counselling</td>
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<td>Bullying or harassment</td>
<td>Dignity at Warwick - contact department online here&lt;br&gt;Student Union Advice Centre - located inside SUHQ</td>
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<td>Depression or low mood/self-esteem</td>
<td>GP - call the University of Warwick Health Centre on&lt;br&gt;Mental Health and Wellbeing Services - access a specialist mentor</td>
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<td>Exam stress</td>
<td>Study Happy (Library) - classes and workshops designed to relieve stress</td>
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<tr>
<td>Hate crime</td>
<td>Dignity at Warwick - make a complaint online&lt;br&gt;University Support Services - University House</td>
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<td>Loneliness</td>
<td>Nightline - available 9pm to 9am, or via email&lt;br&gt;Sabbatical Officers - Welfare/Societies/Sports offer social opportunities</td>
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<tr>
<td>Perfectionism/Procrastination</td>
<td>University Support Services - specialist help from University House&lt;br&gt;Study Happy (Library) - classes and workshops to study efficiently</td>
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<td>Relationships</td>
<td>Student Union Advice Centre - advice for survivors and consent</td>
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<td>Sexuality</td>
<td>LGBTQ+ Officer - a part-time officer found in the SU&lt;br&gt;University Support Services - find specific guidance from University House</td>
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<tr>
<td>Sexual health</td>
<td>SU Gum Clinics - held in the SU monthly, check Wall Planner&lt;br&gt;SU Welfare Officer - to access safer sex materials and for advice</td>
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## CARE

### Off-campus

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<th>Service</th>
<th>Contact Details</th>
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<tr>
<td>CRASAC</td>
<td><strong>Tower Street, Coventry</strong> - supporting victims of sexual violence, relationship abuse, and rape in Coventry and Warwickshire</td>
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<tr>
<td>Coventry and Warwickshire Mind</td>
<td><strong>Brunswick Street, Leamington or Windsor Street, Coventry</strong> - from alcohol abuse to anger, or depression to anxiety, Mind will listen and help focus your problems on solutions</td>
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<tr>
<td>Recovery Partnership</td>
<td><strong>Court Street, Leamington Spa</strong> - helping people who have suffered from alcohol addiction take new directions</td>
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<tr>
<td>Quit4Good</td>
<td><strong>Local pharmacies</strong> - Quit4Good Warwickshire operates in many pharmacies, with trained specialists on hand to give advice</td>
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<tr>
<td>The Laura Centre</td>
<td><strong>Coming soon</strong> - a non-profit based in helping the bereaved, coming to Coventry and Warwickshire</td>
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<tr>
<td>Cybersmile</td>
<td><strong>Warwickshire</strong> - tackles online social abuse and hate crime - operates online <a href="https://www.cybersmile.org/advice-help">https://www.cybersmile.org/advice-help</a></td>
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<tr>
<td>Relate</td>
<td><strong>Coventry Business Park</strong> - delivers counselling in family problems, relationship issues, and sex therapy</td>
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<tr>
<td>Time Out Counselling</td>
<td><strong>Palmer House, Coventry</strong> - provides free or low-cost services to those struggling with mental illness, or hidden issues they cannot talk to others about</td>
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<tr>
<td>ISHS</td>
<td><strong>Integrated Sexual Health Services, Coventry Health Centre, Stoney Stanton Road</strong> - offers sexual health appointments for advice, provisions, or disease prevention</td>
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<tr>
<td>Samaritans</td>
<td><strong>Moor Street, Earlsdon</strong> - runs support groups with Cruse and takes phone calls when feeling suicidal - 116 123</td>
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<tr>
<td>Sycamore Counselling</td>
<td><strong>Nuneaton</strong> - low-cost sessions working to resolve anger, victimisation from bullying or manipulation, and anxiety - 024 7674 4544</td>
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<tr>
<td>Mental Health Matters</td>
<td>24/7 phone hotline to call when suffering from any mental health issue - 0800 616171</td>
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</tbody>
</table>

In case of a crisis, call 999 if a life is at risk. Use 111 for non-critical emergencies, and call Samaritans if you or a friend is harbouring suicidal tendencies.
GROW.

Not sure where to start? Here's how you can begin your sustainable journey:

- **Carry a reusable cup with you**: find some affordable ones at Rootes Grocery Store.
- **Carry canvas bags in your bag**: get yours from Rootes, the Bookshop or Tesco.
- **Avoid printing where possible**: scrap paper is available in the grids and the Library.

**CUT THE FLOW**

- Take part in Cut The Flow campaign if on campus: get your flatmates to join in.
- **Become a Green Champion**: sign up on our website.
- Take part in Meat-Free Mondays: check all campus outlets for a wide range of options.

**GREENWEEK'19**

- Take part in Green Week and the Sustainability Summit: develop your knowledge and your CV.
- **Apply to the SU Sustainability Fund**: Up to £5000 of funding available.
- Help out with RAWKUS, Disco Soup, or Warwick Blackout: end waste of goods, food, and energy.