

Event	Description
Sunrise Yoga	A morning yoga practice to set you up for the day.
Solution Focused Imagineering- towards being the best version of myself	Many of us use our imagination to imagine the worst, not the best, happening to us in the days to come. Using techniques from a Solution Focussed approach, this session will ask you to utilize the power of your imagination to imagine being the very best version of yourself – maybe your most confident or relaxed self. What would be different? What would you notice? What would other people notice? Come along and find out!
Calm your brain and have a croissant	A chance to eat a healthy breakfast (or a croissant) and relax your mind before a busy day.
Launch day	Come to University place for a variety of events. Check out the support services we have for you, pedal your worries away on a smoothie bike, relax your mind with some colouring, measure your wellbeing or get a free massage!
Bungee run bouncy castle	See how far you can run and bounce back with our bungee run. Challenge a friend or connect with someone new.
Creative writing workshop	Fancy yourself as a poet, author or playwright? Maybe you just like putting down your ideas; this workshop can help you with that and get you started on your new project.
Free Massage	It's in the name! Free neck and shoulders massage from trained therapists.
Free file and Polish from Beauty Bee	A free and quick file and paint update for your nails brought to us by Beauty Bee our on-site beautician based in the Wellbeing rooms.
Table Tennis	Free table tennis session. Suitable for any level of ability.

Collection Bites: Time for Tea?	<p>Any problems? A cuppa first! To sit down together and have a cup of tea is one of the very British solutions to deal with any pressure, stress and problem.</p> <p>On the Monday of the University's Wellbeing week, we will sit down together at the Manchester Museum and talk about the beneficial effects of tea, and have a close look at the museum's tea-associated objects and specimens - from tea botany to tea culture.</p>
Softball	Free Softball session. Suitable for any level of ability.
Netball	Free Netball session. Suitable for any level of ability.
International society school visits (volunteering)	RocketWorld is an intercultural learning adventure for 7-11 year olds. Day visits to schools involve a giant inflatable Earth with NASA satellite imagery and volunteers from over 10 different countries. The children take part in a mission for international peace and friendship and must fly around the giant world in imaginary rockets visiting the volunteers from different countries.
Healthy Bake sale	A free bake sale full of delicious baked goods. In aid of charity. Baking Society and St. Peter's House working in partnership.
Staff Benefits and Wellbeing fair	A chance to come and meet various companies offering benefits to UoM staff as well as in house groups such as UMBUG. Plenty of goodies to give away and all those who attend will be entered into a prize draw!
Levenshulme market	18 stalls of Global food and cakey goodness. Get down to Bridgeford street for a new tasty street food experience.
Managing anxiety 1	A five session Cognitive Behavioural Therapy course for students at the University of Manchester. The group is for any student who experiences problems with what is commonly known as Social Anxiety or Social Phobia.
Squash	Free Squash session. Suitable for any level of ability.
Relaxation and guided meditation	An opportunity to move away from the desk, stretch out the body and refocus the mind using breath-work and guided meditation. Please wear comfortable clothes.

Mindfulness in Nature	Offered by the Whitworth, this mindfulness session takes place in the Whitworth garden allowing you to relax in nature. (Weather permitting)
ACEAS Choir in the museum	Take a different lunch break and enjoy some music in a gorgeous setting brought to you by our lovely ACEAS staff choir.
Learning how to relax	These relaxation sessions are an enjoyable way of taking some time out to teach your body how to let go of tense energy and how to help your mind and your body to relax into a state of calm energy. The beanbags are very relaxing and comfortable.
Godlee observatory tours	Come and explore the stars at the Godlee Observatory. Take a tour of this hidden gem and learn a little something about our universe.
Visitor team museum tours	Join one of our Visitor Team Assistants for an insightful view into our history and collections and learn more about some of the fascinating objects on display at the Museum. These tours are designed for people of all ages, interests and abilities and themes will change regularly. Suitable for all ages, free, drop-in (no need to book), Meet at the reception desk (Floor G)
Quidditch taster session/Open training	Hogwarts letter get lost in the post? Don't worry, you can still play the sport of Wizards. Try your hand at a game of Quidditch with the University of Manchester Quidditch team!
Mindfulness for concentration	Mindfulness meditation is an effective way to manage stress, and improve your concentration and general health. Meditation can provide a means of becoming calmer and more relaxed. In meditation we learn to respond differently to our experiences and use awareness to undo our habitual responses.
Lacrosse	Free Lacrosse session. Suitable for any level of ability.
Hockey	Free Hockey session. Suitable for any level of ability.
Badminton	Free Badminton session. Suitable for any level of ability.
Interval training	Interval training session.
Yoga Taster Breakfast	Wake up the body, focus the mind and fuel up on a healthy, energising breakfast.

<p>Tai-Chi for Wellbeing Wednesdays</p>	<p>All sessions will be free that week to all UOM staff and students- usually £5</p> <p>A traditional Chinese internal art for mind and body. Located in the peaceful setting of our Art Garden, Jian Taiji offer 2 qualified instructors at each class, both with knowledge and experience in Chen Tai Chi gained since 1996.</p> <p>Participants must arrive at our Park side entrance. Sessions will take place indoors during bad weather. Comfortable, flat footwear is advised.</p>
<p>The Closet Clothes Sale</p>	<p>Bag yourself some great pre-loved clothing and give to charity in one fell swoop.</p>
<p>Our life with Bees</p>	<p>The secret life of bees. Come share our experience of our first year with bees. An opportunity for Q&A and free honey-sweet refreshments.</p>
<p>In Stitches knitting group</p>	<p>The group meets weekly on a Wednesday, alternating between north and south campuses (The Hub Café in Manchester Meeting Place and the UMSA room in the Wellbeing Rooms on the ground floor of Simon Building). It is an opportunity to: chat to like-minded individuals, work on a charity, get involved in fun projects and get out of the office for a while at lunch-time.</p>
<p>Pilates</p>	<p>Develop your balance, strength and flexibility in this popular class. Wear comfortable moveable clothing e.g. leggings, shorts, and a t-shirt. No shoes required.</p>
<p>Finding motivation (Students only)</p>	<p>Do you find it hard to motivate yourself to attend lectures or complete your work? Have you lost sight of why you chose to do your course in the first place?</p> <p>Does it always seem easier to do anything else except your academic work?</p> <p>If so, then come along to the Finding Motivation workshop to seek understanding of why you lack motivation and discover strategies to help you break these habits.</p> <p>We will look at: the different types of motivation ideas about how to rediscover lost motivation, strategies to maintain motivation and how to challenge negative thinking.</p>
<p>Women only swim</p>	<p>A free swim at the Manchester Aquatics centre just for women.</p>

Opera Shack opera performance	Come along to Christie's bistro, have a coffee and enjoy a short up close performance from the Opera Shack.
Drama Workshop	A short drama workshop focusing on particular theatrical styles, including physical theatre. Suitable for all abilities and a good chance to learn more about theatre techniques.
Zumba	The global dance/fitness craze combining a mix of dances from the world's rhythms. Zumba is an excellent, fun workout with simple choreographed routines combining the mix of dances rhythms from around the world. Wear trainers or pumps, T-shirt, shorts, leggings or jogging bottoms.
WYC Student Society Workshop Wednesdays	Come and unwind and take part in a creative workshop led by Whitworth Young Contemporaries Student Society in the Clore Learning Studio overlooking the Art Garden.
Dodgeball	Free dodgeball session. Suitable for all abilities.
Mindfulness Meditation	A chance to begin your mindfulness practice in a relaxed and peaceful environment.
Console event (drop in)	Run by the Gaming society this is a chance to try out a variety of different gaming consoles and games. Drop in throughout the evening!
Ultimate Frisbee	Try something different with a free Ultimate Frisbee session. Suitable for all abilities.
Look after your mate workshop	<p>This session is aimed at students who are looking to support a friend at university who may be struggling with their mental health.</p> <ul style="list-style-type: none"> • The workshop covers key practical tips including: • Spotting signs in a friend • How to start a conversation • How to support a friend: listening and learning • Signposting to support • Looking after your own wellbeing as a supporter <p>This workshop has been developed by Student Minds.</p>
Free swim	Free Swim at the Manchester Aquatics centre.

<p>Yoga Thursdays</p>	<p>All sessions will be free that week to all UOM staff and students- usually £5</p> <p>No emails, texts, updates or alerts –yoga that takes full advantage of the Whitworth’s peaceful setting – and some of its wonderful new spaces. No need to book.</p> <p>When the weather is fine, this session will take place in The Art Garden.</p> <p>Please note: Participants must arrive at our park side entrance for 8.30am and bring their own yoga mat.</p>
<p>Manchester Dog’s home</p>	<p>A chance to spend some time with some lovely adopted dogs. Run by Manchester Dogs home, donations will be welcomed any amount you can give.</p>
<p>The Closet – Swap shop</p>	<p>Give back and get some great new clothes in return with The Closet Swap shop.</p>
<p>Challenging unhelpful thinking habits</p>	<p>Sometimes we can find ourselves falling into patterns of thinking that can be unhelpful and lead to emotions and actions that are not in our and others best interests. If we were able to stand back from them we may be able to notice how these thoughts impact on our daily lives and often contribute to feelings of anxiety, low mood and or other negative emotions.</p> <p>This workshop will provide you with the opportunity to identify what your unhelpful thinking habits may be and to consider alternative more helpful responses and how to practice these.</p>
<p>Vivarium tour</p>	<p>The live collection at Manchester Museum started 50 years ago as an important educational resource, and the Vivarium continues to be admission free for anyone who wishes to learn about it’s amazing inhabitants. The displays aim to fascinate and inspire, with the ultimate aim that this will lead to a further interest in the animals and create a care and commitment to the habitats where they live in the wild. Come along and find out more about the educational and conservation work taking place beyond the displays and don’t forget to take a look at our Frog Blog</p> <p>Please go to reception on arrival Please note that these are informative Gallery Tours and not ‘Behind the Scenes’ Recommended for 11yrs and up</p> <p>Book mcrmuseum.eventbrite.com or ring 0161 306 1581</p>

<p>Developing skills in assertiveness</p>	<p>Do you sometimes feel trapped in a limited repertoire of responses to the demands of others? Either I give in and feel weak, or I say no and feel guilty. How do you handle criticism? Are you your own biggest critic?</p> <p>These workshops are an introduction to how assertiveness skills might help us to be more effective communicators and help us to find a better balance in our relationships.</p>
<p>Martin Harris lunchtime concert</p>	<p>Take a break and experience some lovely music. Two fiery and colourful works for two pianos from the first decade of the 20th century. Michelle Assay and David Fanning continue their survey of Rachmaninoff's works for two pianos, coupling his virtuosic Second Suite with Ravel's atmospheric Rapsodie espagnole.</p>
<p>Circus skills workshop with Circus Sensible</p>	<p>Circus skills workshops include Juggling with Scarves, Balls and Clubs, Plate Spinning, Diabolo, Devilstick, Hula Hoop, Stilts, Balancing, Cigar Boxes, Poi, Lolo Balls, Chinese Ribbons etc.</p>
<p>Christmas tree decoration and craft creation in The Atrium</p>	<p>Get creative for Wellbeing Week 2017 and help us decorate our Christmas tree! All crafts will be provided but feel free to bring your own.</p>
<p>Volleyball</p>	<p>Free volleyball session. Suitable for all abilities.</p>
<p>Futsal (women only)</p>	<p>Football played on a hard court, smaller than a football pitch, indoors giving you a chance to practice your football skills.</p>
<p>John Ryland's poetry reading</p>	<p>This year's 15th Ryland's reading will be given by Jorie Graham.</p> <p>Jorie Graham is the author of numerous collections of poetry, including <i>From the New World: Poems 1976-2014</i>, <i>Place</i>, which won the Forward Prize in 2012, and <i>The Dream of the Unified Field: Selected Poems 1974-1994</i>, winner of the 1996 Pulitzer prize for Poetry.</p> <p>The event begins with a drinks reception from 5.15pm, followed by the poetry reading at 6pm.</p>
<p>Touch Rugby</p>	<p>Free Touch Rugby session. Suitable for all abilities.</p>
<p>Thursday Lates at The Whitworth</p>	<p>Eclectic late-night openings until 9pm every Thursday, with music, performances, talk and screenings. Free</p>

Futsal (men only)	Football played on a hard court, smaller than a football pitch, indoors giving you a chance to practice your football skills.
Women's fitness	A fitness class specifically for women, giving a full body workout.
Muse meditation headbands taster session (drop in)	Do you struggle to concentrate and switch off your mind? Come along and try our Muse headbands, measure your brainwaves and relax.
Mindfulness skills	<p>Mindfulness meditation is an effective way to manage stress, and improve your concentration and general health. Meditation can provide a means of becoming calmer and more relaxed. In meditation we learn to respond differently to our experiences and use awareness to undo our habitual responses.</p> <p>This class highlights different skills acceptance, non-judgement and taking notice etc.</p>
Effective communication	Do you struggle to communicate effectively with your peers and/or your tutor? This workshop will introduce you to a simple theory of effective communication and help you to achieve the understanding to improve your communication.
Pregnancy yoga	<p>Pregnancy Yoga provides a nurturing, nourishing space for expectant mothers to enjoy their changing bodies. Connection with the baby is deepened through breathing and visualisation techniques.</p> <p>Wonderful for relaxation, Pregnancy Yoga can relieve stress, anxiety, ailments, and boost energy. Women can find techniques learned helpful during labour, childbirth, and beyond.</p>
Basketball	Free Basketball session. Suitable for all abilities.
Cafe Scientifique	<p>Cafe Scientifique is a place where, for the price of a cup of coffee or a glass of wine, anyone can come to explore the latest ideas in science and technology. Meetings take place in cafes, bars, restaurants and even theatres, but always outside a traditional academic context.</p>
Good Deed boxes	Spotted a colourful box around Campus? These are our good deed boxes, pick one out of the box and give back with your good deed. All of the boxes have been created by the Wellbeing Champions.
Gratefulness wall	What are you grateful for? Come along to the Alan Gilbert Learning Commons and write it down on our Gratefulness wall.