

July 2018 - Key Health and Wellbeing Dates



The Wellbeing Team and Champions will be raising awareness of as many of July's national and international health and wellbeing days on social media and/or StaffNet. Staff are invited to share their personal experiences or tips for wellbeing and/or research via the Wellbeing Blog.

Why not visit the Jump Back to July Kindness [Calendar by Action for Happiness](#). They have daily suggested actions to do throughout July to help you experience more positive emotions and enjoyment in life and boost your resilience.

1-31
July
2018

Sarcoma
Awareness
Month

Sarcoma Awareness Month runs for the whole of July. Sarcomas are rare cancers that develop in the muscle, bone, nerves, cartilage, tendons, blood vessels and the fatty and fibrous tissues.

<https://sarcoma.org.uk/>

#SixWaystoWellbeing #Learn&Discover #BeHealthy



1-31
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Samaritans
Talk to Us
Campaign

Throughout July, Samaritans branches are also holding events throughout the UK and Ireland to raise awareness of the services they offer in their local communities. Visit your local branch website to see what they're doing during Talk To Us.

<https://www.samaritans.org/media-centre/our-campaigns/talk-us>

Samaritans want to encourage people to listen to the important things their friends, family and colleagues have to say, so they've created five helpful tips - called SHUSH - to help people become better listeners.



<https://www.samaritans.org/media-centre/our-campaigns/talk-us/shush-listening-tips>

#SixWaystoWellbeing #Learn&Discover #BeHealthy #Connect





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1 July 2018	International Reggae Day 2018	<p>Join the celebration of Jamaica's music lifestyle culture. This year's International Reggae Day will focus on the special JA-UK relationship that's helped develop and nurture reggae for over 50 years.</p> <p>http://www.ireggaeday.com/</p> <p>#SixWaystoWellbeing #Learn&Discover</p> 
2-8 July 2018	Health Information Week	<p>Health Information Week is a campaign to improve access to health information. Staff from local authorities, public libraries, NHS, voluntary sector, independent information and advice centres have all been working together to make their health resources more available to the public.</p> <p>http://kfh.libraryservices.nhs.uk/patient-and-public-information/health-information-week-2/</p> <p>#SixWaystoWellbeing #Learn&Discover #BeHealthy</p>
7 July 2018	World Chocolate Day	<p>Around the UK, chocolate lovers and chocoholics will be indulging in their favourite chocolate bars. What's your favourite chocolate? Dark, milk or white? Do you get excited over a Curly Wurly, Flake or Mars bar?! Whatever your choice take time to enjoy or buy for another! Yum!</p> <p>#SixWaystoWellbeing #BeHealthy #Give</p> 

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23-29 July 2018	National Parks Week	<p>National Parks Week is the annual National Park family festival championing all that is unique and special about National Parks. This year's festival takes place Monday 23 to Sunday 29 July and celebrates the countless opportunities to get outside and discover the length and breadth of the UK's 15 National Parks.</p> <p>http://www.nationalparks.gov.uk/visiting/national-parks-week</p> <p>Why not visit our own special park – Whitworth Park? It's only minutes from the south campus. They offer yoga, T'ai Chi and walking. http://www.whitworth.manchester.ac.uk/learn/adults/coursesandworkshops/greatescape/</p> <p>#SixWaystoWellbeing #TakeNotice #Connect #BeActive #BeHealthy</p> 
28 July 2018	World Hepatitis Day	<p>Worldwide, 300 million people are living with viral hepatitis unaware. Viral hepatitis is one of the biggest global health threats of our time. Without finding the undiagnosed and linking them to care, millions will continue to suffer, and lives will be lost. Viral hepatitis affects over 700,000 people in the UK. There are several viruses that cause hepatitis. The common ones are hepatitis A, B and C. Most people recover from hepatitis A with no lasting liver damage, but hepatitis B and C can cause long term liver disease and even liver cancer.</p> <p>http://www.worldhepatitisday.org/</p> <p>#SixWaystoWellbeing #Learn&Discover #BeHealthy</p>
30 July 2018	World Friendship Day	<p>This UN Day's aims are that through friendship and by accumulating bonds of camaraderie and developing strong ties of trust — they can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good.</p> <p>http://www.un.org/en/events/friendshipday/</p> <p>#SixWaystoWellbeing #Connect #Learn&Discover</p> 

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Further information

Wellbeing website

This is a central point to access information, support and resources on wellbeing at the University. We welcome your feedback on how we can better support you.

<http://www.staffnet.manchester.ac.uk/wellbeing/>

The Six Ways to Wellbeing

The University's Six Ways to Wellbeing are based on the Five Ways to Wellbeing - a set of evidence-based actions that promote wellbeing in everyday life, developed by the New Economics Foundation in 2008 for the Government's Foresight project on Mental Capital and Well-being. The monthly health calendar tries to link with the Six Ways to Wellbeing so that you can understand the link to your own wellbeing. They are: Connect, Be Active, Take Notice, Learn & discover, Give and Be healthy

<http://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/>

Be Active on campus

Be Active is the University's main fitness programme. It offers a broad range of fitness classes taking place in our Wellbeing Rooms. All sessions cater for the complete beginner to the regular exerciser and are run in a fun and a friendly environment.

<http://www.sport.manchester.ac.uk/fitness-wellbeing/>

Wellbeing Blog

We welcome staff to contribute their wellbeing experiences or wellbeing journeys throughout the year. If preferred your blog can be anonymous. The sharing of personal experiences is a powerful way to raise awareness amongst our staffing community. Improved awareness should lead to better understanding and support amongst peers and line managers.

<https://wellbeinguom.com/>

Other support

The University has a wide variety of support for your wellbeing including the Counselling Service, Disability Support Office and an Occupational Health Team that you can self-refer. For more information:

<http://www.staffnet.manchester.ac.uk/human-resources/current-staff/health-wellbeing/>

Payroll Giving

If you have been inspired to give to any of these health charities you can donate via our [Payroll Giving Scheme](#). You can donate via your salary which is taken before tax, which means the charity get more of your *donation* and it costs you less.

Volunteering

If you have been inspired to give your time to help local charities you can find opportunities via our [Social Responsibility Team](#).

Contact us

We welcome feedback, contributions for the wellbeing blog, and suggestions for the wellbeing website or our wellbeing calendar. If would like more information on becoming a wellbeing champion: Email: wellbeing@manchester.ac.uk