Wellbeing articles on StaffNet
Since Wellbeing relaunched November 2017

Playing our part in Deaf Awareness Week
(17 May 2018)
How our Head of Pensions Heather Mawson is making a difference

Breaking through the stigma of ME
(16 May 2018)
Help for M.E sufferers

Celebrate International Day Against Homophobia, Biphobia and Transphobia
(16 May 2018)
On Thursday, 17 May we will once again celebrate IDAHOBIT with activities throughout the day

A week to think about wellbeing
(15 May 2018)
From mental health awareness to coeliac disease, it’s a busy week for wellbeing – with lots of support on offer on campus and online

Helping vulnerable women in Manchester
(15 May 2018)
Make a donation to Emmeline’s Pantry

International Day of Families
(15 May 2018)
UN-founded day highlights importance of family caregivers – here’s some support from University’s staff wellbeing programme

Find out more about National Day for Staff Networks, and join one of our groups
(09 May 2018)
Did you know that the University has 20 different staff network groups?

Tell us your Wellbeing story
(08 May 2018)
Contribute to our Wellbeing blog

Make May Purple to raise awareness of strokes
(03 May 2018)
May is the month that the Stroke Association campaign to Make May Purple for Stroke

World Asthma Day
01 May 2018
Asthma awareness

Time for a stroll
30 Apr 2018
Celebrate National Walking Month this May
Volunteers needed for Sustainability Challenge 2018
30 Apr 2018
Would you like to help deliver the Sustainability Challenge 2018 to our 1st year undergraduate students?

Wellbeing at the double
24 Apr 2018
Meet Biranche and Lucy: two reasons why you should join the Purple Wave

Staff wellbeing and the menopause
23 Apr 2018
Guidance for managers and the chance to join a support group

Don’t be shy about bowel cancer
16 Apr 2018
UK’s second most common cancer is also one of most treatable if found early – advice from our University Wellbeing programme

Staff v Students Charity Football Match for University Mental Health Day
10 Apr 2018
As part of University Mental Health Day two charity football matches will take place on the evening of 30 April

Health and wellbeing massages available
13 Mar 2018
Discounts available to staff and students

Evidence shows pets can help people with mental health problems
20 Feb 2018
The first attempt to systematically review existing evidence has shown that pet ownership can help people with mental health problems

Wellbeing stories and advice to support campus colleagues
14 Feb 2018
Visit or even contribute to our staff Wellbeing blog – or become a Wellbeing Champion

Wellbeing: Why Mike’s riding the Purple Wave
07 Feb 2018
Veteran runner and proud owner of a mechanical heart valve says exercise has literally kept him alive

Wellbeing: A little more conversation
05 Feb 2018
Time to Talk Day seeks to reduce the stigma of mental health by talking about it – find out more on our staff Wellbeing website

Take five minutes to talk about mental health
29 Jan 2018
Time to Talk on Thursday 1 February
Take part in health survey for the Oxford Road Corridor
26 Jan 2018
Manchester’s Oxford Road Corridor is holding a wellness survey to inform its Healthy Corridor initiative

CLASS Network Conference 2018
24 Jan 2018
Save the date: Wednesday 28 March
“This year will see workshops relating to wellbeing.”

Make 2018 your year to eat healthily, with a little help from Veg Box People
18 Jan 2018
Veg Box People have started the year by taking stock, looking at how much fresh local produce went into your bags in 2017 and it was loads!

Making a Difference Awards 2018
17 Jan 2018
Don’t miss your chance to nominate - deadline is Monday, 22 January
“celebrate and raise awareness of how individuals and teams across the University are making a difference to the social and environmental wellbeing of our communities and wider society.”

Health Alert - Australian flu
15 Jan 2018
Top tips to keep you well this Winter

2017

Foodbank project boosts our colleagues’ wellbeing
06 Dec 2017
Do your bit – donate non-perishable items at offices for Compliance and Risk and Planning Support and various campus locations

Take a look at our new Wellbeing blog
05 Dec 2017
If you enjoyed our recent Wellbeing Week, visit our new Wellbeing blog

Transgender Day of Remembrance 2017
20 Nov 2017
Range of activities including special invited speaker Rachel Mann

Come to our Staff Wellbeing Benefits Fair
15 Nov 2017
Pop along for great ideas and goodies – and be automatically entered into prize draw for £250 Super Break voucher

It’s Wellbeing Week!
13 Nov 2017
A week of FREE activities across campus from Monday, 20 to Friday 24 November
Become a Wellbeing Champion!

13 Nov 2017

Develop your skills, improve your wellbeing knowledge and get first-hand experience of our Wellbeing Strategy by helping your workmates lead happy, healthy lives
University launches new Wellbeing website
09 Nov 2017
Six Ways to Wellbeing – and other support to help our staff stay happy and healthy