Wellbeing articles on StaffNet
Since Wellbeing relaunched November 2017

**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