

Wellbeing (January – August 2019)

Six Ways to Wellbeing

Our [Six Ways to Wellbeing](#) include the national five ways to wellbeing that have been researched and developed by the [New Economics Foundation](#). These actions (including UoM's additional Be Healthy) are actions that can enable you to improve your personal wellbeing. These Six Ways will be signposted throughout 2019 and more specifically in key months as below:

1. [Connect](#) with those around you (Sept/Oct)
2. Try a [Be Active](#) course (March/April)
3. [Take Notice](#) of our beautiful campus with nearby parks and historical places of interest (Jan/Feb)
4. [Learn & discover](#) – try something new or join a course to develop an interest (Jul/Aug)
5. [Give](#) your time to a charity or do something for a friend or colleague (Nov/Dec)
6. [Be healthy](#) as this will help you feel confident, alert and get the most out of life. (May/June)

Look at all the ways you can take responsibility for your health and wellbeing in 2019.

Visit our 2019:

1. Special events
2. Year round activities
3. Monthly calendar of events

Special events

Date	Event	Description	Web or booking links	Location
19 th May	The Great Manchester Run (#PurpleWave)	The Great Manchester Run is the largest 10K in the UK consisting of around 25,000 participants each year. For the past 3 years, the University has hosted its very own purple wave. In 2019 we hope to create the biggest mass entry yet, so come and run, walk or jog with us and be part of the 3,000 strong #purplewave	http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/purplewave/	Manchester

Year round activities

Date	Event	Description	Web or booking links	Location
All year	Be Active	Sign up for a UoM class on campus. The sessions are run as 8 week blocks and run all year round. The next 8 week block will run between 4 February - 29 March 2019	http://www.sport.manchester.ac.uk/fitness-wellbeing/be-active/	Wellbeing rooms – Simon Building / various
All year	Cycle Breakfasts (monthly)	All staff from the Universities, Manchester Foundation Trust (NHS), RNCM, Manchester Science Partnerships and Home MCR are welcome to join us for a free cyclists' breakfast at a location on the Oxford Road Corridor, every first week of the month.	http://corridormanchestertravel.uk/cycling/monthly-cycle-events/	Various
All year	Manchester Museum - Various	Find out more about Manchester Museum's health and culture programmes.	http://www.museum.manchester.ac.uk/learn/healthandwellbeing/	Manchester Museum
All year	Running groups	Join the staff and student running group supervised by a Run England affiliated leader. These weekly sessions vary each week and cater for all abilities.	http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/	Various
All year	St Peter's House - Various	St Peter's House has a comprehensive calendar of wellbeing events.	https://www.stpeters.org.uk/programme/calendar	St Peter's (Oxford Rd)
All year	Walking	Sign up with the MCRStrollers for their lunchtime walks. All walk leaders are University staff trained by the Ramblers.	https://www.staffnet.manchester.ac.uk/human-resources/benefits/mcr-strollers/	Local green and historical spaces
All year	Whitworth Art Gallery - Various	Take advantage of the Whitworth's peaceful setting – and some of its wonderful new spaces, such as the beautifully restored Grand Hall – to bring mind and body into healthy alignment.	http://www.whitworth.manchester.ac.uk/learn/outdoors/outdoorevents/	Whitworth

Monthly calendar of wellbeing days and events

Date	Event	Description	Web or booking links	Location
January – Take Notice				
Jan	#SixWaystoWellbeing #TakeNotice Inspiration	We're surrounded by a beautiful campus with nearby parks, historical places of interest and a Tree Trail. There is an app that has been developed to allow users to record sightings of 19 urban wildlife species on campus.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/take-notice/	
Jan	#DryJanuary	Dry January challenges you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol. Click on the link to download workplace resources.	https://alcoholchange.org.uk/get-involved/campaigns/dry-january/get-involved/dry-january-for-workplaces	
Jan	#Veganuary	Many are inspired to try going vegan for January and throughout the rest of the year.	https://veganuary.com/	
Jan	Love Your Liver Month	Love Your Liver campaign is a national awareness initiative about liver health by the British Liver Trust – the UK charity for adults with liver conditions.	https://www.britishlivertrust.org.uk/	
9th	Monthly Cycle Breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	https://www.eventbrite.co.uk/e/corridor-cycle-to-work-breakfast-manchester-met-wednesday-9th-january-tickets-53580055388	MMU
10th	Wellbeing Walk	Start a new healthy habit with the MCRStrollers	http://www.staffnet.manchester.ac.uk/human-resources/benefits/mcr-strollers/	John Owens Quad (arch)
14 th	Thrive workshop	An opportunity to reflect on your own current wellbeing, including areas that you may want to change or improve.	Book via Learning & Development	Roscoe 3.1

Date	Event	Description	Web or booking links	Location
21st	How to Help your Team to Thrive (Wellbeing Lecture Series)	This wellbeing lecture, delivered by Gemma Dale from the University of Manchester, will explore just how managers can support a culture of wellbeing, and what actions they can take to help their teams to thrive at work.	https://www.eventbrite.co.uk/e/wellbeing-lecture-series-how-to-help-your-team-to-thrive-tickets-53177054000?utm_term=eventname_text	12pm – 1pm The University of Manchester, University Place Theatre B
21 st – 27 th	Cervical Cancer Week	Every day in the UK 9 women are diagnosed with cervical cancer and 3 women lose their lives from the disease every day.	https://www.jostrust.org.uk/get-involved/campaign/cervical-cancer-prevention-week	
26th - 28th	Big Garden Birdwatch	Promote "Take Notice" of the green spaces on campus	http://www.sustainability.manchester.ac.uk/living-campus/	
29th	UMRUN	Run commute and free breakfast	http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/running-groups/	
30th	How to be more financial savvy	According to recent research, one worker in three has less than a month's savings set aside, while one in seven has no savings at all. Money concerns can lead to stress and even depression. Andrew Collings, Public Sector Lead for Local Authorities & Education at Neyber will deliver this event to explain how everyone can become more financially savvy.	https://www.eventbrite.co.uk/e/financial-wellbeing-tickets-53906417546	Stopford Building Lecture Theatre 6 (1pm - 2pm)
February 2019 – Take Notice				
Feb	#SixWaystoWellbeing #TakeNotice Inspiration	Why not visit our Counselling Service pages for information on our wellbeing rooms for relaxation and reflection and their mindfulness classes.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/take-notice/	

Date	Event	Description	Web or booking links	Location
Feb	LGBT History Month	The overall aim of LGBT History month is to promote equality and diversity for the benefit of the public.	https://lgbthistorymonth.org.uk/	
Feb	National Heart Month	The British Heart Foundation's annual campaign to increase awareness of heart and circulatory disease. A great opportunity to talk with colleagues about healthy eating and exercise	https://www.bhf.org.uk/	
4th	World Cancer Day	World Cancer Day is the only day on the global health calendar where we can all unite and rally under the one banner of cancer in a positive and inspiring way.	https://www.worldcancerday.org/	
4 th	Supporting Cancer in the Workplace (Line managers)	On World Cancer Day line managers will learn how they can support employees with cancer.	Book via Staff Learning and Development	Roscoe 1.009
6th	Rainbow Ride	Monthly Cycle Breakfast - Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	MRI
7th	Time to Talk	On Time to Talk Day we want everyone to have a conversation about mental health.	https://www.time-to-change.org.uk/get-involved/timetotalkday-2019	11.30am until 1.30pm (venue tbc).
13 th	LGBT History at UoM: our past, present and future	During this session we'll 'take notice' of LGBT activism, famous figures and stories from our campus. We'll track the progress of our Stonewall journey and also look towards the future to see how the University will continue to improve the experience for LGBT staff, students and visitors. It will also be an opportunity to learn how you can be come and ally and the importance and impact of allies.	https://www.eventbrite.co.uk/e/lgbt-history-at-uom-our-past-present-and-future-tickets-54965201397	Stopford Theatre 6, 1pm - 2pm

Date	Event	Description	Web or booking links	Location
15th	Improve your sleep (<i>Wellbeing Lecture Series</i>)	Andy Romero-Birkbeck from Hero Wellbeing will present this practical session on how to get better quality sleep – something many of us could do with!	https://www.eventbrite.co.uk/e/wellbeing-lecture-series-getting-great-sleep-tickets-54712486520?utm_term=eventurl_text	University Place Theatre B (12:00-13:00)
17 th	Random Acts of Kindness Day	View our collection of kindness ideas	https://www.randomactsofkindness.org/	
20 th	Wellbeing for Managers Workshop	This workshop will provide an overview of the concept of wellbeing in the workplace. It will aim to provide managers with an understanding of their role and responsibilities in respect to wellbeing, not only towards themselves but also toward their teams.	Book via Learning and Development	Roscoe 3.1
22 nd	Rainbow Ramble	MCRStrollers are leading a walk to celebrate LGBT History Month.. Paul Marks-Jones from the Equality, Diversity and Inclusion Team will provide a welcome to all participants at the start of the walk.	Email mcrstrollers@manchester.ac.uk to register on mailing list. Meet: John Owens front quad (bench by the arch)	12pm – 1pm
26th	UMRUN	Run commute and free breakfast	http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/running-groups/	
March 2019 – Be Active				
March	#SixWaystoWellbeing #BeActive Inspiration	Visit the SPORT pages for the full listings of fitness and wellbeing activities.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/be-active/	

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7th	Monthly Cycle Breakfast	Monthly Cycle Breakfast - Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	RNCM
7 th	World Book Day	Celebrate stories. Love reading. Dress up like your kids.	https://www.worldbookday.com/	
8th	International Women's Day	International Women's Day is marked on March 8 each year - yet the global campaign theme continues to provide year-long direction to encourage, support and unify gender equality action around the world.	https://www.internationalwomensday.com/IWD2019	
12th	Managing Flexible Working – A Workshop for People Managers	Flexible Working for Line Managers with Gemma dale	Book via Learning and Development	Roscoe Building
13th	World No Smoking Day	No Smoking Day is an annual health awareness day in the UK which is intended to help smokers who want to quit smoking. It takes place on the second Wednesday in March. Help encourage as many smokers as possible to quit on No Smoking Day	https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/	
15th	World Sleep Day	World Sleep Day (WSD) is an annual celebration of sleep & call to action on important sleep issues organized by World Sleep Day Committee of World Sleep. The Toolkit link will be live from Jan 2019.	http://worldsleepday.org/toolkit	
20th	International Day of Happiness	Take part in the International Day of Happiness 2019. This year's theme is Share Happiness - focusing on the importance of relationships, kindness and helping others.	http://www.dayofhappiness.net/#join	

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20th	How to be Happy (Wellbeing Lecture Series)	Jo Haworth from the Happiness Club - How to be Happy	https://www.eventbrite.co.uk/e/how-to-be-happy-tickets-54749905441	University Place, lecture Theatre A. 12:00 – 13:00
26th	UMRUN	Run commute and free breakfast	http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/running-groups/	Visit website
April – Be Active				
April	#SixWaystoWellbeing #BeActive Inspiration	Try a new sport or activity. Dance, play a game or dig the garden. Most importantly, discover an activity you enjoy and one that suits you.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/be-active/	
April	Stress Awareness Month	Stress in the workplace can affect every aspect of an organisation, from absenteeism rates to interpersonal relationships. It's vital to recognise the signs of stress as early as possible so that actions can be taken before serious stress-related illness occur.	http://www.stress.org.uk/national-stress-awareness-month-2018/	
3rd	Monthly Cycle Breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	MSP
7th	World Health Day	The World Health Day is a global health awareness day celebrated every year on 7 April, under the sponsorship of the World Health Organization, as well as other related organizations.	http://www.who.int/	
11th	National Pet Day	Promote responsible pet ownership and the wellbeing benefits of your pet. (Part of National Pet Month 1 April 6 May 2019)	https://www.facebook.com/NationalPetMonth	
22nd - 28th	Allergy Awareness Week	Raise awareness of various types of allergy and promote Allergy UK resources.	https://www.allergyuk.org/get-help/resources	

Date	Event	Description	Web or booking links	Location
22nd	Earth Day	Earth Day 2019 focus will be to Protect Our Species.	https://www.earthday.org/2018/05/19/earth-day-2019-campaign-save-endangered-species/	
30th	UMRUN	Run commute and free breakfast	http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/running-groups/	
Date	Event	Description	Web or booking links	Location
May – Be Healthy				
May	#SixWaystoWellbeing #BeHealthy Inspiration	Help yourself to a range of UoM’s online resources; from audio downloads to online therapeutic help.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/be-healthy/	
May	National Walking Month	MCRStrollers will have a series of walks during the month. Full details TBC	http://www.staffnet.manchester.ac.uk/human-resources/benefits/mcr-strollers/	
May	Action on Stroke Month	Friends, families and communities are invited to show their support for people who have been affected by stroke.	https://www.stroke.org.uk/get-involved/fundraising/make-may-purple	
1st	Oxford Road Corridor - Active Travel Event	The Sustainability Team will be arranging an event for all the corridor partners to promote sustainable travel.	http://corridormanchestertravel.uk/cycling/monthly-cycle-events/	Brunwick Park
2nd	Making a Difference Awards	Awards evening celebrating social responsibility	http://www.socialresponsibility.manchester.ac.uk/get-involved/awards/	Whitworth Hall
7th	World Asthma Day	Aims to improve awareness and care around the world	https://ginasthma.org/wad/	
13th - 19th	Mental Health Awareness Week	Events to be confirmed	https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week	

Date	Event	Description	Web or booking links	Location
14 th – 21 st	Arthritis Care Awareness Week	Raises awareness about arthritis, gathers support for people with this condition and highlights the work of Arthritis Care.	https://www.arthritiscare.org.uk/our-services-and-support	
17th	IDAHOBIT	Equality, Diversity and Inclusion will have events to recognise the International Day against Homophobia, Transphobia and Biphobia.	https://dayagainsthomophobia.org/	TBC
19th	Purple Wave	Manchester's 10k including the UOM Purple Wave	http://sport.manchester.ac.uk/fitness-wellbeing/run-walk/gmcr10k/	
21st - 27th	Dementia Action Week	Dementia Friends is one of the University's Social Responsibility flagship programmes. Raising awareness of dementia is one very small step that we can all take, regardless of whether we have any direct experience of dementia.	http://www.socialresponsibility.manchester.ac.uk/strategic-priorities/responsible-processes/dementia-friends/	
30 th	UMRUN	Run Commute and free breakfast	http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/running-groups/	
June – Be Healthy				
June	#SixWaystoWellbeing #BeHealthy Inspiration	Sign up for a weekly organic veg box which are delivered on campus.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/be-healthy/	
5 th	Monthly Cycle breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	MMU

Date	Event	Description	Web or booking links	Location
10 th – 16 th	Carers Week	Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.	https://www.carersuk.org/news-and-campaigns/campaigns/carers-week and https://www.staffnet.manchester.ac.uk/human-resources/current-staff/parents-carers/	
11 th – 15 th	Healthy eating week	British Nutritional Foundation (BNF) Healthy Eating Week helps you discover something new.	http://www.foodafactoflife.org.uk/section.aspx?siteId=20&sectionId=137	
14 th	World Blood Donor Day	The event serves to thank voluntary, unpaid blood donors for their life-saving gifts of blood and to raise awareness of the need for regular blood donations to ensure the quality, safety and availability of blood and blood products for patients in need.	https://www.who.int/campaigns/world-blood-donor-day/2018	
15 th	Community Festival	From family-friendly table top activities to guided tours and musical performances.	Sign up to get involved (by 18 Jan 2019): https://www.staffnet.manchester.ac.uk/news/display/?id=21277	The Festival will take place from 11am-4pm centred round the Manchester Museum, University Place and Bridgeford Street.
20 th	National Clean Air Day	Find out more about the sources of air pollution, how to avoid it, and the effects of air pollution on your health - and that of children.	https://www.cleanairday.org.uk/Pages/Category/the-facts	
21 st	Go Home on Time Day	The day that puts work life balance and employee wellbeing at the forefront and stresses that going home on time should be the norm, not the exception.	https://www.workingfamilies.org.uk/campaigns/gohomeontimeday/	
27 th	UMRUN	Run Commute and free breakfast	http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/running-groups/	

Date	Event	Description	Web or booking links	Location
July – Learn and Discover				
July	#SixWaystoWellbeing #Learn&Discover Inspiration	Set a challenge you'll enjoy. Learning new things will make you more confident, inspire you, as well as being fun.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/learn-discover/	
2 nd – 8 th	Health Information Week	a campaign to improve access to health information.		
3 rd	Monthly Cycle breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	MFT
25 th	UMRUN	Run commute and free breakfast	http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/running-groups/	
28 th	World Hepatitis Day	A UN campaign to raise awareness of the global burden of viral hepatitis and to influence real change in disease prevention and access to testing, treatment and care.	http://www.worldhepatitisday.org/	
August – Learn & Discover				
Aug	#SixWaystoWellbeing #Learn&Discover Inspiration	MOOCs (Massive, Open, Online Courses) are free courses taught entirely online. The Staff Learning and Development Team provide opportunities to support your personal and professional aims.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/learn-discover/	

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1 st – 7 th	World Breastfeeding Week	World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organisations concerned with the protection, promotion and support of breastfeeding worldwide	http://worldbreastfeedingweek.org/ and Breastfeeding Guidance for Managers http://documents.manchester.ac.uk/DocuInfo.aspx?DocID=36821	
8 th	Monthly Cycle Breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	RNCM
15 th	National Cycle to Work Day	The UK's biggest cycle commuting event.	https://www.cycletoworkday.org/	
29 th	UMRUN	Run commute and free breakfast	http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/running-groups/	