

Wellbeing 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)

Visit our 2019:

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

1. Special events

Date	Event	Description	Web or booking links	Location
19 th May 2019	#PurpleWave The Great Manchester Run 10k	The Great Manchester Run on 19th May 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. Sign up soon for discounted prices.	http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/purplewave/	Manchester

2. 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	Sport and fitness	There are many discounted sport, physical activity and fitness sessions for staff at the Armitage Centre. The class programme is part of the Be Active class programme.	http://www.sport.manchester.ac.uk/facilities/armitage/membership/	Armitage Centre, Fallowfield
All year	Counselling Service workshops	In addition to face to face counselling the the Counselling Service provides a range of wellbeing workshops.	http://www.counsellingservice.manchester.ac.uk/workshops/	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

Date	Event	Description	Web or booking links	Location
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 and include a monthly UMRUN (Run Commute and free breakfast) on the last Thursday of each month.	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 with MCRStrollers	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
All year	Staff societies	University-related societies and clubs for your enjoyment outside of your working life.	https://www.staffnet.manchester.ac.uk/community/societiesandclubs/	Various
All year	Volunteering opportunities	There are many ways you can get involved...	http://www.socialresponsibility.manchester.ac.uk/get-involved/staff/	Various

3. Monthly calendar of wellbeing days and events

(Please note that this calendar is continually being updated with new events)

Date	Event	Description	Web or booking links	Location
March 2019 – Be Active				
March (all)	#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/	
Until 2 June 2019	Facing Out at the Whitworth	An exhibition of people living with facial disfigurement following facial cancer. The portraits have been created by Lucy Burscough during her residency at Maggie's Cancer Support Centre at The Christie Hospital. Centre visitors were welcome to chat to Lucy about her work as they watched the paintings develop.	A programme of events will coincide with this exhibition, please visit our Facing Out Events page to find out more.	The Whitworth
Thurs 7 th March	Monthly Cycle Breakfast	Monthly Cycle Breakfast - Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	RNCM
Thurs 7 th March	Music is the Medicine at Manchester Museum	Music is the Medicine explores how creative activity can aid recovery and positively benefit individual's wellbeing. Join us in an evening of talks, creative workshops and performances. (1) Meet the Artist, 7.15 - 8.45pm Join artist, Kate Eggleston-Wirtz, in this hands-on, arts-based activity from our award winning arts for health programme.	Book sessions below: (1) Meet the artist: https://www.eventbrite.com/e/music-is-the-medicine-meet-the-artist-tickets-56357589066	Manchester Museum 7:15 PM – 8:45 PM

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		<p>(2) Creative Writing, 7.15pm – 8.30pm Join Poet, Writer and Performance Artist, <u>Chanje Kunda</u>, in this creative writing workshop from our award-winning arts for health programme.</p> <p>(3) Yoga, 7.15 – 8.15pm We are offering the opportunity for visitors to experience our wellbeing programme. No emails, texts, updates or alerts –yoga that takes full advantage of the Manchester Museum’s peaceful setting.</p>	<p>(2) Creative writing https://www.eventbrite.com/e/music-is-the-medicine-creative-writing-tickets-56577638239</p> <p>(3) Yoga https://www.eventbrite.com/e/music-is-the-medicine-yoga-tickets-57505711130</p>	
Thurs 7 th March	World Book Day	Celebrate stories. Love reading. Dress up like your kids.	https://www.worldbookday.com/	
Fri 8 th March	International Women's Day (IWD)	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	
Fri 8 th March	IWD Lecture by Dr Jess Wade	<p>Jess will be discussing gender balance, why it is important and why we need to keep talking about equality.</p> <p>1:00pm-2:00pm: Guest Speaker - Dr Jess Wade 2:00pm-3:00pm: Networking</p>	Please register for this free event via Eventbrite: http://bit.ly/IWD-FBMH	Lecture Theatre B, University Place, 1pm-2pm

Date	Event	Description	Web or booking links	Location
Tues 12 th March	Bone Density Testing	Your bone density will be tested using a portable Cuba McCue heel quantitative ultrasound scanner (known as QUS), which has been shown to be a reliable indicator of bone density and fracture risk. After the test is completed, your results will be printed off and explained to you. The appointment should take approx 15 mins. Booking required. Cost £30.	If you would like to book a test, please email Tracey, tracey@bonematters.org Results and advice are given immediately. It is recommended that you visit Tracey's website before your appointment.	Sugden Centre
Tues 12 th March	Managing Flexible Working – A Workshop for People Managers	Flexible Working for Line Managers with Gemma dale	Book via Learning and Development	Roscoe Building
Weds 13 th March	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/	
Fri 15 th March	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	
Wed 20 th March	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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Wed 20 th March	How to be Happy <i>(Wellbeing Lecture Series)</i>	Jo Haworth from the Happiness Club - How to be Happy	https://www.eventbrite.co.uk/e/wellbeing-lecture-series-how-to-be-happy-tickets-58574750656	University Place Lecture Theatre A. 12pm – 12.50pm
Thurs 28 th March	UMRUN	Run commute and free breakfast	http://www.sustainability.manchester.ac.uk/travel/staff/running/	Visit website

Date	Event	Description	Web or booking links	Location
April 2019 – Be Active				
April (all)	#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 (all)	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/	
Weds 3 rd April	Spirituality of Bees	Throughout April, we are running Wednesday lunchtime events as part of 'Stress Awareness Month'. All welcome – stressed, or just 'stress aware' and fancy doing something different one lunchtime! Reflections from a novice beekeeper's experience of learning to care for bees, and the impact this has had on his spiritual wellbeing.	Booking essential via office@stpeters.org.uk as numbers are limited.	St Peter's House 12.00-12.45 p.m.
Weds 3 rd April	Monthly Cycle Breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	MSP
Weds 3 rd April	Wellbeing Lecture Series – Understanding Anxiety	Dave Smithson from Anxiety UK will explain: What is stress & anxiety and who does it affect? How does your mind and body react when anxious? What causes anxiety? How can you manage your own anxiety? How can you help a friend/ colleague with anxiety?	https://www.eventbrite.co.uk/e/wellbeing-lecture-series-understanding-anxiety-tickets-57278448381	University Place, Lecture Theatre B 1pm – 1.50pm

Date	Event	Description	Web or booking links	Location
Fri 5 th April	Walk to Work Day	Getting involved in National Walk to Work Day on April 5, 2019 could help put you on the right track to a healthier you and help reduce your carbon footprint.	http://walkingworks.org.uk/	
Sun 7 th April	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/	
Weds 10 th April	Gardening for Wellbeing	Throughout April, we are running Wednesday lunchtime events as part of 'Stress Awareness Month'. All welcome – stressed, or just 'stress aware' and fancy doing something different one lunchtime!	Booking essential via office@stpeters.org.uk as numbers are limited.	St Peter's House 12.00-12.45 p.m.
Mon 11 th April	National Pet Day	Promote responsible pet ownership and the wellbeing benefits of your pet.	https://www.facebook.com/NationalPetMonth	
Weds 17 th April	Mood and Food	Throughout April, we are running Wednesday lunchtime events as part of 'Stress Awareness Month'. All welcome – stressed, or just 'stress aware' and fancy doing something different one lunchtime! <i>Food to make you feel fantastic! Showcasing some of our best local foods with our very own Chef Ben.</i>	Booking essential via office@stpeters.org.uk as numbers are limited.	St Peter's House 12.00-12.45 p.m.
Mon 22 nd – Sun 28 th April	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
Mon 22 nd April	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/	
Weds 24 th April	Mindful Meditation and Movement taster	<p>Throughout April, we are running Wednesday lunchtime events as part of ‘Stress Awareness Month’. All welcome – stressed, or just ‘stress aware’ and fancy doing something different one lunchtime!</p> <p><i>Breath-work, gentle stretches and mindful meditation taster in our beautiful wholeness studio.</i></p>	Booking essential via office@stpeters.org.uk	St Peter’s House 12.00-12.45 p.m.
Thurs 25 th April	UMRUN	Run commute and free breakfast	http://www.sustainability.manchester.ac.uk/travel/staff/running/	

Date	Event	Description	Web or booking links	Location
May 2019 – Be Healthy				
May (all)	#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 (all)	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 (all)	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	
Weds 1 st May	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/	Brunswick Park UOM
Thurs 2nd May	Making a Difference Awards	Awards evening celebrating social responsibility	http://www.socialresponsibility.manchester.ac.uk/get-involved/awards/	Whitworth Hall
Tues 7th May	World Asthma Day	Aims to improve awareness and care around the world	https://ginasthma.org/wad/	
Weds 8 th May	Staff Networks Groups Day	The University has a number of staff network groups which are co-ordinated by the Equality, Diversity and Inclusion Team. These include a Peer Support Groups for those impacted by Cancer, Carers and Disabled staff.	https://www.staffnet.manchester.ac.uk/equality-and-diversity/staff-network/	
Weds 8 th – Tues 14 th May	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/acweek	

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Fri 10 th May	10 Surprising things about resilience	Rowan Gray is founder of Made to Move. He is an executive coach who specialises in helping people to thrive, with a focus on the role of physical movement for resilience. In this lecture he will share what he has learned through working with leaders on their resilience, as well as reflections on developing his own resilience through training for endurance events.	https://www.eventbrite.co.uk/e/wellbeing-lecture-series-10-surprising-things-about-resilience-tickets-57719215728	University Place Theatre A 12:00-13:00
Mon 13 th - 19 th May	Mental Health Awareness Week	Events to be confirmed	https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week	
Fri 17 th May	International Day Against Homophobia, BiPhobia and Transphobia (IDAHOBIT)	Equality, Diversity and Inclusion will have events to recognise IDAHOBIT.	https://dayagainsthomophobia.org/	
Sun 19 th May	#Purple Wave Manchester 10k	In 2019 UoM hopes 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. Sign up soon for discounted prices.	http://sport.manchester.ac.uk/fitness-wellbeing/run-walk/gmcr10k/	Manchester City Centre
Mon 20 th - 26 th May	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/	
Thurs 30 th May	UMRUN	Run Commute and free breakfast	http://www.sustainability.manchester.ac.uk/travel/staff/running/	

Date	Event	Description	Web or booking links	Location
June 2019 – Be Healthy				
June (all)	#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/	
Weds 5 th June	Monthly Cycle breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	MMU
Thurs 6 th June	Relaxation and Recovery (<i>Wellbeing Lecture Series</i>)	Tom Turner of the Psychology Team will be talking about the importance of recovery and looking after yourself to prevent burn out & build resilience; the barriers to good sleep & strategies to improve sleep quality and techniques to relax your mind.	https://www.eventbrite.co.uk/e/wellbeing-lecture-series-relaxation-and-recovery-tickets-56783049630	University Place Lecture Theatre A 12:00 – 13:00
Mon 10 th – 16 th June	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/	
Mon 10 th – 16 th June	Men's Health Week	The focus for 2019 will be the impact of inequality and deprivation on men's health - and the Men's Health Forum will be releasing reports and materials on the issue nearer the time.	https://www.menshealthforum.org.uk/mhw	

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Mon 10 th June	Men's Health Week – special events	Andy Romero-Birkbeck (Hero Wellbeing) is providing two seminars: How to boost your energy (12:00-12:45) Get Great Sleep (13:00 – 13:45)	How to boost your energy Get Great Sleep	Seminars: Simon Building Lecture Theatre A
Mon 10 th June	Men's health Week – Health checks (morning and afternoon sessions)	Free 10 minute health checks from Andy Romero-Birkbeck (Hero Wellbeing) will measure: Resting Heart Rate, Blood Oxygen Saturation, Blood Pressure and Total Cholesterol. Attendees for these sessions will need to complete a 2 hour fast beforehand.	Booking link for appointments on 10/06/2019: https://www.eventbrite.co.uk/e/mens-health-week-10-minute-health-checks-10-june-2019-tickets-59115058732	UMSA Wellbeing Room Simon Building
Tues 11th June	Men's Health Week – special events	Health checks for men covering: Basic Body Fat, weight, height, grip strength and blood pressure.	Booking link for appointments on 11/06/2019: https://www.eventbrite.co.uk/e/mens-health-week-10-minute-health-checks-june-11-2019-tickets-59164132513	UMSA Wellbeing Room Simon Building 12 – 2pm
Thurs 13th June	Men's Health Week – special events	Health checks for men covering: Basic Body Fat, weight, height, grip strength and blood pressure.	Booking link for appointments on 13/06/2019: https://www.eventbrite.co.uk/e/mens-health-week-10-minute-health-checks-june-13-2019-tickets-59164194699	UMSA Wellbeing Room Simon Building 12 – 2pm
Mon 10th – 14 th June	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	
Fri 14 th June	World Blood Donor Day	Giving blood is a lifesaving gift and there is a donor centre within a few minutes' walk of the University's Oxford Road campus. Regular blood donations ensure the quality, safety and availability of blood and blood products for patients in need.	You can donate blood on Plymouth Grove (close to the south campus). You can find more information and book online here: https://www.blood.co.uk/the-donation-process/about-our-donation-venues/manchester-plymouth-grove/	Plymouth Grove, M13 9LL (or other local centres)

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Sat 15th June	Community Festival	From family-friendly table top activities to guided tours and musical performances.	http://www.socialresponsibility.manchester.ac.uk/strategic-priorities/engaging-our-communities/public-events/community-festival-2018/	The Festival will take place from 11am-4pm centred round the Manchester Museum, University Place and Bridgeford Street.
Thurs 20 th June	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	
Fri 21 st June	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/	
Thurs 27 th June	UMRUN	Run Commute and free breakfast	http://www.sustainability.manchester.ac.uk/travel/staff/running/	

Date	Event	Description	Web or booking links	Location
July 2019 – Learn and Discover				
July (all)	#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 July	Health Information Week	A campaign by the British Nutrition Foundation to improve access to health information. Register via the link.	http://www.foodfactoflife.org.uk/section.aspx?siteId=20&sectionId=114	
3 rd July	Monthly Cycle breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	MFT (MRI)
25 th July	UMRUN	Run commute and free breakfast	http://www.sustainability.manchester.ac.uk/travel/staff/running/	
28 th July	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/	

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August 2019 – Learn & Discover				
August (all)	#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/	
1 st – 7 th Aug	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 Aug	Monthly Cycle Breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	RNCM
15 th Aug	National Cycle to Work Day	The UK's biggest cycle commuting event.	https://www.cycletoworkday.org/	
29 th Aug	UMRUN	Run commute and free breakfast	http://www.sustainability.manchester.ac.uk/travel/staff/running/	

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September 2019 – Connect				
Sept (all)	#SixWaystoWellbeing #Connect Inspiration	Visit the University's Community pages for ways to get involved with societies, network groups and clubs.	https://www.staffnet.manchester.ac.uk/community/	
1 st – 7th Sept	Migraine Awareness Week	Migraine Awareness Week (MAW) is an annual campaign to draw attention to migraine, educate the public and reduce stigma.	https://www.migrainetrust.org/event/migraine-awareness-week-2019/	
3 rd – 9 th Sept	Organ Donation Week	Organ donation is giving an organ to someone else who needs a transplant. Organ donation is an amazingly generous act and saves thousands of lives in the UK every year. However, this relies on donors and their families agreeing to donate.	https://www.organdonation.nhs.uk/	
4 th Sept	Monthly Cycle Breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	UOM
10 th Sept	World Suicide Prevention Day	In the UK, someone takes their life every 90 minutes.	Resources: http://www.nspa.org.uk/resources/	
23 rd Sept	Bi - Visibility Day	Bi Visibility Day has been celebrated every year since 1999, to highlight the achievements of the bi community and tackle discrimination.	http://www.bivisibilityday.com/	

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26 th Sept	UMRUN	Run commute and free breakfast	http://www.sustainability.manchester.ac.uk/travel/staff/running/	
27 th Sept	World's Biggest Coffee Morning (MacMillan's Cancer)	The World's Biggest Coffee Morning on Friday 27th September is Macmillan's biggest fundraising event for people facing cancer. We ask people all over the UK to host their own Coffee Mornings and donations on the day are made to Macmillan. Last year alone we raised over £27 million and together we can make this another successful year.	https://coffee.macmillan.org.uk/about/what/	Various locations across campus

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October 2019 – Connect				
Oct	#SixWaystoWellbeing #Connect Inspiration	Make contact with the people around you; with friends, family, colleagues, neighbours and the community. Think of these as the cornerstones of your life and invest time in them.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/connect/	
Oct	UoM's Women's Health Month <i>(events to be announced)</i>	To be announced		
Oct	Breast cancer awareness month	Many symptoms of breast cancer, such as breast pain or a lump, may in fact be caused by normal breast changes or a benign (not cancer) breast condition. However, if you notice a change, it's important to see your GP (local doctor) as soon as you can.	https://www.breastcancercare.org.uk/	
Oct	Stoptober	Sign up for 28 days of free quitting advice and tips straight to your inbox to increase your chance of success!	https://quitnow.smokefree.nhs.uk/	
2 nd	Monthly Cycle Breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	MMU
8 th – 12 th	Back Care Awareness Week	See the Top Ten Tips for a healthy back from Backcare.Org	http://backcare.org.uk/wp-content/uploads/2016/11/Top-10-tips-for-a-healthy-back.pdf	

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*10 th	World Mental Health Day	The World Health Organisation recognises World Mental Health Day on 10 October every year.	https://www.mentalhealth.org.uk/ http://www.counsellingservice.manchester.ac.uk/	
12 th	World Arthritis Day	Arthritis can make life tough by causing pain and making it harder to get about. The symptoms of arthritis can vary from week to week, and even from day to day. Many types, such as osteoarthritis and rheumatoid arthritis, are long-term conditions. However, with the right treatment and approach you can manage your symptoms.	https://www.versusarthritis.org/	
18 th	World Menopause Day	Events to be announced	https://henpicked.net/	
31st	UMRUN	Run commute and free breakfast	http://www.sustainability.manchester.ac.uk/travel/staff/running/	

Date	Event	Description	Web or booking links	Location
November 2019 – Give				
Nov	#SixWaystoWellbeing #Give Inspiration	A smile or a thank you can make your day - or someone else's! Send a colleague a thank you card or get inspired with Random Acts of Kindness.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/give/	
Nov	Movember	The Movember Foundation is the leading charity changing the face of men's health. We're addressing some of the biggest health issues faced by men: prostate cancer, testicular cancer, and mental health and suicide prevention.	https://uk.movember.com/	
Nov	UoM's Men's Health Month	Events to be announced		
6 th	Monthly Cycle Breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	
11 th – 15 th	Anti-Bullying Week	Download free anti bullying week posters, flashcards and more via the charity Bullying UK	https://www.bullying.co.uk/anti-bullying-week/anti-bullying-week-resources/ UoM's Dignity at Work Procedure: http://documents.manchester.ac.uk/DocuInfo.aspx?DocID=22735	

Date	Event	Description	Web or booking links	Location
15 th	Children in Need Day	This is a popular event each year with staff with bake sales and other fundraising.	https://www.bbcchildreninneed.co.uk/fundraisinghub	
20 th	Trans Day of Remembrance (TDOR)	Honouring those lost to anti—transgender violence. The negative impacts of experiences of discrimination and marginalisation on LGBT individuals and groups are recognised. Suicide is higher than average amongst the LGBT community and 45% of trans young people have attempted suicide.	https://tdor.info/ https://www.theguardian.com/commentisfree/2018/mar/28/trans-young-people-suicide-support-mental-health https://publichealthmatters.blog.gov.uk/2017/07/06/mental-health-challenges-within-the-lgbt-community/	
28 th	UMRUN	Run commute and free breakfast	http://www.sustainability.manchester.ac.uk/travel/staff/running/	
28 th	Love Giving Wellbeing Fair	A Staff wellbeing fair with the theme being “Love Giving” to reflect Giving Tuesday on 3/12.	https://www.eventbrite.co.uk/e/staff-wellbeing-fair-love-giving-tickets-55209483050	Whitworth Hall

Date	Event	Description	Web or booking links	Location
December 2019 – Give				
Nov	#SixWaystoWellbeing #Give Inspiration	Volunteering can be really rewarding and fun and our Social Responsibility Team and Sport Volunteer Scheme (SVS) have suggestions.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/give/	
*1 st	World Aids Day	An opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.	https://www.worldaidsday.org/	
3 rd	Giving Tuesday	#GivingTuesday is a global day of giving celebrated on the Tuesday following Thanksgiving (in the U.S.).	https://www.givingtuesday.org.uk/	
3 rd	International Day of Persons with Disabilities (IDPD)	The University has a Disabled Staff Network Group. This is open to all members of staff who consider that they have an impairment, cognitive difference, or long term health/medical condition.	https://www.staffnet.manchester.ac.uk/equality-and-diversity/staff-network/disabled-staff-network-group/	
5 th	Monthly Cycle Breakfast	Monthly Cycle Breakfast – Oxford Road Corridor	http://www.sustainability.manchester.ac.uk/travel/staff/cycling/	
13 th	Christmas Jumper Day	Sign up and donate for this annual event for Save the Children.	https://christmasjumperday.org/	
TBC	University's Christmas Carol Service	Connect with your colleagues at the annual Christmas Carol Service. Details to be confirmed.		

Key:

*Date the same each year