


Wellbeing 2020


Covid19 University Closure - Please note most events are now on hold


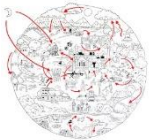

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Wellbeing support during Covid19 closure

Date	Event	Description	Web or booking links	Location
During Covid19 closures	Dedicated Coronavirus support pages on StaffNet	Includes: <ul style="list-style-type: none"> • Guidance for Managers • Counselling workshops information • Breathing and Tai Chi exercises to follow • Pilates exercises to follow • Back care exercises • Self care wellbeing videos • Learning and Development toolkit • Colouring in designs 	https://www.staffnet.manchester.ac.uk/wellbeing/coronavirus-wellbeing-support/	Online
During Covid19 closures	#StayInWorkOut	You can follow UOMSport on Facebook , Instagram and YouTube for their fantastic range of videos of exercises to follow.		Online



Date	Event	Description	Web or booking links	Location
During Covid19 closures	Disability Advisory and Support Service (DASS)	DASS supports a variety of different people. Use their site to find out more about their services, who is eligible for support, and how to access support.	http://www.dso.manchester.ac.uk/ 	Online
During Covid19 closures	Manchester Museum	The Museum has uploaded their digital content onto a mobile site so you can explore and enjoy Manchester Museum in your own home. They hope it helps entertain, educate and sparks joy and wonder until they re-open.	https://www.mminquarantine.com/	Online
During Covid19 closures	Whitworth Art Gallery	During the Coronavirus the Whitworth has closed galleries but continues their activities online so that people can access and take part in our programmes from their homes, workplaces or wherever they find themselves right now.	https://www.whitworth.manchester.ac.uk/about/thewhitworthathome/	Online
During Covid19 closures	Jodrell Bank Discovery Centre	Jodrell Bank is a world-famous radio observatory and UNESCO World Heritage Site. While the Discovery Centre's doors may be closed, they are still very much open online, providing Science Learning at Home.	https://www.jodrellbank.net/	Online
All year	Walking (MCRStrollers)	Sign up with the MCRStrollers for their weekly update that is still being issued during closure. This has positive uplifting content about nature and wildlife and prospective walks you can take in your local area.	Email mcrstrollers@manchester.ac.uk to receive the weekly update. https://www.staffnet.manchester.ac.uk/human-resources/benefits/mcr-strollers/	




Date	Event	Description	Web or booking links	Location
All year (observing social distancing rules)	Tree Trail	An interactive tree trail for staff, students and the local community to enjoy that is full of interest with a variety of trees, abundance of wildlife and glimpses of our heritage to explore.	http://www.sustainability.manchester.ac.uk/living-campus/students/tree-trail/ 	Whitworth Park
During Covid19 closure	Volunteering (during Covid crisis)	Scientists needed with lab skills	https://www.staffnet.manchester.ac.uk/bmh/fb/mh-coronavirus/covid-19-volunteering-uom-nhs/	
All year	Payroll Giving Scheme	Give is one of the Six Ways to Wellbeing. Covid19 has had a major impact on charity funding due to the closure of so many events. You can donate easily via your salary to your favourite charity on a regular or one off basis.	https://www.staffnet.manchester.ac.uk/human-resources/benefits/giving-back/payroll-giving/	
All year	10,000 Actions	10,000 Actions is the UK's largest environmental sustainability initiative for staff in higher education. You can still be adding to your actions while at home!	http://www.socialresponsibility.manchester.ac.uk/signature-programmes/10000-actions/ 	Online
All year	Social Responsibility	There are many ways to get involved in social responsibility programmes and make a difference. Volunteering can be really rewarding and fun and here's some ideas to get you started from our Social Responsibility Team including our multi award winning School Governor's Initiative and the Dementia Friends. You can also sign up for their monthly newsletter	http://www.socialresponsibility.manchester.ac.uk/get-involved/staff/ 	Online




June



be healthy

Date	Event	Description	Web or booking links	Location
June (all)	#SixWaystoWellbeing #BeHealthy Inspiration	Remember the importance of caring for yourself during lockdown.	https://www.staffnet.manchester.ac.uk/wellbeing/six-ways-to-wellbeing/be-healthy/ 	
June (all)	Action for Happiness calendar	Download the Action for Happiness calendar for Joyful June inspiration.	https://www.actionforhappiness.org/joyful-june 	


Date	Event	Description	Web or booking links	Location
June (all)	Donate Plasma	<p>The NHS Blood and Transplant Service is now collecting COVID-19 convalescent plasma from people who have recovered from this illness for use in COVID-19 clinical trials.</p> <p>The trials will investigate whether convalescent plasma transfusions could improve a COVID-19 patient's speed of recovery and chances of survival.</p> <p>If you have had a positive test result for coronavirus or the symptoms, you may be able to help by donating plasma at one of our main donor centres.</p>	<p>https://www.blood.co.uk/why-give-blood/how-blood-is-used/blood-components/plasma/</p> 	
Mon 8th June - Sun 14th June	Carers Week	<p>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.</p>	<p>https://www.staffnet.manchester.ac.uk/human-resources/current-staff/parents-carers/</p> 	
15 th – 21st June	Men's Health Week	<p>The theme this year is 'Take Action on Covid-19'.</p>	<p>https://www.menshealthforum.org.uk/mhw</p> 	

Date	Event	Description	Web or booking links	Location
14 th June	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 	
Thurs 18 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/ 	
Fri 19 th June	Go Home on Time Day	<p>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.</p> <p>During lockdown you can ensure you are taking plenty of breaks and not working long hours.</p>	https://www.workingfamilies.org.uk/campaigns/gohomeontimeday/ 	


July



learn and
discover

Date	Event	Description	Web or booking links	Location
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/ 	
Sun 16 th June (now moved to 27 Sept 2020)	Disability Awareness Day	Disability Awareness Day ("DAD") is the world's largest 'not for profit' voluntary-led disability exhibition, held annually in a huge tented village within the grounds of Walton Hall Gardens in Warrington.	https://www.disabilityawarenessday.org.uk/	
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/	

#PurpleWave

Date	Event	Description	Web or booking links	Location
<p>Moved to 6th Sept 2020</p>	<p>#PurpleWave The Great Manchester Run 10k</p>	<p>The Great Manchester Run is the largest 10K in the UK consisting of around 25,000 participants each year. For the past 4 years, the University has hosted its very own purple wave. Come along and run, walk or jog with us and be part of the 3,000 strong #purplewave.</p> <p>Whilst the rescheduled Great Manchester Run is still due to take place on the 6th September, due to the ongoing uncertainty around the current climate and the Universities start of year plans, we have made the decision to withdraw our Purple Wave entry in to the event this year.</p> <p>Anyone who has entered through the University will be offered a refund, details of the process and expected date of refund will be emailed to all participants directly no later than week commencing 12th June. We will instead be prioritising our time to provide a Virtual Purple Wave on the event day, details of which can be found on the weblink.</p> 	<p>http://www.sport.manchester.ac.uk/fitness-wellbeing/run-walk/purplewave/</p>	<p>Virtual</p>