

Wellbeing articles on StaffNet Since November 2017

[Wellbeing Brief - Be joyful in July](#)

10 Jul 2018

Our monthly health and wellbeing calendar is now live on the Staff Wellbeing website

[University staff Wellbeing marks Carers Week](#)

12 Jun 2018

Annual campaign highlights challenges that carers face - and recognises contribution they make

[Wellbeing Brief - Finding the words](#)

08 Jun 2018

In the UK 15 babies will die each day in the UK before, during or shortly after birth – on average one baby every 90 minutes

[Wellbeing Brief - Raising awareness of Scleroderma and Raynauds](#)

06 Jun 2018

Scleroderma is a rare, chronic disease of the immune system, blood vessels and connective tissue

[Wellbeing Brief - Joyful June](#)

01 Jun 2018

The Wellbeing team will be raising awareness of key health and wellbeing days in June

[Help Emmeline's Pantry support vulnerable women](#)

24 May 2018

Donate items before Wednesday, 30th May

[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



The University of Manchester

[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



The University of Manchester

[University launches new Wellbeing website](#)

09 Nov 2017

Six Ways to Wellbeing – and other support to help our staff stay happy and healthy