

Men's Health Month 2019

- ✓ Grow a Mo for Movember
- ✓ Men's Health Checks
- ✓ Know your Balls - Testicular cancer talk
- ✓ Prostate Cancer UK - Drop-in for advice
- ✓ On campus sport facilities
- ✓ Be Active health and wellbeing programme
- ✓ Lunchtime Wholeness Programme at St Peter's
- ✓ Run commute and free breakfast
- ✓ Sign up for the Big White Wall

During November we will try and raise awareness of men's health issues and there are lots of opportunities for men to explore sport, health and fitness on campus!

Grow a Mo for Movember

This [Movember](#) men are being encouraged to talk. In the UK 75% of all suicides are men. You can sign up to grow a mo, be a mo sista and you can even join the University of Manchester Challenge page Grow a Mo Challenge. Watch the video for all the details: <http://bit.ly/2BzWm9e>

Be Active health and wellbeing programme – North and South Campus

Visit the University's sport, fitness and wellbeing options. We provide sport opportunities and support for everyone.

More info: <http://www.sport.manchester.ac.uk/fitness-wellbeing/>

Lunchtime Wholeness Programme (Oct – Jan)

St Peter's House has a comprehensive calendar of wellbeing events with a number of drop in sessions. Why not try something new. Exercise has so many health benefits for you!

More info: <http://documents.manchester.ac.uk/display.aspx?DocID=45447>

13th Nov - Enhancing Mental Capital and Wellbeing at Work – Wellbeing Lecture

Professor Sir Cary Cooper will explore the costs of stress and lack of mental wellbeing at work, identify the main sources of workplace stress and explore various approaches to minimise mental ill health and enhance the wellbeing of individuals and organisations. Sold out.

18th Nov & 22nd Nov (2pm – 4pm) - Men's Health Checks

These 10 minute health checks will measure Basic Body Fat, Weight, Height, Grip strength, Blood pressure and Flexibility. Book via Eventbrite:

<https://www.eventbrite.co.uk/e/mens-10-minute-health-checks-tickets-73399472799>

19th Nov (11am - 12pm) - Know your Balls - Testicular Cancer talk.

Find out about testicular cancer with Baggy Trousers UK.

Tue, 19 November 2019 (11:00 – 12:00) Theatre D, Simon Building.

BaggyTrousersUK is a non-profit organisation aiming to raise awareness of testicular cancer in young males, as well as providing emotional and financial support, guidance and help for sufferers. Drop in or book via Eventbrite:

<https://www.eventbrite.co.uk/e/mens-health-week-find-out-about-testicular-cancer-tickets-77835041705>

More info: <https://baggytrousersuk.org>

27th Nov - Prostate Cancer UK Drop In event

Room G.60, UMSA Wellbeing Lounge, Ground Floor, Simon Building

A representative from Prostate Cancer UK will be on site in the Wellbeing Rooms to answer any queries you may have. Drop in 12pm – 2pm. UMSA Wellbeing Room, Ground Floor, Simon Building.

More info: <https://prostatecanceruk.org>

28th Nov – UMRUN - Run commute and free breakfast

Have you tried running to work? Find out more via

<http://www.sustainability.manchester.ac.uk/travel/staff/running/>

Visit the Big White Wall

Big White Wall is an anonymous and totally confidential free online mental health and wellbeing resource.

<https://www.staffnet.manchester.ac.uk/wellbeing/big-white-wall/>

Further information

For full details of staff health and wellbeing options visit:

<https://www.staffnet.manchester.ac.uk/wellbeing/>

