














February 2020

Date	Event	Description	Web or booking links	Location
February (all)	#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/ 	
February (all)	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/ 	
February (all)	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	Access and share resources: https://www.bhf.org.uk/how-you-can-help/health-at-work/resources 	

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4 th Feb	World Cancer Day	This year's World Cancer Day's theme, 'I Am and I Will', is all about you and your commitment to act.	https://www.worldcancerday.org/useful-links-resources 	
6 th Feb	Time to Talk	On Time to Talk Day we want everyone to have a conversation about mental health. Take a Break – come and join us to chat and mingle with colleagues and students over a cup of coffee and a cake	What you can do today on campus: https://www.staffnet.manchester.ac.uk/news/di-splay/?id=23283 	The Atrium University Place 12pm-2pm
12 th Feb	Men's Mental Health	#AndysManClub is a Men's Mental Health Charity that has a network of groups for men to come together, talk and support each other. For some, it can be life changing or saving, but we hope that it can be helpful for all. Suicide is the biggest killer of men under forty-five. So, to promote the message that #ITSOKAYTOTALK Andys Man Club will be delivering a talk within the University. Men and women are welcome to this event.	Booking link: https://www.eventbrite.co.uk/e/mental-health-for-men-with-andysmanclub-tickets-89770188049 Further info: http://andysmanclub.co.uk/ 	Coupland 3 Building: Theatre B 12:00 – 12:45

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Thurs 13 th Feb	Free concert: Quatuor Danel Lunchtime Concert with Richard Whalley (piano)	These concerts are part of the Walter Carroll Lunchtime Concert Series, which is supported by the Ida Carroll Trust. They are free and there is no need to book - just turn up!	https://events.manchester.ac.uk/event/event:d7x-jyzyxi0h-ohgbdo 	Martin Harris Centre
Fri 14 th Feb	Free concert: MUMS - New Sounds	There is great enthusiasm for contemporary music amongst music students at The University of Manchester. In this concert, a variety of ensembles present works recently written by student composers, featuring an exciting array of musical styles.	https://events.manchester.ac.uk/event/event:v1v-k49rpg8n-pusbz5 	Martin Harris Centre
Mon 17 th Feb	Random Acts of Kindness Day	View their collection of kindness ideas!	https://www.randomactsofkindness.org/get-inspired 	
Weds 19 th Feb	Wellbeing and Values	This lecture will explore the topic of wellbeing and how it aligns with living our own personal values. Values expert Jackie Le Fèvre will explore the idea of values, including what they are, as well as how they influence our behaviour, actions and ultimately, our wellbeing.	https://www.eventbrite.co.uk/e/wellbeing-lecture-wellbeing-and-values-tickets-82833151185 	Roscoe Theatre A Wed, 19 February 2020 12:00 – 13:00 GMT

Date	Event	Description	Web or booking links	Location
Thurs 20 th Feb	WCLC: Jack Adler-McKean - Solo tuba	Giacinto Scelsi Maknongan Patrick Friel Ezra's Telescope (British première) Sylvain Marty Diversion 2 (British première) Vinko Globokar Juriritubaïoka (British première), with Bofan Ma (piano)	https://events.manchester.ac.uk/event/event:o3e-k49z7hyp-xo0y39 	Martin Harris
Thurs 27 th Feb	Free concert: WCLC: Gazelleband	Gazelleband combines pioneering Palestinian oud player Reem Anbar and Mancunian multi-instrumentalist Louis Brehony, as they present a unique take on the radical and traditional music of the Arab world and beyond. From Palestinian folk to cosmopolitan Cairo, this distinctive performance crosses international borders. Price: Free.	https://events.manchester.ac.uk/event/event:m3f-k49zajc6-9zq220 	Martin Harris Centre Drop in
Thurs 27 th Feb	UMRUN	Run commute and free breakfast 	Sign up https://www.facebook.com/groups/UMRUN/	
28 th Feb	Free concert: MUMS Chamber Music from the Nineteenth Century	Join talented chamber musicians in the music society as they take on a programme of nineteenth century works. This free concert explores three works by Johannes Brahms, Clara and Robert Schumann.	http://bit.ly/2tys72h 	Martin Harris Centre