**Issue 2 2021 Edition of Social, Wellbeing, EDI, Social Responsibility and Green Impact News**

[Free eye examinations](https://www.staffnet.manchester.ac.uk/news/display/?id=25711)

Book now for a free eye test.

[Support Time to Talk Day on 4 February](https://www.staffnet.manchester.ac.uk/news/display/?id=25723)

Our University made a public commitment in June 2013 to tackle mental health stigma and discrimination by signing the Time to Change pledge.

[Wellbeing lecture: Positive psychology for managers](https://www.staffnet.manchester.ac.uk/news/display/?id=25722)

Positive psychology practitioner Sukh Pabial will deliver a new version of his popular wellbeing lecture for those with line management responsibilities. The online session will take place on Tuesday 9 February from 1pm until 2:30pm.

[Staff Network Group spotlight: ALLOUT (The LGBT+ Staff Network)](https://www.staffnet.manchester.ac.uk/news/display/?id=25704)

With February being LGBT+ History Month our first spotlight of 2021 falls on ALLOUT.

[Wellbeing Event: LGBT+ History Month](https://www.staffnet.manchester.ac.uk/news/display/?id=25712)

As part of our celebrations for LGBT History month, join us for a focused wellbeing event with our wellbeing partners, We Are Wellbeing. The session will focus on wellbeing for the entire LGBT+ community and its intersections, as well as the support available at the university, and the importance of allies and their support / awareness. The Zoom event is taking place on Thursday 11 February at 1.30pm.

[Wellbeing workshop: The 4Ds of Distress: Distract, Dilute, Develop and Discover](https://www.staffnet.manchester.ac.uk/news/display/?id=25689)

Join Dr Warren Mansell, Reader in Clinical Psychology, from the Faculty of Biology, Medicine and Health, as he introduces the 4Ds approach – an intervention for managing work related and academic stress.

This workshop takes place on Tuesday 16 February at 10am.  A further session will run later in the year.

[Online programme to celebrate International Mother Language Day](https://www.staffnet.manchester.ac.uk/news/display/?id=25708)

Creative Manchester has coordinated with colleagues from the Centre of New Writing, HCRI, and our Widening Participation and Schools teams to present a number of events, including:

* 19 February, 5:30pm [Macaronic Poetry Evening](https://www.eventbrite.com/e/macaronic-poetry-event-tickets-133693417611)
* 23 February, 7pm [Decolonising Mother Tongues](https://www.eventbrite.com/e/decolonising-mother-tongues-tickets-133685528013)
* 25 February [Manchester’s DNA Launch Workshop with Manchester Schools](https://events.manchester.ac.uk/event/event:m1fg-kk2hquyk-4guysq)
* 26 February, 2pm [Manchester’s DNA Poetry in Residence Workshop](https://www.eventbrite.com/e/manchesters-dna-poet-in-residence-workshop-tickets-133686486881)

[Manchester Confucius Institute is excited to announce its first wellbeing event of 2021 – The 8 Brocades of Qigong, a 10min feel-good routine to start your day](https://bit.ly/3ioJnvO)

We have been trying to introduce new ways for people to engage with traditional Chinese wellness practices to support physical and mental wellbeing. Last November, we ran a Zoom exercise class introducing the 8 Brocades of Qigong and learned how to carry out 4 out of the 8 movements. In this class we will focus on learning the remaining 4 movements and their benefits for body and mind.

We are delighted to welcome Feixia Yu back for another tutorial on **Wednesday 27 January** at **2pm**: **The 8 Brocades of Qigong – a 10min feel-good routine to start your day**. To register, please click on the link above.

If you enjoy this Zoom tutorial, we will make sure to share the link to some video tutorials afterwards, so you can repeat this in your own time and on a more regular basis.

Catch up on the first 4 via YouTube videos [here](https://www.staffnet.manchester.ac.uk/coronavirus/news/display/?id=24276), which includes videos of the whole series of all eight movements.

[Information on domestic abuse](https://www.staffnet.manchester.ac.uk/news/display/?id=25671)

For anyone experiencing domestic abuse, working from home can be difficult and they may require support during this time.

[Slides from Wellbeing Webinar: Positive Psychology in difficult times](http://documents.manchester.ac.uk/display.aspx?DocID=52899)

Slides available at the link above from Sukh Pabial’s wellbeing lecture – Positive Psychology In Difficult Times that took place on Wednesday 20/01/2021, 13:00 - 14:00 on Zoom.

Also, there is a new ‘Positivity’ Yammer page available to join [here](https://www.yammer.com/live.manchester.ac.uk/).

[Sign up to be a Compassionate Colleague](https://www.staffnet.manchester.ac.uk/news/display/?id=25686)

Over 400 members of staff have now attended a Compassionate Colleague mental health awareness session. The next session is on Monday, 25 January @ 2.00 pm.

[Find out more information about the programme and book a session](https://www.staffnet.manchester.ac.uk/wellbeing/compassionate-colleague/).

If you have attended the Compassionate Colleague training and want to include the logo on your email signature, please find the images below:





[Resources and support available from Staff Learning and Development](https://www.staffnet.manchester.ac.uk/news/display/?id=25695)

Resources and support available to help individuals and line managers who are dealing with challenges specific to the current situation.

[Staff benefits update](https://www.staffnet.manchester.ac.uk/news/display/?id=25696)

How benefits support your wellbeing.

[Free complementary therapies programme](https://www.staffnet.manchester.ac.uk/news/display/?id=25692)

The White Rose Beauty College in conjunction with UoM Sport are offering free places to staff.

[Future Learn Thrive At Home During Coronavirus](https://www.futurelearn.com/programs/thrive-at-home) - free training and toolkits available

Find practical ways of coping whilst at home during the COVID-19 pandemic In response to the COVID-19 outbreak, three courses have been collated to help you make the most of your time at home during this challenging time.

* [Motivation and Engagement in an Uncertain World](https://www.futurelearn.com/courses/motivation-engagement)
* [Work-Life Balance and the Impact of Remote Working](https://www.futurelearn.com/courses/work-life-balance-remote-working)
* [Managing Mental Health and Stress](https://www.futurelearn.com/courses/managing-mental-health)

 In addition to these courses, there is also a range of useful resources in the [Thrive at Home](https://mhpp.me/thrive-at-home/) Toolkits – [one for employers](https://mhpp.me/thrive-at-home/employers-toolkit/) and [one for homeworkers](https://mhpp.me/thrive-at-home/homeworkers/).

[Who is your Dementia Hero?](https://www.alzheimers.org.uk/dementia-professionals/conferences-and-events/dementia-hero-awards?utm_campaign=January%202021%20Newsletter&utm_source=emailCampaign&utm_content=&utm_medium=email&ajs_uid=4ec35a4d-22e0-4dd4-d79c-bdbe03b03553)

The Dementia Hero Awards 2021, sponsored by Tunstall Healthcare, will showcase the stories of people doing outstanding things during the pandemic – Alzheimer's Society's dementia heroes. The awards will recognise the inspirational achievements of those caring for people with dementia, finding innovative solutions in research, and fighting for the rights of people with dementia.

Categories include; excellence in dementia care, influencing change, inclusive businesses and our fundraising heroes.

So, why not [nominate](http://email.dementiafriends.org.uk/_act/link.php?mId=A9372798581841795115513588zzzzz64a457aa649dda06d7d1fc2edde1f4fc32c8629457efc4140918438ef2d913a176&tId=137400981) someone who has inspired you? You can even nominate yourself! Just be sure to make your nominations by 5th March.

The virtual ceremony will take place during Dementia Action Week 2021, on the evening of Thursday 20 May 2021 and is free to view!

[Free course – MSE’s Academy of Money](https://www.open.edu/openlearn/ocw/mod/oucontent/view.php?id=100872)

The Open University has joined forces with MoneySavingExpert (MSE) to produce this new free course to give you the skills and knowledge to master your finances. The course was written by The OU, with MSE providing support and guidance.

**Course learning outcomes**

After studying this course, you should be able to:

* budget effectively and know how to make good spending decisions
* understand how income is taxed
* understand how and when to borrow money responsibly
* understand savings and investment products – including their different risks
* plan for retirement and know what to do if a projected pension is insufficient.

[Running Naked Virtual Cinema Preview Screening on World Cancer Day](https://ilovemanchester.com/running-naked-film-shot-manchester)

Heartfelt new film shot in Manchester to premiere on World Cancer Day on 4th February 2021, Running Naked will hold its UK premiere online at ourscreen’s Virtual Cinema with cast and crew before its digital release on 8th February. A portion of all profits raised will be donated to Teenage Cancer Trust and Weston Park Hospital. The screening commences at 8.00 pm and tickets are only £5.00, available [here](https://www.ourscreen.com/screenings/running-naked).

[The Daily Mile at Home](https://thedailymile.co.uk/)

We would like to introduce all families across the UK to The #DailyMileAtHome. It’s an easy and fun way to keep fit and maintain good health and wellbeing for you and your children.

Instructions from the UK government are very clear – they are allowing us to take exercise outdoors, as long as we can keep a safe distance from others. We all need to try to be physically active and The Daily Mile at Home can help almost everyone to do this. We believe that it will be useful for children, parents and carers in helping them to look after their physical and mental health.

We already have Daily Mile guidance for schools, and now we’ve adapted it so you can use it at home and enjoy the same benefits. These come from 15 minutes or more of walking, running or jogging in the fresh air – doing it at whatever pace suits you best and wearing what you’ll feel most comfortable in. We’d love to see you doing The Daily Mile, so be sure to post on social media using **#DailyMileAtHome**.

[Guardian wellbeing article: Silence your inner critic: a guide to self-compassion in the toughest times](https://www.theguardian.com/lifeandstyle/2021/jan/06/silence-your-inner-critic-a-guide-to-self-compassion-in-the-toughest-times?CMP=Share_iOSApp_Other)

Brought to you by the Wellbeing Champions Yammer page c/o Harriet Bickley.

[Action for Happiness Calendar](https://www.actionforhappiness.org/february)

Friendly February.

[February Wellbeing Calendar](https://f.hubspotusercontent00.net/hubfs/393154/_2021-content-INT/011821_Wellbeing%20Calendar_February.pdf?utm_campaign=ASSET-2021-02-February-WBC-INT&utm_medium=email&_hsmi=107988343&_hsenc=p2ANqtz-9yZaUAfRFph426qruNbUXLiz58fD3481dFOVFI5UeqYOPWLUwbfvHCT34hXXXLMoDYqRpczYv9qvP-Spz1TUq0Yz2uY3nUsPBWYZIQGrQQ-2FSuI4&utm_content=107988343&utm_source=hs_automation)

Brought to you by Virgin Pulse.

[Q&A with Innerfit expert & nutritionist Kristy Coleman](https://innerfit.us14.list-manage.com/track/click?u=1345fa7327285de0d2854c89d&id=88774f167c&e=0ce4e36291)

Watch the recording of the session that took place on Tuesday 27 January 2021 covering:

* How do I get out of the sugar habit and constantly reaching for it?
* What’s the truth about coffee?! How much is too much?
* Any idea if excessive soy leads to eczema?
* Do you know of any ingredients directly related to causing eczema?
* Who's the biggest baddie, fat or sugar?
* Whats a good balanced breakfast if you don't have a lot of time to prepare it?
* I am pre-diabetic. Any tips to maintain and lower sugars?
* Is dark chocolate healthier or is that a myth?
* Are there really any ingredients out there that help with hair growth is that a myth?
* Is fasting good for you or is that a myth?
* What is the best way to build up your good gut bacteria?
* Would you say that there are any limitations to taking protein shakes in addition to a healthy diet to supplement exercise?

[Manchester volunteers needed to help through COVID winter crisis](https://ilovemanchester.com/manchester-volunteers-needed-winter-crisis?mc_cid=ba2700289e&mc_eid=f86f6b0f4f)

The Royal Voluntary Service is asking Mancunians to offer an hour a week to help the local community through a difficult winter. You can explore a range of volunteering opportunities by visiting the Hour of Need campaign on the Royal Voluntary Service [website](https://volunteering.royalvoluntaryservice.org.uk/hour-of-need).

[Creative Craft Show - Access All Areas - February 2021](https://ticketsales.ichf.co.uk/products/creative-craft-show-access-all-areas-february-2021?utm_campaign=Visitor%20-%201st%20AAA%20SPRING%20email&utm_source=emailCampaign&utm_content=&utm_medium=email)

**Introducing our brand new virtual show for 2021**

Want 50 hours of exclusive craft projects for just £7.99? Here's what you need to know in a nutshell:

☆ The event takes place on Saturday 20th February 2021 on Facebook ☆

☆ Enjoy LIVE and pre-recorded workshops ☆

☆ All content will be available to re-watch until 3rd April 2021 ☆

☆ Tickets are just £7.99 ☆

☆ Your ticket will give you access to 9 workshop areas ☆

☆ This means more than 50 hours of crafty tutorials and talks ☆

[Tricks to access 1,000s of free e-books & audiobooks](https://www.moneysavingexpert.com/deals/deals-hunter/2020/11/tricks-to-access-free-ebooks-and-audiobooks/)

If you read a book for nowt and enjoy it, consider leaving a positive review on Amazon, Google or other sites, as it'll help the author out and means you can still give something back.

So whether you want curl up with a crime novel or read a biography in the bath, arm yourself with these top tips, including bag [free Kindle books for writing reviews](https://www.moneysavingexpert.com/deals/deals-hunter/2020/11/tricks-to-access-free-ebooks-and-audiobooks/#reviews), [max free trials](https://www.moneysavingexpert.com/deals/deals-hunter/2020/11/tricks-to-access-free-ebooks-and-audiobooks/#maxtrials), [send free audiobooks to mates](https://www.moneysavingexpert.com/deals/deals-hunter/2020/11/tricks-to-access-free-ebooks-and-audiobooks/#sendtomates) and [get paid for listening to an audiobook](https://www.moneysavingexpert.com/deals/deals-hunter/2020/11/tricks-to-access-free-ebooks-and-audiobooks/#getpaid).

[Feast Your Eyes on Tesco’s Food Love Stories](https://www.tesco.com/zones/food-love-stories?preservedReferrer=https://www.google.co.uk/)

Now more than ever it’s time to make the food you love for those you love the most.

[Veganuary Celebrity Cookbook](https://veganuary.com/wp-content/uploads/2020/11/Nov2-Veganuary-2021-Celebrity-Cookbook-1.pdf)

Dine like an A-lister: our recipes have been contributed or inspired by the likes of Beyoncé, Joaquin Phoenix and Evanna Lynch.

[Manchester Science Festival Goes Digital](https://www.scienceandindustrymuseum.org.uk/manchester-science-festival?utm_source=wordfly&utm_medium=email&utm_campaign=MCS%3AMSFJanProgrammeLaunch&utm_content=version_B&sourceNumber=19953)

Join Manchester Science Festival from Friday 12 – Sunday 21 February 2021 for a programme of fun and inspiring talks, exhibitions, debates and activities to enjoy from the comfort of your own home. Festival Programme Available [here](https://www.scienceandindustrymuseum.org.uk/manchester-science-festival/whats-on).

[Action for Happiness Prioritising Wellness Webinar – held on 13 January 2021](https://www.nutritionist-resource.org.uk/blog/2021/01/19/webinar-replay-prioritising-wellness)

We're pleased to let you know that you can rewatch the webinar, or listen to the audio again on Nutritionist Resource.

[Planet Earth Games](https://www.planetearthgames.org/register/)

Planet Earth Games is an initiative to keep people (and the planet) healthy. Their ‘Winter Games’ will see a full month of sustainable, virtual challenges, suitable for all ages and abilities, commencing in February. It’s free to enter and there will be daily prizes to be won.

[Creativity for Wellbeing from The Lowry](https://thelowry.com/creativityforwellbeing/?utm_campaign=244628_Creativity%20for%20Wellbeing&utm_medium=email&utm_source=lowry_dotmailer&dm_i=5OV3,58R8,11J1NC,M452,1)

The Lowry is offering a [weekly timetable](https://the-lowry-site.s3.amazonaws.com/uploads/2021/01/Creativity-for-Wellbeing-Final.pdf) of free online activities for children and adults to enjoy from home. These Creativity for Wellbeing activities are weekly workshops with professional artists that will boost your mood, enhance your energy, connect you with others and offer you a sense of calm. No experience or skill is necessary and everyone is welcome and it's all completely free. Info is available at the link above to book a free ticket or to join an online event.

[Action for Happiness Ruby Wax Event 'Beyond Frazzled' - video](https://clicks.eventbrite.com/f/a/vqNR8ObqGskNW4iZ8J_YZg~~/AAQxAQA~/RgRh4Wh_P0QraHR0cHM6Ly93d3cueW91dHViZS5jb20vd2F0Y2g_dj1kZjA1TXNSUTlGa1cDc3BjQgpf_P80AGCqX6FVUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)

On Wednesday 13 January, Ruby Wax hosted an event for Action For Happiness called 'Beyond Frazzled' which heard Ruby's experiences and mental health journey, and to be led in a mindfulness exercise by Ruby. The event video is at the link above so you can watch it again or share with others. You can also see the [chat file](https://clicks.eventbrite.com/f/a/StOXvU3DUpGdQjIw1oMfQA~~/AAQxAQA~/RgRh4Wh_P0RLaHR0cHM6Ly93d3cuYWN0aW9uZm9yaGFwcGluZXNzLm9yZy9tZWRpYS85NjYwMjkvd2ViaW5hcl9jaGF0Xy1fcnVieV93YXgudHh0VwNzcGNCCl_8_zQAYKpfoVVSImp1bGllLmJ1dHRlcndvcnRoQG1hbmNoZXN0ZXIuYWMudWtYBAAAAAA~) from the event with lots of helpful comments.

[Friends of the Earth Manchester Events](https://www.manchesterfoe.org.uk/events/)

This calendar lists events organised by Manchester Friends of the Earth as well as other organisations’ events relevant to our campaigns. We also host a Greater Manchester cycling events calendar. All the MFoE events listed on our calendar are open to all. You do not need to be a member.

#COVID-19 Given the current circumstances Manchester Friends of the Earth have cancelled all our face-to-face meetings until the end of July 2020. This is following advice from Friends of the Earth.

**Links to other relevant mailings:**

[Manchester Strollers Weekly Update, 15 January 2021](http://documents.manchester.ac.uk/display.aspx?DocID=52829)

[Manchester Strollers Weekly Update, 22 January 2021](http://documents.manchester.ac.uk/display.aspx?DocID=52944)