**Issue 3 2021 Edition of Social, Wellbeing, EDI, Social Responsibility and Green Impact News**

[Celebrate LGBT+ History Month in February](https://www.staffnet.manchester.ac.uk/news/display/?id=25734)

As ever, LGBT+ history and the celebration of our diverse community are vastly important, which is why all our events will still be taking place online this year.

It is currently LGBT History Month and as part of this, there is a push across the University to encourage people to [add pronouns to their email signatures](https://www.staffnet.manchester.ac.uk/communications-and-marketing/staff-communications/email-signatures/). As I am sure you are aware, when people include their pronouns in their email signatures it helps normalise the practice and is an easy way to prevent mis-gendering. It is also a very quick and easy way to demonstrate support for our many colleagues and students to whom this is an extremely important issue.

The first Staff Network Group spotlight for 2021 is on [ALLOUT (the LGBT+ Staff Network)](https://www.staffnet.manchester.ac.uk/news/display/?id=25704).

If you don't identify as LGBT+, you can still become an [ALLOUT ally](https://www.staffnet.manchester.ac.uk/equality-and-diversity/staff-network/lgbt-staff-network-group/allout-allies/) and help the group raise awareness of barriers to participation that LGBT+ staff still encounter.

Find out more about the LGBT+ history month events throughout February here:

<https://www.staffnet.manchester.ac.uk/news/display/?id=25734>

[Staff benefits update](https://www.staffnet.manchester.ac.uk/news/display/?id=25815)

`Payroll giving scheme success, staycation and florist offers and wellbeing support.

[South Asian Heritage Month presents COVID-19 vaccine - Ask the experts](https://www.staffnet.manchester.ac.uk/news/display/?id=25805)

You will be able to hear from a range of experts from different South Asian backgrounds who have expertise in the field, including spread of disease and immune responses.

[Upcoming wellbeing workshops from the Counselling Service](https://www.staffnet.manchester.ac.uk/news/display/?id=25797)

The Counselling Service is offering a programme of wellbeing workshops.

 [Take part in the Purple Wave monthly challenges](https://www.staffnet.manchester.ac.uk/news/display/?id=25790)

Join UoM Sport over the next four months as we set a number of challenges for you to take on at home!

[Join the next meeting of our book club](https://www.staffnet.manchester.ac.uk/news/display/?id=25770)

The book club will meet on Friday, 26 February from 12:30 until 1:30pm.

[Innerfit Q&A with Parenting Expert Elizabeth O’Shea](https://us02web.zoom.us/meeting/register/tZcldOysqT4oGdaLV2yZkxDfN1z94MxlGywW?utm_source=Webinar+Wellbeing+Audience&utm_campaign=c6b0e19a60-EMAIL_CAMPAIGN_2020_04_06_02_51_COPY_01&utm_medium=email&utm_term=0_ca21e885f9-c6b0e19a60-571399562)

Are you a parent? On Tuesday 16th Feb we are hosting a free 30min Q&A with Child Behaviour Expert and Child Anger Management Specialist Elizabeth O’Shea. You'd be welcome to join us.

Here are some of the topics we'll likely be covering:

* lockdown parenting
* managing your child's emotions
* dealing with anxiety

If you have questions, please email them in ASAP to give yourself the best chance possible of having them answered!

[Meditation: What are the benefits for health and business? organised by Virgin Pulse](https://community.virginpulse.com/en-gb/meditation-what-are-the-benefits-for-health-and-business?utm_campaign=WBN-2021-01-Ludo-Meditation-English-INT&utm_medium=webinar&_hsmi=109405319&_hsenc=p2ANqtz-9NptHEoow6HznBE0V408QRPM6rw3EEHPZF_9b9HhFvAvyySL0KRDhxdkqEEnVIYRx5S1wA_Lfb6qfjMsdhIW2T6vip-HDV-NBsQtF_mCcKNmmw498&utm_source=email)

Discover what benefits mindfulness meditation can bring to corporate health and wellness. Join us for a live webinar on Feb 19 to learn:

* High-Touch: The context of the meditation, the business applications and results.
* High-Tech: How to scale and reach people where they are through digital solutions.
* The behavioural science as the foundation of the High-Touch & High-Tech combined approach.

[Employee Wellbeing Forum: Mindset & Mental Health – organised by Innerfit](https://innerfit.us14.list-manage.com/track/click?u=1345fa7327285de0d2854c89d&id=724f26f701&e=0ce4e36291)

* What are you seeing right now when it comes to mindset'?
* What type of support do people need right now?
* How do you see mindsets and mental health shifting in the coming months?

If you have a question you want answered, let us know!

[Mental Fitness Action For Happiness Webinar – with Shirzad Chamine](https://clicks.eventbrite.com/f/a/dVhQJPEel9Gc7nu_T2CYZw~~/AAQxAQA~/RgRiBicsP0QcaHR0cHM6Ly95b3V0dS5iZS82NE9zTEp2RHhqNFcDc3BjQgpgIazzJGB9FGeCUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)

Learn how we can improve our mental fitness against our inner Saboteurs using mental exercises.

You can also see the [chat file](https://clicks.eventbrite.com/f/a/BiEnW2ED5qTYNHtJ4pQuyA~~/AAQxAQA~/RgRiBicsP0RSaHR0cHM6Ly93d3cuYWN0aW9uZm9yaGFwcGluZXNzLm9yZy9tZWRpYS85NzkxMzYvd2ViaW5hcl9jaGF0Xy1fc2hpcnphZF9jaGFtaW5lLnR4dFcDc3BjQgpgIazzJGB9FGeCUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA) from the event with lots of helpful comments.

Learn More:

* Get your own [Saboteur Assessment](https://clicks.eventbrite.com/f/a/4Evf_EMNvaLc2S1a7pIL5Q~~/AAQxAQA~/RgRiBicsP0QxaHR0cHM6Ly93d3cucG9zaXRpdmVpbnRlbGxpZ2VuY2UuY29tL2Fzc2Vzc21lbnRzL1cDc3BjQgpgIazzJGB9FGeCUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)
* Read Shirzad's [Positive Intelligence book](https://clicks.eventbrite.com/f/a/dkMoVxaIeAjk2Fp7q-z7qQ~~/AAQxAQA~/RgRiBicsP0RvaHR0cHM6Ly93d3cuYW1hem9uLmNvLnVrL1Bvc2l0aXZlLUludGVsbGlnZW5jZS1JbmRpdmlkdWFscy1BY2hpZXZlLVBvdGVudGlhbC9kcC8xNjA4MzIyNzg1P3RhZz1hY3Rpb2ZvcmhhcHBpLTIxVwNzcGNCCmAhrPMkYH0UZ4JSImp1bGllLmJ1dHRlcndvcnRoQG1hbmNoZXN0ZXIuYWMudWtYBAAAAAA~)
* Learn more about [Shirzad's work](https://clicks.eventbrite.com/f/a/uDcNjolAZo331AX0bF4nWA~~/AAQxAQA~/RgRiBicsP0QlaHR0cHM6Ly93d3cucG9zaXRpdmVpbnRlbGxpZ2VuY2UuY29tL1cDc3BjQgpgIazzJGB9FGeCUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)

[Joy and Connection Action For Happiness Webinar with Chude Jideonwo.](https://www.eventbrite.co.uk/e/joy-connection-with-chude-jideonwo-tickets-138297755309)

Join us on Thursday 25 February for a special event with Chude Jideonwo about how to find joy in life, through authentic connection with ourselves and each other.

[The 24 Character Strengths Survey](https://www.viacharacter.org/account/register)

In the early 2000s, something groundbreaking occurred in the social sciences: Scientists discovered a common language of 24 character strengths make up what’s best about our personality. Everyone possesses all 24 character strengths in different degrees, so each person has a truly unique character strengths profile. Each character strength falls under one of these six broad virtue categories, which are universal across cultures and nations. See the full character strengths list [here](https://www.viacharacter.org/downloads/IconsClassifications-2020.zip) and learn more about each one.

[Manchester Film Festival goes virtual for 2021, 11th-14th March 2021](http://www.maniff.com/)

Screenings will take place through the Filmocracy platform, which organisers say represents a chance to broaden the festival’s scope and screen the best independent film from around the world to a bigger audience.

There will be over 130 films screening across a March weekend in a line-up made up of narrative feature films, documentaries, short films, music videos, experimental films and animated films.

All films will be available to screen across the UK with tickets priced at £3.50 per individual screening or £19.50 for a full weekend pass.

Manchester Film Festival will take place 11th-14th March 2021. Films will screen on a set date and time just as they would if the festival were taking place in cinema.

[Elizabeth Gaskell’s house is launching interactive virtual tours](https://ilovemanchester.com/elizabeth-gaskells-house-virtual-tours?mc_cid=99d3c5b11b&mc_eid=f86f6b0f4f)

Now you can take a virtual tour of the Regency-style villa and learn how the Manchester writer’s novels came to life within its walls.

The first tours will take place on Thursday 11th February at 7pm and Saturday 20th February at 10.30am, with more dates to be announced. Tickets are £10, including a discount to enjoy in the online shop. Tours will take place on Zoom and must be booked in advance, with all the details [here](http://click.agilitypr.delivery/ls/click?upn=d23to-2BWq-2FKxkaH-2BL4WT3C9b12H2XTFYXfq-2BR6723UCOeb6IQ-2F-2BKjElIu8y-2FMG95pHZOwiJHqEqiB8JQtnIoNCW1J5zlMnVeapaLB2KerZ-2BOthgEtTIJDkFKOrlWfqRLuXqlR_O3XWFiAdWrzzrOIt72qAuECF2efmpljdUWjOrVBLnsGRbmSUfBqvK1umMI9QG1T8R7gwTm0-2FKLFH7yKCXm0DGIu7wdHu-2FKCw53hFGainT8GR3j2-2F-2B-2FvODZ8dk1O7Ii1F15BSkYJ2z6vqrOVl-2BOlb8-2FqmDTxohIB0M10-2Bw5xJwFLRqod-2FOZw2SgrPzboyfiCMZhlyZTro2s4HK9x0bszNdI9TINNStRgmFWHU-2FZnVocRUMXinw6wv7gmamQkAhYR9TdM-2B04TO46m9y99jUfKMI8AuW8r1j90YwS3JNEM6aNV4kEzK4SOCnXkpaz-2B-2BRe3c1nZS5M6R-2BrY4hFdOzjdaP-2FROse3Xcg8vMU-2FGVN8O54YTsonX52TNIrkVpCFvgsE80kBSCgJdI4AaZPfB7wjInMSJKkgPA2Ny7O0NOvTuSew-3D).

[The Windermere Children](https://watch.eventive.org/thewindermerechildren/play/6014270e352c0511c2812fd9)

[The Holocaust and the United Nations Outreach Programme](https://www.un.org/en/holocaustremembrance/observance/2021) is pleased to present the virtual screening of the film “The Windermere Children” as part of the 2021 Holocaust remembrance and education calendar, observed this year under the guiding theme “Facing the Aftermath: Recovery and Reconstitution after the Holocaust”.

“The Windermere Children”, a biographical drama, tells the little-known stories of some of the 300 orphaned Jewish refugees who began new lives in England’s Lake District in the summer of 1945 after the end of the Second World War, and the pioneering project to rehabilitate these child survivors.

The film was commissioned by the BBC and ZDF Germany, and it was co-production between Wall to Wall Media and Warner Bros International Germany (WBITVP Germany).

[Immerse yourself in Mind Body Spirit free experiences this February](https://mindbodyspirit.us6.list-manage.com/track/click?u=7512cd38ddd876b264f7b330a&id=e4c86860fe&e=795169ab2a)

Immerse yourself in our free experiences this February. Each month you will discover independent organisations, companies and therapists with a wealth of experience, expertise, treatments, product launches and treats all via free to join webinars!

[Top Manchester artist offers free live virtual art classes through lockdown](https://ilovemanchester.com/justin-eagleton-virtual-art-classes?mc_cid=96243ac51c&mc_eid=f86f6b0f4f)

'If I can help people feel good and learn a new skill, even if it’s just for an hour or so then it's an hour well spent' says Justin Eagleton.

Born and bred in Manchester, Justin Eagleton has over 25 years’ experience working in the creative industries. From his early days designing and making props and sets for TV and exhibitions, he became a lead graphic artist within the games industry. Since leaving the games industry, Justin has gone on to work with a range of top clients such as Malmaison Hotels, The Manchester United Foundation and Gatwick Airport to name a few.

Justin’s commissioned work has seen him draw pencil portraits for [Manchester United](https://ilovemanchester.com/manchester-united-players-gifts-childrens-hospitals) and England’s Rio Ferdinand, and more recently two very special drawings of Sir Bobby Charlton and [Eric Cantona](https://ilovemanchester.com/levitating-statue-eric-cantona-london), of which he personally presented to the footballing [legends](https://ilovemanchester.com/man-united-manager-busby-film).

Now, he is encouraging us to pick up a pencil and draw our way through lockdown with his free live virtual art classes.

Classes are streamed live every Thursday at 7pm, you can register [here](https://justineagleton.com/live-art-class/).  For those who would prefer to do the classes at their own pace, or to attend the classes that have already lapsed, Justin also uploads all his classes to his YouTube channel which you can find [here](https://www.youtube.com/channel/UCCHomsiwfB9QykD8Mt2Bhvg/videos).

[MoneySaving Tips for Cyclists from Money Saving Expert](https://www.moneysavingexpert.com/travel/how-to-save-money-on-buying-a-bike/)

How to buy a cheap bike, cycle hire schemes and more.

[British Safety Council January 2021 edition of the policy newsletter](http://contact.britsafe.org/index.php/email/emailWebview?md_id=8073)

Covering:

* Brexit
* Covid-19
* Wellbeing
* Time to Breathe Campaign
* Building Safety
* Awards and Events

[How to Address Unconscious Bias at Work LinkedIn Webinar from The Female Lead Recording](https://www.linkedin.com/video/live/urn%3Ali%3AugcPost%3A6761988119362342912/)

How do you address unconscious bias if it’s unconscious? The Female Lead hosted a live event on LinkedeIn with Edwina Dunn and Stacey Gordon for a discussion on effectively creating inclusion and belonging for all.

[Discover the long lost Japanese Garden and waterfalls hidden in Greater Manchester](https://ilovemanchester.com/japanese-garden-hidden-greater-manchester?mc_cid=e6445ab87e&mc_eid=f86f6b0f4f)

Hillside trails lead to this beautiful oriental garden and lake uncovered in Bolton – and here's how you can own a piece of it. At Rivington Terraced Gardens, you can buy your very own unique spot via their Squarea campaign. Whether it’s at the Italian Lake, the Lawns, the Japanese Lake or the Woodlands you can join their Squarea Campaign and help raise the funds towards their upkeep: [rivingtonterracedgardens.org.uk](https://www.rivingtonterracedgardens.org.uk/get-involved/squarea/).

[‎YOU: Small actions, big change on the App Store (apple.com)](https://apps.apple.com/us/app/you-small-actions-big-change/id819039093)

YOU-app is the simple, science-based way to reach your goals. Stressed? Want to live happier? Looking to up your productivity? We all have it in us, but knowing how to get there is not always obvious. We do too much at once, get discouraged, and slip back into our old routines.

YOU-app is based on the science of sustainable behaviour change: there’s magic in small actions. The app encourages you to take small steps – micro-actions – that over time add up to large change.

This is not an app to hijack your attention. We only want a minute of your day, and we help you create positive, lasting change – one small action at a time. Based on science. Made for busy people.

[Pulseroll Virtual Fitness Day – recordings available](http://email.pulseroll.com/e/c/eyJlbWFpbF9pZCI6ImRnUDQ0QVg0NEFVREFBRjNkaVBfNlc1dG1VdFFnOEdSNElRPSIsImhyZWYiOiJodHRwOi8vd3d3LnB1bHNlcm9sbC5jb20vZml0bmVzc2RheSIsImxpbmtfaWQiOjY1LCJwb3NpdGlvbiI6Nn0/e0f7f1cdd2ec6f71f9018d5b2f7dba3b1d82dae0171582473901c1f0c39b892d)

On Saturday 6 February, Pulseroll ran free fitness classes live on their website from 7am to 8pm from a whole host of UK talent including; Olympic athletes, fitness instructors, NHS doctors, sporting legends and many more.

The classes range from 20 to 45 minutes and raised money for NHS charities to enhance patient care and support NHS staff:
<https://www.justgiving.com/fundraising/pulserollnhscharities>

**Links to other relevant mailings:**

[Manchester Strollers Weekly Update, 29 January 2021](https://documents.manchester.ac.uk/display.aspx?DocID=53165)

[Manchester Strollers Weekly Update, 8 February 2021](https://documents.manchester.ac.uk/display.aspx?DocID=53164)