**Social, Wellbeing, EDI, Social Responsibility and Green Impact News, 16 July 2021**

[The Counselling Service Summer Workshop Programme](https://documents.manchester.ac.uk/display.aspx?DocID=55191)

For staff and students – June-September 2021.

[Wellbeing webinar: Managing staff wellbeing during the return to campus](https://www.staffnet.manchester.ac.uk/news/display/?id=26499)

Thursday 29/07/2021, 10:00 - 11:30 via Zoom (register to attend and please see confirmation email for link).

This session will be facilitated by our external wellbeing partner We Are Wellbeing. It will consider the wellbeing and mental health implications of the pandemic, and specifically the return to workplaces for current homeworkers. The session will also include practical guidance on how to support and signpost staff to relevant services. Line managers and Wellbeing Champions are invited to sign up to attend. Please help to share.

**Next Meeting of the Book Club**

Friday 30th July 12:30 to 1:30pm.

Next books are: *The Salt Path* by Raynor Winn and *Anxious People* by Fredrik Backman.

You don't even need to have finished the books (although there will be spoilers!).

For anyone who is still reading *A Thousand Ships* by Natalie Haynes we will start the hour with a discussion around that book before moving to focus on the current book.

Please contact Fiona.lynch@manchester.ac.uk for Zoom link.

[Wellbeing Workshop: Managing Work Life Balance](https://app.manchester.ac.uk/TSLD124)

Tuesday 21/09/202, 10:30 - 11:30 via Zoom (register to attend and please see your confirmation email for link).

This 60 minute workshop will explore the subject of work life balance.  It will cover techniques for enabling healthy work life balance and managing boundaries, including how to do so when working from home.  Please help to share.

[Last chance to see free public art across the city – and take home your own MIF artwork](https://ilovemanchester.com/take-home-mif-artwork-free-book?mc_cid=2433ccd355&mc_eid=f86f6b0f4f)

It’s taken over the city for the past three weeks – but soon, Manchester International Festival is coming to an end.

From a giant sculpture of Big Ben in Piccadilly Gardens made from 20,000 books, to a series of outdoor artworks that caption the world around us, much of this year’s festival is free to attend, with more work than ever in public spaces around the city.

And this week is the last chance to catch some of the free public art exhibitions across the city, whether it’s Captioning the City, Portrait of Black Britain, Poet Slash Artist or Big Ben Lying Down.

[Hope Fest: Coyote Ugly Film Screening](https://hopemilltheatre.co.uk/events/hope-fest-coyote-ugly-film-screening)

Friday 23rd Jul 2021, 8:00pm

The HOPE FEST tent becomes the Coyote Ugly bar for one night only!

Come and join us for a screening of the hit cult classic – with your ticket including TWO cocktails! Tickets can be purchased as Film + 2 cocktails, or Film Only.

Electric Park: Hope Fest, New Islington Green, Manchester, Greater Manchester, M4 7BN

[A new story trail for children is coming to Platt Fields Park](https://ilovemanchester.com/story-trail-platt-fields-park?mc_cid=c32e1800b4&mc_eid=f86f6b0f4f)

A brand new story trail for children aged 2-5 from the National Literacy Trust is launching soon at Platt Fields Park. The trail is based on a bespoke story about elves in the local park, written by children’s author Rebecca Lewis-Oakes and illustrated by Aaron Cushley.

It will lead families around the park as they follow the adventures of Uncle Josh, Mia, Kai and their dog Scruffy. This brand new immersive experience will aid children’s language and literacy development as they fill out their booklet while following the story around the park.

Families, carers and guardians have been invited to the special launch of the story trail on Monday 5th July, with the first session starting at 10am and the second taking place at 1pm.

Alongside the story trail there will be elf making activities, an elf garden and all little ones will walk away with a free book from the Read Manchester Look for a Book partnership. Following the event, the story trails booklet will be available at The Lakeside Centre. All parents and carers with little ones aged 2-5 are encouraged to pick up a booklet, enjoy the elf story trail and help develop the children’s literacy and learning skills along the way.

For more information, visit [Read Manchester](https://www.facebook.com/ReadManchester/).

[Looney Toons Art Trail Comes To Manchester](https://ilovemanchester.com/looney-toons-art-trail?mc_cid=c32e1800b4&mc_eid=f86f6b0f4f)

Daffy Duck waiting for a tram at Exchange Square, Speedy Gonzalez sprinting through Spinningfields, Bugs Bunny bursting out of Primark and more.

In partnership with Warner Bros. UK, CityCo and Manchester BID, and to celebrate the iconic Looney Tunes characters, artwork was created by street artist Captain Kris.

The trail spans across 12 locations in Spinningfields, Deansgate Square, First Street, Circle Square, Canal Street, 111 Piccadilly, The Pen and Pencil, Common (left side), Common (right side), Primark, Exchange Square tram stop, and Printworks.

Explore Manchester’s Looney Tunes trail from now until the end of July and find out more at [warnerbros.co.uk/brands/looney-tunes](https://warnerbros.co.uk/brands/looney-tunes).

[Natural World Webinars: Butterfly ID](https://cityoftrees.us2.list-manage.com/track/click?u=898bd641105db98f13a517983&id=ffe037358d&e=37982b27eb)

For enthusiasts or complete novices, come and ID the UK's beautiful butterflies with Discover the Wild's resident expert DAVE WINNARD! You'll recognise him from his wonderful Forage and Feast blogs... join us at 7pm, 22nd July. Register now.

[Be part of the Climate Cook-in](https://e-activist.com/page/email/click/2238/5388138?email=HkQmKdWqsxtLDGnS1c%2BltieKkBXdPUsYqodGj3RDItJVoNo%2BvwM0Hw==&campid=47JBA1R8arS9awglrPTZ7Q==)

When: July 26th - August 1st

What to expect: People up and down the country are hosting planet-friendly dinner parties to get their friends and families thinking about practical ways we can all reduce our environmental impact, and raise money for community climate action.

This is a new project for Possible (both in terms of being food-focussed and asking supporters to fundraise on our behalf), so we’re really excited that so many of you have got onboard! Together, we'll introduce our friends and family to practical ways we can all reduce the environmental impact of our meal choices, and raise money for climate action while we're at it.

If you haven’t yet let us know that you're up for getting involved, please sign up to be a Climate Cook-In host by clicking the button below. Once you sign up we'll send you everything you need.

[Dementia Friendly Woodland Walk](https://cityoftrees.us2.list-manage.com/track/click?u=898bd641105db98f13a517983&id=72da46b8cf&e=37982b27eb)

Our monthly walks on the second Tuesday of every month are still going ahead. Join City of Trees at Whitworth Park for those with dementia, their friends, family, carers and support network.  Find out more.

[Making the Menopause Mainstream (LinkedIn replay)](https://www.linkedin.com/posts/activity-6820760531717103616-i0iP)

Nine in ten women say the menopause affects their work, relationships and mental health. In this discussion, we look at how menopause can impact women. We will talk about the lack of education that exists around this subject in general - from workplaces to medical professionals. As well as finding solutions we will highlight the positive stories of women who have come through this time and are living fulfilled and purposeful lives.

Panel includes:

* Edwina Dunn, Founder of The Female Lead & Data Science Entrepreneur
* Dr Louise Newson - GP & Menopause Specialist
* Annie Murphy - SVP Global Chief Commercial Brands Officer and International Retail No7
* Karen Arthur - Fashion Creative & Founder of 'Menopause Whilst Black'

 This event is brought to you by The Female Lead in partnership with No7 and Allbright.

[City Mental Health Alliance Inside Stories: Neurodiversity and Mental Health (replay)](https://youtu.be/8873kg22VYg)

At yesterday’s (13/7) Inside Stories event we explored the intersectionality between neurodiversity and mental health. We heard personal stories and looked at how organisations can support neurodiversity in the workplace.

Key themes were:

* Culture has to start at the top of the organisation.  Senior people need to understand and lead on the value of neurodiversity.
* Create psychological safe spaces where people can have conversations about neurodiversity. Many people only get diagnosed later in life because there aren’t ongoing conversations. Conversation creates normality.
* Provide training to give people skills to have confident conversations about neurodiversity.
* Respect people as individuals and act upon what you have heard. Reasonable accommodations don’t cost a lot of money.
* Many organisations already provide a range of mental health support but people often aren’t aware or don’t access it. Make sure the people who need support have got it.
* The word disclosure can be a problem. It implies there is something to hide. You don’t need a diagnosis to give adjustments. Ask people how you can support them to be at their best.

Thank you to our speakers Professor Amanda Kirby, Lee Corless, Pak Cho and our chair Jim Taylor.

[Webinar: Supporting the mental wellbeing of your hybrid and lone workers (replay)](https://vimeo.com/555634072/82fdc06a88)

Being Well Together is hosting a FREE webinar in partnership with The National Counselling Society about the potential mental and emotional impact of lone or hybrid working on employees. This webinar will provide employers with ideas for how to support their people, and cover how counselling and related therapies may be beneficial in improving mental wellbeing.

For more information, see the [agenda](http://info.beingwelltogether.org/NjM4LVhFSC00ODcAAAF98NWco9g0h53Y88y1dpYcAM7st57jbgfTYeKQLq6g3vyQgexxrEOLFsYuFEifLmxoDlKnuhU%3D).

[Marissa Thomas of PwC on employers’ responsibility to support women’s health](https://reba.global/content/marissa-thomas-of-pwc-on-employers-responsibility-to-support-women-s-health)

Tackling the taboos surrounding women’s health, and the impact on women of their lifelong gynaecological health, was the central theme of a recent [webinar](https://www.wellbeingofwomen.org.uk/news/find-out-about-our-new-five-year-strategy) hosted by Wellbeing of Women to celebrate the launch of their new five-year strategy.

[How colleagues, managers and reward teams can support staff through the menopause](https://reba.global/content/how-colleagues-managers-and-reward-teams-can-support-staff-through-the-menopause)

Just five years ago, women wouldn’t have felt able to talk about ‘the change’ behind closed doors – never mind the workplace. And yet it affects half of us directly and will touch everyone – partners, children, colleagues, line managers – at some point.

[Just One Thing with Michael Mosley](https://www.bbc.co.uk/programmes/p09by3yy/episodes/downloads)

Michael Mosley has a series of short podcasts highlighting what gets the biggest bang for your buck if you were to do 'just one thing' to improve your physical and mental wellbeing.

[Rebuild your team’s wellbeing and resilience](https://gdycw.campaign-view.com/ua/viewinbrowser?od=3zfdb672058ba5684503b96ffe2a76745c7bea1f8149320202efa900fd2aa8b700&rd=18aee6a6424f8fb1&sd=18aee6a6424f6a29&n=11699e4be534384&mrd=18aee6a6424f6a17&m=1)

Team Wellbeing – free 'Top Tips' download for creating Good Days At Work from Robertson Cooper.

[LGBT+ at work – issues in the workplace](https://www.cipd.co.uk/podcasts/lgbt-at-work)

Episode 112: The episodes in this month’s mini-series focus on the experiences of professionals in the LGBT community, the challenges they’ve faced and the role they believe HR can play in developing inclusive workplaces.

[Soft Plastic Recycling c/o Co-op](https://www.coop.co.uk/environment/soft-plastics)

Great news! You can now recycle soft plastics like crisp packets and bread bags at a Co-op near you. It doesn’t matter where you bought them. Just pop your soft plastics into our recycling units and we’ll do the rest. It means we can all do our bit for the environment.

[Clean it. Scrunch it. Co-op it. Challenge](https://files.smartsurvey.io/2/0/YD4MHDPC/CISICI_Challenge_document.pdf)

Come up with a catchy way to help people remember the top 5 soft plastics now recyclable in Co-op stores. The competition opens on 12 July 2021 and closes on 10 August 2021. By submitting your entry you will be entered into a prize draw to win £50 on your Membership card.

[Don’t Be A Swine – Join The Sun’s Mask Force and Recycle That Mask](https://www.thesun.co.uk/news/15228227/the-sun-mask-force-jeremy-clarkson/)

HELP Britain’s post-Covid clean-up and do your bit for the planet – join The Sun’s Mask Force today! We are urging you ALL to protect our wildlife by recycling your single-use facemasks at our collection points in 488 Morrisons stores across the country.

[Plastic: The Good, the Bad and the History from Terracycle for Plastic Free July](https://terracycleblog.co.uk/2021/07/02/plastic-the-good-the-bad-and-the-history/?fbclid=IwAR3RbwfSox29q6Y9FHlwC0trzzHGrz8ks59gwJVV8gvj85jOPvv97127efc)

To kickstart Plastic Free July, let’s start by sharing the history of plastic, so you can understand how it’s evolved over time and fully comprehend the extent of the problem we face today. You’ll also see why Plastic Free July marks such an important moment in the year.

[Recycling Survey – Do You Recycle Right? Find Out Here](https://recyclingquiz.infosurvey.co.uk/branded/homepage)

RECOUP who work in plastics recycling are asking anyone who is interested to fill out a survey that will help with various RECOUP and Pledge2Recycle Plastics projects. The survey is open for 12 months and your answers will be very useful to them!

**City of Trees Green Recovery Challenge**

Volunteer at our event days in [Bury](https://www.cityoftrees.org.uk/sites/default/files/Bury%20printable_3_0.pdf) and [Trafford](https://www.cityoftrees.org.uk/sites/default/files/Trafford%20printable_3_1.pdf) and restore habitats, improve biodiversity and increase the value of wildlife in local woodlands. The events will involve woodland management, wildflower planting, pathway clearance and more! Booking required.

[Try Aldi's Mamia Newborn Nappies ... For Free c/o Netmums](https://www.netmums.com/baby/try-aldi-mamia-newborn-nappies-for-free)

If you don't need them personally or for a friend or family member, you can always get the voucher and donate the nappies to a foodbank or charity (e.g. Emmeline's pantry).

[Happiful Magazine, July 2021](https://read.happiful.com/93adc72f-9641-4e01-bba3-1b9c324a015a/read?utm_source=newsletter&utm_medium=email&utm_campaign=2021_week_24)

In this issue, we want to inspire you to see the beauty in every mark on your skin because, as **Iesha Palmer** writes on p60, they are stories of your strength – and it’s time we wore them with pride.

In our feature on p16, **we explore the messages our skin is sending us**, and how to tune-in to it, rather than fear it. Plus our feature on p45 is a great springboard for **your own self-acceptance journey**.

We don't need to fall in self-love, we can rise in it. Allow it to envelop us, like a hug from a friend in the moments where we feel most vulnerable and exposed, to act as a shield against the sometimes harsh wider world.

The story of our lives is etched on our skin, and it's time we reclaimed the narrative.

**Links to other relevant mailings:**

[Climate Network Newsletter, 12 July 2021](https://documents.manchester.ac.uk/display.aspx?DocID=56080)

[EDI Network Group Digest, July 2021](https://documents.manchester.ac.uk/display.aspx?DocID=56081)

[Social Responsibility Newsletter, June 2021](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=MjPDU1MzE4MlMxODMxOjY3MDk1NTA0MDlEQUJGODI5NzA4Q0RCNTAwN0Q1MzU4-&CC=&p=0)