**Social, Wellbeing, EDI, Social Responsibility and Green Impact News, 13 August 2021**

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

Tuesday 21/09/2021, 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.

[Return – Staff Wellbeing Blog](https://wellbeinguom.wordpress.com/2021/08/11/return/)

A staff wellbeing blog from Gemma Dale, which includes a link to the film of colleagues sharing their experiences of working on campus since last March.

[HOME Young Company: 4 Us to Rule](https://homemcr.org/production/4-us-to-rule/?utm_source=hycnewsletter&utm_medium=email&utm_campaign=4ustorule)

Fri 13 & Sat 14 Aug, multiple times

HOME’s Young Company present 4 Us to Rule, an interactive exhibition with a theatre twist!

“Give me a break, give me a route, gotta get out, that is the truth.”

Teachers have a rest, we’re taking the lesson today.

If the rules are wrong, we’ll break them,

We are the future and we got some things to say.

The bell has gone, get your notebooks out,

Listen to us or we may have to shout!

Step into the classroom and join Jamaison, Kelsey, Abid and Ciera for a lesson with a difference – a celebration of the rule breakers, risk takers and young people who have changed the world.

This short promenade performance is for pre-schoolers, school goers, school leavers, school lovers and school haters.

[The Thank You Manchester Weekender (14th and 15th August)](https://ilovemanchester.com/thank-you-manchester-weekender?mc_cid=daecd735a2&mc_eid=f86f6b0f4f)

Manchester says ‘thank you’ in free festival of fun, thanks and remembrance.

Manchester will be saying a big thank you this weekend to everyone for helping and supporting each other during the pandemic with a festival of free entertainment.

The Thank You Manchester weekender is a free fun-filled festival of thanks designed to bring the laughter back and a smile to all.

There will be something for everyone with street theatre, dancing, toe-tapping live music, and a chance to get involved in creating a very special Manchester thank you with three city-based artists.

To find out more about the weekend go to [welcomebackmanchester.com/thankyou](https://welcomebackmanchester.com/thankyou/).

[Lowry Open Day – Sunday 15 August](https://thelowry.com/openday2021/?utm_campaign=482539_Salford%20postcodes%20Open%20Day%20August%20&utm_medium=email&utm_source=lowry_dotmailer&dm_i=5OV3,ACBV,11J1NC,18RC8,1)

The **Lowry Open Day** is back with a range of free, fun and family-friendly activities for everyone to enjoy. Some of the highlights include the contemporary circus company Scarabeus who will present a brand new theatre performance- POWERFLEX, with four aerial artists performing on the Lowry tower.

Bee-ology weaves together juggling, storytelling, dance, puppetry and a love of all things living, in a funny, heart-warming and interactive outdoor Circus show for young people and their hives. Whilst Little Music Makers uses music, songs and creative play to unlock the imaginations of little ones and their grown-ups, so be ready to get your bodies moving, make some noise, and maybe even write your very own family song!

 No Open Day would be complete without our backstage tours where we will take you behind the scenes to explore the backstage of our amazing venue – and reveal a few secrets along the way. Recommended for 8+ and please be aware there are a lot of steps and narrow walkways.

So come and join us on Sunday 15 August- with activities, arts and crafts, workshops, tours and performances – you are sure to enjoy a fantastic day out at the Quays.

[Manchester Museum Extended Opening Hours Before Doors Temporarily Close For Final Stage of Transformation](https://www.mmfromhome.com/summer-2021)

Manchester Museum has reached the final phase of its ambitious transformation project and it will temporarily close its doors so construction work can take place.

The Museum’s opening hours will be extended until 9pm on 26 and 27 August to give more people the chance to experience the collections before doors close – learn about fascinating fossils, take a selfie with Stan the T-rex, enjoy immersive sound installations and much more. There will also be special performances to mark the occasion. Visitors are encouraged to [pre-book tickets](https://www.mmfromhome.com/summer-2021).

**University of Manchester Staff Book Club**

Next date: Friday 27th Aug 12:30 to 1:30pm.

Next books are *Wuthering Heights* by Emily Brontë and *The Tenant of Wildfell* Hall by Anne Bronte

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

For anyone who is still reading *The Salt Path* by Raynor Winn or *Anxious People* by Fredrik Backman we will start the hour with a discussion around that book before moving to focus on the current book.

Contact Fiona.lynch@manchester.ac.ukif you would like the Zoom link.

[2021 MANIFF North West Shorts](https://a1e0.engage.squarespace-mail.com/r?m=60fe96aaeb215c7625ea98ef&u=https%3A%2F%2Fwww.maniff.com%2Fnorth-west-shorts%3Fss_source%3Dsscampaigns%26ss_campaign_id%3D60fe88ec60b2b02ef8a6d741%26ss_email_id%3D60fe96aaeb215c7625ea98ef%26ss_campaign_name%3DNorth%2BWest%2BShorts%2Bat%2BChapeltown%2BPicture%2BHouse%2B-%2BGet%2Btickets%2Bfor%2Bjust%2B%25C2%25A33.75%26ss_campaign_sent_date%3D2021-07-26T11%253A04%253A37Z&w=542ac478e4b0bbc33ead8a58&l=en-US&s=MhcZhYb4UxuCKzCpVxT5hmyp42g%3D)

Check out the most exciting films to come out of the North West on Friday 20th August at 6PM at Manchester’s newest cinema [The Chapeltown Picture House.](https://a1e0.engage.squarespace-mail.com/r?m=60fe96aaeb215c7625ea98ef&u=https%3A%2F%2Fwww.cphmcr.com%2F&w=542ac478e4b0bbc33ead8a58&l=en-US&s=JmZazG0CUD3lqDebm8qgUnSOLbs%3D)

After moving to an online edition of the festival in 2021 MANIFF is excited to take the NORTH WEST SHORTS and screen them where they belong - in a cinema!

Tickets are on sale now for just £5 but as a newsletter subscriber you can get 25% off with the code NWSCPHNEWS

For full details of the films and to book tickets hit the button below!

[Manchester Food and Drink Festival Reveals 2021 Programme](https://ilovemanchester.com/manchester-food-drink-festival-2021-programme?mc_cid=6e4c1c6e61&mc_eid=f86f6b0f4f)

The 24th Manchester Food and Drink Festival will take place this year from 16th – 27th September and today the next wave of the festival programme events are announced with bookings now open.

Following its postponement last year, The Festival is back with a bang taking place at Cathedral Gardens and across the city and promising to bring a much needed celebration of the city’s famous food and drink scene.

For the very first time the entire programme of what’s happening and when will be available via a brand new MFDF app.

App users will be able to browse the full festival programme, reserve a table at the Festival Hub and vote in the MFDF awards too.

Find out more at [foodanddrinkfestival.com](http://foodanddrinkfestival.com/).

[Cycle September](https://www.lovetoride.net/gm?locale=en-GB)

The University of Manchester is taking part in Cycle September – the global bike challenge. Don’t forget to join your co-workers and help them ride to victory!

**Register before 11:59pm on 31 August and get entered into our pre-registration prize draw for one of three £100 local bike shop gift cards.** 

Everyone can take part, however often you ride! If you haven't been on a bike in years, Cycle September is the ideal opportunity to rediscover the joy of riding a bike.  Are you ready to roll?

[Memory Walk is back!](https://www.alzheimers.org.uk/memorywalk?utm_source=emailCampaign&utm_medium=email&utm_campaign=July%202021%20Newsletter&utm_content=&ajs_uid=4ec35a4d-22e0-4dd4-d79c-bdbe03b03553)

Join thousands of others all across the UK who are walking for a world without dementia. This September and October, Memory Walk events are back - a great opportunity to come together with friends and family to make a real difference.

Sign up now and with every step, you’ll help change the lives of people affected by dementia.

[The Manchester Rum Festival is back in the city this summer](https://ilovemanchester.com/manchester-rum-festival-2021?mc_cid=2e98331f6f&mc_eid=f86f6b0f4f)

The Manchester Rum Festival is back in the city this summer, and will bring a whopping 30 rum brands from around the world – including some never-tasted-before brands and the world’s first dry spiced Cuban rum – to our city.

After rum fans were left festival-less due to the pandemic, the 2020/21 event is finally all set to place Manchester on the map as a rum destination around the world. Visitors can expect a jam-packed day of education, immersion, and celebration of all things rum.

Manchester Rum Festival runs from 12pm to 7pm, Saturday 28th August, Mercure Piccadilly Gardens. The event is over 21s only.

Find out more and get tickets at [manchesterrumfestival.com.](https://manchesterrumfestival.com/tickets/)

[School's out for Summer! Fun for all the family at Printworks](https://mailchi.mp/5d0605606d3d/win-a-50-voucher-10902150?e=343a57315a)

Make it one to remember with us here at Printworks, with plenty on offer (and plenty of offers!) to keep the kids entertained over the school holidays. From action-packed days out at Treetop Adventure Golf and Tenpin, to tasty food and drink options from Wagamamas and Hard Rock Cafe – whether you need rest and recovery, or thrills and spills, we’ve got you covered.

[The Invisible Opponent](https://www.youtube.com/watch?v=7_DzA6ov33U)

Sometimes the toughest opponents are the ones you can’t see. That's why we’ve launched a heavyweight campaign to show that you don’t have to fight it alone. To show you that CALM is always in your corner. Every day people call our helpline to talk to us about their own invisible opponents – things like isolation, anxiety, health, money worries and suicidal thoughts. If you need us, we’re here. [https://www.thecalmzone.net/invisible...](https://www.youtube.com/redirect?event=video_description&redir_token=QUFFLUhqa3ZwQkYxUG44M3E4RjJTOVhkZWF6VTA1anNhZ3xBQ3Jtc0tsM1ZvWk5tVU1qUTFjNVAyQUpkVXJEMk9JTDIwUUxHSFFpX3ZfVURfdVhTcXBEVUFBcHFUS29GQjZGNmR2eDRDSTFmenRYbzFINGNMNGVnM1hvWjVuRDZ6QXdfOXBSSzZfRTAzcnVFaDMzdDBKSmtsNA&q=https%3A%2F%2Fwww.thecalmzone.net%2Finvisibleopponent%2F)

Every week 125 people in the UK take their own lives. And 75% of all UK suicides are male. CALM exists to change this.More info here: <https://www.thecalmzone.net/>

[Venue revealed for MCR Pride Live this August bank holiday](https://ilovemanchester.com/venue-revealed-mcr-pride-live?mc_cid=d598b34079&mc_eid=f86f6b0f4f)

The LGBTQ+ charity has also secured another major artist to headline Saturday - but you'll have to wait until 27th August to find out who. This year, the event will take place at Manchester’s newest outdoor event venue at [First Street](https://ilovemanchester.com/innside-manchester-gino-first-street-bar). [Manchester Pride](https://ilovemanchester.com/manchester-pride-best-uk-hits-radio) will be taking over the brand new, outdoor venue, which was originally launched as [Homeground](https://ilovemanchester.com/home-pop-up-outdoor-venue) this May by HOME.

Manchester Pride is planning to hold its flagship Manchester Pride Festival in its regular spot in the city’s calendar from Friday 27th August until Monday 30th August. The festival features six key strands: Activism, Equality, Arts and Culture, Youth and Family, Community and Party.

For more information about the festival visit [manchesterpride.com.](http://www.manchesterpride.com/%22%20%5Ct%20%22_blank)

[The ‘hidden gem’ dog walk that’s 45 minutes away from Manchester](https://www.manchestereveningnews.co.uk/news/greater-manchester-news/hidden-gem-dog-walk-incredible-21097455)

It can be enjoyed by both dogs and their owners with incredible views.

[Have the best holidays with the RSPB’s Big Wild Summer](https://community.rspb.org.uk/ourwork/b/rspb-england/posts/have-a-big-wild-summer-?utm_source=notes_on_nature_210807&utm_medium=email&utm_term=&utm_content=button-Event-BWS-human-bottom-Headline&utm_campaign=notes_on_nature&sourcecode=&cta_sourcecode=&modulecontent=)

There’s plenty of fun for all the family when you head over to our nature reserves this summer. Many are hosting special Big Wild Summer events and activities, from discovering beautiful butterflies to sleeping under the stars. Take a look and find out how to get your hands on a fun-filled activity pack and ready-made picnic.

[Gorton Monastery to open to the public for the first time since pandemic began](https://www.manchestereveningnews.co.uk/news/greater-manchester-news/gorton-monastery-open-public-first-21158287)

The treasured building will be hosting fewer weddings and events and instead be turning its focus to supporting the community. To find out more information about events and activities at Gorton Monastery click [here**.**](https://www.themonastery.co.uk/)

[The Dalai Lama & Friends: Celebrating 10 Years Of Action For Happiness](https://clicks.eventbrite.com/f/a/hpNgQXCmK4h2S1wwWEISew~~/AAQxAQA~/RgRi4-bNP0QcaHR0cHM6Ly95b3V0dS5iZS9raFBjTTZRUy1LMFcDc3BjQgpg_k2zAmHltRKVUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)

Our patron The Dalai Lama joined us for a special anniversary celebration. He offered his thanks to us all and shared his wisdom on inner peace, warm-heartedness, coping with grief, overcoming division, staying hopeful and more.

Thanks for being part of this incredible community and inspiring journey. This voices from the movement video is a moving reminder of how our members are making a difference.

[Happiful Magazine, 16 July 2021](https://sg-mktg.com/MTYyNjQyOTc3Mnw2VVVzLUpkSzJRWERHbUZtOFZlMFh2RU1YNmJIVFZjZ1dSaHhSdXBVbk01QWh4eDVac0VEQnJZSTk1SkFmVk9TMVlhOGN0V0MxR2pHbkFDVkM5amRQWlBwVXBvV0NGYW5zUmJpVVhoRERINjNPazZRNEM3OWJvRi1TNXhRNzZWOVFXeDhCMkRVb1dBNVBPNlFqSVFCSGdlZDlxUVU0bGFlV29WMUUyLTU5czJrUHIxSlg4T0J1NGg1US1UWFBFMWJDN28yX015RXY0YVM1OFdCM281TXdhU3pvRzRVWm9ZOUJGNU9sX0Zaa1dGczdBbXhfaE11SmpoYUNDRkxDN3FBNUQ0OGxaNHJyWVNCY0NyR1UyczZtWE0zbUVUbXwhYpSpoC2hK8AHYl3iAq6jbrknE5CtfNpuEsdfXfGotQ%3D%3D)

* How to set boundaries when texting
* How to support others, without sacrificing your own mental health
* How to improve your sleep
* Your chance to join us for an uplifting self-love event, with Happiful and The Body Shop

[Happiful Magazine, 30 July 2021](https://sg-mktg.com/MTYyNzYzOTM3MnxiRHQ2VFpqc1pHNklSem9sc0h3d2psZmphVWE0UnJ5S25HWjllaE1vOU9qWlY1YkV3b2VTei04ZXV5dlItalExcVRWYjA5Wk9oTlY5VVVmbnFObS1lNFhfMVFCdkQzQVo1cGJKaUZmbU50ZUtWb1dhT0RKYXgycWl3cV96clZZbUVyVl8wWm1VZzdLVlJacnhvRTJXMXlETWFuOFBMTFFoN1puQVVPdlM1bWdNM21Sakl3dmlVd1Zwd0VPemNFaDhxNHRjb05XUGRoazlDOVRTd0IyQVd2OUM2M1dUaUNJWU1HeVpnbXpQTy1EZXpYSm82NktiMXVYX0p5YnlSN0JPYTFiVVRfNHFtVHRZYTBXNGItQjh0TS0xVkpldXyNmaIM7U7hX86to91pr2kJ-UaMnbh43ki6Uk8rnwpH8Q%3D%3D)

* Get to bed
* Answer me this
* Wellbeing by the lakes
* Workplace boundaries
* Get in touch

[Happiful Magazine, 6 August 2021](https://sg-mktg.com/MTYyODI0NDE4N3xia2pqaE9Ga1J0UFBUU2dQT3NITndfTTlydmNhVDk0RnpUNlY1UUNWTkp0UlFxdmRhZmNuODRHRG1KS1BtdDl1ZE5iMFJNdVByaEplaGp4alRVc3p3aG9sb0VRazRuZTFYaXFneU1ZTGRNbDVyeEFZOHNWazlHZ2M3RENBTHdSVjlMMXZ6XzBVSDN4bjgzQUE5YnctVEIxMDlHZjg3QllWYW8yV0N5bjFsM0FVeDZwQnk0bmNoYUswTldaQnpBWWp3ZGRjNUVHRkZKbkttMGhxUFA3YzcyREVxM3ViQmdTWmp0b21mZ2puc0ZpZGlwSnQ2TjIyNGRNWjhUT0JWWWtUOW5XVzdIOTEwRjVoMGxRcmFSUG44UjJ3aE1ZU3zKWdFAZQ0Q_bli_zjH0LQn7DZhqe54MIOw5ctwchaHmQ%3D%3D)

* An overreaction
* Honest supplements
* Pressure points
* Easy meditation

**Links to other relevant mailings:**

[Manchester Strollers Weekly Update – 6 August 2021](https://documents.manchester.ac.uk/display.aspx?DocID=56398)

[Climate Network Newsletter – 9 August 2021](https://documents.manchester.ac.uk/display.aspx?DocID=56399)