**Social, Wellbeing, EDI, Social Responsibility and Green Impact News, 10 September 2021**

[About Men’s Shed’s](https://menssheds.org.uk/)

They're community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they’re fun. Find out more [here](https://menssheds.org.uk/about/what-is-a-mens-shed).

Activities in Sheds vary greatly, but you can usually find woodworking, metalworking, repairing and restoring, electronics, model buildings or even car building in a typical Shed. Sheds typically attract older men, but many have younger members and women too. Whatever the activity, the essence of a Shed is not a building, but the connections and relationships between its members.

If you know a guy that could use some companionship and cameraderie (or just the tea and banter) point him to his [nearest Shed](https://www.findashed.org.uk/).

[Go Sober this October](https://www.gosober.org.uk/)

To do whatever it takes to help support people living with cancer – organised by Macmillan Cancer Support.

[Forthcoming wellbeing events](https://www.staffnet.manchester.ac.uk/news/display/?id=26751)

We have a number of forthcoming wellbeing webinars and training sessions now available for booking, including some focused on wellbeing during return to campus.

[Webinar: Managing anxiety and supporting anxious colleagues](https://www.staffnet.manchester.ac.uk/news/display/?id=26750)

Sign up for our new webinar on Thursday, 9 September.

[‘Precedented’](https://wellbeinguom.wordpress.com/2021/08/24/precedented/)

Latest staff wellbeing blog.

[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?

[Action For Happiness Wellbeing Calendar – Self Care September 2021](https://www.actionforhappiness.org/self-care-september)

Daily actions to help you be kinder to yourself (as well as others).

Self-care isn't selfish, it's essential. No-one's perfect. But so often we compare our insides to other people's outsides. This month we're encouraging everyone to be kinder to themselves (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life. It also helps us accept others as they are too.

[Virgin Pulse Wellbeing Calendar - September 2021](https://community.virginpulse.com/hubfs/_2021-content-INT/WellbeingCalendar_September_2021-INT-UK-ENG.pdf?hsCtaTracking=324eb321-3e32-43e3-afc7-e832dd06bd29%7Cd788a41d-993c-437a-9337-115a35056076)

Get the calendar with tips to:

* Spread the gratitude attitude on World Gratitude Day.
* Take time to look after your ticker on World Heart Day.
* Boost employee mental health on R U OK? Day.

...and lots more!

[NHS Better Health - Kickstart your health](https://www.nhs.uk/better-health/?WT.mc_ID=SEARCH_HOME&gclid=Cj0KCQjwvO2IBhCzARIsALw3ASrCZKaMlfW6bf0soUwUGYscpx_bk5NP-N1WABe7Dbk1I5fEdTfnRKQaAiCtEALw_wcB&gclsrc=aw.ds)

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also find simple ways to lift your mood with Every Mind Matters.

There has never been a better time to kickstart your health. Let's do this!

[Back to the office – 5 tips to keep you healthy](https://www.optimumlifenutrition.com/post/back-to-the-office-5-tips-to-keep-you-healthy)

Helpful article from Optimum Life Nutrition.

[The Great British Workplace Wellbeing Awards](https://www.greatbritishworkplacewellbeing.com/)

**The Great British Workplace Wellbeing Awards** recognises the people and organisations who are helping to make a true difference to the lives of our nation’s working population.

The application window has been extended until 26th September, so you can still submit your entry here: <https://lnkd.in/dyQg4ZK>

[Tots online storytelling for under 3s: Beep! Beep! All aboard everyone!](https://www.eventbrite.co.uk/e/tots-online-storytelling-for-u3s-beep-beep-tickets-161782930099?aff=em&utm_source=emailmarketing&utm_medium=email&utm_campaign=wo_in_september&utm_content=2021-08-19)

Date and time Mon, 13 Sep 2021, 10:30 BST

Emily and Dani will be taking you on a whistle-stop sensory tour of different forms of transport, all found in archive documents.

[Zero Waste Week – 6-10 September 2021](https://www.zerowasteweek.co.uk/zero-waste-week/)

There are just two weeks to go before the FOURTEENTH annual **Zero Waste Week** campaign begins.

Thank you for all your help with getting more people to sign up. In past years there have been some fantastic events, including river cleanups, movie screenings and plenty of workshops. This year things are understandably cautious and the majority of celebrations will be taking place in your homes and offices!

Now if you’re new to Zero Waste Week, I want to address a common concern you might have about the term 'Zero Waste'.

Zero Waste is just an aspiration, a lofty goal - all you have to do is take ONE STEP towards reducing your landfill waste during the week, you don't have to be completely ZERO waste.

You’ll get plenty of tips and suggestions in the daily newsletters and it will be easier (and more fun!) than you think.

There’s still time to encourage your friends, family and colleagues to sign up. Send them to the signup form [here](https://zerowasteweek.us7.list-manage.com/subscribe?u=d9aa5617ffc41b591417e8991&id=368a403561) .

[Recycling for Alzheimer's Society](https://www.alzheimers.org.uk/get-involved/make-donation/recycling?utm_source=emailCampaign&utm_medium=email&utm_id=rerecycling%20&utm_content=&utm_campaign=August%202021%20Newsletter&ajs_uid=4ec35a4d-22e0-4dd4-d79c-bdbe03b03553)

We recycle a wide range of items – from foreign coins and old jewellery to technology, stamps, cameras and cars. This page explains what you can donate and how to do it.

[Man City to trial edible coffee cups as part of new food and drink offering.](https://www.manchestereveningnews.co.uk/whats-on/food-drink-news/man-city-trial-edible-coffee-21343569)

Among the club's new food offering will be a number of vegan options vegan chili nachos, pizza, loaded fries, and gourmet Vegan burger. Zero alcohol beer will also be available.

Alongside this, they will be also introducing two new biodegradable cups - one of which is edible.

City say it is 'part of the Club’s commitment to eliminate all single-use plastics from catering operations and improve our carbon impact even further.'

All beer will be sold in a 100 percent plastic-free "market-leading paper cup made from sustainably sourced and fully recyclable paper and card. Whilst an edible coffee cup is also going to be trialed.

The club said today that the "fantastic and innovative solution provides an amazing solution to waste."

Although fans won't be forced to eat the cups, they can place in the club's composting waste disposal units instead.

[Face Mask Collection Recycling Pilot Scheme at Wilkos](https://www.wilko.com/face-mask-recycling)

Wilkos have also extended their face mask collection recycling pilot scheme by another 3 months until the end of September 2021. Selected stores participating include Manchester and Widnes but not Stockport,

[New photographic archive celebrates Man United fan culture](https://ilovemanchester.com/photographic-archive-man-united-fan-culture?mc_cid=daecd735a2&mc_eid=f86f6b0f4f)

An evolving collection of documentary photography takes a nostalgic look back at the good old days of supporting United. United Fan Culture Archive is an evolving collection of documentary photography and a nostalgic look back at the good old days, created by United fan Michael Brennan.

Michael has launched the archive online on its own website, on Twitter and on Instagram and would eventually like to showcase it at events and exhibitions.

The archive is a not-for-profit organisation working in partnership with homelessness initiative Big Change MCR.

You can follow United Fan Culture Archive on Twitter & Instagram and submit your images of supporting United over the years. Please email your photograph/s to [michael@unitedfanculturearchive.com](mailto:michael@unitedfanculturearchive.com) including your name, the location and the year the photograph was taken and feel free to add a bit more about the story behind the photograph.

Website: [www.unitedfanculturearchive.com](http://www.unitedfanculturearchive.com)

Twitter: @utdfanculture

Instagram: @unitedfanculturearchive

[Local photographer and Salford artist take positive look at Manchester lockdown](https://ilovemanchester.com/photographer-salford-artist-lockdown-exhibition?mc_cid=e97f203454&mc_eid=f86f6b0f4f)

Local photographer Richard Kelly and Salford artist Emma Evans have collaborated to bring together two sides of Manchester’s lockdown story in a new project, titled ‘My Utopia.’

The ‘My Utopia’ showcase opens on 2nd September 2021 at 7pm at the Carlton Club in Whalley Range. Tickets are free and can be secured [here](https://tinyurl.com/MyutopiaPV).

[Great Northern unveils ‘campy, kitsch and vibrant’ new exhibition](https://ilovemanchester.com/great-northern-bearded-brutes-exhibition?mc_cid=e97f203454&mc_eid=f86f6b0f4f)

Bearded Brutes has been created by local artist Mark Leeming and is bursting with colour, sparkle and, perhaps unsurprisingly, beards.

The ‘Bearded Brutes’ collection will be showcased throughout the entire month of August at the Great Northern Warehouse.

*For more information on the Great Northern visit*[*thegreatnorthern.com*](http://bit.ly/GNW_Home)*.*

[Lowry artworks take tour around Greater Manchester in white transit van](https://ilovemanchester.com/lowry-artworks-tour-white-van?mc_cid=e97f203454&mc_eid=f86f6b0f4f)

The touring exhibition is part of an ongoing project to inspire and engage local communities with the arts.

**Back To School Packs from Morrisons for Struggling Families**

You can now buy and donate a “back to school’ pack in store, and we’ll distribute them to families in need. Morrisons is asking customers to help support struggling families by buying back-to-school essentials and donating them.

The supermarket has launched ‘back-to-school pick up packs’ containing essential school stationery such as pens, pencils, rubbers and rulers.

Customers can pick them up on their way into the store, pay for them at the till and then leave them in a dedicated donation station. Morrisons store community champions will then collect and distribute the packs to local schools and community groups.

The packs cost up to £5, varying depending on the products inside, according to Morrisons.

Find out your nearest Morrisons by using the [**store locator tool**](https://go.skimresources.com/?id=76202X1526515&xs=1&xcust=Mirror---24693596-|xid:fr1629932809054bia&url=https%3A%2F%2Fmy.morrisons.com%2Fstorefinder%2F).

[Happiful Weekly Magazine, 13 August 2021](https://sg-mktg.com/MTYyODg0ODk4M3xQQ0FmdW5GYmRSbDVnLVd2SmVSVU93UUNEblVIc1ZkNVM5STFiOC1BUHRUV3ExazhKWTJQQUNGa3NVQ1JXZnloZHkxeTRqMlI4RGRjSUlGRkljeVZsb0tnLThmOWdONVVQeXBIRDRDV2FSeTZudkdjVFVYdi16eHFuS09YdUhxNkd3MTd1XzE3TE9kNlFtUi1sNVFFTUlZSzU3ZU92c2swZExTZUhqNG0xUndvTjN6YUR6LUo1ZUJoZ05SNkVoOUxveEFUVm5paGpEQ1FvTWFhZTVJeEhhTDY3ZU90SXlvTUZOaVJ5eFlZWGtDNnMwSUYtSVp3RVVWY1dGM3dSSHIzcUFBdVFoNWltRkFBcWljV3dMRmVtWFB1cWw4UXxdRPdQ1aOkd4KcZJ3iRSaRmxW4vGF3xV97OWSLrH3HVg==)

* 10 symptoms you didn’t know could be adult ADHD.
* A beginner's guide to tapping.
* How to get through work when you hate your job.
* Self-love.

[Happiful Magazine, September 2021](http://click.happiful.com/ls/click?upn=WLUz15j72F7XQGWv7KCzCVD6s5M-2BbqzGSOOL3HdIdtqnUSAJHgcTiivQG50zVhHu9rEeplq2W-2FDFGO3xN3KZrIBtisMj5FeEP3uiimdztBR8ekt9KhmIZorGK8nYTCnHjbzA1trwhES9ZEO3Q5va7NJ83CzIRxYSSO4eVad2XrYXkDeDwk-2B09vJnSqnWlQq-2BTmft_vlxKXGtrweqRuw1lY7lnSU6T1KpAWSsy1mv-2Bc2e4nMN0WKfIuLwMgF4ILeXxRufVzmp7AUvPk4xv3Fw8rvIo03eVIugEDQHszSuVUiCv7zIkcEv-2B7eX2QWGBMugyRl5VOXmjaVMYPfggqyozALwsa7b2Eq3pH2f-2F5DozD-2FNJ81i6NbFfmVhpRyveMGqrZB-2Fub7BO-2BhqgivZjFI-2FXs6hjAX2X4L8MvTvlW-2B2REvBtbvzB9sO-2FUhsDiygkDt4Si0avkYUoZrGDeCdkWRLOEhGI4-2BCell4wGP8UDvkdH-2BoqB0gO8bcYCUGrOHB4jv6DDfcVyL2vQGripMuasY-2FMLko7mqI29CY8F6Ow5GdFot9K4HnSNHkQ4KElgcqqqtD2d2FPZi2yGvbg2VaUTalb5yi5x8aXcJUA7GLy6fzcRs2hczNo68g8OKL2nFwEE-2FsUlVRp)

* Personality tests and how to use them.
* Practical activities to help you plot, and reflect on, your life.
* The peaks and troughs of nostalgia.
* What happens when our lives don’t follow the trajectory we once longed for?

**Links to other relevant mailings:**

[Social Responsibility Newsletter – Summer 2021](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=MZlDU1MzE4MlMyODMxOkZGMEFBRDc2RUM1Mzc0MEI5RTZGRUExNkJCMUM2MzlC-&CC=&p=0)

[Allout Allies Network Group Digest – August 2021](https://documents.manchester.ac.uk/display.aspx?DocID=56609)

[Climate Network Newsletter – 23 August 2021](https://documents.manchester.ac.uk/display.aspx?DocID=56610)