**Social, Wellbeing, EDI, Social Responsibility and Green Impact News, 19 November 2021**

[Compassionate Colleague Session for Humanities Staff](https://www.eventbrite.co.uk/e/compassionate-colleague-session-for-humanities-staff-tickets-207103531237?aff=ebdsoporgprofile)

Wed, 24 November 2021, 13:30 – 14:00

Compassionate Colleagues are University of Manchester staff who have a basic awareness of the signs and symptoms of poor mental health and know how to signpost colleagues to sources of help and support.

**Our Manchester Disability plan – webinars**

As partners in the Our Manchester Disability Equality & Inclusion Plan, Breakthrough UK and The Growth Company are pleased to be hosting a series of events to support employers to become more confident in recruiting and employing disabled people. 1 in 20 people in the UK are disabled and if you would like to know more on how your business can become inclusive and supportive to disabled people, please join us at our events:

1. [Supporting disabled employees (existing or newly acquired](https://app.livestorm.co/the-growth-company/our-manchester-disability-plan-supporting-disabled-employees)) - How can you better support your disabled employees. Listen to those with lived experience about what good employment looks like. 19th November - 9.30 - 10.30 am
2. [Access to Work](https://app.livestorm.co/the-growth-company/our-manchester-disability-plan-access-to-work) - DWP explain how you can use Access to Work for reasonable adjustments and for the benefit of your existing or future workforce. 3rd December - 9.30 - 10.30 am

[Free Complementary Therapies Course](https://documents.manchester.ac.uk/display.aspx?DocID=23140)

The White Rose College are offering a free ITEC Level 2 Complementary Therapies Course (15 weeks) with dates starting soon. More details are available and all kit and uniform will be provided complimentary. This has been a very popular course with staff in the past.

Option 1:  Tuesday evening 16th November 6.00pm-9.00pm

Option 2: Wednesday evening 17th November 6.00pm-9.00pm

[Staff benefits and wellbeing update](https://www.staffnet.manchester.ac.uk/news/display/?id=27232)

Updates on the new home and electronics scheme, a free complementary therapies course, support for your mental health, coming together on Armistice Day and supporting the Wood Street Mission Christmas Appeal.

[Employee Assistance Programme](https://www.staffnet.manchester.ac.uk/wellbeing/mental-health/employee-assistance-programme/)

A free to call 24/7 helpline provided by an independent external provider, Validium. It offers access to support from trained counsellors and advisors who are ready to listen and provide help on everything from emotional and physical health, mental health, relationships, managing stress and anxiety, money issues and more. Validium also provide free counselling for our staff, as well as an online Wellbeing portal.

VClub Username: **UOMStaff**

VClub Password: **Wellbeing**

[Health and wellbeing massages available](https://www.staffnet.manchester.ac.uk/news/display/?id=27239)

Miriam Waters-Lopez will be offering therapeutic massage appointments on Mondays at the Wellbeing Rooms.

[Join our Radical Readers November book group](https://www.staffnet.manchester.ac.uk/news/display/?id=27265)

The group is meeting on Thursday, 25 November at 6pm.

[Workshops available from the Counselling Service](https://www.staffnet.manchester.ac.uk/news/display/?id=27256)

You can book a place on the latest workshops. Sessions for staff are scheduled through to the end of January, and include:

* Learning how to relax
* Mindfulness meditation
* Managing stress
* Beyond Covid-19, transitioning to an altered world

[How to help a stressed team member](https://f.hubspotusercontent00.net/hubfs/393154/_2020-content-INT/Publications/102720_INT_How-to-help-a-stressed-team-members-TS.pdf?utm_campaign=ASSET-2020-11-Help-Stressed-Colleague-TS-INT&utm_medium=email&_hsmi=98855049&_hsenc=p2ANqtz-8TvFbN-jhSuScDGxhtCoHHtVV_yp7HDBJj5khbjnBq90ddi3chvag16iE_rwye2856QT3y-3QkdI7gElZHqpXehyRzHAonWuQYHZUXm2pPrrH-H3s&utm_content=98855049&utm_source=hs_automation) (from [Virgin Pulse](https://www.virginpulse.com/en-gb/))

Stress can manifest itself in many ways, such as increased irritability, withdrawal into seclusion, change in work performance or erratic behaviour. Whether working in the same space or remotely, managers need to be extra vigilant to notice when someone is struggling.

[Helpful Sites from Mental Health Foundation](https://www.mentalhealth.org.uk/your-mental-health/getting-help)

Good mental health for all. Your mental health – getting help.

[We Are Undefeatable](https://weareundefeatable.co.uk/?utm_source=google&utm_medium=ppc&utm_campaign=weareundefeatable&utm_term=paid&utm_content=google_ads&gclid=EAIaIQobChMIm-rEq7708wIVSNTtCh1DXwM2EAAYASAAEgLzQPD_BwE)

When you’re managing a long term health condition, being active is about finding what works for you.

[Why ‘doing kind’ can improve your mental and physical health](https://www.beamtraining.co.uk/post/why-doing-kind-can-improve-your-mental-and-physical-health)

Most of us will have heard the expression ‘be kind’ and we will go through our lives trying to live by that motto but kindness is so much more than something that makes you a ‘nice’ person. In fact, kindness has been extensively studied within positive psychology and has been shown to have many benefits to both the recipient and the giver. Here are some ways in which kindness has been proven to benefit us

[What work, where?](https://hrgemblog.com/2021/09/15/what-work-where/amp/)

We all know how to office. In the last year and a half we have learned how do to remote. Now we have to learn all over again; how to do hybrid. Use these reflections to consider what are your most productive, creative or ‘peak’ hours. What opportunities do you have to align your working hours and location with your personal productivity? What do these reflections tell you about how you should best structure your hybrid schedule?

[Recycling single-use face masks](https://www.staffnet.manchester.ac.uk/news/display/?id=27250)

You can now recycle your single-use face masks in specially-marked bins across campus.

[Wacky World is coming to Manchester this Christmas with giant inflatables and more.](https://www.manchestereveningnews.co.uk/whats-on/whats-on-news/wacky-world-bringing-giant-inflatables-22031513)

The event is running over two days in December and will feature wipeout inflatables, slides, rodeo reindeer and snow machines. Children will also get the chance to meet and greet The Grinch and can pay extra to visit the on-site Santa's grotto.

Tickets are already selling fast for the attraction, which takes over Sugden Sports Centre, in Grosvenor Street, Manchester - close to Manchester Metropolitan University - on the weekend of December 11 and 12.

[A guide to taking kids to Manchester's Christmas Markets](https://www.manchestereveningnews.co.uk/whats-on/family-kids-news/manchester-christmas-markets-family-skating-22154329)

There's ice skating, a lights sculpture trail, Manchester's giant Santa and more.

The Christmas Markets are back and there are plenty of reasons to take the kids along this year.

After missing out on the fun last year, families will be pleased to see the event return so they can enjoy what for many has become a festive tradition.

[Kids Dance Classes](https://ilovemanchester.com/listing/kids-dance-classes?mc_cid=7cceee5ba8&mc_eid=f86f6b0f4f)

Energize your whole family with one of our fun classes! Find the gymnast or dancer in your home, we've the perfect kids dance classes. Helping kids stay active, learn a new skill or just improve their existing talents we've got lots of classes to choose from!

Class schedule varies and each class last no more than an hour.

[Parkrun every Saturday Run with like-minded locals in your area, Greater Manchester](https://ilovemanchester.com/events?search_keywords=parkrun&sort=order-by-date)

Registration is completely free and only needs to be done once, whether you intend to walk, jog, run, or volunteer or do a combination of all these things! Simply complete the registration form, print your barcode and head down to your local event.

[Dementia Friends – November Newsletter](http://email.dementiafriends.org.uk/interface/external_view_email.php?A9372798581850715282513588zzzzz64ccec9fe754c042c3b305656c6e8ceb68c15c66537ddd1c55c0178e2a66ecdd43&varId=)

Welcome to your November newsletter. Read on for advice on supporting people with dementia through the colder weather, how a hug can make a difference, and opportunities to get involved, have fun and show your support this season!

[Possible – inspiring climate action](https://www.wearepossible.org/)

[Join the planters](https://action.wearepossible.org/page/89558/data/1?ea.url.id=5485830)

As part of our mission to tackle climate change, we’re planning to get thousands of trees and hedges in the ground before March 2022. So, over the next few months, we’ll be running a number of tree and hedge planting events in different locations across the country, and we’re looking for volunteers to help us.

If you’re interested in hearing about tree planting events in your area, please let us know.

[Happiful Weekly Magazine, 12 November 2021](https://sg-mktg.com/MTYzNjcxNDk5MXxHV2Q3RUkxeEphOGlyd2ZlMWMxbWdtNGhBOUJUNFpPRTBVWHpLVjlQMnFqc08zVlpidmtmVGZtcU9JN3d5RUtKUkQxR0RlX2FMSGJxNnEwWTRzU2F2UWQzVDVIU1V2R2JvbUk4eWxKbFN6dmZvS3hWSDk2RXJpWFBYWm1NcDluTWpDRE5fcW0wRHpzNWxyajlOZ2hvQWhxUFRoYkFIQ2VGaFNMMVdNME5SN0RRazlTMVBsUUZKVTBveTRjM2NhRU5DcVBiS1FJZmJaelcyMEdMTU1QemV5ZGN0SGlvOTFhMklaTGVrWk9rc19POWRCREItWG16YmVaMm1fUFpSUk5EOHA5TzFpMG9rZXJ3OEVXR3Y3MXdPS1BxNGMzZHx0JG7nOf3Tk-7ZmxsW_FWBbvlQpOGgPCtkEoRE1tMnyA%3D%3D)

How to be an end to negative self-talk

* Self-Talk
* Frazzled Tips
* Expert Column
* Kids Books

[Happiful Monthly Magazine, December 2021](http://click.happiful.com/ls/click?upn=WLUz15j72F7XQGWv7KCzCVD6s5M-2BbqzGSOOL3HdIdtrwOvTRASmYrpVCW4NzvpL4DsQOSoP6R9WK1CuRLK1MLCkGebapu6Ay8nvJbj-2FDoDmzOAnVBGOdxg5mv73nxeUF63U5N-2FY9fU4aNFEYYwJbx-2FTipTlAo81Sr36xmA1Wr0wGKEPbE2K-2Bq52QQGC4nnjCiVaG_vlxKXGtrweqRuw1lY7lnSU6T1KpAWSsy1mv-2Bc2e4nMN0WKfIuLwMgF4ILeXxRufVzmp7AUvPk4xv3Fw8rvIo03eVIugEDQHszSuVUiCv7zL4HBITeFtakq1V5NNhBVR91cXOPS5W3iK-2FfFTD9KTeuFxOwwQDrDuVN-2FtWJAFAsYkVQzlshUBb0-2BTr8Oac8RT8HJkt37NSYskksEZUu78WotjihhXlh9G3l-2FEXDGPBwaOt9QFFwiNGdCquGcQWKry0qONkpwk8Nv6SGr7s-2Fpzb2iwLsYN7wUxPiHHIkvWsCeTfqcA34rWyShM4hB-2Bf6-2FUFjrxKBlcFbuojc9e-2BB6Mfv6tV6ZLsTDGYlZiNFACK81jL0rg6FmM3uA6EDNyFZdtZ4ZRFOzgmCAUXKT2jlNGqe1o-2FuU09x86CqndptEJ0tow-3D)

read our article on p30 that explores finding your path, whether that’s recognising what you don't want anymore, or following a passion for a brighter future!

We want to help you move forward from bereavement, as you face the 'firsts' without your loved one on p64. And on p51 we've gathered together inspiring sentiments and advice that proved life-changing for our readers.

So often in life, we’re told that holding on is what takes strength and courage, but sometimes it’s actually letting go.

The Chinese text Tao Te Ching says: "When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need."

It doesn't have to always be a great leap of faith, perhaps it's just time for that first step. No matter the size, you're still moving forward.

**Links to other relevant mailings:**

[Climate Network Newsletter, 15 November 2021](https://documents.manchester.ac.uk/display.aspx?DocID=57710)