**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 25 March 2022**

[Staff benefits and wellbeing update](https://www.staffnet.manchester.ac.uk/news/display/?id=27932) (24 March 2022)

Purple Wave, bone density testing, Covid guidance, NeuroDiversity Celebration Week, Autism Pride, beauty treatments and the A-Z of all your staff benefits.

[Join us in marking Transgender Day of Visibility (TDOV)](https://www.staffnet.manchester.ac.uk/news/display/?id=27929)

Transgender Day of Visibility (TDOV) has been recognised annually since 2009 and once again we are marking this important day on Thursday, 31 March.

[Supporting your wellbeing](https://www.staffnet.manchester.ac.uk/news/display/?id=27914)

New strategy to promote an inclusive and supportive community through a whole University approach to timely mental health and wellbeing support

[Managing for Wellbeing - new learning and development opportunities](https://www.staffnet.manchester.ac.uk/news/display/?id=27718)

Launch of three new courses to provide managers with the awareness and skills to support staff with wellbeing at work.

[Student Mental Health Matters staff training](https://www.staffnet.manchester.ac.uk/news/display/?id=27910)

Training available in April, May and June. The University has developed training to help staff to support students.

 **Autism Pride: Experiences of students and staff**

[4th April – Guest Lecture by Sharron Sturgess (University of Leicester)](https://www.eventbrite.co.uk/e/beyond-reasonable-adjustments-constructing-autistic-inclusive-environments-tickets-302774345217)
“Moving beyond reasonable adjustment: using lessons from Universal Design and the Covid pandemic to construct an autistic inclusive environment for students and staff in higher education”

**Venue**: Whitworth Art Gallery

**Drinks reception**: 6-7pm

**Lecture**: 7-8pm

(Places limited to 150)

[6th April – Interactive session led by Dr Katherine Twomey](https://www.eventbrite.co.uk/e/its-hip-to-be-square-the-highs-and-lows-of-being-an-autistic-academic-registration-302586884517)

“It’s hip to be square: the highs and lows of being an autistic academic”

**Venue**: online (Zoom)

**Time**: 4-5pm

[7th April – Interactive Q&A with autistic students studying at UoM](https://www.eventbrite.co.uk/e/autistic-students-experiences-at-university-of-manchester-qa-tickets-303323638167)

**Venue**: Core Technology Facility (Innovation Suite)

**Time**: 3-4pm

(Places limited to 40)

We will also be adding 2 training sessions for academic staff, delivered by the National Autistic Society and will update you as soon as these are confirmed.

[St Peter’s House](https://mailchi.mp/cee5a3781f9a/whats-new-for-22-your-st-peters-house-round-up-right-here?e=b18847f386)

Your St Peter's House round-up, right here.

[Sexual assault: how to contact NHS referral centres](file:///C%3A%5CUsers%5Cw28780jb%5CAppData%5CRoaming%5CMicrosoft%5CWord%5CSexual%20assault%3A%20how%20to%20contact%20NHS%20referral%20centres%20%7C%20StaffNet%20%7C%20The%20University%20of%20Manchester)

The NHS has launched a campaign to raise awareness of sexual assault referral centres (SARCs).

[Take your entrepreneurial journey to the next level with: She's the Business](https://www.staffnet.manchester.ac.uk/news/display/?id=27867)

12:30-18:00 // Thursday, 7 April 2022

The popular event for female entrepreneurs is back and launching soon.

Please encourage your students to attend – staff are also welcome.

[NEW: Widening Participation Training Module for All University Staff](https://app.manchester.ac.uk/training/profile.aspx?unitid=9382&parentId=4&returnId=4&returntxt=Return%20To%20Search&returnQs=?term%3dtwp01%26org%3d0%20)

A ‘Widening Participation Training Module for Staff’ has been created and has officially launched today. It is accessible via the Staff Learning and Development training catalogue (you will need to sign in to view).

This training has been designed to provide a comprehensive understanding of widening participation to ***all staff*** from across the University (regardless of their role) and inform them of the actions they can take in creating an inclusive and welcoming environment for all our students, regardless of their background.

The full training takes approximately 40 minutes to complete but can be completed in as many sittings as necessary.

If you have any questions, then please contact me: abbie.mountford@manchester.ac.uk

[Sport and Activities from UoM Sport](https://www.sport.manchester.ac.uk/sport-and-activity/)

We have quite literally hundreds of different opportunities to get involved in sport and activities to get you more active. From recreational running groups to support for elite athletes, we have something to suit everyone so get involved.

[UoM Sport: Volunteering and Internships](https://www.sport.manchester.ac.uk/volunteering/)

Volunteering in sport helps you to develop new skills and experiences as you support organisations to make a real difference to people’s active lifestyles.

[Launch of a Toolkit for Parents: Mental Health Difficulties in Children and Young People](https://citymha.us18.list-manage.com/track/click?u=87ae24b151beb8c508593537f&id=75665875f0&e=4af3e413d3)

Concern for the mental health and wellbeing of children and young people is at an all-time high. In 2020 research showed that one in six children between five and 16 years (5 in every classroom) had a probable mental health disorder. At the same time, mental health services continue to be stretched.

In response the City Manchester Health Alliance has launched a new toolkit to help parents and carers support the mental health of children and young people.

[La Suerte Dance School – New Beginners Salsa Course](https://salsa-manchester.co.uk/index.php?option=com_content&view=article&id=112&catid=2)

Starts Tuesday 15th March. Classes will take place once a week: Tuesday 19.30 - 21.30 (2hrs in a row). No partners needed. Free Parking.

La Suerte Dance School, 92 Temperance Street, M12 6HU, Manchester

[Virgin Pulse 2022 Employee Wellbeing Calendar](https://community.virginpulse.com/hubfs/_2021-content-INT/111521_2022-yearly-employee-wellbeing-calendar_int_uk_eng.pdf?hsCtaTracking=0fcb191b-da63-4a4c-913b-25296c617612%7Cf8881994-30dc-4d19-b687-1b111a2c86df)

Get 12 months of ideas to inspire your workforce to prioritise their health and wellbeing.

[Action for Happiness – Monthly Wellbeing Calendar: Active April](https://actionforhappiness.org/sites/default/files/Apr%202022.jpg)

Let's find ways to get moving and stay active and healthy.

[Action for Happiness – April Magazine](https://sg-mktg.com/MTY0NzUxNzM3MXxqYTRUdmw5cHBnVEdaSE4yaWZHdlNnSHB6dWRfcmZLUFg0VlhHbW4xMVZtNlg5YjVoWXcyMEpyVF9lSnJXWTlnSUtXSlVvWmpTbFZHUGttelZGbWNSN2Z0MzZrODE1eG9PejNoQko1SVBubTM4eWVaemdrdWlpTUwwOEd3endkOWZWY3MwQWZTSmRsU0xNM1hDa1FKd2NmTjA4YnR2T19qcHBaY2pxaDF1bmpvU0NsSGU5SHNKak5JTjFFWDdyS3VnTk81d0Z0R0x0aDRmeFZ0WGk3WE9vcllKdWRYZ1ZNZkd3ZXJUeXFqM3J0Nmpxb2RwckpKSWJ6eDRNUE9EcGgzZmJJUm96WGpHWGNaV3NmbW5wMDQzc0o2S1p2R3zsILvgjqqWhpuHcO_cITP0xtClzARV2OyvAIjk9if5yQ%3D%3D)

Your April magazine is here. In this special issue, we’re focusing on growth in all its forms, as we share articles on recognising our emotions, and shaking off the shame of a good cry. We’re reflecting on 50 bits of good mental health news from the past five years, as well as offering powerful words of hope and inspiration from our community – sentiments to help you through the tough times, and to serve as a reminder of how strong you really are.

[Dementia Friends March Newsletter](http://email.dementiafriends.org.uk/interface/external_view_email.php?A9372798581854221640513588zzzzz6479bee138414933081c99c41893c085795fdaa0820b8ee8eb7d96d7bb9741efc9&varId=)

Today we hear how staff and volunteers at a Community Centre have been inspired to create change, plus our Annual Conference and a chance to take action.

[RSPB Newsletter](https://view.email.rspb.org.uk/?qs=914dcbe458b6e1c69a41edf542f36194896b5bd8613d8f9c0681b6aa7fb4de5d80613a4ec601d6f2932729651d7dcfacde9c2582e917fed605b8e65883894ee44c34fea7723b3d5cacd1419d2d2e83e5d1853376f078d66b)

Springtime hits: your ultimate guide to birdsong, wildlife behaviour to watch out for and what to plant.

[Latest News From City Of Trees](https://mailchi.mp/b29add90d696/ewaw36h5mp-5763360?e=37982b27eb)

Show your love.. plant a tree.

[Everything you need to know about cycle to work](https://blackhawknetwork.zoom.us/webinar/register/WN_n1OgahU4SX-PY_XhcUED4w)

Join one of our regular webinars and kickstart your commute. Our webinars last just 30 minutes and you'll have the opportunity to ask questions throughout. Webinars are hosted twice a month - to find out when the next available session is or to register your interest, sign up today!

[March Cyclescheme newsletter](https://link.myschemes.co.uk/u/gm.php?prm=qvpkfTJiX7_142365079_5139742_64605&_esuh=_11_cf773bfb6d805221645faf3d70ffd4c9c8db1e4612bab9f15cf5162fd5835927)

[Greater Manchester Green City Region Newsletter, March 2022](https://mailchi.mp/greatermanchester-ca/your-december-green-city-e-newsletter-11342670?e=f80d40a87e)

Hello and welcome to the Greater Manchester Green City Region Newsletter.

[Great Northern – New Exhibition at our Warehouse](https://www.thegreatnorthern.com/new-striking-photo-gallery-has-been-installed-on-the-ground-floor-of-our-warehouse-building-highlights-womens-fears-of-discrimination-over-clothing-choices/)

A new striking photo gallery has been installed on the ground floor of our Warehouse building highlighting women’s fears of discrimination over clothing choices.

[Grimmfest Easter 2022](https://grimmfesteaster.eventive.org/schedule)

Event date: 15 April 2022 16:00 - 23:00

The initial 2021 Easter festival was online only, due to the Covid-19 Lockdown in the UK. But 2022 sees it going live at regular host venue the Odeon Great Northern in Manchester UK, screening exclusive feature film premieres, together with Q&As and talks.

Grimmfest Easter will be a hybrid event with an online element, which will complement and sit alongside the live festival. Much of the content will cross both events but there will also be one or two online exclusives.

[The Haçienda: be part of history in the 40th anniversary celebrations](https://ilovemanchester.com/the-hacienda-be-part-of-history-in-the-40th-anniversary-celebrations?mc_cid=bdf62556d1&mc_eid=f86f6b0f4f)

2022 sees the 40th birthday of the legendary super-club and venue, The Haçienda, and you're invited to be part of a unique book.

To be part of this historical document please email any Haçienda memory recollections and / or images to: threads@fac51-thehacienda.com

**Links to other relevant mailings:**

[Climate Network Newsletter, 14 March 2022](https://documents.manchester.ac.uk/display.aspx?DocID=59329)