**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 8 April 2022**

April is **Stress Awareness Month** which is the perfect opportunity to get more people engaged in talking about how they're feeling. We often find that people find it easier to talk about their "stress" than they do about their "mental health". It's a month that makes wellbeing a more accessible topic for many.

[Wellbeing webinar: Stress awareness](https://www.staffnet.manchester.ac.uk/news/display/?id=27941)

[Understanding Stress for People Managers](https://app.manchester.ac.uk/TSLD151) – a one hour webinar

[Managing Acute and Ongoing Stress (The Counselling Service)](https://www.counsellingservice.manchester.ac.uk/workshops/details/?event=5803)

[Stress Management Society - Stress Awareness Month](https://www.stress.org.uk/national-stress-awareness-month/)

[Tips to keep you motivated](https://www.stress.org.uk/wp-content/uploads/2022/03/April-2022-Calendar.pdf)

**From The University of Manchester Occupational Health Service**

**Feeling stressed?**

Pure work-related stress is rare as negative stress is mostly caused by other (often multiple) issues. Nonetheless we need to mitigate any work-related stressors because, left unaddressed, these can lead to health problems.

If you believe stress is impacting on your wellbeing you can ask your line manager to refer you to us or alternatively, you can self-refer to us in confidence. In the interim you might find the following useful:

**Manager guidance** - <https://documents.manchester.ac.uk/display.aspx?DocID=23854>

[How Can You Better Support Your Team?](https://content.matesinmind.org/media/luqp1yjx/managing-and-reducing-workplace-stress-handbook.pdf) (brought to you by the British Safety Council)

To support you in promoting Stress Awareness Month within your organisation, we are pleased to share with you a useful handbook from our expert partners [Mates in Mind.](http://info.beingwelltogether.org/NjM4LVhFSC00ODcAAAGDmOVup5vNTshlH-51PAMMYFzjxBKoHaUcmLy71mcuaEPe-5dkvtAY9fC8Q7_LIQpprNvD1Do%3D)  We hope this resource will give you the opportunity to open up vital conversations about stress at work and to initiate open and honest dialogues with employees.

[Everymind at Work 30 / 30 Challenge](https://d2mjrm04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/VWL-F0891fpHW373J7G15GCtVV7Wb0N4Hb0DgN8rPF6k3lScZV1-WJV7CgDw8W9cBX9N4hYrhRW4PKFGq3LrXg1W4gYY8N5g6nHnW5sWPXd5lnmV8N7Rcwcdl6yFfW3nghml8kVnQlW5Mp8BK4fZ7nmW1VCwbl3nn4yQW7NrKQh4pNLhsN7chmMCrJ3sNVfhdr75YSC37N8rB7hX8Y9Z9W6-F-xT7fjbp4W3NQrQm7C-cr7W3S1mD31JYDbpW281c731j446JW8X5KL41dbkl-W5sNYHQ6XxK64W6nyk071RL3r0W5tPGFq2wtlDQW4hjrmh2F19JXW8SjXNR3kLjDtW4B_7d55kd9GfN2qT1K8Tjz87W4RyKvz4kDX3sW6pc1JJ4crln9W2DR0s64Lk0xNW9f5dzk2h6VHTW7VyvWb2_RwsQW8ZjSnl73vgVF3g9K1)

The **Everymind at Work 30/30 CHALLENGE** is here as part of our [#timetounwind](https://www.yammer.com/live.manchester.ac.uk/#/Threads/Search?search=%23timetounwind&hashtag_id=73875439616) campaign.

This is a great initiative to run across Stress Awareness Month, designed to help you and your employees de-stress. The challenge is super simple. All you need to do is **complete one small wellbeing activity each day** (taking less than 30 minutes), helping you and your employees find balance and improve your overall wellbeing.

[Access guidance to support your workforce during Ramadan 2022](https://www.nhsemployers.org/news/access-guidance-support-your-workforce-during-ramadan-2022)

Ramadan begins on the evening of Saturday 2 April and concludes on Sunday 1 May, access guidance

to help both managers and staff during this period.

[Ramadan Information Sheet](https://ing.org/resources/for-all-groups/calendar-of-important-islamic-dates/ramadan-information-sheet/)

[Staff benefits and wellbeng update](https://www.staffnet.manchester.ac.uk/news/display/?id=27975) (31 Mar 2022)

Ideas on how to give back to the local community, the Ukraine crisis and run in the Purple Wave for Re-write Cancer?

[Be Active fundraiser – Ukraine Crisis Appeal](https://www.staffnet.manchester.ac.uk/news/display/?id=27963)

Join us for some group exercise in person or on Zoom and help us raise money for the Ukraine Crisis Appeal supported by the British Red Cross.

[Join our next book club meeting](https://www.staffnet.manchester.ac.uk/news/display/?id=27958)

The next meeting will be on Friday, 29 April at 12:30pm.

[Watch our online session: How to survive and thrive during menopause](https://www.staffnet.manchester.ac.uk/news/display/?id=27924)

Our session hosted by Learning and Development to mark International Women's Day was very popular - and you can now watch the recording.

[Join our staff five-a-side football teams](https://www.staffnet.manchester.ac.uk/news/display/?id=27983)

From 25 April, join colleagues to play friendly football matches

[Deaf Awareness Week will take place from 2 to 8 May 2022](https://www.ndcs.org.uk/deaf-awareness-week/#:~:text=The%20next%20Deaf%20Awareness%20Week,2%20to%208%20May%202022.)

I'd like to hear from you about what you would like to see us doing at Manchester to celebrate this week. I'd really like to raise the profile of our d/Deaf colleagues and students.

If you have any ideas please email me at kathryn.bradley@manchester.ac.uk.

[International Women’s Day 2022](https://www.staffnet.manchester.ac.uk/equality-and-diversity/events/international-womens-day/)

Campaign theme: Break The Bias.

Events took place across our University to celebrate International Women's Day this year – you can view the full schedule or recordings where available now.

[Spotting The Signs of Ill-Mental Health in a Hybrid Workforce](https://d2mjrm04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/MVnw7fvfjsBW3RdywR3qcJjfVhPn1w4HllJ_N4Mwsdycf1bDV9V4KD7CgMWlW5NmVSY8PSwjTW7HLzXw22C7-6LMTP_HnpL7W13KT3-1nz5dNW614DJQ4G31zMVbxN_j7843T9W2SG1Qx6t29jPW1_Q98J6rQg57W8ftKGn81S_FCW97JBSg6wklt3N1bwWxk5YDQnW8hfDMF4p4szCW6DgPVy1HCHkRW1NPtvk77J44SW42TmkC6wMDvQW2SPYwL7lFpFcW2WJVNX5SJKkwMK9LwQfpd0gW3j3MBT5cmKXRW33Y54R6Z_TvxW6wjbyJ2HBykWW4LNzP42dp4SRN7qX0r6QSPl3W3FFP8b2XDzf_W2HxNpk78YqBvW6WFJZ59gbZqyW4xJDGW8FwJrVN8xzMfvvN8m_W8sZvT63w08BLW5F9RV48WgqrfW1Jyclv8d0bk8W1ZPn3f3W0WG7W1k0KHV2v0Z_kW5ksZ_s6NfVkvW4sqrpy5XDz_6W75j5W47VnD9ZW7JWjL16-wn9hW8xH53j1ZKpb-W5DD3Vf9bTBQ4W6Ws-v08SS4nDVz2pd31l9FlZV4RjBj5hyMX_W4zF4Bd22FzZMW42cVSb2rxrK5W54tfHX8rLKqVW4VpG3379sC97W5rHN6H5yQysNW94Wmdd9dDmHfW4sjLjW7fmd7MW7SJnBV7Ch_kZW3Lm-zw1CTGshW1tLyfP8XXspgW67k1j_29Mz7xW8phTWT2q9V7zW12FDJh7gHvXWW5StvSq8x1pS8W1rDKmY70btNGN7sgkLQwwB64W956cxZ6ByDBNW4nmFYJ4MPkYYW2F2GY06k0-SCW7s7G0h1bC7KLW6-Lnx_5r_sB_W6qRSs05GgZd1W8KJydk5RSJVSW2wysz_607j8GVTDSYv3Rx5kYW2LqpY629bfcFW4T8_-24VRz9VVCNqbr48rDm6W8P-rcV69YgxsN8c06HD52Ll0V3NTYq7dw4W5W4KNltT5_F2ZhW17pWbS9j3Q_yW6c7jMn7htZKmV3w1W75g14mwN5D3fV0YZ-v0W2qKNSr5lz9H1W3sRfT_5FFNnw33HJ1)

The warning signs of mental ill-health that we should look out for in our colleagues are the same whether we're in an office or working from home. Our clinical psychologist at [Everymind at Work](https://everymindatwork.com/) has put together a list of the 8 key signs that we should be looking out for, regardless of location, but with some examples of how these signs might be displayed remotely versus the workplace. Feel free to share this with your colleagues too!

[Always Remember To Ask Twice](https://d2mjrm04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/MVnw7fvfjsBW3RdywR3qcJjfVhPn1w4HllJ_N4Mwsgk3lScGV1-WJV7CgFYXW88M_y63pWRwQW3sg8lG6Hl6TCW9lJXRB5X5wMNW7BvqQf7x63LbW3J3LM362SZMtW55gXQT57_cr3W6bwHT27bz14YW7x1WZW55Q-ZyVr0VC81Zjs_VVxQW5c2y-3zDW90tNZ43CkVlqW2zNJ1h7RSpn8W1NDYfv7jqWbSVZQSYp5YN4YfW7Gr1Gf6lB_pkW88PlT-1Dn8QxW21KhMs7g7DPZW2m6mDT3XJD7TW1sXyF75322l0W40FhBw4f6KkZW4Cbr8H4xl9JkW67gNL42k5vbPW31WhMW17nYgqW8PQy3s9f09GfW8XbZHq5hTPn0W91m5V9702jm-W3kytW25K3xpzW6WjPrW3FvSLM33n41)

This month [Everymind at Work](https://everymindatwork.com/) think we should be promoting the idea of "Ask Twice". They have created a poster that they think would be perfect in the office bathrooms, on community noticeboards, or even just on the online communication channel that you use with colleagues (Teams, Slack, etc). If you use it, remember to take a photo or a screenshot and tag them on social media!

[Action for Happiness – Active April Calendar](https://actionforhappiness.us3.list-manage.com/track/click?u=38ea3e7c0a12909b5f17eb1ed&id=b99f8073e5&e=a0d0bb6dff)

Our new Active April calendar is packed with helpful ideas to give you a boost this month, so **please share it**and help spread the word.

[Happiness & Fulfilment with Robert Mack, Action for Happiness Online Event](https://www.eventbrite.co.uk/e/happiness-fulfilment-with-robert-mack-tickets-290386332337)

Join us for a special event with happiness coach Robert Mack and learn how to find more fulfilment in everyday life, even in tough times.

[Virgin Pulse April Wellbeing Calendar](https://community.virginpulse.com/hubfs/_2022-Content-INT/wellbeing-calendar_april_2022_int_uk_eng.pdf?hsLang=en-gb)

Healthy body = healthy mind. Fuel yourself with our health and wellbeing tips! Keep an eye out for some nutrition advice too.

[Changing the World of Work](https://changingtheworldofwork.buzzsprout.com/1743713/10156987)

Has hybrid changed your culture? (Podcast from AWA). Featuring our very own Margot Power, Faculty Change Manager, Faculty of Science and Engineering, University of Manchester.

[Enough Campaign](https://youtu.be/yVQ78xZSCG8)

Campaign to Tackle Violence Against Women & Girls Launches. Let’s all be part of the change. No-one should live in fear of abuse. Enough is enough. We can all do our bit to keep women and girls safe.

[Mayor of London addresses sexism with ‘Have a Word’ campaign](https://youtu.be/qbk3iJqmjNU)

The Mayor of London is seeking to stamp out sexism in the capital by calling on male residents to ’have a word with yourself, then your mates’ around any sexist attitudes or inappropriate behaviors they may harbour or observe.

[Building Resilience: Live Q&A (webinar recording)](http://c.ovrlptrck.com/messages/ryCD28pgHs/redirect)

Watch our webinar with Bruce Daisley and Celynn Morin, where they share their insights on:

* How to help your teams build resilience without toxicity
* The differences between individual resilience and group resilience
* The strength of vulnerability
* The future of work, including hybrid and the 4-day work week
* Practical tips anyone can take back to their team

[Welcome to ‘Beneficial Ways To Naturally Manage Menopause and Perimenopause’ Pre-Recorded Event (from Wellbeing Umbrella)](https://click.mlflow.com/link/c/YT0xOTE2NjQ0MjA2NzM5MTk5NDI5JmM9ajJqNyZlPTIyODE5MyZiPTkyODk5NjM5MSZkPXo1ejdrM2E%3D.taUj4BIsr9K1ttO8ewVU42wjGV76MLoJXgLzCewXAJc)

Let’s take you on an online journey, including **Acupressure**, **EFT**, **Essential oils**, and **Naturopath** in a bid to help you embrace your changing hormones and improve symptoms of menopause.

Our no one-size-fits-all wellbeing event features 9 down to earth, independent wellbeing professionals sharing their expertise and practice on the topic of Menopause and Peri-menopause.

We’ve edited the recording of the live event into individual speaker talk and demo sessions for easier access below should you wish.

Watch the whole event or just the session(s) below that pique your interest!

[#TalkingBollocks is The Robin Cancer Trust campaign to get men talking about their balls and raise awareness of testicular cancer](https://ilovemanchester.com/biggest-balls-uk-manchester-billboard?mc_cid=c0d0b69ec5&mc_eid=f86f6b0f4f)

1st April is the start of Testicular Cancer Awareness Month. If you need a nudge to remember, you can text BALLS to 70300 to get a monthly reminder. Standard network rates apply for your initial sign up text, after which all texts you receive from The Robin Cancer Trust are free. For more information, support and how to get involved, visit [The Robin Cancer Trust](https://bit.ly/3iWw1YA).  [Click here](https://bit.ly/3iWw1YA) to find out more.

[Spring holidays | Science and Industry Museum](https://www.scienceandindustrymuseum.org.uk/whats-on/spring-holidays?utm_source=wordfly&utm_medium=email&utm_campaign=MCS%3ASpringholidays2022&utm_content=version_A&sourceNumber=26857)

Get creative this Spring Holiday.

**2 - 18 April 2022** **10.00 - 17.00** **Free, booking required**

Discover inspiring innovations, create clever contraptions and get stuck into construction-themed activities [inspired by the building work happening across our historic site](https://e.wordfly.com/click?sid=MTEyNl83NTA1XzcyMDI1OV83Mjgz&l=d5644c28-cfaa-ec11-a826-0050569d9d1d&utm_source=wordfly&utm_medium=email&utm_campaign=MCS%3ASpringholidays2022&utm_content=version_A&sourceNumber=26857).

Build your own fun in our Mega Makers indoor playground by stacking and connecting large foam cubes, bricks, cogs, curves, and cylinders.

Discover how to take an idea from a curious concept to a real-life creation. Then get crafty and design your own inventions to solve problems you never knew you had.

Plus, marvel as the incredible moving sculpture, [*A Quiet Afternoon in the Cloud Cuckoo Valley*](https://e.wordfly.com/click?sid=MTEyNl83NTA1XzcyMDI1OV83Mjgz&l=d6644c28-cfaa-ec11-a826-0050569d9d1d&utm_source=wordfly&utm_medium=email&utm_campaign=MCS%3ASpringholidays2022&utm_content=version_A&sourceNumber=26857), springs to life at one of our daily demonstrations.

[Manchester Library of Things](https://mcrlot.com/)

Manchester Library of Things – coming soon! It works just like a normal library, you can borrow
whatever you like whenever you need it – from power tools to pizza ovens, carpet cleaners to camping equipment. Borrowing is affordable, with pay as you go and membership options to suit every budget. By borrowing from the Library of Things, you can have more, save money and protect the planet.

MCRLoT will be based at Levenshulme Old Library (Cromwell Grove, Levenshulme). Right now, we're fundraising and getting things ready to open in summer 2022. To make sure the Library is what everyone wants it to be, we need your input on how the library should be run and what it should stock. Complete the survey [here](https://docs.google.com/forms/d/e/1FAIpQLSd5HLm3_Uvjm-4tymDqjauXCb1Mx6e4ziGd-a6cPDiCEfkAVg/viewform).

[RSPB Newsletter](https://view.email.rspb.org.uk/?qs=10ab886c30ed130c0a75bf22370a15cb5a3a6d2241150e54aedb2516d8076b0f0f343de29f83209ab85ed164df0f46741386443e6d3bc861db2c42844c61b70ebd46a467701951e2e28ad2768cd7d90fe6092916b578d8c0)

April’s top wildlife: what and where to see it.

[April Cyclescheme newsletter](https://link.myschemes.co.uk/u/gm.php?prm=Od8DUwIp1L_142365079_5204996_55115&_esuh=_11_1094d75295ac406f7957a435ff0ff097e075f87496469083b101c7414c4bce22)

Includes 5 checks to get your bike ready for Spring.

[Looking for something fun-filled and free to do with your kids this Spring? - from Pets At Home](https://community.petsathome.com/events/child-workshop/my-pet-pals-workshop-spring/?utm_medium=App&utm_source=VIP_App&utm_campaign=FY2223-MPPpush-instore_VIP_20220402_1137_None_given&utm_content=push_message&SFMC_ID=205912078)

The much loved My Pet Pals workshops will be live in all stores throughout April and May. Kids will receive activity sheets, a My Pet Pals certificate, and they can meet our amazing animals… all for FREE!

Our My Pet Pals workshops help to teach children how rewarding pets can be and how to care for them, making sure you and your children are all clued up on pet welfare and responsible pet ownership – you’ll get a truly hands-on approach to pet care!

Come along and join the fun because we can’t wait to see you...

[Freight Island reveals new traders, roller skate rink and free Sunday festivals](https://ilovemanchester.com/freight-island-new-traders-skate-rink?mc_cid=c0d0b69ec5&mc_eid=f86f6b0f4f)

Escape to Freight Island has announced a brand-new Sunday free festival series, called Better Days, launching from Sunday 17th April and running until Sunday 28th August. The all-day sessions will cater for family-focused happenings during the daytime with a silent disco for kids and other child-friendly activities.

[Manchester Flower Show needs your help to bring the city centre into bloom](https://ilovemanchester.com/manchester-flower-show-needs-your-help?mc_cid=c0d0b69ec5&mc_eid=f86f6b0f4f)

The prestigious Manchester Flower Show will take place from 2nd – 5th June and festival organisers are calling out to professional and [amateur gardeners](https://ilovemanchester.com/local-groups-rhs-garden-bridgewater), florists, landscapers, businesses, charities and [schools](https://ilovemanchester.com/children-design-park-collyhurst-village) across the region to be a part of the city’s annual urban floral extravaganza.

[British Pop Archive set to open at John Rylands Research Institute and Library](https://www.staffnet.manchester.ac.uk/news/display/?id=27997)

The archive will celebrate and preserve British popular music and other aspects of popular culture, recognising its pivotal influence on the world stage.

On 19 May 2022 the British Pop Archive will launch with *Collection*, a distinctively Manchester-flavoured exhibition, underlining why Manchester is the perfect home for the British Pop Archive. Curated by Mat Bancroft, Jon Savage and Hannah Barker, it explores the vibrant cultural scene of a city that has driven innovation, creativity and social progress.

[From Shakespeare to Ian Curtis: British pop archive to open in Manchester](https://amp-theguardian-com.cdn.ampproject.org/c/s/amp.theguardian.com/uk-news/2022/apr/06/from-shakespeare-to-ian-curtis-british-pop-archive-to-open-in-manchester)

Exclusive: John Rylands Research Institute and Library to house collection that will also include Granada TV treasures.

**Links to other relevant mailings:**

[Social Responsibility Newsletter March 2022](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=MbFDU1MzE4MlM0OTMxOjQ3QjJDOTAxMjRFRDE5NDExOTkzMTlCRkVFOUE2QUYy-&CC=&p=0)

[The Business Confucius Institute Newsletter](https://s6.newzapp.co.uk/t/view/1537420048/123025152)