**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Green Impact News, 22 April 2022**

[Counselling and Mental Health Service](C://Users/w28780jb/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/FG1ETZRJ/Counselling%20and%20Mental%20Health%20Service%20Group%20and%20Workshop%20Programm%20April%20to%20June%202022.pdf)

Workshop and group programme for students and staff – April to June 2022.

[Disability rights: a global phenomenon?](https://www.eventbrite.co.uk/e/the-annual-arthur-lewis-lecture-with-professor-tom-shakespeare-tickets-302644065547)

We are delighted that **Sir Tom Shakespeare CBE**, will be presenting the **2022 Annual Arthur Lewis lecture** in Manchester on **Tuesday 3rd May**.

Tom is Professor of Disability Research at London School of Hygiene and Tropical Medicine, having previously worked at the Medical School at UEA and for the World Health Organisation.

Tom will join us to offer an overview of the disability movement, in Britain, America and across the world, and talk about his experience of disability and development research. Is the idea of disability rights something which activists in the Global North have imposed on the Global South? Or is this a genuinely global movement, free of cultural imperialism?

[Please register via Eventbrite to attend in person](https://www.eventbrite.co.uk/e/the-annual-arthur-lewis-lecture-with-professor-tom-shakespeare-tickets-302644065547).

This event will also be livestreamed over our Facebook page for those unable to attend in person. [Like us on Facebook to keep updated](https://www.facebook.com/uomsocialsciences)!

[Staff benefits and wellbeing update](https://www.staffnet.manchester.ac.uk/news/display/?id=28066) (21 Apr 2022)

The weather is improving and it's time to look at benefits that support your wellbeing!

[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.

[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.

[Get fit for summer with our Be Active classes](https://www.staffnet.manchester.ac.uk/news/display/?id=28019)

Sign up for our eight-week exercise classes.

[Campus Tree Trail](https://www.sustainability.manchester.ac.uk/livingcampus/staff/tree-trail/) (take part during National Walking Month, May 2022)

The Living Campus Plan seeks to provide opportunities to learn, think and connect with the environment and take advantage of the health and wellbeing benefits being outside and experiencing nature provides. We have developed an [interactive tree trail](https://www.uom.treetrail.co.uk/) for staff, students and the local community to enjoy that is full of interest with a variety of trees, abundance of wildlife and glimpses of our heritage to explore.

[Bee Active and get moving with Transport for Greater Manchester](https://www.staffnet.manchester.ac.uk/news/display/?id=28060)

As the weather starts improving, and as part of a new ‘Bee Active’ active travel campaign, Transport for Greater Manchester (TfGM) are encouraging people to get out cycling, walking, and wheeling this spring.

[Ramadan 2022: A Day In The Life Of Naved Bakali](https://manchesteruniversitypress.co.uk/blog/2022/04/06/ramadan-2022-a-day-in-the-life-of-naved-bakali/)

This April, Manchester University Press is running a series of blog posts to mark the holy month of Ramadan. Ramadan is the ninth month of the Islamic calendar and is observed by Muslims worldwide as a month of fasting, prayer, reflection, charity and community.

Today, Naved Bakali, co-editor of *The rise of global Islamophobia in the War on Terror*, is writing about what Ramadan means to him, and what a typical day looks like for him during the holy month.

[The Challenges of Managing Work and Cancer](https://www.eventbrite.co.uk/e/the-challenges-of-managing-work-and-cancer-tickets-209829043317?utm_sq=h0z58alz9g)

This (chargeable) one hour workshop will help line managers or team leaders understand more about the challenges of managing work and cancer.

[The Everymind at Work Mental Health Support Directory](https://d2mjrm04.na1.hubspotlinks.com/Ctc/LZ+113/d2mJRM04/VWwscd6bpHh_VPNxSr15gdkGW7HlLKX4HMh6ZN3S9PGw5nKvJV3Zsc37CgLdXW6RzFz_99sD9xW8VnQD02cSLbHW7fzCqC6Zjqr9W2v6F1M1Sn-g2W4lk9sS49w1_yW37Y8pG7TqJ8wW6HSbP36bjR43N31sF_2WRfrDW5m9FQ28z7WPJW5-z_mL38RXfXW58V5wn2CB_gGVrrGb84fk9FbN4JYy5FZ336FW3_5VPJ7DK3FsW6psJJQ1v6PRbN6Lw6HGLfmnZW2_h3yy2kLDgDW1nWPZ33sW5VFW6sNxj91BDZfrW61yPyB1L524lW1ZGpRR2tFLwVW7Xxjj12rcpT4W4TYCX61DK0FsW6vW_gs4vms6rW6CtyTQ76m2D4W4dfVk_8HHSXZW7YRVyN92jG2JW6jjprV8-RJm3W5v_9778VZQ96W474pnr1571HzW4g2SMH6DJLVgW1pjsqW3SsSfPVnZmwL6nQVNzW8lkN0t4Z6XjHW7fBhg78Tv81ZW3MKfC78XRV0P38Km1)

This handbook helps remove the guesswork for you and those in crisis, helping you both identify the right support channel. We know that reaching out for support is such a big step and we wanted to make that step a little easier:

We cover areas such as:

* Urgent help in a crisis
* NHS Talking Therapies
* How to access local mental health support services
* Getting support from a mental health charity

[Why Suicide Could Be the Biggest Threat to Your Employees](https://everymindatwork.com/webinar-replay-why-suicide-could-be-the-biggest-threat-to-your-employees/?utm_campaign=2022%20Lead%20Gen%20Webinars&utm_medium=email&_hsmi=209302794&_hsenc=p2ANqtz-9WtIJLjW-tR-jgZO-4vacYHAfcnhKByoscbhxS5RiJF2ymqL9QvY5ii59j6nsXy1i8gVG5N3cZipe6aY3YpGWfgWs-jHA6dIQcLJrRIgge7bu3z_4&utm_content=209302794&utm_source=hs_automation)

In this webinar replay from Everymind At Work, you'll learn:

* Actionable steps on how to identify someone in crisis and what you need to do.
* Expert advice on how to have a conversation with an individual that may be (or may have been) suicidal.
* Steps on how you can support a colleague if a family member, colleague, or friend has taken their own life.

[5 simple techniques to avoid HR burnout](https://d2mjrm04.na1.hubspotlinks.com/Ctc/LZ+113/d2mJRM04/MVvMgk9VjrVW1nq3pW8QFPh2W2v98dD4J3r3gMGxfSQ5nKv5V3Zsc37CgX6SW2RQ9MB1dBSwdW6_ZJfG3ltn9CW87qPvV52RlJjW1wjQ1d1sZG4wW46hShX8rgcMRW119gmZ1cJz_7VFT8Z48-K3lTW8wkDC_3J70TJW9jnyMR7nh4sTW7_5NPc5nvgxTW7WsS5N6Rx46_W5qPM8V5sPfl0W1ssLWD2pmC_3W8VcnTq6GZZ0PVqG1qz6mxhVGW5NMJm67m0NRhW9dr4K67rpXQlVlPS7167T7V3W27Q7CL4sc5-fVX5xMQ2TSYScW7-GKmq91f9bYW30btFN878z08V_vrJZ3fSZNbW5D2J0k4Bwd4DW22rYWZ3zlwNJW8kLvMd8LKQBDW7mmwSf7nCzMcW1YlvCV3mBLfxN4Sjr5jbgn6HW7qRD7T9kMpvfW2CLMCP7QY2D1N8cRZfws3smN3nZ71)

During the webinar replay session, Everymind At Work walkthrough:

* 2 exercises to boost adaptability and resilience (including copies of the exercises that you can use yourself or even share with employees).
* The most important factors in managing your own wellbeing.
* Actionable steps on how HR can gauge their team's resilience, including trigger signs and key questions for 1-on-1s.

[Tyson Fury And The Invisible Opponent | CALM A Movement Against Suicide](https://bit.ly/3x210aB)

Sometimes the toughest opponents are the ones you can't see. That’s why Campaign Against Living Miserably (CALM) have launched [#InvisibleOpponent](https://www.youtube.com/hashtag/invisibleopponent), a heavyweight campaign – featuring Tyson Fury - 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 their helpline to talk about their own invisible opponents - things like isolation, anxiety, health, money worries and suicidal thoughts. If you need them, they’re here: [http://www.thecalmzone.net/invisibleo...](https://www.youtube.com/redirect?event=video_description&redir_token=QUFFLUhqay1oWk9QX0d4VVlINlRwcHZueDlrTy1pTGxDd3xBQ3Jtc0trMExCZGZQWXUxV1F0MjBlYjNoOW9MS3pqTlJUZFJJQWVMcGYzOVhJQXk1Skp1VjljX2VNWFJQRjZ5RlEyaEowanZBc1VaV3dWbzNjd1JKXzQ1eVcwcloxeVMxNmNkMTNxRWhUUXp4MG0yUVlkNXB5UQ&q=http%3A%2F%2Fwww.thecalmzone.net%2Finvisibleopponent)

[Department of Health and Social Care – Call for Evidence: Mental Health and Wellbeing Plan](https://bit.ly/3xglZKq)

The government has unveiled a consultation for a 10-year plan to improve mental health support.

We encourage everyone with lived experience of mental illness to get involved in the consultation. Our voices must be heard.

[Keeping employees safe in a post-Covid workplace](https://community.virginpulse.com/e3t/Ctc/I0+113/c2vRF04/MWNxVQgQC45V-rwXS3tPJN1W6fpr4J4GX8NDN6J4pXm5nCTJV3Zsc37CgPMsW1806VQ935KSkW8f12PW906SlJW3sl1MG7K_62DW2LJxxs1BQ6LtW5MMVLC17B86TW6V1z9B25yH55W676xqy88cLbCW1CP9Fq25VZgBW5qh2TK7msbrVW3fdGN18YcX6BW96GSjH2Qn4S_W93dwyC8y80rmW6CkZc3730Ck6W8dGzKP5dF8bbW8Xm3xt1K7ryGW5jYhNW7B8XGHW95nPYb1WfkXFN4_psy6Qj4RPVcBJZz4gxs1rW2n80B189xDmKW2vbl3L7wJQsQW7366D32N5lbxV5KRwQ3Gw4t5V3Mjgy4R0ZK_W37JZ5c8hC5C4W4c5tcX6pvs99W8jKRdV2kf2pyW7S6xK01h2_s_W7yX96g9653KDW6svDlC3tfQ5mW4-wPjg87J3_VN7yZ50DQJ-tm3gdZ1)

Watch the webinar replay from Virgin Pulse to learn:

• What the employee health landscape looks like now

• Managing a return to normal – should any COVID-19 procedures remain?

• Supporting employee health in the hybrid working model

* The importance of a workplace wellbeing strategy in a post-Covid world

[Queen’s canopy coming to University Green](https://www.staffnet.manchester.ac.uk/news/display/?id=28051)

New trees and wildlife friendly hedging to be planted in November. Our University will be planting trees and wildlife-friendly hedges on the University Green space with saplings provided for free under the Queen’s Green Canopy project.

[The Bike Month Challenge is coming](https://www.lovetoride.net/gm/pages/info?locale=en-GB) (from Love To Ride Greater Manchester)

This May is all about riding as a team! Gather your friends, family, neighbours or co-workers to form a team of up to 10 riders and ride your way to the top of the leaderboards. There’s fun to be had and loads of prizes to be won!

Bike Month isn’t about riding the furthest or the most often, it’s about riding when you can, encouraging others and spreading the joys of bike riding far and wide.

[Keep Thriving Wellbeing Conference Session Recordings](https://www.beingwelltogether.org/awards-and-events/events/keep-thriving-wellbeing-conference-session-segments-form/?mkt_tok=NjM4LVhFSC00ODcAAAGDX4BTWAL7AO2L-Ct1zpEIBSl9-v72wTk1hFQSPqbm_wOqs4ZSAun3_zU0ruo8tYNU8wUiboaG2Pnizfs-I5HKtRWb4HaTrXVrk5vT42z3BQ)

With many organisations embedding a ‘new normal’, there has never been a better time to embrace the health and wellbeing of your workforce.

Being Well Together and Mates in Mind hosted a virtual conference to help employers discover how to embed an effective wellbeing strategy in the workplace, with the aim that their people may become happier and healthier, and thus more productive.

[Boots follows in Aldi's footsteps and announces product ban in every UK store](https://www.manchestereveningnews.co.uk/news/uk-news/boots-follows-aldis-footsteps-announces-23722780?int_source=mantis_rec&int_medium=web&int_campaign=more_like_this)

Boots says it will be banning all wet wipes that contain plastic and will instead only be selling biodegradable ones. The pharmacy chain, which sold more than 800 million wet wipes in the last year, said it would replace plastic-based wipes with plant-based biodegradable alternatives. The move follows Boots reformulating its own-brand wipe ranges to remove plastic.

[RSPB - April’s top wildlife: what and where to see it](https://view.email.rspb.org.uk/?qs=10ab886c30ed130c0a75bf22370a15cb5a3a6d2241150e54aedb2516d8076b0f0f343de29f83209ab85ed164df0f46741386443e6d3bc861db2c42844c61b70ebd46a467701951e2e28ad2768cd7d90fe6092916b578d8c0)

April is a super-charged month in nature: the first swallows return; butterflies and bats are emerging; puffins are returning to their coastal colonies, and with birds singing at the tops of their voices, spring hits full stride.

In Nature’s Calendar, discover how to make the most of this month’s sights and sounds. We’ll even show you how to make a sun lounger for a basking slow worm! Plus, read on for what to plant to help nature where you are.

[Manchester’s litter pickers are making a big difference – and you can help](https://ilovemanchester.com/join-manchester-litter-pickers?mc_cid=0a232a793a&mc_eid=f86f6b0f4f)

As well as the environmental benefits, litter picking has brought people together, provided exercise, and helped to boost mental health.

To join the ever-growing Litter Army, visit [manchester.gov.uk/tidymcr](http://www.manchester.gov.uk/tidymcr). For full details of all the litter picking drop-in stations, or to request equipment and support, email: [keepmanchestertidy@manchester.gov.uk](mailto:keepmanchestertidy@manchester.gov.uk).

[Discover our FREE projects from Hobbycraft for celebrating...](http://reporting.hobbycraft.co.uk/cgi-bin/view?h+110083-2+411144+1000151+110083-411144-F6770F1D-1000151-11149020)

Intro copy amend: Celebrate Earth Day this year by learning how to upcycle pre-loved clothing with embroidery, or you could try crafting quirky animals with tin cans!

Discover easy-to-make St George’s Day craft ideas! From puppet shows to dragon crafts, there’s no better way to mark the occasion.

Enjoy a selection of wonderful Eid projects to make your celebrations extra special. From colouring sheets to a fast timings calendar, there are so many different ways to get creative for Eid.

[Action for Happiness Webinar Replay: Self Compassion with Dr Chris Irons](https://youtu.be/qLRhLAduISM)

Dr Chris Irons discusses how we can be kinder to ourselves and cope better with difficult emotions. This was recorded at an Action for Happiness live event on 22 March 2022 hosted by Dr Mark Williamson. <https://www.actionforhappiness.org>

[Webinar Replay: How Relevant is Wellbeing in Health and Safety Management?](http://info.beingwelltogether.org/NjM4LVhFSC00ODcAAAGDnof1cFeHru9DTp2a9K7OF9JSEv_uJs4Xoy74IeVGR1X9sESp8WojUjeriyy5dykYoZu0mMo=)

As part of our wellbeing programme, we were delighted to offer a presentation by Marcus Herbert, *Head of Wellbeing* at [British Safety Council](http://info.beingwelltogether.org/NjM4LVhFSC00ODcAAAGDnof1byPY-Sqmbh23u-b9OhH2IrtKaJ9xazQkW9p6044m2d4HRK0Vdp4BClaTSockItzkmTA=), and Jo Saines, *Wellbeing Services Manager* for [Being Well Together](http://info.beingwelltogether.org/NjM4LVhFSC00ODcAAAGDnof1cPU4a1PJ4FRPLMdexlVCcI9jNrQcUMUSPUE8VuFYvUZLaMaEa6l-21laYuktf_pDySY=), with additional questions answered by Phil Pinnington, *Audit and Consultancy Manager* at [British Safety Council](http://info.beingwelltogether.org/NjM4LVhFSC00ODcAAAGDnof1byPY-Sqmbh23u-b9OhH2IrtKaJ9xazQkW9p6044m2d4HRK0Vdp4BClaTSockItzkmTA=).

Attendees gained knowledge and learned how to better support and protect their people through the implementation of an integrated health, safety and wellbeing strategy within their organisation.

[Happiful Magazine Weekly, 25 March 2022](https://sg-mktg.com/MTY0ODIwNjE3M3xQYnNNZVlKTDRmVmhIbUhPczZyZkN3ZmFkSWRjSm1rMzdqb3pvVlcta2ZiWDRJTW50cy0tTExHYkF5NlFjZVdQY0ZJeVlDZFpUNkZlc2Y1OVdkcUNHMXVENzdFVE1nNVVqOUVnV0J0ZGNFcnJhZDdtekJjNHRmLWl4cTgyQmFUVV9xQ2hJMkIwT05iSHJ0djVyZzRBdC1RUHlxOVlObmpGQ09FX09LYnV1djJjY1hJbERYUWI4djEyZmt3UkRSZU53aUNMaDBhZzFkMWNhcVFaRGE2c0xzay1zVzk4MjdMMm5SNEFBVjdPMi1oN2RVQlk5eEx3RlF6cGhXYWN0elJiOTRtakRRVW9LekxiNXVtLU81QkdnR2JQYTZEYXyUrGNiK988uHgPq-P_4wpJoSAgGMkQzYmqJh6EaWbJig==)

Toxic Work | Home Workouts | Positive Stories | On Your Mind

[Happiful Magazine Weekly, 1 April 2022](https://sg-mktg.com/MTY0ODgwNzI1NHw5YkwzRmxMdEhKaU43Sy1KX0xFMzJaeHQ3RXpGa2VqVVYweTVSLWhyUVpGZHdDemtzOXM2UmN6VVI1YzBpRlc5clZ1dlRaMUpiNkdfbUV4OWR1UzhReHFYYnFXWkFzLUl6ay1HTHdaNGRLc3hXeE5XQ3AyZWFLWlpzM0NuT3ozMlNDRDFGV245b0txNmlKMEk4QmRJU0VlOEhQcGhDYi1oclZ0VXVCc3JWM0l4WU1uS1YzUVRPSldfT0hOZnZJbjhvanZ1bTByZkJTR2pYNXg2bmNHdWFfRGpydGlqOFByakNUT0szS0JESWNJejQtYjFrSzlSdG54bmxVVHUyNHliMDQ5Y0dYM2RSMGluYUZzdDJiRFRWUFlHcVFfT3zfrvYe-ukK58wirRlmN2iVBTaGaQSXDVu6ehNrNqBs-Q==)

Two To Calm | Work Rut | Stress To Burnout | Good Relationships

**Links to other relevant mailings:**

[Climate Network Newsletter, 28 March 2022](https://documents.manchester.ac.uk/display.aspx?DocID=60633)

[EDI Newsletter, 21 April 2022](https://documents.manchester.ac.uk/display.aspx?DocID=60634)