**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 06 May 2022**

Deaf Awareness Week is taking place between 2 – 8 May

Mental Health Awareness Week runs from Monday 9th May to Sunday 15th May 2022

May is general Mental Health Awareness Month

May is National Walking Month

[Staff benefits and wellbeing update](https://www.staffnet.manchester.ac.uk/news/display/?id=28102) (27 Apr 2022)

Save 10% at Food on Campus outlets, how to save at supermarkets, discounts, free Will writing, the staff survey and a focus on dementia.

[Join our next book club meeting](https://www.staffnet.manchester.ac.uk/news/display/?id=28121)

Next meeting Friday 27th May 12:30-1:30pm.

The book of the month is North and South by Elizabeth Gaskell. We will also recap 11.22.63 by Stephen King and Blindness by Jose Saramago.

[Mental Health Awareness Week, 9-15 May 2022](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week?bbeml=tp-EbFsTopOv0SfkgIhAgzciA.jgS74kvbDzEydTmuhW8o4qQ.rKC8SNYrxm0uPxKnJBgATmg.l38k4hWloqEuBZXVdrCTOSg)

Find out all the ways to get involved from the Health Foundation here.

Next week you are invited to join us in the UK’s largest conversation about mental health, as we look into the relationship between loneliness and mental health. Over the week we’ll explore the impact of inequalities on loneliness as well as sharing help, advice and calling for policy change. There's a whole range of ways you can support the work of the Foundation over the week. We hope you will join us!

[Wellbeing Webinar: Mental Health Awareness](https://www.staffnet.manchester.ac.uk/news/display/?id=28130)

Mental Health Awareness Week 2022 is 9-15 May. Our next monthly wellbeing webinar is on 11 May. This webinar will focus on positive psychology to support wellbeing. Join to find out more about what positive psychology is, and how it can support your wellbeing.

[Champion Health’s Mental Health Training for Leaders](https://hello.championhealth.co.uk/e3t/Ctc/RH%2B113/cKW5J04/VVYHYH2sy-xsW3gQktR8t7-_5W39GxQ74JD9-vN3V8lb93q3pBV1-WJV7CgH7mW4Zw6Wt1qrfqRW8w77gp7J320pW6TnlGN5HHMpzW8W538B6b7DyQW42C75-62Kff9W6hR16Z70YGtqN34CVMKJFcgPW2g9N4Z8Gz4nHW7LyTTl76DX6SVTQgCq6--_svW42QXVp6WRY-tW7sD3zn45pp0GN6srnXLNSLZ1N5YcKJpkM5C7W95vMXB7MQr0fW2xBDYP7Jl63XW7B9C-b5073ZgW5DC4qW4ZB-l0W3ydCJN7HNq0lW4sL2hy2FDSBzW2F5_Kn6FlcxRVqQCRl6XZG58W1lwMkB88zR5HW7c_yYY6gNp5SW19srtJ4x_WLvW3Hk_NR3jf80FW54r9-H4-kcvPW2_2FrZ5FskXQW4XbZp058CfY-W4wwNtx8hhbgk3g1Y1)

10:30 - 11:30 | 10 May 2022 | Online

This is your exclusive invite to join Champion Health's next live session, designed specifically for leaders like you. You’ll team up with Harry Bliss, award-winning Co-founder and CEO of Champion Health, and learn from his mental health journey as a leader. Building and maintaining a culture of positive mental health at work starts with leaders like you.

[Your last-minute guide to Mental Health Awareness Week](https://championhealth.co.uk/insights/mental-health-awareness-week/?utm_campaign=MHAW%202022&utm_medium=email&_hsmi=211863960&_hsenc=p2ANqtz-9NliIXNBx2NYuLhQPlxp8EkjZ4NexwQR7V0GXx48pdRGH8cLspZJyE-wC4J-WlOnCyUwaIF4nsoDHrEfbRxDdm_ScU9rstAQPIv9zy4Epk_tYsciI&utm_content=211863960&utm_source=hs_email)

Mental Health Awareness Week is just a few days away. Use this last-minute guide from Champion Health to raise awareness and drive action in your organisation.

[Webinar replay: The #1 Mistake That Most Wellbeing Strategies Fail to Address](https://everymindatwork.com/webinar-replay-the-mistake-that-most-wellbeing-strategies-fail-to-address/?utm_campaign=2022%20Lead%20Gen%20Webinars&utm_medium=email&_hsmi=209301918&_hsenc=p2ANqtz-_3uNt7jU80JXpX2d1UKlrj1se2dYnUL2qV7EZJocfHipOyjNs9NF4l5ZHuDTOIUJMljPeg10JsmzHTNC6teq96DGpH8QwQ8jpRKmH0x-KjF4TK1JA&utm_content=209301918&utm_source=hs_automation)

Brought to you by Evermind at Work. Revealing the impact of getting your wellbeing priorities wrong and what happens when businesses forget to tackle mental health stigma. Download the slides from the session by [following this link](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/VX7vVv172cJXW6jLT8G3jyqWNW7-75Mp4HBK8HN6D7jXh5nKvpV3Zsc37CgStjW5Yjg8m2P1P9zVRYyxT2Nv8qLW61WfBS41pdsbW5jkkwT31plYFN5SYPJNgCSykW5Cxqd-81BSpDW26hZMM2GkhVBW3xXr_Z38dmb1W7yGq9F8hxJ5BW1-kPgP8L16SPW5qDGCY96sF_DW1_RW_p2hD033W1vKtRj7GvGVVVm5cY34g35xxW1BwbnW34llPLN7q7bMrv5Zy1N5fy0qlstfPtW1NnCcw5HbZ-WW42CbtS6K7619W1_Bv8N7M4yvzW3Pxtyh8NZ-s8VsVqS82dHPKxW5_NpNj3JT1R7N7TSPd4hQgnYW7jNBb66CmQ6KW767cTT4QtpH9W7VmXl47cn_nfW7NFBC05tWkGDW3ctC362YYmDqW9dsD0V1l6gk_N5v-mVfFn9q6W6hqCGR1ycBZ7W8LrBcs48fhkbW8R1vCN4xBbtG3dJ-1).

[Webinar replay: Wellbeing & Hybrid Working: How HR Can Better Support Employees](https://everymindatwork.com/webinar-replay-supporting-wellbeing-through-hybrid-working/?utm_medium=email&_hsmi=209648890&_hsenc=p2ANqtz-_1sW_wvEcz9Ri6OFNSO-Jft8vH7qlBGIa1nqrEvT9xiuH5Tdf5LVsruiOWYbHXmCLZlzLJ-JfE85VirHCFFNlmPzETxrWR5yxvpq6nXOtiBrKhrzs&utm_content=209648890&utm_source=hs_email)

Brough to you by Everymind at Work. Just because we've been working remotely since the start of the pandemic doesn't mean we've optimised for employee wellbeing, this webinar is designed to help you change that.

[Top 10 Causes of Stress at Work | 2022](https://championhealth.co.uk/blog/top-causes-stress-work/?utm_medium=email&_hsmi=210020982&_hsenc=p2ANqtz--AJGuGw2YyAJ5yD7X2KtBnOf3Lj_VNlYEBUlU8r8XxdahcruienEg0dO1gbi-rVzR8tD67PdEvXSKv05MYw7pS2kNGwpfXisTFMilnxZc1BYGHotw&utm_content=210020982&utm_source=hs_email)

To help you to be proactive about supporting those who are struggling, read this guide from Champion Health to find out the top 10 causes of stress at work. You’ll also learn how to identify the signs of stress at work.

* What is work-related stress?
* Why do organisations need to manage work-related stress?
* Top 10 causes of stress at work
* Signs of work-related stress

[Webinar Replay: Creating a sense of community to effectively manage employee wellbeing (Investors in People)](https://www.investorsinpeople.com/creating-a-sense-of-community-to-effectively-manage-employee-wellbeing)

We’re delighted to be joined by Benefex's Chief Innovation Officer, best-selling HR author and award-winning psychologist, Gethin Nadin, who’ll share his experience, advice and guidance on how you can develop a sense of community within your organisation.

[Recordings of: 'Tackling the mental health & suicide crisis among children & young people'](https://clicks.eventbrite.com/f/a/NdApEoiWWK2BtqHzyiK4Lg~~/AAQxAQA~/RgRkJXblP0RPaHR0cHM6Ly90aGVqb3JkYW5sZWdhY3kuY29tL3RoZS1qb3JkYW4tbGVnYWN5LWV2ZW50cy1ub3QtdG8tYmUtbWlzc2VkLWNhbGVuZGFyL1cDc3BjQgpiPWVDRGLecev5UiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)

View the highly emotive, passionate and fascinating discussion sessions, on the topic of children and young people's mental health.

We will be using much of what was discussed yesterday, including the many questions and chat comments received, to help inform our approach to how The Jordan Legacy works with schools and young people during 2022 and beyond.

[Poor mental health main reason for young people to quit work, says Deloitte](https://britsafe.org/publications/safety-management-magazine/safety-management-magazine/2022/poor-mental-health-main-reason-for-young-people-to-quit-work-says-deloitte/?mkt_tok=NjM4LVhFSC00ODcAAAGEFJuxxyWTyWckYWBfCiiBvONtrW3jZKo2z-KNG_dfUwCQwzYSsJLEg3PodyZxvhNdE0JQtLvA01cpv0dc2aWEgLjRVHs6yypmXA4xbVHnNQ)

Mental health issues are a strong driver for the ‘Great resignation’, with young people the biggest group quitting their jobs due to poor mental health, a new report has found.

[Deloitte’s annual mental health report](http://info.britsafe.org/NjM4LVhFSC00ODcAAAGEFJuxxxL-L_VybCuytP4FSP7Xo1-ckjtdfRqUqb3TJT7yGNy2qS0N1VR1mFlQhX1VGHLTK7Q%3D) is based on a survey of 3,599 individuals in either full or part time work. Conducted in Autumn 2021, it found that 28 per cent of employees had either left that year or were planning to leave their jobs in 2022, with the majority citing poor mental health as the reason for leaving.

[Podcast with Julie Dennis: Diversity & Inclusion vs Mental Health](https://www.youtube.com/watch?v=RH1kwaYAqfA&list=PLYcw8CDETFg5LPuy7PcIuBhy82YFpQxAb&index=57)

In this week’s episode Julie Dennis, Head of Diversity and Inclusion at ACAS, joins Paul McGregor (Everymind At Work) to discuss her passion for diversity and inclusion as well as mental health in the workplace.

[How to be truly happy at work TEDx talk](https://happitudeatwork.us20.list-manage.com/track/click?u=0b503b3c43cf189ebc488e350&id=b0993b05d0&e=8edde25c07)

Who doesn’t need a boost of happiness at work? Aurelie Litynski shares simple yet effective techniques to be truly happy at work.

[Action for Happiness Forthcoming Event](https://www.eventbrite.co.uk/e/work-happier-with-nic-marks-tickets-320798867047)

Join us on Wednesday 18 May for a special event ‘Work Happier’ with happiness expert Nic Marks on how to find happiness and fulfilment at work and in life.

[Action for Happiness Webinar Replay: Happiness and Fulfilment with Robert Mack](https://clicks.eventbrite.com/f/a/-ISZkDJP2oxnImi9WNIxpA~~/AAQxAQA~/RgRkQpx9P0QraHR0cHM6Ly93d3cueW91dHViZS5jb20vd2F0Y2g_dj1oeDdhTkx0dHVPRVcDc3BjQgpiXf1oYWKjnUMpUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)

**How can we find fulfilment in a world full of challenges?**

Many think that happiness comes from getting what we want. But life rarely works out that way. At this special event, positive psychologist Robert Mack will introduce simple, proven ideas for living a happier and more fulfilling life – even when things don't go to plan!

As a young man, Robert appeared to "have it all" – a great job, good relationship, wealth and material possessions. But he was desperately unhappy and even had plans to end his own life. An epiphany led him to change direction and learn the science and practices of positive psychology. He now uses these life-changing ideas in his work as a happiness coach, helping people reframe how they live their lives whatever their circumstances.

Robert brings surprisingly practical wisdom in a playful and entertaining format. Learn his tried-and-true principles for happiness – to help you discover new levels of joy and contentment on the inside and greater purpose outside too.

[Walking Challenge for National Walking Month](https://gmwalking.co.uk/festival/)

Take on the Walking Challenge for National Walking Month using our GM Walking Festival Calendar. Join in with your workplace, colleagues, friends or family.

Read our tips for this month and download your calendar [here](https://greatersport.us7.list-manage.com/track/click?u=03accc8a49553ecb7cdaeab57&id=d1ec8ad7d4&e=7f2e947e0f).

Find all the latest walking information on the GM Walking website [here](https://greatersport.us7.list-manage.com/track/click?u=03accc8a49553ecb7cdaeab57&id=162e869355&e=7f2e947e0f).

[Freshwalks](http://freshwalks.co.uk/)

Freshwalks is a blend of full-blooded exercise, hiking through low valleys or across the highest

terrain (whatever the weather), networking and some decent pub grub action afterwards as well.

We offer walks of all grades - from gentle 10km rambles to extreme 30km hikes and is everyone is made to feel welcome at Freshwalks. Not just by us but by the wonderful people who join us.

We also launched a sister brand - Freshwalks City - in January 2017 and have already hosted a number of walks that offer a compact version of the above in a lunchtime-friendly express format. Forty-five minutes’ walk around the city led by a qualified tour guide who shares some local history, a small dose of exercise, that networking thing and then lunch to finish with. It's less commitment and gives you a taster of the main course.

[Meet Steve Edwards: the man running 1000 marathons to show how sport can change lives](https://ilovemanchester.com/steve-edwards-running-1000-marathons?mc_cid=29507f6359&mc_eid=f86f6b0f4f)

An ambassador for the I Love MCR Power Awards, Steve hopes to inspire others - and to show that anything is possible.

[How the new ‘tap in tap out’ Bee Network will change Greater Manchester transport forever](https://ilovemanchester.com/bee-network-change-greater-manchester-transport?mc_cid=29507f6359&mc_eid=f86f6b0f4f)

Trams and buses across Greater Manchester will effectively become one system – with a cap on what people can spend in a day.

[Fancy abseiling off a 270ft tower for Manchester causes? Here’s your chance](https://ilovemanchester.com/abseil-270ft-tower-we-love-mcr-challenge?mc_cid=29507f6359&mc_eid=f86f6b0f4f)

The brave participants will step off the edge and abseil down the 270-feet descent in this bucket-list challenge for charity.

[Dynamic and daring pop art and graffiti exhibition arrives at The Lowry Hotel](https://ilovemanchester.com/pop-art-graffiti-exhibition-lowry-hotel?mc_cid=29507f6359&mc_eid=f86f6b0f4f)

The vibrant pieces are the brainchild of Henry ‘Big H’ Chan, whose works include portrayals of figures from the last 50 years of pop culture. The exhibition will remain on display in The Lowry Hotel’s gallery space until Tuesday 31st May.

[Are these the 10 best museums in Greater Manchester?](https://ilovemanchester.com/best-museums-manchester-lonely-planet?mc_cid=29507f6359&mc_eid=f86f6b0f4f)

Manchester's best museums for everyone from football fans and families to wannabe historians and true crime enthusiasts.

[We are MUD](https://www.wearemud.org/)

Manchester Urban Diggers (MUD) are urban community market gardeners based in Greater Manchester where we are making spaces for people to grow food. MUD have a wide range of projects, past and present, across Greater Manchester. Take a look and follow the links for more information. Our Events Page features upcoming events, workshops and courses across all of our projects and you can sign up to volunteer at any of the projects via our Volunteer Page.

[Happiful Magazine, May 2022](https://read.happiful.com/960f8fbf-07c2-463b-ad82-8ce2950c7dd5/read?utm_source=newsletter&utm_medium=email&utm_campaign=2022_week_16)

Create your own personal paradise – a moment of respite from the storm. Ensure that, as much as you want to give and support others, you still think about your own needs and boundaries, and protect your own energy, too.

Try taking a step back, giving yourself space, and listening to songs where the lyrics hit the right note in expressing exactly how you’re feeling (p42). For others, it could be taking proactive steps to craft the life that you deserve by resetting your sleep schedule (p45).

[Happiful Weekly Magazine, 29 April 2022](https://sg-mktg.com/MTY1MTIyNjQ1NHxzcDFlcTlEMmstTGUtSEJiczllcUo0azhibzFHMjFGYTRMaDdIeHlRMVpFMUp3blJkOXIzOFNxS0JXZTJFTHJjMFNkWG1RNmFpZy1neHdrQnBzNEdyR1g5dWVNN2lGdktXX3VHcmJONTN4RnM1RVc3QVBOdy1nekRUd0RKd3ZfYXVpRXhoUVc3VVV4ejkyZ1FIdnNoRW5Mb3FrTVN6ZFphRzJGTl9XZ09LZXVYSDYtREpnMjZqNDI5M0ZlbHdSWXVObXFxN244QmFlbU9mc3AwOG0yenJIQlZRZUt2VXljU2xsSFdKVnBwVUZyWWJSLWZ5VHZaNl9oX1lTeTlra0dVc1FBX0lVd2ZCb3JqclJNV0VjM2pLWFdEQkZxbnzx-vishYmkcFCGSbYOiMi3np7pioU8aYAzhyc6-EPJdw%3D%3D)

Wellbeing Wins | Spot Anxiety | Will Young | Acid Reflux

[Happiful Weekly Magazine, 14 April 2022](https://sg-mktg.com/MTY0OTkzMDQ1MnxTRkVRbnJHV3lfeVhXcEd2YWkxOFVERjdoZWVmNEduSEJNMW8tc3AxYlp6VjEwTnotNlhOU2pNZVVTSW5JdkRZMXV2UDVuYTA1WFFERW1MVUhKajE5c3gzMmtSVzRDMWtneXI1YWxYb2dpWjF1NUZxbmo4NnExdEVVVjhTY0RQcV9ZOFdlTDAwS25iYUdIU2FSRDhxdGhxT3Q5RWtiS1Y2UllxeXhFakk4bUNKRkdaZk9DbVBvQ3NMSFBEaHFxSl9PcnlhT0pRX1NSeG8wWTQ4OGNlZXdKZ0swV01KckwtVHE2bTVRTlNGNDlldGRjTlRlbXhDdGlhS0N5ejM5Tzc3NzVqckN5eldvMU5iM1Y1c0N0QWZFT2gzRzBOb3wVyvUq5372xer8pYVK2iLh3iS55-sJhRlNZ4tDrovAAA%3D%3D)

Spring Songs | Embracing Change | Emotional Tune-In | Intuitive Eating

[RSPB Notes on Nature, 30 April 2022](https://view.email.rspb.org.uk/?qs=b5689f573c054372e63a7c193372612b0edf3bf7e85bd32d01113575b2f5783158026925e51659b8f50470ecb81b501b652ffe6da957a79c62bbf1f51ba9833987bb8738d7429d2bbe5bdcb3d834fcdd36232daf14fbeb18)

Experience the RSPB’s first-ever Dawn Chorus Festival – whether you’d like to come along to a guided walk, or you’d prefer to put your feet up and tune into our livestream, there are plenty of opportunities to experience the magic of the dawn chorus. Plus, read on to discover the secretive lives of goshawks with our new nest cam.

[RSPB Notes on Nature, 23 April 2022](https://view.email.rspb.org.uk/?qs=5e92e0d8376670cc8c61a8725ec0a7968c38ca1c6749ffdc8718edf07c5d6e2f45f15a4472f81f7a716e973a33725e262fc633ba46c6d88abb552bef697186503c7ae0cbd1498468cc1ed33d8d8ad5c94f1eb01e9f0ce49b)

Mewing gulls, whistling warblers and reedbed singers.

[RSPB Notes on Nature, 16 April 2022](https://view.email.rspb.org.uk/?qs=91ef2839f1ad8d79e559c7026a9b047ee7cf4ffc0f0c809596be87f0762101bdbc0e2ec67ed2e051160b03bd4fe919b122c8a633ddf043ea4031945f1382b06bc263c49a8885287499aa4094e41c5d5b066d185aae1988a0)

Get ready to welcome swifts back.

[Cyclescheme Newsletter for April](https://link.myschemes.co.uk/u/gm.php?prm=qvpkfTJiX7_142365079_5239453_31341&_esuh=_11_59045305306ab67d397fb5e0fd6e1e3cb34bf56239cec57cd148911c534574ab)

* Backpack, panniers, basket or trailer?
* 5 checks to get your bike ready for spring
* Do I need cycle insurance?

[Love To Ride's Bike Month has begun!](https://www.lovetoride.net/gm?locale=en-GB)

Want to fill your May with awesome bike rides and incredible prizes? It doesn’t matter if your bike has been in hibernation for a while – ride into summer with an awesome bike team! The Bike Month Challenge is all about riding as a team, enjoying some fun competition against the other teams in your pool, and spreading the love of bike riding far and wide. Once you create a team and log your first ride, you’ll be entered into the prize draw to win biking gear and a new bike! Are you in?

[NCHS Listen & Look Guided Walk – Bird Identification at Whitworth Park](https://www.cityoftrees.org.uk/event/nchs-listen-look-guided-walk-bird-identification-whitworth-park)

Thursday, 26 May, 2022 - 12:00-14:00

Join the City of Trees team on a venturesome guided birdwatch walk through Whitworth Park. Listen and look out for the variety of birds in around the many different trees present in the park. You will also be provided with Identification Guides. Booking is essential.

[You’re invited to Amazing Brains by Stoke Association](https://www.stroke.org.uk/webform/amazing-brains-2022-registration?utm_source=Stroke%20Association&utm_medium=email&utm_campaign=13127197_M044300%20-%20Amazing%20Brains%20Invite%202022&utm_content=Register%20now&dm_i=1VKK,7TD0D,6II9HN,VW1CA,1)

Thursday 19 May, from 7.45pm - 9.10pm

We're delighted to invite you to one of our most exciting virtual events of the year: Amazing Brains: Thinking and memory after stroke.

The live-stream event will celebrate progress and innovation in the latest stroke research and hopes to raise awareness for research that can help more people affected by stroke rebuild their lives.

[The benefits of eating seasonally – from Love Food Hate Waste](https://mailchi.mp/c40eb8079208/the-benefits-of-eating-seasonally?e=3de440c03b)

Spring is here and it's the perfect time to talk about eating seasonally and how it can benefit your taste buds, your wallet, and the environment.

**Links to other relevant mailings:**

[Climate Network Newsletter, 25 April 2022](https://documents.manchester.ac.uk/display.aspx?DocID=60676)