**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Green Impact News, 20 May 2022**

Women’s Health Week is 8 – 14 May

Dementia Action Week is 16 – 22 May

National Vegetarian Week runs from 16 - 22 May 2022

May is National Walking Month

[Staff benefits and wellbeing update](https://www.staffnet.manchester.ac.uk/news/display/?id=28179) (12 May 2022)

Catch up on the Making a Difference Award winners, women's health week, mental health support for you and your family and how to access discounts.

[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.

[It's Women's Health Week 8-14 May 2022!](https://www.staffnet.manchester.ac.uk/news/display/?id=28165)

This week is a perfect time to talk about the menopause.

[GM Bitesize Session: Menopause Awareness 04/05/2022 follow up](https://youtu.be/9RBF-NK1fxg)

An opportunity to explore the signs and symptoms of the menopause and what support is on offer.

[Be Active – Shaping our group fitness class offer 2022-23](https://forms.office.com/pages/responsepage.aspx?id=B8tSwU5hu0qBivA1z6kad8Xu9V5sJeJCv-N3VIKhO15UQkNHQktCSlZBM0xWQlhLQzc0OUQ2RU0wOC4u&web=1&wdLOR=c4CA9A2B0-D8EC-4319-BAA0-ADA040195B4C)

For 2022-23 we are proposing to make our Fitness class (Group exercise) offer a more streamline approach and simplify, by bringing the Wellbeing rooms and the Armitage centre fitness classes under one umbrella, and offer an all year round membership pass valid for a year (you can buy any time) at a very low price or you can pay as you go, all will be done online and you would book onto classes on a weekly bases.

We will offer a large programme of 70+ classes during term time and a reduced programme through the vacation, this will mean we have classes throughout the year except Bank holidays and Christmas break.

We aim to make the offer a simple customer friendly journey. Please let us know what activities you would like to see on our Be Active programme.

[Shining a Light on Suicide](https://shiningalightonsuicide.org.uk/learn-to-save-a-life/)

Learn to save a life – take the free suicide prevention training.

It can be really hard to know how to support someone who you think might be feeling suicidal. Zero Suicide Alliance have created free online training that will give you the skills you need to help someone who is struggling with suicidal thoughts.

[Dementia Action Week - 16-22 May 2022](https://www.alzheimers.org.uk/get-involved/dementia-action-week)

Dementia Action Week is our biggest and longest running awareness campaign. Each year, Alzheimer’s Society work with individuals and organisations across the UK to encourage people to ‘act on dementia’. This year’s campaign will run from 16-22 May and the theme is diagnosis.

[Become a Dementia Friend](https://www.dementiafriends.org.uk/)

A Dementia Friend is somebody that learns about dementia so they can help their community. Dementia Friends help people living with dementia by taking actions - both big and small.

These actions don’t have to be time-consuming. From visiting someone you know with dementia to being more patient in a shop queue, every action counts! Dementia Friends can also get involved with things like volunteering, campaigning or wearing a badge to raise awareness.

Watch a [short video](https://www.dementiafriends.org.uk/register-digital-friend) about dementia to become a Dementia Friend:

* Quick and easy (5 minutes)
* Hear from people living with dementia and learn how you can help

Attend an [in-person or virtual Information Session](https://www.dementiafriends.org.uk/WEBSession) run by one of our volunteer Ambassadors.

* More in-depth (45 minutes)
* Attend a friendly and interactive Session or join from the comfort of your home.

[Champion Health’s Mental Health Training for Leaders (Replay)](https://championhealth.co.uk/insights/mental-health-training-leaders-live-session/)

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.

[Optimising Sleep – with Dr Nerina Ramlakhan by Action for Happiness (replay)](https://clicks.eventbrite.com/f/a/G9WAIexi7Aq5COSHRLZbow~~/AAQxAQA~/RgRkVSBiP0QraHR0cHM6Ly93d3cueW91dHViZS5jb20vd2F0Y2g_dj1NVjJYY2lYdTdXUVcDc3BjQgpiceLsc2KTDtEwUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)

Today’s world moves so fast and it can be hard for us to find peace. Many of us are stuck in survival mode and trying to cope with fatigue, insomnia, stress or burnout. If we want to move from surviving to thriving, we need to make conscious choices.

At this special event, Dr Nerina Ramlakhan shares why sleep is vital for wellbeing and how to sleep better. She explains how, by optimising our sleep, we can get more out of life – and contribute more to our loved ones, colleagues and communities too.

Dr Nerina combines science, philosophy and practical ideas to explore profound concepts in a light-hearted way. She will help you learn how to thrive, by sleeping more deeply and living more joyfully.

[Embrace Your Limits - Oliver Burkeman from Action for Happiness](https://www.eventbrite.co.uk/e/embrace-your-limits-oliver-burkeman-tickets-328045732617)

Weds 25 May, 7pm UK time – Online via Zoom

Join us for a special event with Oliver Burkeman about how to focus on the things that really matter and let go of ‘getting everything done’.

[How to stop burnout, so work/life balance is a reality, not a utopia? (webinar replay)](https://cytnx04.na1.hubspotlinks.com/Ctc/OO+113/cytNx04/VWX58l49dpw_W10hCbr2NNB7ZW6cqVBw4JpYS8N7bK2_r3lScmV1-WJV7CgHFWW7-r6wz69HKxWVZVp485JvnpCW43NjTL8LgYr6W7yPZ-x1kVMyFW5DwwCW2t4fjFW3VJpnP5QmQSYW7dsWj58k5JWrW4YgBKX7WHkVhW2GG9xX7p_y9PW5MLnfG4zwP2MW8HwGx963zywZVXZycT3Xvj2yW4zPY162X1Bb-N2fG1W0pv6y_W2bwzKj1lwPXVW7yH_vn3q45C1W2Fy4zj5gP5R2W7wRcg86YYChMW4MWjgS2-ZJ-1N4pj2qn3S8JnVHZvnv7164WtW9jyyDm9cdjbLW3YQ3nb6PLzbyW9fGMQM7t7-2LW40mhzn3K4kS9W84_QwJ19ZG7N340v1)

A webinar designed to learn practical strategies for equipping your company to spot the signs of burnout so it can be prevented or minimized in your team, using transformational techniques.

[Marcus Rashford launches programme to help young people’s confidence with money](https://ilovemanchester.com/marcus-rashford-programme-young-people-money?mc_cid=c84c6147bd&mc_eid=f86f6b0f4f)

NatWest, Marcus Rashford MBE and the National Youth Agency have joined forces to launch the Thrive Programme. This is a new programme being trialled at one of 3 national youth community centres including the Norbrook Youth Club, Wythenshawe, with plans to scale across the summer. The Thrive Programme is designed to help address the lack of financial confidence and concerns that young people face today, in response to 80% of young people believing they will never be financially secure.

[Happiful Weekly Magazine, 06 May 2022](https://sg-mktg.com/MTY1MTgzMTM3MXxfSVMwX0k0VjFqS09HWVZyMWZrdVRBM2dzY3Rra0ZPb1VNUXFZZXlidmRFY0hUbldFMHRnSmJYM0d5b1YzUjJ5clNGTGs5TXBvc0x5eS10em01NE9CMDAxMG1YQnJRTXJsczdYVjFtZWgzdEEyUHZERGttbGdzSmVfRUZhYUlXTU5Bczk5QUc1ZGFHaFczcmhLcVRrX20xTEJfZVZwQnFIVVc0eEU2TDZPenJvNjRiUUluenJlWnpkN01OWm44Q0tyeXAxbWliTUkyRXUtY3phT3JqeXMwbVhrd25nT0g3YjQxNDZ0REZXR043d0RsWEZIM0d6dzBEbDA0RFRSeFhaZXd3MTdHNXltWGpkR3QwMUZyYzFGbmpkanlyMHxFn_VLA5cBxd14R6mUrjq7qaQ9W-8vzhDsDO9FeOVNCA==)

Six Questions to help realise your aspirations | Toxic Positivity | Low Spoons | Colour Therapy

[Happiful Weekly Magazine, 13 May 2022](https://sg-mktg.com/MTY1MjM1NTA1MHxsN0hZUUY4MGJUOXFicXZBRGMyWkhXczdFRFpEbk0yc2lUZl9YNllBUEJUb3prN196dE1EZUgybTB2VmVyYlNyTmR4Z2ZzVmRPTWotZzQtcDFtS3dWOVdLLXVkbnVtbWxieGlMVVRMU1JCaGxIQ25zWkRnbFBycGVLQ01vYThzZ1U5WXVSUlp5UHVyeG5ycHRFUF8wRGsxeW9JZGwzUDM5OGtEX0FsaHNOT3JMdW5laDdRdzk0dXlPQjFFMTZXaWxyMktzNk9RZUw2T1NwNVl2cEdRZnRuTzhScWVzZFdUTXp1aThONW5QMURMdy1kaVAwaC1ERXRWMU5sVHFyYUpuZnJwdklHejRkQ0ZkNEZtZHRJS0E3QlpHOEtPSHzpIq89vlVhvmvdE6iudcvYsHOA-IzjuNnZN_z9_Driwg==)

Loneliness Myths Debunked | Song Lyrics That Get Mental Health Right | Grace Victory speaks about the power of vulnerability and what the future looks like| Let’s Band Together With Deborah James​

[RSPB Notes on Nature, 14 May 2022](https://view.email.rspb.org.uk/?qs=90ec1a40a25c30556102b38c4e34f477ba36e31a00b0e2a3d9807fe59883fe1a445ad2e54b2ff01d83ba9419f158da36996b81cbaa1acbd7e0b944a951838ecfda052148c1e6cc12d3197f7ad009e2eae300df687b376aad)

Watch the drama: live nesting ospreys, barn owls and more.

[Cyclescheme Newsletter for May](https://link.myschemes.co.uk/u/gm.php?prm=qvpkfTJiX7_142365079_5231788_70673&_esuh=_11_335fc4c2d936e38b20e5edfacb043853fe8fb8cced730eb51c05ed6f24315357)

* Cyclescheme has hit 1 million requests!
* Top 10 budget bikes out now
* Combat the NICs increase
* Best bike D locks for 2022
* Love to Ride: April update

[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.

[New exhibition celebrates 100 years of the BBC in Manchester](https://ilovemanchester.com/exhibition-100-years-bbc-manchester?mc_cid=c84c6147bd&mc_eid=f86f6b0f4f)

The Science and Industry Museum has introduced a new temporary display until February 2023 marking 100 years of the BBC in Manchester, showcasing the city as a centre of innovation in broadcasting from the early radio experiments in the 1920s, right up to the revolutionary ideas of today.

[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.

**Links to other relevant mailings:**

[Climate Network Newsletter, 09 May 2022](https://documents.manchester.ac.uk/display.aspx?DocID=60827)