**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Green Impact News, 20 January 2023**

January celebrates: [Veganuary](https://veganuary.com/), [Love Your Liver Month](https://britishlivertrust.org.uk/information-and-support/living-with-a-liver-condition/liver-conditions/?gclid=CjwKCAiAzp6eBhByEiwA_gGq5LCEd0wOxuIZgg7Ct3ofRY31kKVD-YO_kVDmRdILIuqnJ3DpDvd__xoCN_gQAvD_BwE) and [Dry January](https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january)

4 January [World Braille Day](https://www.un.org/en/observances/braille-day)

15 January [World Religion Day](https://www.bbc.co.uk/teach/world-religion-day-teaching-resources/zs6fsk7)

16 January [Brew / Blue Monday](https://www.samaritans.org/support-us/campaign/brew-monday/) ([Samaritans](https://www.samaritans.org/))

17-23 January [Big Energy Saving Week](https://www.citizensadvice.org.uk/about-us/our-work/our-campaigns/awareness-raising-campaigns/besw/)

21 January [National Hugging Day](https://nationalhuggingday.wordpress.com/)

22 January [Chinese New Year (Year of the Rabbit)](https://chinesenewyear.net/)

23-29 January [Cervical Cancer Awareness Week](https://www.jostrust.org.uk/get-involved/campaign/cervical-cancer-prevention-week#:~:text=23rd%20%2D%2029th%20January%202023)

27 January [Parent Mental Health Day](https://stem4.org.uk/parentmentalhealthday/) ([Stem 4](https://stem4.org.uk/))

27 January [Holocaust Memorial Day](https://www.hmd.org.uk/)

**Wellbeing Calendars 2023**

[Super Wellness Calendar 2023](file:///Z:\\Health%20and%20Safety\\FOSWAG\\Calendars\\SuperWellness_Calendar_2023.pdf)

[Medicash Health and Wellbeing Calendar 2023](Z://Health%20and%20Safety/FOSWAG/Calendars/2023-Wellbeing-Calendar-A3%20(Medicash).pdf)

[Mental Health Awareness Events 2023](https://livemanchesterac.sharepoint.com/:i:/r/sites/UOM-POD-Wellbeing-Champions/Shared%20Documents/General/Awareness%20Events%202023.png?csf=1&web=1&e=8URhQ9)

[Virgin Pulse Wellbeing Calendar 2023](https://community.virginpulse.com/hubfs/110822_Wellbeing%20Calendars_2023%20Yearly%20Calendar_INT_002.pdf?hsLang=en-gb)

[Wellbeing at work: sessions for people managers](https://www.staffnet.manchester.ac.uk/news/display/?id=29243)

Find out what dates are available for our online sessions and sign up to attend.

[COVID vaccinations on campus – Monday 30 January](https://www.staffnet.manchester.ac.uk/news/display/?id=29266)

We’re pleased to announce that a pop-up COVID-19 vaccination clinic will be taking place on Monday 30 January 2023.

[EDI focus groups](https://www.staffnet.manchester.ac.uk/news/display/?id=29234)

Share your experiences and help shape our University’s EDI chartermarks.

[AccessAble](https://www.accessable.co.uk/organisations/the-university-of-manchester/)

Accessibility and the University – a lunch and learn introduction session to our partners AccessAble to staff and students at UoM, organised by the Disabled Staff Network Group.

* [Accessable Slides](https://livemanchesterac.sharepoint.com/:p:/s/UOM-EDI-Disability-Standard/EbS9fwu7X3tEihYSk6gHFV8BMd6uHHLNbJP66s0v7dxYpg?e=eeOYAb)
* [Accessable Video](https://video.manchester.ac.uk/faculties/943f0484917932b35d133ede1a25e0d0/ed7b6c87-f6b1-49e1-b631-e17520be8d03)

[Saving the pennies in January](https://www.staffnet.manchester.ac.uk/news/display/?id=29252)

This week's (12/1) staff benefits update highlights the Rewarding Exceptional Performance Scheme, staff discounts, FoodinAdvance and free things to do in Manchester.

[Explore your benefits and savings](https://www.staffnet.manchester.ac.uk/news/display/?id=29273)

Boost your 2023 health and fitness goals, help combat financial stress, Veganuary and don’t miss the latest discount updates (19/1).

[Stay on track this January](https://www.staffnet.manchester.ac.uk/news/display/?id=29232)

Tips to help you stay on track with New Year's resolutions.

[Develop your emotional intelligence in 2023](https://www.staffnet.manchester.ac.uk/news/display/?id=29221)

Guidance on the L&OD resources available to support you to develop your emotional intelligence at work.

[Join our next book club meeting](https://www.staffnet.manchester.ac.uk/news/display/?id=29203)

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

This month we have chosen Mischief Acts by Zoe Gilbert. This book is one of five best fiction books of 2022 listed by [The Conversation](https://theconversation.com/the-five-best-fiction-books-of-2022-195840).

We will also recap The Bullet that Missed (Murder Club 3) by Richard Osman and The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid.

**Interested in joining a University of Manchester face-to-face book club**

Interested in a book club that meets face to face after work. Beyond that, I am open to suggestions about how it will work. I hope it will become a relaxed and welcoming group that is a great opportunity to meet new people from across the university. It won't compete with the existing Book Club and you are welcome to join both groups. Email: [ben.enticknap@manchester.ac.uk](mailto:ben.enticknap@manchester.ac.uk).

[Blackwells Manchester Reading Challenge 2023 (Twitter link)](https://twitter.com/BlackwellsMcr/status/1610958660443820034/photo/1)

Looking for some new year book inspiration? Why not join in with our 2023 Reading Challenge! Each month we’ll be posting two prompts to help you choose what to read next and maybe discover a new favourite…

[BorrowBox: Download books, magazines and courses](https://manchester.borrowbox.com/)

Use BorrowBox to browse, borrow and read or listen to ebooks and audio books anywhere and everywhere.

[Talking Book by Digital Download](http://www.rnib.org.uk/talking-books-digital-download)

Sign up for the Royal National Institute of Blind People's (RNIB) free [Talking Book by Digital Download](http://www.rnib.org.uk/talking-books-digital-download) service.

[Join UoM Sport for a day of yoga and relaxation](https://www.staffnet.manchester.ac.uk/news/display/?id=29228)

Come and join us for a relaxing and social day on Saturday, 28 January from 10am until 4:30pm.

[Interested in playing netball?](https://www.staffnet.manchester.ac.uk/news/display/?id=29245)

We're looking for staff and postgraduate students to join the campus netball league.

[Learn Mandarin with the Confucius Institute](https://www.staffnet.manchester.ac.uk/news/display/?id=29225)

The start of a new year is a great time to begin learning a language, and with our January courses starting soon why not join us and learn Mandarin?

[Happier January with Vanessa King](https://youtu.be/5bREKvQgARk)

Happier January with Vanessa King, Action for Happiness.

[Action for Happiness Webinar Thursday 26th January 7-8pm](https://www.eventbrite.co.uk/e/the-good-life-with-prof-robert-waldinger-tickets-483701824177)

The Good Life – join Prof. Robert Waldinger to learn what the longest ever scientific study of happiness can teach us about living a good life. By sharing his wisdom, warmth and compelling life stories, Robert will show us how we can make our lives happier and more meaningful, especially through our connections to others. He'll also remind us that it’s never too late to strengthen your relationships or build new ones.

[Samaritans – The Power of Listening, Friday 27 January 2023 at 10:00](https://www.eventbrite.co.uk/o/gm-working-together-29776269995)

Hear tips from Samaritans on how we can all improve our listening skills when speaking with people in distress by GM Working Together. Waiting List in place.

[Lifestyle for Healthy Bones – Balance Menopause](https://balance-menopause.com/uploads/2021/09/Lifestyle-for-healthy-bones.pdf)

Lifestyle for healthy bones, written by [Dr Louise Newson](https://www.newsonhealth.co.uk/staff/dr-louise-newson/).

[Yoga and Mindfulness for Menopause – January 27th 2023 at the Whitworth](https://www.eventbrite.co.uk/e/yoga-and-mindfulness-for-menopause-january-27th-2023-at-the-whitworth-tickets-490434682337)

Yoga and Mindfulness can help you manage symptoms of the menopause transition. Start the new year with a morning of replenishing self-care.

[HRT after cancer: 24 January 2023, 12:15 - 12:45 pm](https://henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=216c6c35e4&e=273aa74c10)

Can HRT help those who've had cancer? Is it safe to take HRT if you've had cancer? Are some people able to take it and others not? Henpicked’s Deborah Garlick was joined by Dr Karen Morton, Consultant Obstetrician and Gynaecologist, Founder and Medical Director of Dr Morton’s, The Medical Helpline. Dr Morton trained at Cambridge, Oxford, Queen Charlotte’s Maternity Hospital, Chelsea Hospital for Women and St Thomas’ Hospital, before becoming a consultant in Guildford in 1991. She believes in empowering women to make informed choices about their healthcare, starting Dr Morton’s in 2013 to help make that happen, this year sees their 10th anniversary.

[Half of women have lost their job because of their periods, study finds](https://www.peoplemanagement.co.uk/article/1810564/half-women-lost-job-periods-study-finds?bulletin=pm-daily&utm_source=mc&utm_medium=email&utm_content=PM_Daily_18012023.https://www.peoplemanagement.co.uk/article/1810564/half-women-lost-job-periods-study-finds%3Fbulletin%3Dpm-daily&utm_campaign=7295441&utm_term=8352979)

Report also shows two thirds of those who missed work as a result of menstrual ill health were forced to attend disciplinary hearings. Vanessa Cowan on the Menopause Support Group Yammer page: It's so important that women who are having severe impacts because of menopause flag this.

As ACAS explains: "In some cases, the menopause could be considered a disability under discrimination law. If someone is disabled, their employer must make reasonable adjustments to reduce or remove any disadvantages they might experience because of it. For example, this might include agreeing to record absence because of the menopause separately from other sickness absence."

**Henpicked Menopause Podcasts**

We're passionate about taking the mystery out of the menopause – raising menopause awareness, education and support. We all have different preferences on how we like to get our information, so a year ago we launched our podcast series.

You can tune in on**:** [Spotify](https://henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=adb3823d6b&e=273aa74c10) or [Apple Podcasts](https://henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=302934a37e&e=273aa74c10)

[Fly into 2023 with Big Garden Birdwatch](https://www.rspb.org.uk/get-involved/activities/birdwatch/?sourcecode=BWMNAM0178&utm_source=notes_on_nature_20221217&utm_medium=email&utm_term=notes_on_nature&utm_content=1&utm_campaign=notes_on_nature)

Together, let’s make it count. It’s January and Big Garden Birdwatch is back! Sign up now and start your year by helping to look out for garden birds. It’s free, easy and anyone can take part.

[Legendary Dragon Parade returns to Manchester to celebrate Chinese New Year](https://ilovemanchester.com/lunar-new-year-manchester?mc_cid=33d89923b3&mc_eid=f86f6b0f4f)

Manchester will be celebrating the Year of the Rabbit with the return of its legendary Dragon Parade after a two year hiatus.

[Happiful Magazine, Issue 70](https://happiful.com/)

Join us on a journey inside your mind, with our emotions special. This issue, we’re bringing you a range of features, including:

* How to **get in touch with your core emotions**
* Could **joy be the antidote**to burnout?
* 9 **myths about success**
* Learn how to **reframe anger**
* **Giovanna Fletcher**on following her passion