**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Green Impact News, 3 February 2023**

February celebrates: [LGBT+ History Month](https://lgbtplushistorymonth.co.uk/lgbt-history-month-2023/), [National Heart Month](https://www.heartuk.org.uk/get-involved/heart-month-feb-2023) and [Raynaud’s Awareness Month](https://www.sruk.co.uk/get-involved/awareness-events/knowraynauds/)

2 February [Time To Talk Day](https://www.mind.org.uk/get-involved/time-to-talk-day-2023/#:~:text=Time%20to%20Talk%20Day%202023,to%20talk%20about%20mental%20health.)

4 February [World Cancer Day](https://www.worldcancerday.org/?gclid=Cj0KCQiA8aOeBhCWARIsANRFrQGOKSANbRkZC1vG6YypDTbGHXzyM4hogkpYlIoMxRwDCM9mAtqdwSIaAvcZEALw_wcB)

17 February [Random Acts of Kindness Day](https://www.randomactsofkindness.org/)

20 February [World Day of Social Justice](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwiriPfUydP8AhXFmFwKHfyuACUQFnoECCEQAQ&url=https%3A%2F%2Fwww.un.org%2Fdevelopment%2Fdesa%2Fdspd%2Finternational-days%2Fworld-day-of-social-justice.html&usg=AOvVaw3Y5_58ayXDQa8Ba_2eS512)

27 February – 5 March [Eating Disorders Awareness Week](https://www.beateatingdisorders.org.uk/support-our-work/fundraise-for-beat/eating-disorders-awareness-week-2023/)

**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 training for managers](https://www.staffnet.manchester.ac.uk/news/display/?id=29284)

Sign up for wellbeing training this February.

[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.

**Book Club**

Next meeting Friday 24th February, 12:30-1:30pm.

This month we have chosen **The Sanatorium by Sarah Pearse** and recommending as a second option **Nocturnal Apparitions by Bruno Schulz.** We will also recap **Mischief Acts by Zoe Gilbert**

Please contact [Fiona.lynch@manchester.ac.uk](mailto:Fiona.lynch@manchester.ac.uk) for the Zoom link.

**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.

[Manchester Museum reopens at 10am on 18 February 2023](https://www.museum.manchester.ac.uk/?utm_source=https%3A%2F%2Femarketing.manchester.ac.uk%2Fuomsalclz%2F&utm_medium=email&utm_campaign=Comics%20Up%20Close&utm_term=Comics%20Up%20Close%202023%3A%20New%20Perspectives%20in%20Comic%20Art&utm_content=1&gator_td=ee1HwVqDi6Gqt9G8d8TKxTb2EojyujtuK2hvL8oDUhy3pzWfo%2FciXRIYhU8E8GSpiQAMLPa9f8OG2PFQ7rc9CW1oCPVSDRNst9g7E7MWJEsXZ%2FCRK8MB3g4uoehcXTJ6)

Everyone belongs at Manchester Museum and entry is free.

[Wellbeing Map 2023](https://documents.manchester.ac.uk/display.aspx?DocID=65204)

Campus map showing where to keep active, where to take time out, shower locations and defibrillators.

[The University of Manchester Interactive Tree Trail](https://uom.treetrail.co.uk/)

The tree trail is an exciting, innovative and interactive guide that has been designed to allow people to discover more about the interesting and beautiful trees on campus. We’re fortunate to have over 1,500 trees across the Oxford Road campus, North campus and Whitworth Park with more than 50 different species represented all providing something different and performing valuable jobs.

[Biodiversity App (UMAPIT)](https://www.socialresponsibility.manchester.ac.uk/all-news/legacy-news/biodiversity-app-umapit/)

Across the University campus there is a diverse variety of urban species. Using citizen science, the University has developed a new biodiversity app to track different animals across the University grounds.

[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?

[Comics Up Close 2023: academic conference (21 Feb 2023)](https://www.staffnet.manchester.ac.uk/news/display/?id=29276)

Creative Manchester presents the academic conference, Comics Up Close, on Tuesday 21 February 2023, at the Manchester Museum.

[EDI February LGBT+ Blogs](https://uomequalityanddiversity.wordpress.com/data-stories/)

There are two new LGBT+ blogs for February – one written by Patrick Hackett and one by Lara Heneghan about Alan Turing. Both are great, so make sure to read them.

[LGBT+ History Month](https://lgbtplushistorymonth.co.uk/lgbt-history-month-2023/)

Once again, we have a great timetable of events and activities throughout February to mark LGBT+

History Month.

The theme for 2023 is ‘Behind the Lens’ and there will be events focussing on the great work of LGBT+ film makers, producers and directors.

The link to events is [here](https://www.staffnet.manchester.ac.uk/equality-and-diversity/staff-network/lgbt-staff-network-group/lgbt-history-month-2023/), with more details being added all the time.

If you cannot make an event, why not: [sign up as an LGBT+ ally](https://www.staffnet.manchester.ac.uk/equality-and-diversity/staff-network/lgbt-staff-network-group/allout-allies/); [Listen to our LGBT+ podcasts](https://www.staffnet.manchester.ac.uk/equality-and-diversity/staff-network/lgbt-staff-network-group/it-gets-better/); [Add a backdrop to your online meetings](https://www.staffnet.manchester.ac.uk/equality-and-diversity/events/zoom-and-teams-backdrops/); or [support a local LGBT+ charity through workplace giving](https://www.staffnet.manchester.ac.uk/people-and-od/benefits/giving-back/).

**New Network Group**

We have been approached about establishing a new network group. This would be a way to bring Dharmic cultures and philosophies (including but not limited to Buddhists, Hindus, Jains and Sikhs) together under an umbrella staff group.

So, the first stage is to get an idea of interest in this. Could you complete this one question anonymous poll: <https://www.qualtrics.manchester.ac.uk/jfe/form/SV_87hOmHbiYIs9lsy>

[Be part of our Wall of Women!](https://www.staffnet.manchester.ac.uk/news/display/?id=29306)

Help us mark International Women’s Day with our Wall of Women.

The wall of women will be made up of individual headshots of colleagues and students at our University and will then be displayed on digital screens across campus.

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

Slides and video available from the ‘Lunch and Learn: **Accessibility and the University – An Introduction to our Partners – AccessAble**’.

AccessAble is your Accessibility Guide to give you the accessibility information you need to work out if a place is going to be accessible for you. Download our free App to use AccessAble on the go.

[AccessAble Lunch and Learn Slides](https://livemanchesterac.sharepoint.com/:p:/r/sites/UOM-EDI-Disability-Standard/Shared%20Documents/General/Training/Uni%20of%20Manchester%20Slide%20Deck%20Dec%202022.pptx?d=w0b7fbdb45fbb447b8a161293a807155f&csf=1&web=1&e=ksg5md)

[AccessAble Lunch and Learn Video](https://video.manchester.ac.uk/faculties/943f0484917932b35d133ede1a25e0d0/ed7b6c87-f6b1-49e1-b631-e17520be8d03)

[Join our 2.5k and 5k Purple Wave events](https://www.staffnet.manchester.ac.uk/news/display/?id=29301)

Our first Purple Wave events of 2023 are our 2.5k and 5k organised runs on Wednesday, 1 March at Platt Fields Park.

[The University Staff Association (UMSA) Welcomes New Members!](https://forms.office.com/Pages/ResponsePage.aspx?id=B8tSwU5hu0qBivA1z6kad1ko04R2JSVPkWHoBpF-r3lUNkNYQlRUSFMySkdDREdZOUxQN1pZVUFFUi4u&origin=Invitation&channel=1&wdLOR=c584DEF99-5EF8-4ED0-B927-1079BD9706F7)

**What are the benefits of joining UMSA**?

* There is a designated lounge for UMSA @ the Wellbeing rooms, Simon Building – access code given when you become a member. The lounge provides a free access to a pool table, darts board and table football and has comfortable chairs and a dining kitchen area.
* Discounts on theatre tickets for you and your family.
* Discounts on coach trips such as (Cheshire Oaks Christmas shopping).
* £5 discount on massage at the Wellbeing rooms.
* Only £1 a month – deducted from your payslip

[Keeping fit and active with UoM Sport](https://www.staffnet.manchester.ac.uk/news/display/?id=29291)

Join our group fitness and exercise classes - there's a wide range with something to suit everyone. We have Spinning, Yoga, strength workouts, Pilates, Dance and new for 2023 we have Tai chi for health, Tai chi plus, and Yoga Mindfulness.

[Beauty treatments at the Wellbeing Rooms: Fiver February](https://www.staffnet.manchester.ac.uk/news/display/?id=29300)

Beauty Bee are offering selected treatments for £5 during the month of February.

**Wellbeing Choir is back**

Come and join us at the St Peter’s House starting Wednesday 8th February 1.00 – 1.45pm in the auditorium.

We have an amazing choir master [Dan Mcdwyer](https://www.danmcdwyer.com) to start the ball rolling, Dan is very experienced and will bring to the choir great songs and teach harmonies, and even if you can’t sing a note you will be pleasantly surprised how wonderful it all sounds.

This is an 8-week block and cost £20 for staff and students, there is also a concession rate from the wellbeing bid for anyone who works in Humanities (bargain price of £10!) as they have contributed a portion of funds to make this choir possible.

Book your place [here](https://www.stpeters.org.uk/wellbeing-choir-sign-up/). Please If you can spread the word and put up a poster, the more the merrier click [here](https://www.sport.manchester.ac.uk/wp-content/uploads/sites/259/2023/01/Wellbeing-Choir.pdf).

**Step and (dis)connect**

A new walking group is starting next week to encourage a break from your screen, some fresh air, and a friendly chat. The inaugural ‘step and (dis)connect’ is on 8 February at 12.15pm (meet near AMBS reception) and anyone is welcome. The plan is for a walk of around 20 minutes at a leisurely pace. [gillian.bibby@manchester.ac.uk](mailto:gillian.bibby@manchester.ac.uk) can provide more information, if needed.

[Girls' Night In](https://www.sport.manchester.ac.uk/2023/01/18/girls-night-in/)

This is an event aimed at those who identify as female and may not usually be comfortable in sport and physical activity environments. This event is taking place on the 5 February, 7.00 – 9.30 pm at the Armitage Centre.

[Equality Impact Assessment Training (in person and online)](https://app.manchester.ac.uk/training/default.aspx)

Available through the Staff Learning and Development Training Catalogue, this course will help you:

* Understand the reasons for and the process for completing an Equality Impact Assessment.
* Understand the Public Sector Equality Duty.
* Gain confidence in completing Equality Impact Assessments.

[In Stitches](https://www.staffnet.manchester.ac.uk/community/societiesandclubs/in-stitches/)

In Stitches is The University of Manchester knitting, stitching, crocheting and general crafting group.

Meetings are weekly – currently on a Wednesday – alternating between Zoom and in-person in Benugo Cafe, usually between 12noon and about 1.30pm (or as long as people can stay). They are happy to add people to our mailing list (light traffic).

[Community Fridge launches at Students' Union](https://www.staffnet.manchester.ac.uk/news/display/?id=29334)

We are excited to announce that we are opening a Community Fridge at the Students’ Union - for those that need a little extra help.

[Action For Happiness Talk (replay): New ways to feel happy](https://youtu.be/WN2u6DHGQqU)

Science shows that when we are happier, we function much better in all areas of our lives. Positive psychology expert, Vanessa King, explores some ideas to boost wellbeing that are emerging from the latest science.

This conversation with Dr Mark Williamson was recorded at a live Action for Happiness event on 17 January 2023. You can also see the [chat file](https://clicks.eventbrite.com/f/a/eABMnc4eQZtuxuRW3PTBcQ~~/AAQxAQA~/RgRlmQppP0RhaHR0cHM6Ly9hY3Rpb25mb3JoYXBwaW5lc3Mub3JnL3NpdGVzL2RlZmF1bHQvZmlsZXMvMjAyMy0wMS9XZWJpbmFyJTIwY2hhdCUyMC0lMjBSRUQlMjBKYW51YXJ5LnBkZlcDc3BjQgpjtenWt2OTD2KhUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA) with lots of helpful comments.

[Action For Happiness Talk (replay): Rest & Restore](https://clicks.eventbrite.com/f/a/zE8-MCS0LxddmzFRUhNIjQ~~/AAQxAQA~/RgRltM2xP0QraHR0cHM6Ly93d3cueW91dHViZS5jb20vd2F0Y2g_dj1yQXNjLTNDNU5SQVcDc3BjQgpj0zGa02MsP3d-UiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)

Professor Robert Waldinger explores the lessons from the Harvard Study of Adult Development, the longest scientific study of happiness ever conducted.

By sharing his wisdom, warmth and compelling life stories, Robert shows us how we can make our lives happier and more meaningful, especially through our connections to others. He also reminds us that it’s never too late to strengthen your relationships or build new ones.

This conversation with Professor Robert Waldinger was recorded at a live Action for Happiness event on Thursday 26 January. You can also see the [chat file](https://clicks.eventbrite.com/f/a/MqagGuTb8G5PmU9yHKNC7A~~/AAQxAQA~/RgRltM2xP0RmaHR0cHM6Ly9hY3Rpb25mb3JoYXBwaW5lc3Mub3JnL3NpdGVzL2RlZmF1bHQvZmlsZXMvMjAyMy0wMS9XZWJpbmFyJTIwY2hhdCUyMC0lMjBSb2JlcnQlMjBXYWxkaW5nZXIucGRmVwNzcGNCCmPTMZrTYyw_d35SImp1bGllLmJ1dHRlcndvcnRoQG1hbmNoZXN0ZXIuYWMudWtYBAAAAAA~) from the event with lots of helpful comments.

[Action for Happiness Online Event: Rest and Restore with Octavia Raheem](https://actionforhappiness.org/rest-and-restore)

Thursday 9 February 2023, 19:00-20:00

If you feel overwhelmed, tired or worried by changes in your life, don't worry – you are not alone. The good news is there are practices we can cultivate to help us restore ourselves.

At this special event, rest expert and yoga teacher Octavia Raheem will share how restoring your body, mind and spirit can be an act of courage, empowerment and hope. This is especially important when you're facing challenging times.

[Happy Chinese New Year 2023 from the Business Confucius Institute!](https://s6.newzapp.co.uk/t/click/1583621953/123025152/16302781)

Wishing you all the best for the Year of the Rabbit from everyone at the Business Confucius Institute!

Watch our greeting video and pick up some rabbit-related phrases for sharing Chinese New Year wishes this year.

**New wellbeing sessions from GM Working Together**

We have some great wellbeing sessions coming up in the next couple of months which you can sign up to now, click on the links below for further details:

* [Mindfulness Practice: drop-in sessions Tickets, Multiple Dates](https://www.eventbrite.co.uk/e/mindfulness-practice-drop-in-sessions-tickets-478067140687)
* [Insight into ... Menopause Awareness for Peer Support Tickets, Wed 8 Feb 2023 at 09:30](https://www.eventbrite.co.uk/e/insight-into-menopause-awareness-for-peer-support-tickets-421267671947)
* [How to Navigate Uncertainty Tickets, Tue 14 Feb 2023 at 09:30](https://www.eventbrite.co.uk/e/how-to-navigate-uncertainty-tickets-513834652277)
* [Psychology of Burnout Tickets, Tue 14 Feb 2023 at 12:30](https://www.eventbrite.co.uk/e/psychology-of-burnout-tickets-484332630937)
* [Looking After Yourself & Your Teams - GM Wellbeing Workshop Tickets, Thu 16 Feb 2023 at 09:30](https://www.eventbrite.co.uk/e/looking-after-yourself-your-teams-gm-wellbeing-workshop-tickets-421278343867)

Please keep an eye out on our [Eventbrite page](https://www.eventbrite.co.uk/o/gm-working-together-29776269995) which you can follow to be kept updated on any new events added.

[Join our astrophotography events at Jodrell Bank](https://www.staffnet.manchester.ac.uk/news/display/?id=29307)

Discover how you can use simple equipment to capture different images of the night sky.

[Burnout Epidemic: The hidden cost of workplace stress](https://www.robertsoncooper.com/blog/burnout/)

Professor Sir Cary Cooper discusses beating burnout and how to keep the fire burning following the

shock resignation of New Zealand Prime Minister, Jacinda Ardern.

Check out the [Wellbeing Resources on StaffNet relating to managing burnout](https://www.staffnet.manchester.ac.uk/wellbeing/resources/managing-burnout/).

[Being queer in your early career: A Thriving From The Start Network event](https://us02web.zoom.us/webinar/register/WN_2ipzlKYGRhC8eDIn66mN0A)

Please join us for our next Thriving From The Start Network virtual panel event, where we will be

hosting an open and honest conversation about what it’s like to be queer in the first years of your career and how this can impact on your mental health.

9 February 2023, 12:00 PM

This webinar is open to all, so please do encourage any friends, colleagues or networks who may find this conversation helpful to join the webinar.

[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/).

[Testosterone and menopause: 7 February 2023, 12:15 - 12:45 pm](https://henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=4e1688bdae&e=b246dc1610)

What do you know about testosterone and menopause? Do you know what it does and whether

you've the right level? Henpicked’s Deborah Garlick is joined by Dr Tonye Wokoma, menopause expert from My Menopause Centre.  
  
Tonye is an experienced Consultant in Sexual and Reproductive Health and Community Gynaecology and a BMS-recognised menopause specialist. She was admitted as a Fellow of the Royal College of Obstetricians and Gynaecologists in September 2016. Tonye holds the Faculty of Sexual Reproductive Health (FSRH) Advanced Menopause Certificate and is also the FSRH Menopause Guardian involved in the curriculum, logbook and training in menopause care basic and advanced certificate.

[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)

[Introducing Allies in Cancer Care](https://alliesincancercare.com/)

Our new fully funded Continuing Professional Development (CPD) course for all Allied Health Professionals living or working in Greater Manchester.

Whether you work for a local council, the NHS, a charity, a healthcare company, a private practice or for yourself, this course is for you. It will provide you with a greater understanding of what it means to support someone living with cancer and equip you with the skills needed to provide better patient care. You’ll complete the course with a better knowledge of the unique challenges facing cancer patients and the pivotal role Allied Health Professionals play in holistic treatment.

[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

**RSPB Notes on Nature**

[Together, let’s make it count. Take action for nature. The countdown is on.](https://view.email.rspb.org.uk/?qs=9023bad3b6c11d5d044651fe747f4989b3a5a600d3a78e2337c1eefd4bcf1c19ba0a71b067261688561af4597f4da7d76c707ef75a1127a51b9d56119da604f803f9dea46390d006b6bd11578401850170c3f47a68b44804)

[Bird ID help: tits, finches and winter raptors](https://view.email.rspb.org.uk/?qs=99f16aca07e9587c6f2ffa84a9323d0c7faf9da1a03705697112afa887568b52f0a840a8da54f6384e44857045981a04d078f0dcd5870edcf945499ebfb595cf41ee1d89ab316fe9a28b6090a674b079b1689c19cfc110aa)

[How to ID garden birds by sight and sound](https://view.email.rspb.org.uk/?qs=677505de5470915d3a98b99a8661134678b03f3c9c5e9e7183a7d029461a55a34a19aaf6369736a6dabf3f773077afbe4efcd359e070a8602050b1dc8642a7ed74f5e5b2ba839bc9b2aa7efa5218f6da5c8b65ec58da38ac)

[Take action for nature this weekend](https://view.email.rspb.org.uk/?qs=ab33cb6c403462725220c21f80e9765988baed5127e9bc26ed50ccd50803bb9fd9cb2f426109a42ace199b02d537086e12ffe0708b775ec8b119a29cd6d68b31d9410c12f0a4723195626129ffdec6adfbe7cbbed7dc65f1)

[Join us for Big Garden Birdwatch Live](https://view.email.rspb.org.uk/?qs=53bf422ead7a2fb6f2860bc2fe56c1975cfedb21b3feeb3e293c1fe7b9ed92f1333a87a75007f4a70e7dab3884e06cb29c11158f462c3412edfda1c01ab02b07ea4365a47db231d6fc5937d9c52cab5b2abe745378303f0d)

[Hilltop trail in Greater Manchester with stunning views on a clear winter’s day](https://www.manchestereveningnews.co.uk/whats-on/whats-on-news/hilltop-trail-greater-manchester-stunning-26022191?utm_source=app)

Going for a walk on a cold, crisp day is one of the simple pleasures of winter. On bright and clear days, the countryside can look particularly beautiful at this time of year. Werneth Low is a hill which sits on the borders of Tameside and Stockport. It stands at a height of 279 metres and forms part of the Pennines.

Other relevant newsletters:

[Social Responsibility Newsletter – January 2023](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=Mq8DU1MzE4MlMxMTQxOkEzMTM3RTRBNjlEMEEwRTgzNEJBNEJDMEQ3Mzk3Qzk3-&CC=&p=0)