**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 17 February 2023**

[Employee Assistance Programme: Validium](https://www.staffnet.manchester.ac.uk/news/display/?id=29376)

Access free health, wellbeing and financial advice. Call **0800 358 5997** or **+44 141 271 7555** (landline alternative for international and / or mobile use) to speak to an advisor.

Lines are open **24 hours a day, 7 days a week, 365 days a year** – you will always be able to speak to someone who can help. Calls are confidential and what you say will never be shared with anyone at the University.

**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), [National Cancer Prevention Month](https://www.cancerhealth.com/event/national-cancer-prevention-month-2023), [International Boost Self Esteem Month](https://www.calmsage.com/february-international-boost-self-esteem-month/) and [Raynaud’s Awareness Month](https://www.sruk.co.uk/get-involved/awareness-events/knowraynauds/)

12-18 February [Children of Alcoholics Week](https://coa.nacoa.org.uk/), #URNotAlone

13-19 February [Student Volunteering Week](https://www.volunteers.manchester.ac.uk/volunteer-community-engagement/events/student-volunteering-week/)

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)

20-26 February [Cancer Prevention Action Week 2023](https://www.wcrf-uk.org/preventing-cancer/cancer-prevention-awareness-week/#:~:text=What%20is%20Cancer%20Prevention%20Action,encourage%20you%20to%20take%20action.)

22 February [World Encephalitis Day](https://www.encephalitis.info/pages/category/wed)

27 February [Anosmia Awareness Day](https://www.anosmiaawareness.org/)

28 February [Rare Disease Day](https://www.rarediseaseday.org/)

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

**March celebrates:** [Colorectal Cancer Awareness](https://www.ccalliance.org/about/awareness-month), [Ovarian Cancer Awareness](https://ovarian.org.uk/march-ovarian-cancer-awareness-month/), [Brain Tumour Awareness](https://www.braintumourresearch.org/info-support/brain-tumour-awareness-month), [Prostate Cancer Awareness](https://prostatecanceruk.org/get-involved/the-month-challenges), [Endometriosis Awareness](https://www.endometriosis-uk.org/?gclid=Cj0KCQiA54KfBhCKARIsAJzSrdqY84Zvuule6ZpyKCqAoGFaf91q658mRe_Mc_BVCXFNrnm2w8FD-ioaApKNEALw_wcB), [Great Daffodil Appeal – Marie Curie Cancer Care](https://www.mariecurie.org.uk/daffodil), [DVT Awareness Month](https://thrombosis.org/2022/03/dvt-awareness-month/)

1 March [St David’s Day (Wales)](https://www.visitwales.com/info/history-heritage-and-traditions/have-happy-st-davids-day-celebration)

1 March [Self-Injury / Self-Harm Awareness Day (SIAD)](https://www.papyrus-uk.org/self-harm-and-self-injury-awareness-day/)

1 March [Zero Discrimination Day](https://www.unaids.org/en/zero-discrimination-day)

3 March [World Book Day](https://www.worldbookday.com/)

3 March [World Birth Defects Day](https://www.worldbirthdefectsday.org/)

3 March [World Hearing Day](https://worldhearingday.org/)

[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.

We have arranged a photographer to be on campus on Wednesday 15th & Monday 20th February 2023 between 10am and 2pm to take photos of colleagues and students, to celebrate the women at the University of Manchester.

[Turkey-Syria earthquakes: how you can help](https://www.staffnet.manchester.ac.uk/news/display/?id=29391)

We're highlighting a range of trusted organisations and charities providing relief and support in the affected areas

[Supporting you during the Turkey-Syria earthquakes](https://www.staffnet.manchester.ac.uk/news/display/?id=29385)

At The University of Manchester, we understand that global events and natural disasters can have a profound impact on members of our community, be that our staff or student population.

[What UK aid is being sent to the Turkey-Syria earthquake victims and how you can help | ITV News](https://www.itv.com/news/2023-02-07/what-uk-aid-is-going-to-the-turkey-syria-earthquake-victims-and-how-you-can-help)

Charities have set up emergency funds as thousands of families lose everything in the devastating
earthquake.

Monetary donations can be made via <https://linktr.ee/uomturkishncypriot>

[Poetry for Wellbeing: Learn & Discover](https://www.staffnet.manchester.ac.uk/humanities/about/news-and-events/news/display/?id=29361&gator_td=WK9H85hJZ6zCs3W5WWEy1Nf9eITClqMD4WSUFpIPIh7XuP4ohTtrId3O27UQNrI9Z7g6a5zHmRDu0meAM4xo4PPBlTaXAFR6zpI9wrkXx%2f%2bvnnJubvsptQE7O4PanheE56cpxj2pFKZrX8HqeWPtZ0xlBHmmy4yfupCmYU1t3C4%3d)

Book your place on our popular poetry workshop.

Space is limited to 15 places and you will be able to commit to one or both sessions. The first session will be aimed at supporting you in getting started with your poetry; whilst the second will be to review and refine the work you have been producing. No creative writing or poetry writing experience is needed to take part in this workshop.

The sessions are 12.30pm until 2.00pm on both Thursday 23 March and Thursday 30 March.

[LBGT+ history month – support available](https://www.staffnet.manchester.ac.uk/news/display/?id=29337)

Support available for our LGBT+ community at the University.

[LBGT+ history month – spotlight on ALLOUT](https://www.staffnet.manchester.ac.uk/news/display/?id=29338)

Celebrating our ALLOUT staff network.

**Being Muslim at Manchester 2023 Event**

For staff wishing to join the Muslim Staff Network, please email uom-msn@manchester.ac.uk to be added to the listserv.

Some resources / contacts mentioned in the event which you might find useful are below:

* Training for Managers from The University of Manchester Chaplaincy: email mohammed.ullah@manchester.ac.uk
* [Multi-faith space update](https://www.staffnet.manchester.ac.uk/news/display/?id=29148)
* [Muslim Friendly Employers briefing](https://static1.squarespace.com/static/618f1962912edd76a74e3c02/t/621e62438c4f7b3f433aa3e0/1646158408934/MFE-Brochure_lowres.pdf)
* [Islamophobia Awareness Month briefing](https://www.islamophobia-awareness.org/wp-content/uploads/2022/10/IAM-Corporate_Pack-2022.pdf)
* [Ramadan top tips for employers](https://www.mend.org.uk/wp-content/uploads/2022/03/MEND_Ramadan_Top_Tips_Employers_2022.pdf)

**Do you work with, or are you interested in UoM’s work with, Refugees, Asylum Seekers and those forcibly displaced from home?**

We will shortly be resubmitting to the University of Sanctuary to renew our [University of Sanctuary status](https://www.manchester.ac.uk/discover/social-responsibility/social-inclusion/university-of-sanctuary/). As part of this process, there will be a University of Sanctuary Network Meeting on 14th March, 2 – 4pm for colleagues who are working with those who have been forcibly displaced; if you are interested in attending or finding out more, please complete this [UoM University of Sanctuary Teams Form](https://forms.office.com/Pages/ResponsePage.aspx?id=B8tSwU5hu0qBivA1z6kadyDcdAmSyhtCioGC5XAPTWdURVhEMkZFSldJVkk3MFJQWVc2UktIVlNRTy4u) and please do share with colleagues who might be interested.

[Cosy Campus](https://www.staffnet.manchester.ac.uk/news/display/?id=29313)

Spaces to relax on-campus

[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.

[Sustainable Development Goals to be incorporated into all UoM courses](https://www.staffnet.manchester.ac.uk/news/display/?id=29389)

Pilot project continues to highlight our world-leading place in relation to the Sustainable Development Goals.

[Love from Manchester](https://www.staffnet.manchester.ac.uk/news/display/?id=29400)

Our cardiovascular research showcased during National Heart Health Month.

Email heartheroes@manchester.ac.uk to attend our University run CPR training session led by healthcare professionals who will show you how to save a life. We will then notify you when a training course is being offered.

[One in Two podcast marks World Cancer Day](https://www.staffnet.manchester.ac.uk/news/display/?id=29372)

To mark World Cancer Day, we have released a special episode of our cancer research podcast.

[Cancer Awareness Month Calendar](https://www.cancerresearchuk.org/sites/default/files/cancer_awareness_month_calendar_landscape_v4_0.pdf)

Together we will beat cancer. For further information or to give feedback contact earlydiagnosis@cancer.org.uk.

[cruk.org/healthprofessional](file:///%5C%5Css2a.ds.man.ac.uk%5Cvol2%5CHumanitiesAdmin%5CHealth%20and%20Safety%5CFOSWAG%5CNews%5C2023%5Ccruk.org%5Chealthprofessional)

[Gateway C Live Greater Manchester: Prostate Cancer](https://event.on24.com/wcc/r/4075082/AD3A82882480347DB955AF8E73A44030)

February 22, 2023, 01:00 PM

Refresh your knowledge of prostate cancer and hear the latest pathway updates from Greater Manchester. This webinar includes an optional live Q&A.

[March the Month with Prostate Cancer UK](https://marchthemonth.prostatecanceruk.org/?utm_source=twitter&utm_medium=social-media&utm_campaign=march-the-month-march-23&utm_content=paid-image&utm_term=keywords_incentive)

Walk or wheel 11,000 steps a day throughout March. Take on the challenge for more than 11,000 dads, partners, brothers, grandads and mates who die from prostate cancer every year.

[Join Our Next Book Club Meeting](https://www.staffnet.manchester.ac.uk/news/display/?id=29356)

The next meeting is on Friday, 24 February from 12:30pm until 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 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.

[Tickets available to book: Golden Mummies of Egypt exhibition](https://www.staffnet.manchester.ac.uk/news/display/?id=29370)

Manchester Museum will be the only UK venue showcasing this extraordinary exhibition.

[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.

[Giving back and how to save on your day-to-day costs](https://www.staffnet.manchester.ac.uk/news/display/?id=29375)

Vote for your favourite causes, how to join UMSA and saving day to day.

[Embracing equity – an inspirational panel discussion on international women on International Women’s Day](https://www.eventbrite.co.uk/e/embracing-equity-an-inspirational-panel-discussion-on-international-women-tickets-535225693457?aff=eand)

A free face-to-face event hosted by CIPD Manchester

Date: Thursday 8 March, 18:00-20:00

Location: Peninsula, Victoria Place, Cheetham Hill, Manchester, M4 4FB (close to Victoria train Station)

How can we challenge gender #stereotypes? Call out #discrimination? Draw attention to #bias? Be an #ally? Join us as we explore all this and more with a diverse panel of guests.

Together, we can shape a more equitable future for all.

#Embrace Equity #BreakTheBias

**The Power of Listening – in partnership with Samaritans and Shining a Light on Suicide**

A huge thank you to everyone who attended the session on Friday 27 January, and as promised, here are the support links and resources shared during the session:

* [If you're having a difficult time | Samaritans](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.samaritans.org%2Fhow-we-can-help%2Fif-youre-having-difficult-time%2F&data=05%7C01%7Cgmhscp.gmworkingtogether%40nhs.net%7Cfec5e080243c455cc4d908db0385bd87%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638107645451071787%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Vbc%2F%2FS%2BYJwmxq1wGq%2FbgwtVZmylC4x3hbxKBtbB3%2Flg%3D&reserved=0)
* [If you're worried about someone else | Samaritans](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.samaritans.org%2Fhow-we-can-help%2Fif-youre-worried-about-someone-else%2F&data=05%7C01%7Cgmhscp.gmworkingtogether%40nhs.net%7Cfec5e080243c455cc4d908db0385bd87%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638107645451227980%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6AUwaxCaJZqVbUiMLu%2B4vn%2B5gfft%2BJf7c8uPc6BT06k%3D&reserved=0)
* [In health and care | Samaritans](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.samaritans.org%2Fhow-we-can-help%2Fhealth-and-care%2F&data=05%7C01%7Cgmhscp.gmworkingtogether%40nhs.net%7Cfec5e080243c455cc4d908db0385bd87%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638107645451227980%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=FvFgxhQOq%2FUBaDAoA%2B1Q3F0pRhtJ%2Bo43EHv6nzD1HU0%3D&reserved=0)
* [Self-Help | Samaritans](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.samaritans.org%2Fhow-we-can-help%2Fcontact-samaritan%2Fself-help%2F&data=05%7C01%7Cgmhscp.gmworkingtogether%40nhs.net%7Cfec5e080243c455cc4d908db0385bd87%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638107645451227980%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=0atR8db67ReeVAnAq8rNvOYB1qRwFwYeAomw%2Bnpv5Ms%3D&reserved=0)
* [Shining a Light on Suicide](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fshiningalightonsuicide.org.uk%2Flearn-to-save-a-life%2F&data=05%7C01%7Cgmhscp.gmworkingtogether%40nhs.net%7Cfec5e080243c455cc4d908db0385bd87%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638107645451227980%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Nki2bYcwvA8rbYhY7JRK8c%2FyxTcfXrKHXb2FbKE2Ejk%3D&reserved=0)
* [GM Wellbeing Toolkit](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gmhsc.org.uk%2Fwp-content%2Fuploads%2F2022%2F03%2FGMHSCP-Greater-Manchester-Wellbeing-Toolkit-March-2022.pdf&data=05%7C01%7Cgmhscp.gmworkingtogether%40nhs.net%7Cfec5e080243c455cc4d908db0385bd87%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638107645451227980%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=8gAPwt3XtYrNn1OR8uM081suDp3IrC%2FEQTxQXBVy4C4%3D&reserved=0)
* [GM Bereavement Service](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.greater-manchester-bereavement-service.org.uk%2F&data=05%7C01%7Cgmhscp.gmworkingtogether%40nhs.net%7Cfec5e080243c455cc4d908db0385bd87%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638107645451227980%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=PGv1SX09%2BMjD6IZiQtRVWjvM17QaAuFEt3MkxKiwYUQ%3D&reserved=0)
* [Greater Manchester Resilience Hub](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.penninecare.nhs.uk%2Fgmrh&data=05%7C01%7Cgmhscp.gmworkingtogether%40nhs.net%7Cfec5e080243c455cc4d908db0385bd87%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638107645451227980%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Yx3M%2FFrIBMRCZftvPdHc83%2Fwlu71njPKw1m2xmWgCno%3D&reserved=0)

For all queries re volunteering or any of the Samaritans support, you can contact Sophia for more info: manchester.outreach@samaritans.org

[Action for Happiness Talk (replay): Rest and Restore with Octavia Raheem](https://www.youtube.com/watch?v=VO8bBuxXFB0)

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.

[Action for Happiness Talk: Active Hope – with Dr Chris Johnstone](https://actionforhappiness.us3.list-manage.com/track/click?u=38ea3e7c0a12909b5f17eb1ed&id=c5052ff797&e=a0d0bb6dff)

At this special event, resilience specialist and author Dr Chris Johnstone will introduce Active Hope as a practice we can use each day to nourish our sense of purpose and possibility and help us be more resilient, engaged and inspired.

**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:

* [Insight into… Mindfulness Tickets, Tue 28 Feb 2023 at 09:30](https://www.eventbrite.co.uk/e/insight-into-mindfulness-tickets-478042827967)
* [Workplace Physical Activity: Have we set the bar too high? Tickets, Wed 1 Mar 2023 at 09:30](https://www.eventbrite.co.uk/e/workplace-physical-activity-have-we-set-the-bar-too-high-tickets-420341752497)
* [Menopause Awareness for Peer Support, Tue, 7 Mar 2023 09:30](https://www.eventbrite.co.uk/e/insight-into-menopause-awareness-for-peer-support-tickets-421271292777?aff=ebdsoporgprofile)
* [My Menopause – Getting The Best Care For Me, Wed, 8 Mar 2023 09:30](https://www.eventbrite.co.uk/e/insight-intomy-menopause-getting-the-best-care-for-me-tickets-532070476117?aff=ebdsoporgprofile)

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.

**‘Menopause and the workplace: Government Response to the Committee’s First Report of Session 2022-2023’ – Update from Henpicked**

On 24 January, the ‘Menopause and the workplace: Government Response to the Committee’s First Report of Session 2022-2023’ was published. Here are our key takeaways:

* Menopause training for GPs is now mandatory, and care will be regulated through CQC inspections
* Prescription cost barriers to accessing HRT have been reduced
* The Government has agreed to conduct a public health campaign and embed teaching in schools around menopause to raise awareness and educate people
* The Government has committed to appointing a Menopause Ambassador and work with key stakeholders to discuss the best next steps
* Legislation has been introduced to allow requests for flexible working.

There are plenty of positives to be taken, but there is still some way to go still in terms of equity in menopause.

[Henpicked Lunch and Learn: Nutrition and menopause](https://us02web.zoom.us/webinar/register/tZEkcemupjIiHdHM3cR7hRGwIH3jLja_FPdJ/success?user_id=WQzhLvXuQHehckzbNi9WCA&timezone_id=Europe%2FLondon)

February 21 2023, 12:15 PM

Henpicked’s Deborah Garlick will be joined by Antonia de Gier from Hormone Health. Antonia de Gier is a registered nutritional therapist, who has trained at the Institute for Optimum Nutrition (ION) to understand the latest research in hormone health.

[HR Magazine – Employers to step in as menopause rejected as a protected characteristic](https://www.hrmagazine.co.uk/content/news/employers-to-step-in-as-menopause-rejected-as-a-protected-characteristic)

The UK government's rejection of calls to add menopause protections to the Equality Act shouldn’t stop businesses from creating their own policies, say women’s rights advocates and HR experts.

[How to Increase Employee Engagement in Your Wellbeing Initiatives](https://everymindatwork.com/webinar-replay-increasing-engagement-with-your-wellbeing-initiatives/?utm_campaign=2023%20Demand%20Gen%20Webinars&utm_medium=email&_hsmi=244461255&_hsenc=p2ANqtz-8uUz-mKCpm9DY7ExBJVfUQCW11Mfhd0oz5gb8lQXJ8pngTbH_enlfRa5_YJ9aeDf9F-WkMZreFbogqtwVC4Hfzpyoh0vjqCIk1NP_QnHOGnCBaVF4&utm_content=244461255&utm_source=hs_automation)

Webinar replay with Kelly Osborne (Head of Health & Wellbeing, Wates) and Paul McGregor (Everymind At Work) discuss effective ways to reach your employees – highlighting Kelly’s challenge to engage 4,000+ employees (in the construction industry) who were notoriously difficult to rally around wellbeing initiatives.

[Popular Wellbeing Initiatives In The Workplace Poster](https://d2mjrm04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/VWPBzd49ptzMW10L-VY8ywf9BW7HlLKX4WLtD3N4lQrJQ5nKvpV3Zsc37CgN-8W7rsDhH6ngpvZVw7YNd8FT35LW26V6kd3MCB-fW5yVqJK1fCDtYW6r0KXh1BxPT_W2sdp6g2C7MX4W847B_h34Tx1GW87QNGY74zQyxW5NNDFW75FWwDW5gCj006rZ3tXW73kv2C1y9l0cW1WQxhv1W003yW177x2j5CtF8PW2Gf-fN4zmgQCW80DLB220PBt3N7XWPlSPJp9PVDCWZb8WjHwLW996xw95QLtyyW1TmN-W7PN47_W75RJgn5YJkTcW6Pn-F63QZHM-VvCgXS3bjK2zW37lscQ4Xp071W6j5QPT81gY9CW5r5PVR7ByMKhW1n3zmd2YxMYFW8n_Q193WKtBWW1rnKy03Qyf7KW6dGT_z3d2mBxW2bpQqs2MCQqQW2533XS4nltL0W8r8kdB533Nr2W2sQb_k36g_gcW8NyHfc54frXD3gGT1)

Workplace wellbeing ideas that your employees will love from Everymind At Work.

**Resources To Help With Difficult Conversations**

We can't make conversations easier per say... but the Everymind at Work team and I have put together some resources to help you approach them more prepared and more confident - whether it's about the cost of living, a mental health-related conversation or another sensitive area.

Here are three resources that might help:

[Webinar Replay: How to Handle Difficult Conversations in the Workplace](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/MVQNc69ccXbW6Mwwl51xk6TzW1KLHGL4W-l3bN412x8S5nKv5V3Zsc37CgPmVW2kpB1s6JWDMKW5Pv4YS7nl19bW2z2dhp6hLD3MW9bYGDf7tTjk6N6f8nPmTH36bV_2CbN7K_jvWW7kxYlB6xp6gNW22tJ-58x_KcsW5VRSBN4BysVdW92s5FG78JvM0W4qHCtV5GFzPXW18fMyN3W-m2BW7QDR0546SNfYW27VMCT8WCq_GN8xnGYjlw9TZW8Zk30R6PDDdNW1XbcCF4Qz7B6W1fG0Dl7-w4n-W690QJx4FmNsWW8sL7Tb5LjR4wW70f3Dv2DqmtvW1HsGb76KCnvTN3wzsY2JVgfsW5Wpr5x32-y-PW87bDSl1_-1RDVxRdy1171NBsW60v1gS2hPvcnW7wChLN71gllPW7BjbJq7KQzdJW7ynzlR2jKZRPW5_7CQZ2sR67tW8YfrlG6-PpzV37_y1)

[Top Tips for Difficult Conversations](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/MVQNc69ccXbW6Mwwl51xk6TzW1KLHGL4W-l3bN412x975nKvpV3Zsc37Cg-T6W7cwb1d3lqz7wW47hwGm1F80NFVYvRyH976YJ7W2xnKZQ4WWVm5W63jgC48z8lqpW9dJ6wJ9c1nJNW2r705739t4GRN2QJ9qD17RGwW8Yg1Mn6W_J45W7NS-S97YQLFTW5Xg-2740xZv3W2RNsQS3L4ztRW3ZtpdV1jnxpwW4hPz9W3QW-c3W6_Pv898yPpK4W6cNCCQ29BB2XW8yRcGq91qdP9N6F7c15ddnzsW94cHkG14CCgNW2vRQfl4R6wbxW2NJ6y11x-txjW2KFzKD5cN2vLW4xKTqx23vnyCW8Mc1LM78c_5JV4gk9k6TJXTfW8-9n-S5YB7XtW2YbqpS4d4VStW5nWbbD4dmyY6W22YJ6d56szmgMjj1l8gtRCRVh9zgj8ZWbXMW8Lt-KZ5cRrb3W5j35vX7l_xyhVNH06N7N30113h_q1)

[Preparing for Difficult Conversations Checklist](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/MVQNc69ccXbW6Mwwl51xk6TzW1KLHGL4W-l3bN412x975nKvpV3Zsc37CgGPNN1hX8P38qwXpW90GGFk7Q7ThMW5-LJy127l8B4W88tnr81x1lgSW56gF6w3C3X40W4z6QBd4DGqgYMQ1FSHQvCbmW1rYTKs89Cy9SW2MHgPY2lgdnyW2k0Bdl4M9SbPW1gKzCv5X2VZwW231kfH1-3GDsVmHZj397Fd55W5cp_MW2HbmbcW1B2Hn-5JWY-tW3Qhbv-98NvN2W3gZzrj2wTg35W2L-wsQ7BRtRKW7K2HMr7yGwK3W3L1J6x5jqj5XW2vb7M72SySP7W8XrRld30tCz_W3DnZjD5ZfCcCW610KPQ6T5nxyW5zj6Mg6bj-fPW2FjjPN6_WQ6lW61y-Jt4jFcqmW3Fd3Wt6C1k9VW6g368K4Yvw4wW5ZF_hV99W_FxN31h9X8rhSrpV90nd59cD7blW7F-4SF3q_9qRW6ndy8x7Q9swj39Z_1)

[Rekindle Sunday Club For Elders](https://www.rekindleschool.org/)

Each Sunday, please join us in our beautiful new home for a free home cooked lunch, conversation, music and more.

We’d love to connect with the Elders in our community and spend quality time together in a warm, comfortable space.

[Hair Discrimination In The Workplace](https://halocollective.co.uk/halo-workplace/)

The Halo Collective are the Black hair revolution, an alliance of organisations and individuals working to create a future without hair discrimination, founded by young Black organisers from The Advocacy Academy.

Race-based hair discrimination has been illegal in the UK since the the Equalities Act became law in 2010, and yet it still happens all the time. Together, we are fighting for the protection and celebration of Black hair and hairstyles.

[Invisible disabilities](https://hiddendisabilitiesstore.com/insights/category/invisible-disabilities?utm_campaign=1215358_The%20Invisible%20Issue%20-%20B%20to%20B%20-%20February%202023&utm_medium=email&utm_source=Hidden%20Disabilities%20Sunflower%20Scheme%20Limited&dm_i=6QT9,Q1RY,407KJS,387G1,1)

From: [Hidden Disabilities Sunflower Scheme Limited](https://hiddendisabilitiesstore.com/)

Globally 1 in 7 of us live with a disability. That is approximately 1.3 billion people. But while some of us experience a disability that is visible, many have a non-visible condition or experience a combination of both visible and non-visible conditions. These can be physical, visual, auditory or neurological and range from autism and ADHD to cognitive impairments such as learning difficulties and dementia, as well as mental health conditions. They can also be respiratory and chronic conditions such as asthma, diabetes, chronic pain and sleep disorders. And often, many people experience a combination of both visible and non-visible impairments and conditions.

[Spread some love with a green ribbon pin (from Mental Health Foundation)](https://shop.mentalhealth.org.uk/products/mhf-green-ribbon-pin-badge?utm_medium=email&utm_source=mainlist_newsletter&utm_campaign=green_ribbon_valentines&bbeml=tp-EbFsTopOv0SfkgIhAgzciA.jbq9Np6IjKUaHpmeXvSj0_Q.rN2eSlHBfXkaQLgO-vJ_mRw.l9WKRX7YZDEiYqwlZOwUdMQ)

While Valentine's day can be joyous for some, it can also be a day of loneliness for others. This year we’d like you to join us in tackling loneliness by spreading love with a green ribbon pin badge.

Giving a loved one, a friend or yourself the little pin with a lot of meaning is a symbol of love, support and reminder that our mental health matters, especially at a time of year when people often feel lonely.

[Green Ribbon pin badge – Mental Health Foundation](https://shop.mentalhealth.org.uk/products/mhf-green-ribbon-pin-badge?utm_medium=email&utm_source=mainlist_newsletter&utm_campaign=green_ribbon_valentines&bbeml=tp-EbFsTopOv0SfkgIhAgzciA.jbq9Np6IjKUaHpmeXvSj0_Q.rN2eSlHBfXkaQLgO-vJ_mRw.l9WKRX7YZDEiYqwlZOwUdMQ)

Last year, over 29,000 green pin badges were shared and we cannot thank you enough for being a

part of our #PinItForMentalHealth journey. It's your support in funding our life-changing work, as a UK charity dedicated to mental health, that makes it the perfect gift of love.

If you or someone you know could use some tips on how to look after your mental health, why not check out [Our Best mental health tips](https://www.mentalhealth.org.uk/explore-mental-health/publications/our-best-mental-health-tips?bbeml=tp-EbFsTopOv0SfkgIhAgzciA.jbq9Np6IjKUaHpmeXvSj0_Q.rN2eSlHBfXkaQLgO-vJ_mRw.lPR-HSgkd3ESkfDQ94bhhVA)? Protecting our mental health is easier than you might think. Our guide is full of suggestions to help tackle common problems such as anxiety and depression. Some tips will be easier for some of us and harder for others.

Give them a try, find what works for you and use them.

[Mental Health Foundation | Good mental health for all](https://www.mentalhealth.org.uk/?bbeml=tp-EbFsTopOv0SfkgIhAgzciA.jbq9Np6IjKUaHpmeXvSj0_Q.rN2eSlHBfXkaQLgO-vJ_mRw.lcuLlkmuZvUCEhxDz4vG2Sg)

[Greater Manchester Walking](https://gmwalking.co.uk/our-resources/monthly-walking-challenges/?utm_source=newsletter&utm_medium=Email&utm_campaign=GM_Walking_February_Newsletter_2023&utm_content=walking+calendars)

Top Tips for making the most of your Walking Calendar.

**RSPB Notes on Nature**

[Epic wetlands, an avian superhighway and beak quiz](https://view.email.rspb.org.uk/?qs=8ff800aedcbffc68784bd9beeb62695b450ff8c0960ee501b7a6347a9af9e100f68ea58f57164c1a7bf38332526acb496b334c2873d80b94c845eab3a8f3a570785c48757652c13e1f47bad6022829e9b5538a0f717be543)

[Have you seen these six signs of spring?](https://view.email.rspb.org.uk/?qs=5ea02798cbe3f3966af1b4819bdf695866ba2afd638a8923d92e24f75c1615b8406b590076475f5c6081172a1307089c98f3262c40dcfe3b7d19c4132a363f8ae628f19aa19569ceee5ac1432d1634e8f5bdaf50edde34ba)

[Latest news from City of Trees](https://mailchi.mp/66389cfa0d44/ewaw36h5mp-6032867?e=37982b27eb)

We're back and ready to plant in 2023.

[The State We’re In: Now Live!](https://thegallery.org.uk/)

11 timely and powerful artworks respond to the theme ‘The State We’re In’ on thousands of billboards and outdoor digital screens across the four nations of the UK.

Gender, disability, home, nationhood, environment, mental health, industrialisation and social injustice… Can artists help decode what’s really going on?

If you see an artwork out in “in the wild”, tag us at [**@ArtichokeTrust**](https://www.instagram.com/artichoketrust/) and use the hashtag **#TheGalleryS2**

[Grimmfest at the Mini Cini in February and March!](https://grimmfest.us2.list-manage.com/track/click?u=3be13c6f8a7d5d2603e6e56c4&id=d8bacb7c7e&e=40ef9d33dd)

Manchester’s International Festival of Fantastic Film is back for a brand-new season of double bills at the intimate Mini Cini, housed at the Ducie Street Warehouse in central Manchester!

Join us in February for two unmissable evenings of horror, humour and heartbreak as part of Mini Cini’s LOVE IS LOVE series, including screenings of THE FLY, MISERY, SHAUN OF THE DEAD and BRIDE OF CHUCKY.

Then, in March, celebrate WOMEN IN FILM with a healthy dose of female monstrosity, including screenings of CARRIE, ROSEMARY’S BABY, JENNIFER’S BODY and THE CRAFT.

Screenings will be introduced by members of the world-renowned Manchester Centre for Gothic Studies, and there will be short break between films to stock up on drinks and snacks from the Ducie Street bar. We can’t wait to see you there!

[Manchester Film Festival Additions To The 2023 Programme Taking Place 10th – 19th March at Odeon, Great Northern](https://f69e.engage.squarespace-mail.com/r?m=63e4dc944c232f1df1a34053&u=https%3A%2F%2Fmaniff.com%3Fss_source%3Dsscampaigns%26ss_campaign_id%3D63e4d663690d8410ea932dc5%26ss_email_id%3D63e4dc944c232f1df1a34053%26ss_campaign_name%3DNew%2BFilms%2BAdded%2521%26ss_campaign_sent_date%3D2023-02-09T11%253A44%253A41Z&w=542ac478e4b0bbc33ead8a58&c=b_63e4d663690d8410ea932dc5&l=en-US&s=SHNgZKz7unxzWFHbV-Pn-an-Q-M%3D)

Manchester Film Festival is excited to announce SIX more feature films and one short film to this year’s line-up. This includes BREAKING starring John Boyega; NOVEMBER starring Academy Award winning actor Jean Dujardin and the Oscar-nominated short film THE RED SUITCASE.

[(Un)Defining Queer](https://www.whitworth.manchester.ac.uk/whats-on/exhibitions/currentexhibitions/undefiningqueer/)

This exhibition delves into the Whitworth’s collection to examine how we can use a queer lens to define what the term 'queer' means. Until 3 December 2023.

[Art Unlocked – Manchester Art Gallery](https://youtu.be/CKToK_upKIA)

Gluck was a British painter, who from early adulthood rejected social convention, acknowledging their gender fluidity. They dressed exclusively in ‘male’ clothes and abandoned their birth name, in favour of Gluck, with no prefix, suffix or quotes. Hear more about Gluck and the history of Manchester Art Gallery’s collection in the recent Art Unlocked talk with Curator Hannah Williamson.

[Manchester’s award-winning FREE comedy night at Lion’s Den Bar, Great Northern Warehouse](https://ilovemanchester.com/series/the-laughienda-comedy-club)

The Laughięnda is Manchester’s award-winning FREE comedy night which is on every Thursday night

at Lions Den Bar, Deansgate.

The Laughięnda Comedy Club is a weekly new act / new material night in Manchester showcasing the freshest comedy talent from all over the Northwest, alongside pro-headliners trying out new jokes.

[The Laughięnda Comedy Club Tickets, Multiple Dates | Eventbrite](https://www.eventbrite.com/e/the-laughienda-comedy-club-tickets-239649196197)

Other relevant newsletters:

[Climate Network Newsletter, 6 February 2023](https://documents.manchester.ac.uk/display.aspx?DocID=65403)