**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Green Impact News, 3 March 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.

**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/)

27 February-12 March [Fairtrade Fortnight](https://www.fairtrade.org.uk/get-involved/current-campaigns/fairtrade-fortnight/)

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)

2 March [World Teen Mental Wellness Day](https://www.betterhelp.com/advice/teenagers/15-activities-to-support-your-child-on-world-teen-mental-wellness-day/)

3 March [Employee Appreciation Day](https://www.workhuman.com/resources/reports-guides/employee-appreciation-day-a-quick-guide?utm_source=google&utm_medium=cpc&utm_campaign=2023q1_wh_sem_nb_awareness_employee_appreciation_day_emea_exa_pros&utm_content=employee_appreciation_day&gclsrc=aw.ds&campaignid=16407553349&adgroupid=135482270604&adid=648238786777&network=g&gclid=CjwKCAiAjPyfBhBMEiwAB2CCIrOfQ_NvTh4uLtzSXA-OGA3XmI7qhFXbCBnML_PrwkOeKycH44xSYxoCxV8QAvD_BwE)

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/)

6-7 March [Purim](https://www.myjewishlearning.com/article/purim-2023/)

7-13 March [National Feet Week](https://nationalfeetweek.org/)

8 March [International Women’s Day](https://www.internationalwomensday.com/), [2023 Theme: Embrace Equity](https://www.internationalwomensday.com/Theme)

8 March [No Smoking Day](https://nationaltoday.com/national-no-smoking-day/), [Greater Manchester Make Smoking History](https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwikmtnomIH9AhUKv-0KHSLOBj8YABAAGgJkZw&ae=2&ohost=www.google.co.uk&cid=CAESauD2ARF-wK-RzuNg5UyOXTm3bAq9c7ib0qJ5KUWv4ToCVOY1xLcnNgTn_23xPR0HF9_tle9aib-0b3OAw9g0-PjQDjdY3UFMMYN_Ukh1TTGcezgRs01TQDKmMsIs5g8HfxgWh4GHULRfdv4&sig=AOD64_2U3nGzcnaZnyT4AoTY_yX0eZZ0XA&q&adurl&ved=2ahUKEwjGpdLomIH9AhVVMcAKHYnLDtAQ0Qx6BAgFEAE)

9 March [University Mental Health Day](https://www.unimentalhealthday.co.uk/)

9 March [World Kidney Day](https://www.worldkidneyday.org/)

12-18 March [World Glaucoma Week](https://www.worldglaucomaweek.org/)

13-19 March [Neurodiversity Celebration Week](https://www.neurodiversityweek.com/)

13-19 March [Brain Awareness Week](https://www.brainawareness.org/get-involved/#:~:text=The%20next%20Brain%20Awareness%20Week,your%20organization%20to%20get%20involved!)

13-19 March [Nutrition and Hydration Week](https://nutritionandhydrationweek.co.uk/)

17 March [World Sleep Day](https://worldsleepday.org/)

17 March [St Patrick’s Day (Ireland)](https://www.history.com/topics/st-patricks-day)

19 March [Mothering Sunday](https://nationaltoday.com/mothering-sunday-in-the-uk/#:~:text=March%2019%2C%202023-,U.K.,Lent%2C%20the%20Christian%20fasting%20period.)

[International Women’s Day](https://www.staffnet.manchester.ac.uk/news/display/?id=29403)

Events and activities will take place across our University.

[International Women's Day: Walk for Women](https://www.manchester.gov.uk/forms/form/1543/en/register_to_join_the_walk_for_women)

Saturday 4 March 2023, 12-2pm

Manchester Cathedral, Victoria Street M3 1SX

Come and help us celebrate International Women’s Day 2023.

[Tackle the Taboo: Mention Menopause](https://wearepower.net/community/event/54/tackle+the+taboo%3a+mention+menopause)

Wed, 08 March 2023, 10:00-10:45 am

As part of the International Women’s Day celebrations Northern Power Women are hosting a webinar Tackle the Taboo: Mention Menopause. Simone Roche MBE hosts a discussion on the ongoing barriers that women experiencing menopause are faced with on daily basis.

[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

Wed, 8 March 2023, 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

[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.

**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.

[Brain Health Day](https://stroke-impact.org/brain-health-day/)

When: Saturday 18 March 2023, 11am-4pm

Where: Manchester Central Library ([see map](https://goo.gl/maps/V8CrFdBDtuZCHYdJ6))

Cost: Entry to the venue and all talks are free of charge (some events are bookable)

Want to know more about your brain and how it works? Keen to learn about leading neuroscience research happening here in Manchester? Interested in discovering more about stroke, dementia, brain tumours and more?

**Highlight event**

At 12:45pm, esteemed poet Lemn Sissay OBE will give a live performance of his poem, Find Me. You can just pop into the library on the day – no ticket required!

[Cancer Network Group](https://web.yammer.com/main/org/live.manchester.ac.uk/groups/eyJfdHlwZSI6Ikdyb3VwIiwiaWQiOiIxMjI4MDk4NjgyODgifQ)

Are you or have you been undergoing treatment for cancer or are you supporting a friend or family member? Would you like to talk to other people going through the same experiences that you are.

We have a fantastic Cancer Support Network here on Yammer that we would like to expand so we can support more people and would love to welcome you to our group. We're a friendly bunch with a huge variety of experiences.

**Neurodiversity Network**

Would you be interested in joining a peer support network specifically aimed at those who are living with a neurodiversity or are supporting someone who has been diagnosed or who is waiting for a diagnosis?

We now have a new Teams channel – sitting under our Disabled Staff Network where you can chat to like-minded people or gain support if you need it. You can also join in with our Neurodiversity Celebration Week planning if you wish.

If you would like to join, please click on the link above to request to be added.

[Furniture Store Relocation to Simon Building](https://www.staffnet.manchester.ac.uk/news/display/?id=29353)

The Furniture Store is moving location from Monday, 6 February.

[Free eye tests and contact lens fittings available at University clinic](https://www.staffnet.manchester.ac.uk/news/display/?id=29295)

Free eye examinations, contact lens checks and fittings, and appointments for children can be made in our specialist Optometry Clinic.

[Bone density tests at the Sugden Centre](https://www.staffnet.manchester.ac.uk/news/display/?id=29396)

The Sugden Centre will be hosting a day of bone density screening on Tuesday, 14 March.

Tracey, from Bonematters, will assess your bone density and fracture risk using a machine called a ‘Quantative Ultrasound Scanner’ or ‘QUS’. The test measures the bone density in your heel and is very useful for assessing your risk of fracturing (breaking) your legs, arms, hips and wrists – common fracture sites for sufferers of osteoporosis. The machine is safe, painless, and has no side effects.

[Mental Health Training for Leaders and Line Managers (replay) from Champion Health](https://championhealth.co.uk/insights/mental-health-training-managers-live-session/)

In support of Time to Talk Day 2023, this exclusive training session is designed for leaders like   
you to drive positive mental wellbeing across your organisations.

[Support for World Hearing Day (from AbilityNet)](https://abilitynetnews.org.uk/3SCI-1JBDV-AE255061AB9BA0907TG5QT3B93B1BC6DCFB238/cr.aspx)

With around 12 million people in the UK who are either D/deaf or have hearing loss, communication barriers can be a common occurrence.

In support of World Hearing Day (3 March), here are 5 useful resources that highlight ways digital devices can assist you or those around you with removing hearing barriers:

* [Factsheet: Hearing Loss and Computing](https://abilitynetnews.org.uk/3SCI-1JBDV-7TG5QT-11QTJH-1/c.aspx)
* [Video: Top tips for how tech can help with hearing loss](https://abilitynetnews.org.uk/3SCI-1JBDV-7TG5QT-11QTJI-1/c.aspx)
* [Blog: 9 Useful apps for people who are D/deaf or have hearing loss](https://abilitynetnews.org.uk/3SCI-1JBDV-7TG5QT-11QTJJ-1/c.aspx)
* [My Computer My Way: Computer and mobile Hearing adjustments](https://abilitynetnews.org.uk/3SCI-1JBDV-7TG5QT-11QTJK-1/c.aspx)
* [Free Webinar: How the right tech can make the NHS accessible to all](https://abilitynetnews.org.uk/3SCI-1JBDV-7TG5QT-11QTJL-1/c.aspx)

[Neurodiversity Celebration Week 2023 Events Schedule, March 13 – 19](https://www.neurodiversityweek.com/events)

From introductory webinars, panel discussions and more, our range of events aims to educate and inspire conversations about neurodiversity.

All events are free of charge and open to all. Please do sign up to as many events as you like and share with your networks, so we can all join together in celebrating different minds.

Please note that these events are not being recorded, to encourage our participants to speak openly about their personal stories and experiences.

[Are You Ready to be a RAKtivist?](https://app.goodpractice.net/#/manchester-tfl/s/fk98m15xaz)

The second week of February is Random Acts of Kindness Week, set up to celebrate the power of unexpected kind deeds.

And according to the organizers, "RAKs" don't just benefit the person on the receiving end. They also have a positive impact on the person performing the kindness, their team, and maybe even their entire organization.

So what exactly is a Random Act of Kindness? And is it really worth your while to become a "RAKtivist"?

[Seven Ways To Be A Better Ally](https://www.rte.ie/brainstorm/2023/0220/1357728-how-to-be-a-better-ally-listening-empathy-inequalities-speak-up/)

Allyship is a critical approach to creating an [#inclusiveculture](https://www.linkedin.com/feed/hashtag/?keywords=inclusiveculture&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A7034058812378509312) in organisations and the wider society.

[#allies](https://www.linkedin.com/feed/hashtag/?keywords=allies&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A7034058812378509312) act as:

✔️Champion: By intentionally promoting the work of colleagues from underrepresented groups in meetings, highly visible events, and conferences.

✔️Sponsors: Use micro affirmations to support the work and reputations of colleagues from underrepresented groups by recommending them for opportunities.

✔️Amplifier: By making marginalised voices heard and respected.

[Workplace Blog: Talking About Pronouns in the Workplace](https://insight-culture--shift-co-uk.cdn.ampproject.org/c/s/insight.culture-shift.co.uk/en/privatesector/talking-about-pronouns-in-the-workplace?hs_amp=true)

[65%](https://www.totaljobs.com/media-centre/more-trans-people-hide-their-status-at-work-than-they-did-five-years-ago) of trans employees said they have had to hide their trans status at work, [31%](https://www.stonewall.org.uk/lgbt-britain-work-report) of non-binary people don’t feel able to wear work attire representing their gender expression and from our research, and 41% of people who identify as transgender, non-binary or another gender have experienced bullying, discrimination or harassment at work. In fact, life for all LGBTQ people in workplaces can be challenging.

As debates around gender have been front of mind for many recently, understanding gender and pronouns in the workplace has never been more important. This blog post will hopefully give you some advice on how to best introduce and encourage explicit conversations about pronouns at work.

[The 7 types of rest that every person needs](https://ideas.ted.com/the-7-types-of-rest-that-every-person-needs/)

This post is part of TED’s “How to Be a Better Human” series from Saundra Dalton-Smith MD.

Have you ever tried to fix an ongoing lack of energy by getting more sleep — only to do so and still feel exhausted? If that’s you, here’s the secret: Sleep and rest are not the same thing, although many of us incorrectly confuse the two.

Rest should equal restoration in seven key areas of your life.

[Guided Meditations from Breathworks UK](https://www.dropbox.com/sh/7amrm2w6ns969h5/AADwsqDsKFcHKYX38zKBSqzya?dl=0)

Guided meditations for workplace from Breathworks UK.

[Calm's Guide To Loneliness And Social Isolation](https://www.thecalmzone.net/guides/loneliness-and-social-isolation)

Valentine’s day can be a tough time of year, especially if you’ve broken up with someone. Whether you’ve grown apart, or gone through something you can’t bounce back from, the end of a relationship can be really tough. Here’s some stuff to help you through it:

[Guide to loneliness](https://lnkd.in/efNNnqBU)

[Relationship breakdowns](https://lnkd.in/eW9GBFe6)

[Campaign Against Living Miserably (CALM)](https://www.thecalmzone.net/cards4mates/?utm_source=linkedin&utm_medium=organic_social&utm_campaign=20230214_cards_4_mates_linkedin)

We know Valentine’s Day can be crap. So we’re binning off filtered pics of “this one” and ridiculous expectations, and making today a day to check in on yourself and your mates.  
  
We’ve made these cards so you can show your mates, colleagues or anyone that, yeah, they’re pretty great actually (in a strictly non-cheesy way, of course).  
  
So go on, send ‘em that one that made you think of them. Share it round the office. Print them out and stick them on the wall...  
  
Cause letting someone know you’d give up a nugget for them can actually be the thing that makes the biggest difference. And no flying baby with a bow and arrow in sight. Phew.

[Playlist for Life – Personal music for dementia](https://www.playlistforlife.org.uk/)

**Help a loved one living with dementia discover the unique soundtrack of their life**

A personalised playlist is a low-cost and unique tool which can bring joy and highlight the ‘me’ in de**me**ntia.  From managing symptoms of dementia to strengthening connections with family and carers, a playlist has so many benefits.

[Inside Our Autistic Minds](https://www.bbc.co.uk/iplayer/episodes/p0bbnh47/inside-our-autistic-minds)

Inside Our Autistic Minds review – this beautiful documentary will make you see the world differently. Chris Packham gives autistic people the chance to make a film about their life, and the results are deeply moving. It’s a charming, powerful watch that’s hugely intimate

[Midlife Support Webinar](https://teams.microsoft.com/registration/Z74kMMnMFUesbV5MJgp...)

If you are confused by what menopause and male midlife actually are, wanting to do the right thing but don’t know how to start, or worried about getting it wrong as a manager / leader; this webinar is for you. Equality Leaders are holding a "Midlife Support Webinar" on 23/3/2023.

[Henpicked next FREE Lunch & Learn Webinar: Talking To Your Manager About Menopause](https://henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=0765b13c9a&e=b246dc1610" \t "_blank)

7 March 2023, 12:15 - 12:45 pm

Struggling with menopause symptoms at work and not sure how to talk to your manager? In this session we'll explore what you can do. Henpicked’s Deborah Garlick will be joined by Sally Leech, Training Director at Henpicked: Menopause in the Workplace.   
  
Sally has been working for years supporting employers become menopause friendly. Her team ran over 1,000 training sessions during 2022, focusing on helping everyone feel confident talking about menopause and asking for support if they need it.

[Menopause passport introduced by NHS trust boosting wellbeing](https://www.bbc.co.uk/news/uk-england-birmingham-64553260)

Staff taking part in a "menopause passport" scheme say it has increased confidence and had an impact on emotional wellbeing.

[Welcome to The Latte Lounge Podcast, hosted by our founder Katie Taylor](https://www.lattelounge.co.uk/the-latte-lounge-podcast/)

Katie explores midlife with our expert guests, helping you to feel empowered and supported during perimenopause, menopause and beyond.

Join us as we talk balancing hormones, busting myths, breaking taboos, boosting libidos and bolstering confidence!

The latest episode is ‘Testosterone & Libido during perimenopause, menopause & midlife’ with Heather Hirsch MD

[The roar of the menopause (TEDx)](https://youtu.be/S_LZMzNm9hQ)

In this ground-breaking and timely talk, Katie Day draws on her personal experience to discuss the

issue of menopause in the workplace and the need for companies to be more sensitive to the health and well-being of their female employees.

[Action for Happiness Talk: Ecological Happiness – with Vandana Shiva](https://actionforhappiness.us3.list-manage.com/track/click?u=38ea3e7c0a12909b5f17eb1ed&id=22d3c14074&e=a0d0bb6dff)

8 March 2023 at 5pm – Online via Zoom

How can reconnecting with nature support our wellbeing and help create a happier world for all of us?

[Action for Happiness Talk (replay): Active Hope – with Dr Chris Johnstone](https://clicks.eventbrite.com/f/a/Jw9cYLm1L1IAMWCqIAqQnw~~/AAQxAQA~/RgRl2a-gP0QraHR0cHM6Ly93d3cueW91dHViZS5jb20vd2F0Y2g_dj1ZZTgxTi05RmQySVcDc3BjQgpj9iB8-GM92X-4UiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)

At this special event, resilience specialist and author Dr Chris Johnstone introduced 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. And here is the [community chat](https://clicks.eventbrite.com/f/a/iLJF4sgHIxyavpNgf7W2kw~~/AAQxAQA~/RgRl2a-gP0RqaHR0cHM6Ly9hY3Rpb25mb3JoYXBwaW5lc3Mub3JnL3NpdGVzL2RlZmF1bHQvZmlsZXMvMjAyMy0wMi9XZWJpbmFyJTIwY2hhdCUyMC0lMjBEciUyMENocmlzJTIwSm9obnN0b25lLnBkZlcDc3BjQgpj9iB8-GM92X-4UiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA) from the event.

**LEARN MORE**

* [Active Hope spiral](https://clicks.eventbrite.com/f/a/CH0z9CPFVRh5soWw-Fxixw~~/AAQxAQA~/RgRl2a-gP0RVaHR0cHM6Ly9hY3Rpb25mb3JoYXBwaW5lc3Mub3JnL3NpdGVzL2RlZmF1bHQvZmlsZXMvMjAyMy0wMi9hY3RpdmUlMjBob3BlJTIwc3BpcmFsLmpwZ1cDc3BjQgpj9iB8-GM92X-4UiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA) (with 7 sentence starters)
* [Active Hope course](https://clicks.eventbrite.com/f/a/h3bWDSEiO3KiTmLzRN0cOQ~~/AAQxAQA~/RgRl2a-gP0QcaHR0cHM6Ly9hY3RpdmVob3BlLnRyYWluaW5nL1cDc3BjQgpj9iB8-GM92X-4UiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)
* [Videos about Active Hope](https://clicks.eventbrite.com/f/a/cvMIP9j8cYoQ2mKr2f70nw~~/AAQxAQA~/RgRl2a-gP0QiaHR0cHM6Ly93d3cuYWN0aXZlaG9wZS5pbmZvL3ZpZGVvc1cDc3BjQgpj9iB8-GM92X-4UiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)
* [Online training for resilience and wellbeing](https://clicks.eventbrite.com/f/a/sbBTOWd17vbR6JCd4ViXAA~~/AAQxAQA~/RgRl2a-gP0QfaHR0cHM6Ly9jb2xsZWdlb2Z3ZWxsYmVpbmcuY29tL1cDc3BjQgpj9iB8-GM92X-4UiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)

Active Hope also has been nominated for an award – you can help by [voting here](https://clicks.eventbrite.com/f/a/iPVGAaqjJd4vZljWSlrVKA~~/AAQxAQA~/RgRl2a-gP0QpaHR0cHM6Ly93d3cub21taWVzLmNvbS93b3JsZC12aXNpb24tYm9va3NXA3NwY0IKY_YgfPhjPdl_uFIianVsaWUuYnV0dGVyd29ydGhAbWFuY2hlc3Rlci5hYy51a1gEAAAAAA~~).

[Happiful Magazine, Issue 71](http://click.happiful.com/ls/click?upn=WLUz15j72F7XQGWv7KCzCVD6s5M-2BbqzGSOOL3HdIdto54m9DqSlha9g1okcypS3MvEEtrgr2h8Vpi89BoUgP-2B8UCe8fDHPXhWkGMIjXncS4zDoOVy7F2e0BeW0l2ktwLmRnHJs3ktbW-2FBljRL4Yi4vbB21pN8-2FHx3pwCiGm4NDCBfNugmrdcjjqmwDxB0DZd6yTo_vlxKXGtrweqRuw1lY7lnSU6T1KpAWSsy1mv-2Bc2e4nMN0WKfIuLwMgF4ILeXxRufVDQb3qS4uNpTyOiqdYjUI-2Ba92Wav0-2B8kgKDxy5-2B5ljWeDcr6p6IjTNnqzeNHoMXajJmSxB4zb8ECrivcF7uZeHwTF7F58d4XCVJqUA9g4WB-2FLgYbAQZ0HO4-2Brn5fHOKXcFnYEUyXeCasBAv-2BvgkvKbsTAURHK0tUfLqtK7DDVxq6BXtG-2F2wWGEYiITo6jPb7gzbS1pyA4BjER5mBCgnrfmTbIfbTHnO1QkRQXliH7cefdxIX7R-2BjqRqGIx9iS9gdqXLa51MGUjXp3QNLncJCXc-2BwkycpuYRDSlwaQEvLV5TuiKlWs9jeQLCeZ1FdaBmJTsP0h82EcZEF6MUZOPncpQKSW7DLqbtkiG8e1lBZTmCVvuRj8E08rOnW47lnfJ56sue4J70oJ7VwQV02T6nXHjtLQxUNm683XJC9vrn5nqhtDswSio7w19bKumDPZ0n0tLrVQQqxv3p-2FL7QcMarV7dlu1caO9OucRXHDjcVTmdk-2BT72C9sFTdTy9b2RsEwxOkd8pHawxUIBzJettge4Qe2G-2FVpy3nyUUcRNH5uA1itgxw5OYyEYSqjgRx9R3NPMNuhSkqf59q3KPlVukTywQeIDPFZh6X3U0XLXhzMVRtdLv8I4p-2BFUcr7sktp97P3grgqcamNFJstX7-2F-2Firvurpxoky4xknG3RkrLhNTk512p-2FKVZiFxVlp8LXW-2FwYn0cY03dfyy516sRhJjlzx9Gd6L61dMljjq-2FPLVUBr1PTiVFBEJYtKkuQlqbedbr7xgemWveYvVXWiDcyZcrXTp7slUgoveRATzkir30RHXTCNi-2F-2FeRpcTte6IYGrZAnjw-2Bp47hnefv1brb9TNWbki4YtjKwJzfgp4sqyQ-2BVAfE8TBrnEqpOuAeCouyrf0yrqVikfj5sRxPCkgmb0UbafPgGEDaq-2BPuHmGfSzXaChgiOYv5qM0ZXxSJWRNY0aNbBMSwXSZ0Zz85pe7MLRmMxsWjA7ck4YlPZbYo2XZNrCGyhKgbk-2BTSuJq4uvI9qbExVeGAepNm)

In this issue, we look at how the pursuit of wellbeing connects us all. We assess the importance of queer spaces on p28 and highlight the need to bring Traveller mental health conversations into the mainstream on p57. On p16, we explore how the Victorian tradition of a ‘change of air’ could reset our minds and help us find a sense of peace. And, on p32, we meet an 85-year-old and a 31-year-old who moved in together as part of an innovative scheme that addresses some of the UK’s most pressing issues.

From the six pillars of work-life balance (p36) to mastering the ‘physiological sigh’ (p39), this issue is also overflowing with tips and ideas that you can take with you to make an immediate difference in your life.

**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:

* [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)
* [Looking After Yourself & Your Teams, Tue 14 Mar 2023 09:30](https://www.eventbrite.co.uk/e/looking-after-yourself-your-teams-gm-wellbeing-workshop-tickets-421281102117?aff=ebdsoporgprofile)
* [Reducing Health Inequalities for Queer, Trans and Intersex people of colour, Tue 14 Mar 2023 13:00](https://www.eventbrite.co.uk/e/reducing-health-inequalities-for-queer-trans-and-intersex-people-of-colour-tickets-523725455937?aff=ebdsoporgprofile)
* [How to Navigate Uncertainty, Thu 16 Mar 2023 12:30](https://www.eventbrite.co.uk/e/how-to-navigate-uncertainty-tickets-513840048417?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.

**GM Working Together Looking After Yourself and Your Teams Session Resources (16/02/2023)**

Please find below a link to a copy of the slides shared and some useful links to further resources:

* [GM Working Together Looking After Yourself and Your Teams February 2023 Slides](https://documents.manchester.ac.uk/display.aspx?DocID=65716)
* [Greater Manchester Wellbeing Toolkit and programme](https://www.gmhsc.org.uk/wellbeing-toolkit/)
* [Check in Check Out Guide](https://www.gmhsc.org.uk/wp-content/uploads/2021/03/Check-in-Check-out-Guide.pdf)
* [Personal resilience report iResilience](https://www.robertsoncooper.com/iresilience/)
* [Five ways to wellbeing - Mind](https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/)
* [Suicide Awareness Training](https://shiningalightonsuicide.org.uk/learn-to-save-a-life/)
* [Mental Health Toolkit for Employers](https://gmgoodemploymentcharter.co.uk/blogs/posts/2022/may/mental-health-toolkit/)

[Are you ready to roll towards the Bike Month Challenge](https://www.lovetoride.net/gm/pages/info?utm_medium=email&utm_source=intercom&utm_campaign=spring_23&utm_content=launch_all_registered&utm_term=gm)

Want to know even more about setting goals for spring and the Bike Month Challenge?

**RSPB Notes on Nature**

[Your ultimate guide to nest boxes](https://view.email.rspb.org.uk/?qs=ac2adb63cfa23d5c5731215647024bdab17478db52842108cc1b462917a17cb0697688490b16d733713e449877b628647de523ed7568fc6680eb30a55c07668c2cdb6d897d2c7d31088fe636a4409b5e6df93803dc450f35)

[It’s here! Watch the Wild Isles trailer](https://view.email.rspb.org.uk/?qs=b811fea5bf320c159bccd8558651008c88e007221928a464caa7a91f3c8b3234f16f961b1a45c710f839c8922a59051b5597c2096b43b767f1603f85337ac8521ed9d7f00d7b28c6b856bff5c85be440dfc67da487b5ef14)

[Eliminate litter. End waste. Improve places – Keep Britain Tidy](https://youtu.be/PmbOizXQtSY)

Help spread the ‘Keep it, Bin it’ message by sharing our video, using the hashtag #KeepItBinIt.

[CombatStress – Sign Up To March In March](https://events.combatstress.org.uk/event/marchinmarch)

Walk or run 10 miles during March to raise funds for our life-changing mental health treatment for veterans. It’s easy to take part – simply register for free online, decide when and where you’re going to walk in your local area and get started!

[Sow the City February 2023 Newsletter](https://mailchi.mp/5f2a2f1fa961/sow-the-city-december-2020-newsletter-6220881)

We want to build a healthier, greener city. Somewhere that’s full of beans. The kind of city you want to live in. In our quarterly newsletter, you can find out all about our ongoing and upcoming projects across Greater Manchester.

[Thousands of tickets made available for Ukrainian refugees to attend Eurovision (Granada TV)](https://www.itv.com/news/granada/2023-02-24/ukrainians-who-fled-war-to-uk-allocated-thousands-of-eurovision-tickets)

The Government has agreed that around 3,000 tickets will be made available for those Ukrainians who fled the country and are now living in the UK to attend the Eurovision Song Contest in Liverpool. Tickets will be offered for all nine live shows, including the semi-finals, the preview shows and the live final on Saturday 13 May. Although Ukraine won the competition in 2022 it is unable to host because of the Russian invasion.

[21 fascinating photos of Manchester's Oxford Road through the decades show lost shops and pubs](https://www.manchestereveningnews.co.uk/news/nostalgia/gallery/21-fascinating-photos-manchesters-oxford-26141724?utm_source=app)

The MEN has unearthed the below photos that show the various buildings that once stood along Oxford Road from 1952 to 1989. Some of the images capture people and the fashions at the time, plus vintage cars and buses.

[New street art unveiled in Levenshulme](https://www.manchester.gov.uk/news/article/9221/new_street_art_unveiled_in_levenshulme?utm_source=LinkedIn&utm_medium=social&utm_campaign=Orlo)

A new piece of street art, that will form part of a wider art project in the area, was unveiled in Levenshulme last week. The stunning painting is of a vibrant kingfisher, which will form part of the wider Levenshulme Street Art Trail, a project by Manchester City Council and partners, that is due to be completed later this year.

[Grimmfest at the Mini Cini in 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!

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.

Other relevant newsletters:

[EDI Staff Network Digest, February 2023](https://documents.manchester.ac.uk/display.aspx?DocID=65702)

[Climate Network Newsletter, 20 February 2023](https://documents.manchester.ac.uk/display.aspx?DocID=65740)

[Social Responsibility Newsletter February 2023](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=Mi6DU1MzE4MlMzMTQxOjJBOEY1RDcwQjkzNzI1NUY3MzNGNTU4MjQ0MjUwMjMz-&CC=&p=0)

[The Business Confucius Institute, 24 February 2023](https://s6.newzapp.co.uk/t/view/1589432649/123025152)