**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Green Impact News, 31 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.

**April celebrates:** [Bowel Cancer Awareness](https://www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month/?gclid=Cj0KCQiAutyfBhCMARIsAMgcRJS-Uelw1dpz0x0t37QYB0C4YyS8BRfXzWvGZ9shDuRBbj6TslcliagaAi_0EALw_wcB), [Testicular Cancer Awareness](https://www.testicularcancerawarenessfoundation.org/tc-awareness-month)

2 April [World Autism Day](https://www.autismspeaks.org/world-autism-awareness-day)

5 April [Tax Year End Day](https://blog.moneyfarm.com/en/financial-planning/uk-tax-year-dates-2022/#:~:text=5th%20October%202022%3A%20The%20deadline,the%202022%2F2023%20tax%20year.) (financial wellbeing)

7 April [World Health Day](https://www.who.int/campaigns/world-health-day)

17 April [World Haemophilia Day](https://wfh.org/world-hemophilia-day/)

24-30 April [MS Awareness Week](https://www.mssociety.org.uk/get-involved/ms-awareness-week)

**April Wellbeing Calendars**

Action for Happiness – Active April

[Virgin Pulse](https://community.virginpulse.com/hubfs/_2023-Content-INT/April_Wellbeing%20Calendar_INT_UK.pdf?hsLang=en-gb)

Here’s your April 2023: Workplace Wellbeing Calendar. Use your jam-packed April wellbeing calendar to encourage open conversations, build new routines, and kick-start healthy competitions, this spring. Healthy body = healthy mind. Fuel yourself with our health and wellbeing tips! Keep an eye out for some nutrition advice too.

[Ramadan Guidance](https://www.staffnet.manchester.ac.uk/news/display/?id=29459)

[22 March Ramadan begins (ends 21st April)](https://www.muslimaid.org/what-we-do/religious-dues/when-is-ramadan/) / [Start of Ramadan](https://www.staffnet.manchester.ac.uk/news/display/?id=28036)

The EDI team have published guidance on StaffNet – please share across your networks.

Our interactive map and the Student Islamic Society have also updated details of prayer spaces:

<https://www.manchester.ac.uk/discover/maps/interactive-map/>

Any questions please don't hesitate to ask or email us at [equalityanddiversity@manchester.ac.uk](mailto:equalityanddiversity@manchester.ac.uk).

**Walk Leader Training for Lunchtime Walks**

If you are interested in training to be a walk leader for the lunchtime walks email [mcrstrollers@manchester.ac.uk](mailto:mcrstrollers@manchester.ac.uk) as we need more volunteers!

**Join the UoM Disabled Staff Network (DSN) Group**

Are you looking for mutual support or guidance?

Would you like to learn more about disability support and inclusion?

Are you interested in being a voice for equality?

Would you like to raise awareness or attend social events?

The DSN is open to all members of staff (including PGR students) at the University of Manchester who consider themselves to have an impairment, or long-term health/medical condition.

ListServ - sign up to our emails - <https://bit.ly/DSNListserv>

Teams - communicate directly with other members - <https://bit.ly/DSNTeams>

Yammer - our social network channel - <https://bit.ly/DSNYammer>

We meet every quarter to discuss the issues affecting our community.

Looking forward to hearing from you!

Rachel Heyes, Laura Howard & Steven Pierce - Co-Chairs of the DSN

Supported by the EDI Team ([equalityanddiversity@manchester.ac.uk](mailto:equalityanddiversity@manchester.ac.uk))

[Psychology and health professor Cary Cooper gave his 7 tips for work happiness](https://www.dailymail.co.uk/health/article-11880645/Im-psychologist-7-tips-happy-work.html)

I'm a psychologist – these are my 7 tips for being happy at work. These include being active, learning new skills and connecting with people.

**World Sleep Day – 17 March 2023**

[Unmind EMEA Presents How to sleep well: Simple science to optimise your sleep](https://www.youtube.com/watch?v=vUdcfOCBqMI)

You can grab the slides that were used for the Space, including Nerina’s 5 non-negotiables, [here](https://unmind.us14.list-manage.com/track/click?u=53e24ebaf367fd937a292d87f&id=f42ce17459&e=529a06446d).

[How to Unlock your True Potential – Starting with Sleep](https://audioboom.com/posts/7590810-083-how-to-unlock-your-true-potential-starting-with-sleep)

Host Patricia Keating of Tech Manchester Tech recorded guest Aidan Kearney, founder [Malleable Mind](https://malleablemind.co.uk/), on the importance of sleep.

[My Whole Self Day 2023 - free Manager's Toolkit](https://mhfaengland.org/my-whole-self/resources/my-whole-self-managers-toolkit-final)

The resources included in the toolkit can help equip managers with the knowledge and confidence needed to support the mental health of teams – and boost productivity. Help your managers empower their teams, so everyone is able to bring their whole self to work, every day.

[Tackle The Taboo: Mention Menopause](https://www.youtube.com/watch?v=8UB67L3D1io)

For International Women's Day [Simone Roche MBE](https://www.linkedin.com/in/ACoAAAM5768BIlQm7b27Vuf4D5eDtF94BPI_PhY) Roche MBE hosted an insightful and frank conversation with four women who have all faced menopause at different stages and in different degrees in their lives. We welcome [Nina K.](https://www.linkedin.com/in/ACoAADN9GrUB-lPYKxXO6Mfp7r9A28U7Mi1G99A) [Adele MacKinlay](https://www.linkedin.com/in/ACoAAAhWb8MBKSMmTEr5FR8JzzQDqjMrO-CtyPs) [Lindsay Garvey-Jones (she/her) 🇺🇦](https://www.linkedin.com/in/ACoAAALSlhYBrA5_heNMOAmkzGbFhWPOQ2gSsTo) and [Alison Rawling](https://www.linkedin.com/in/ACoAAA6mqzcB5BUZdlx9y20SQKl57Fvt0r-sL6I) to join the panel to discuss:

* The importance of creating safe places for ANYONE to talk about menopause
* The racial and ethnic disparity in those who experience menopause
* Why the lack of support is pushing women out of work
* How we can support each other on an individual level

[Henpicked Lunch & Learn Webinar: Menopause and migraines](https://us02web.zoom.us/webinar/register/WN_rvLlNJn_Q-2xqj1VcPv7Yg)

12 April 2023 12:15-12:45

Hormone changes that happen during the menopause transition can mean that all types of headaches, including migraines, become more common. In this session we’ll discuss what everyone needs to know about and what you can do. Henpicked’s Deborah Garlick and Dr Abbie Laing of My Menopause Centre, rated ‘outstanding’ by the Care Quality Commission, will be discussing this at our next Lunch & Learn.

[Henpicked Lunch & Learn Webinar (replay): Talking To Your Manager About Menopause](https://henpicked.net/menopause-hub/wp-content/uploads/2023/02/menopause-nutrition-Antonia-de-Gier-Henpicked.mp4)

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. This conversation was recorded at a live webinar on 7th March.

[World Happiness Report 2023](https://actionforhappiness.us3.list-manage.com/track/click?u=38ea3e7c0a12909b5f17eb1ed&id=2420296f16&e=a0d0bb6dff)  
  
Today sees the launch of the World Happiness Report 2023. At a time when our world is facing major challenges one of the inspiring findings is that levels of kindness are on the rise.

[International Day of Happiness – 20 March 2023](https://actionforhappiness.us3.list-manage.com/track/click?u=38ea3e7c0a12909b5f17eb1ed&id=206288f441&e=a0d0bb6dff)

Mindful • Grateful • Kind

Today we're sharing three simple steps people can use anytime and anywhere to boost wellbeing and build compassion. Watch the video to give it a try now.

[Action for Happiness Talk: Transform Your Health – with Dr Ayan Panja](https://www.eventbrite.co.uk/e/transform-your-health-with-dr-ayan-panja-tickets-538932019177?aff=ebdsoporgprofile)

Thursday 6 Apr 2023, 19:00 - 20:00

At this special event Dr Ayan Panja will share his novel approach to future-proofing your health, developed over his many years of clinical experience helping patients in the NHS. He'll summarise the key factors which affect our day-to-day health the most. And he'll encourage you to discover your own individual "health story" and find the right interventions for you.

[Action for Happiness Talk (replay): Gratitude and Nature – with Louie Schwartzberg](https://youtu.be/kxMnVN_N0Tc)

How can gratitude help you live a more connected and meaningful life? Many of us feel a sense of disconnection in our lives – from ourselves, our planet and each other. But what if there's a simple shift that can heal these connections and bring a deeper sense of happiness and meaning? This conversation with Dr Mark Williamson was recorded at a live Action for Happiness 22nd of March 2023.

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

How can reconnecting with nature support our wellbeing and help create a happier world for all of us? When we pretend we're separate from the earth, this causes enormous human unhappiness and damage to our planet. We are all part of nature. This conversation with Dr Mark Williamson was recorded at a live Action for Happiness event for International Women's Day on the 8th March 2023.

[Happiful Magazine, Issue 72](https://read.happiful.com/98ad5c04-20a5-4584-bb99-f21f36ec544a/read?utm_source=newsletter&utm_medium=email&utm_campaign=2023_week_11)

When bringing together this issue, our sixth-anniversary edition, naturally it felt like a time to celebrate, to reflect on how far we’ve come. But in doing so, I realised how little we do that very thing in real life. How the passage of time sweeps us along, and we’re so focused on that next step that we don’t really appreciate all the ones we took to get there in the first place.

Climbing those mountains, every step was an uphill battle. We struggle and succeed uniquely, and above all, we’ll all get there in our own time. You’ll get there in your own time.

If you take one thing away from this issue, know that you deserve to feel proud of every little win. That, much like the Japanese tradition of hanami teaches us, we need to relish the moment and celebrate our victories – we do ourselves a disservice to continue allowing time to pass us by without recognising them.

**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:

* [Psychology of Burnout, Tue 4 Apr 2023 09:30 - 10:30](https://www.eventbrite.co.uk/e/psychology-of-burnout-tickets-566690114387?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.

[Guided Workplace Meditations](https://www.breathworks-mindfulness.org.uk/guidedworkplacemeditations)

Guided practices to help you bring mindfulness into life and work.

[What is box breathing?](https://www.medicalnewstoday.com/articles/321805)

Box breathing is a powerful but simple relaxation technique that aims to return breathing to its normal rhythm after a stressful experience. It may help clear the mind, relax the body, and improve focus.

[The Stand Up To Cancer Walkies Challenge](https://www.standuptocancer.org.uk/fundraise/walkies-challenge)

Take on this paw-some opportunity to Stand Up To Cancer with your four-legged friend this April. We recommend a total of 60 miles of dog walking across the month, but please read the guidance before setting a distance.

Cancer can affect anyone’s life, at any time. So, we only have one option: to accelerate life-saving research. That’s why we need you to help raise the cash our incredible scientists need. Every penny will help speed up research that will get new tests and treatments to people who need them the most.

[UoM Sport announces partnership with JogOn](https://www.sport.manchester.ac.uk/2023/03/22/uom-sport-announce-partnership-with-jogon/)

UoM Sport have joined forces with Jogon to offer trainer recycling points on campus – they take trainers in any condition (if they can be reused they will be and if not they with be broken down and constituents parts recycled and reused).

**RSPB Notes on Nature**

[Enjoy a taste of our precious wild isles](https://view.email.rspb.org.uk/?qs=3c6a39a5a6b5e6bcdb852ade0ec0711e06ee6187e5f81a468df789eff0db55df162c9a3b156493619810cd4d5632257abd863188b82678b77fed80343a0bbb14e1547d60cd575bee925113e888d712e654df8c2f0837a725)

[Have you seen a feathery bandit yet?](https://view.email.rspb.org.uk/?qs=c928488a6a18e6e7d357fbbaa4e08a4d1b6cf269ddee8806accb3747552bbf8e5de9cca9f8a90baec6a23b9e9b9b9ec4f7b368ae38d37d053e8eebb23a6c40f694a6c17367d08ae8ef6ecaa190aaef30638da2ca6ffae2ee)

[Manchester Jazz Festival, 19-28 May 2023](https://lnkd.in/efQaxfA)

Manchester’s longest running music festival is back in May with a stellar line up.

Other relevant newsletters:

[Manchester Strollers Update – 6 March 2023](https://documents.manchester.ac.uk/display.aspx?DocID=66830)

[Climate Network Newsletter – 20 March 2023](https://documents.manchester.ac.uk/display.aspx?DocID=67038)

[Creative Manchester – March 2023 Newsletter](https://emarketing.manchester.ac.uk/uomsalclz/lz.aspx?p1=M2yDU5MTg4UzQ3MzM6RThCQThBODlEMjk1MzVBNUU2NDA0RkM3NTAzRDUwMEQ%3d-&CC=&p=0)

[Stroke Matters – Spring 2023 Newsletter](https://www.stroke.org.uk/home/stroke-matters-newsletter?utm_source=Stroke%20Association&utm_medium=email&utm_campaign=13821240_ADM22NLB%20-%20Supporter%20Experience%20-%20March%20Newsletter%202023%20-%20Regional&utm_content=Stroke%20Matters%20Newsletter&dm_i=1VKK,888JC,6II9HN,XRQKE,1)