**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 14 April 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)

[Action for Happiness Wellbeing Calendar – Active April](https://actionforhappiness.org/sites/default/files/Apr%202023.jpg)

Let's find ways to get moving and stay active and healthy.

[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.

**DSN Meeting Dates – Spring 2023**

We invite all members of the DSN to join us to discuss your experience of working at the University of Manchester.

There are two options for you to select from (you only need to attend one as we will cover the same points):

* **Wednesday 19th April 12-1pm Face-to-Face University Place 2.217**
* **Thursday 20th April 12-1pm Online (Zoom)**[**Registration**](https://zoom.us/meeting/register/tJErdeivqTkuG9ER5d4TjSeKH6h4_Tm-yxCK)

If you have any access requirements, or there is a particular topic that you would like us to cover, please email DSNetwork@manchester.ac.uk

We look forward to meeting you all.

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

[Online Deaf Awareness (for Humanities staff only) – limited spaces, available to book now](https://www.eventbrite.co.uk/e/online-deaf-awareness-for-university-of-manchester-humanities-staff-only-tickets-577213680657)

On Wednesday 3 May and Friday 5 May between 10.00 am and 12.00 noon

2-hour online session delivered by Manchester Deaf Centre by one of their experienced, profoundly Deaf tutors - brought to you by the Faculty of Humanities Social & Wellbeing Advisory Group (FoHSWAG) as part of [Deaf Awareness Week, 2-8 May 2023](https://www.ndcs.org.uk/deaf-awareness-week/)

Delivered online via Zoom - details to be confirmed in Outlook calendar invite).

[Join our Wellbeing Choir](https://www.staffnet.manchester.ac.uk/news/display/?id=29636)

The next 12 weeks of sessions start on Wednesday 12 April.

[Be Active Summer Schedule Now Available](https://www.staffnet.manchester.ac.uk/news/display/?id=29632)

The summer schedule will then commence on 17 April. With over 50+ classes a week there is something for everyone including relaxation, de-stress calming activities or de-stress full on fitness sessions.

[There's still time to join the Purple Wave!](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=29557)

Join our community of colleagues, students and alumni taking part in this year's Great Manchester 10k run or half marathon on Sunday 21 May 2023.

[Workplace Wellbeing Professional](https://www.workplacewellbeing.pro/)

Workplace Wellbeing Professional is a new magazine website which features news and analysis on a broad range of employee wellbeing topics, focused on a UK based audience.

[CMI 'Neurodiversity in the workplace: Embracing the strengths of individuals' digital event](https://www.youtube.com/watch?v=M1BIBpaYxmY)

Just in case you missed it, you can watch this recording at your leisure.

For further information on the topics we discussed in this digital event, here’s a few extra resources you can take a look at.

[Managing Neurodiversity in the Workplace](https://managers-uk.org/SYT-87QUQ-5TU453-52O1J3-1/c.aspx)

[Embracing Neurodiversity in the Workplace](https://managers-uk.org/SYT-87QUQ-5TU453-52O1J4-1/c.aspx)

[GM Walking Festival 2023](https://gmwalking.co.uk/gm-walking-festival-2023/)

Join the GM Walking Festival from our friends at GM Moving – encouraging everyone to move more.

[British Safety Council – Being Well Together](https://www.beingwelltogether.org/media/9850/bwt201_bwt-managing-work-related-stress-a5-employer-guide-sam-v3.pdf)

To support you in promoting **Stress Awareness Month** within your organisation, we are pleased to share with you a useful introductory guide for employers on Managing Stress within the Workplace. We hope this resource will give you the opportunity to open up conversations about stress at work and help you to support employees who are experiencing stress.

**Stress Awareness Month Resources From Everymind At Work**

 WEEK 1 ⚠️:  [Identifying Your Personal Signs for Burnout](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/VWBCwq4MtdQVW2Q66JG6qbdDYW6cqVBw4YWWKRMSn_pQ3lScZV1-WJV7CgS-lW4xlld545_3pfW6vyyb-4rQF6qW31Hqws6cy0jXW6NZG8G3fhxfjW7DDCQ28XWDmtW8NWjql3RJgvHW5YCL418FkRQxW8ZgmNl1fNGPYW6Jk_wY1PLxQzW8R2dtn70C_ygW57lk_W1MWZb4N6NzvmKCbH_FW1VW6LH4n8pDWW4b2xV-3x34RZW85cj_l4Wy2k0W6B3t2q8YSJwJW4HdCYp3ZdS_dMJmsFXGq8qTN2qRytrgthdlW8g4qYm8KN8znW5SZXGy6jJLJnW87jnpV6c6hTzW3sGdxc2qNFDmW95X6yq2j4XXnVhf0wz1hFrxrW8XksJC8c_qTvVq9Dh71wXqg6W2R4m-R93T-JPW1ShnjR15kKw2W7t0NyB7g0KgG32n-1)

 WEEK 2 💡: [30 Ideas to Help You Recover from Stress](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/VWBCwq4MtdQVW2Q66JG6qbdDYW6cqVBw4YWWKRMSn_pQ3lScZV1-WJV7CgM0PN4Dt5q8fn3mDW8_pjKW7yZKgJN4HXVcPG7HcBW5Gh1mV8JX5fxW8wKdYB5zx2TPW5SX1Rl4G-w7NN8Ck-6hH7FckW4KHprQ8TmTwKW3Hy5Bv4ly2q_W4R-fBp4nPcLGVFgGZ96l7JpVW5mzVc31yCJc-W2hVZDh1rwD6_W94hSCT1V6HycW1Wz6lR2DXpcsN6_tkGKssn03W6JBkNc4M8StPVRZ8l51bh3ySW27xrDM6_CQNrVlvpZB2v9tfXW6jKGM41tSRplW723Z8-38kq7FN4S3N-Lc-yT9W16BpXf2BLqB6W20pL5B1BwsjtN87FkKPbJNrKVzHQCT3PV1WHW4sHl9Q1ZQSHvW4Nt8Rr4Sy7K6N8YWdwFrNWml3d8C1)

 WEEK 3 🔋: [Recharging to Boost Resilience Guide for Employees](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/VWBCwq4MtdQVW2Q66JG6qbdDYW6cqVBw4YWWKRMSn_pQ3lScZV1-WJV7CgN8-W8NS9mp2y2dblVSPR0b113jS6W1KnBXG5md_n7W63Jn8_17gv4DTGzT36Dr-qrW43LZlc52qk7GN1m5LHP8WNN6W4-cb584f9_Z2W1cWpbn8fdGgKVCzzST3RmWYbW148chS5jXZW4VgXfjS52Fb73W2MxM4z5rrJq7W86k-zr1YC-j4W2cz8fT1nbHhBN9jjVztgK81tW4nVl4g4zzHxGN4B4Pq0BXTXRW6Pvb1f7DDzF1W2dX0dy4q-w3wW3G1mSj6LymptW1chKYJ8BHhSTW7-GJHQ8JJG3YW404ycJ4XX4wWW2xfN-47-YVw7W1NGP-234pr-bW26V4Cc1nhwHqW6q1sj57fpK0tW4YhVlQ8L_XxWVC4nCJ3_Dq4s3dkV1)

 WEEK 4  💬:  [Create Conversations using this Ask Twice poster](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/VWBCwq4MtdQVW2Q66JG6qbdDYW6cqVBw4YWWKRMSn_pw3lScGV1-WJV7CgGdZW8fWrfw4FBHFxW1lrfdp15sVQzW9429RK1GcMB1VxCf9n3m8w5pW401F4f933HJ7W8WzMzf5cFL8yMSVwNZhtyqhVsbRB_990-VDW51TH_j86hDbLW4blzKw3-QT2GW6P69Ky3-3PkPW8nJpxD6bJqlnW67c2mw7P_hzBW4TSJMv32r0w0W6c95c-1QVw71W4MH_0p595pM8W5XhVFq4w4WjQW70nDSD7dkxq5W3tLgqY1BFNlgV7NwKx5H-rk5W1P9kDX8RJfJnW1pw4Lr92FsyZW1Rkzkd3ZLSyhW8Hwr0R4YbRdhW17hgvg4ZC55CW592by543rxh5VG23gN5wtVpYN6fdGWQ8H0vX37461)

[Everymind At Work Webinar (replay):
How HR Can Assess & Manage Mental Health Risks in the Workplace](https://d2mjrm04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/MXftDHvMmjzW2wDSm65Ylk1SW7xsyK94Z1C3-N20xttZ5nKvpV3Zsc37CgHmMW8bq3Bk2PzSCSW1vxJS52cKLJHW5WRlr27nV9rCW4cF9Wq1bYbpvW3MljXL398y3zVfqskh6CwSfZW1z1rgv8kypJ9W1crYVg8Qw5-vW2DPjzW3GrfH7VkzmPz5P8fBbW86G7Tz726MMcN38M-_6sj1VyW320SCD5-8YcFW2CF1GN1dwpKfW6c0F583TY6VmN5HcBTTwxP06N6CDnsDCMKthW2BfDKF3NzyZBV5WfSj8hRwZxW667KLm75yPLlW6ytCwd1j99RdW5F6ggs6-zlQSW2WVPys1qFvgLW3kDjyy6H5Hp_W1L9sl897LSVGW5G8hXZ29_25yW8prLL892wVlhW21svtN64Kq07W1YjsxD4T6BtFW8Xsf2Q7DspY8W7cwkZt3x9ZhZW20-TVx32HVnKW2RVx5p7hjv41V-LV3y7V38Mj2VJ1)

This session on 05/04/2023 will be packed full of practical advice as Paul McGregor is joined by Darren Ryan who's a leading expert when it comes to safeguarding and managing risk. Plus, we'll also be sharing an incredibly useful [safeguarding template](https://everymindatwork.com/wp-content/uploads/2023/04/Everymind-at-Work-Safeguarding-Framework-Guide.pdf?utm_campaign=2023%20Demand%20Gen%20Webinars&utm_medium=email&_hsmi=253318957&_hsenc=p2ANqtz-_RMPJVWIAM4jOrypRiMy3kl6ocSUv849ekgabtbEYm4GcZ9CkfHYCG9v2nAKSPbNCR9lg2vZHqj-GEcBXS4z9T63DaoEY9tuf3YkhyEPoBcs56tk8&utm_content=253318957&utm_source=hs_automation) after the session. You can access the webinar slides [just here](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/MXftDHvMmjzW2wDSm65Ylk1SW7xsyK94Z1C3-N20xttZ5nKvpV3Zsc37CgTC6W1np_ZH4n6xfXW8YsMDF91PcrzW8m5dxT5l6nckW7zvHyd7sQHR3W7zykvV94HsWmW6M0DpW4T1Jy2W1NKzxC1fK_FrN3hCymPjdMxzW3jCPkv4ywJHlW4n8jB96lDW2MW8Gxj8C1hxyHlW98wwtr5mWpnvW6DvRwN3n42WwW2xWKB56N5JC1W3CvKgg1WTzTmN13g87mJLyNCW1VLQKn5rKphpW8pRMkt4bzhbnW1xzyk973-Zj5W5tfvVj2-6-GqVDBghx9l4BPsN3kycBf1_jsFVv9D_M75wTdQW81rKZV8-52S1Mx8gcht-YN1W2KtW6Z5mhF6SW32HhV-4mfBgSW1CT8kk3DqCWdVPghSg8PqjVqW2p3N4D98yN0BW148L431kBWL-W5Qzc1m92GHN0W4V-9234ZQT3NVJf51p6v9prD37hX1).

[Everymind At Work: World Autism Day](https://d2mjrm04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/VWBCwq4MtdQVW2Q66JG6qbdDYW6cqVBw4YWWKRMSn_pc3lScmV1-WJV7CgCLSW3pD3596w3RKhW8cSBcF6R7MD5W7SB_P_1jWcLLW3lr7L496-M8CW3lVkY28_WPdPW8cxHq9153GyXW861vlx5w57vYW7N1yPB5D2kKkW35lrj26K5bX-W3MNC-97sgQNJW6R5XYh2ycr6GW5WR9Jv2bycFCW5h8g-64b83d0MgbKl6_3CNsV6jyZj6b3hn0N2Yq1vXSJyPtW8hTV0B1Rbt4kV_Ml3g7nmy7TW3cnwZp7dWRpMV5tVPX6GbF3rN1bS8DF36tKmW4SPrYh4Wb20rW7z5-3J7QQvmyW30nvjk1hKn6JV3j84887jc9sW66T4v_68YhDq3cs61)

World Autism Day took place on **2nd April** and if you're wondering how you can support neurodiversity in the workplace, then we wholeheartedly recommend this blog to help you be truly neuro-inclusive**.**

[Henpicked Lunch & Learn Webinar (replay): Menopause and migraines](https://henpicked.net/menopause-migraines/)

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, discussed this at our Lunch & Learn on 12 April 2023.

[Action for Happiness Talk (replay): Transform Your Health – with Dr Ayan Panja](https://clicks.eventbrite.com/f/a/oCEQhyXlIhJFEHdky6dNsQ~~/AAQxAQA~/RgRmEPelP0QraHR0cHM6Ly93d3cueW91dHViZS5jb20vd2F0Y2g_dj1zbG82VmkxU0k5RVcDc3BjQgpkLiXEL2TWF9VDUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA)

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. This conversation with Dr Ayan Panja was recorded at a live Action for Happiness on 6 April 2023.

**Happiful Weekly**

* [Highly sensitive people, burnout, and career coaching](https://happiful.com/beatrice-zornek-design-your-life-career-highly-sensitive-person?utm_source=newsletter&utm_medium=email&utm_campaign=2023_week_14)
* [What is micro-self care and how can it benefit you?](http://click.happiful.com/ls/click?upn=WLUz15j72F7XQGWv7KCzCa-2F4Dj4RKBcGobtV-2BgGqiu4K7zI-2BMDXIEsh007k9cd-2Big-2BbDpNFJQAvC0amoiFF-2Biy9EKfMcsD6FPWrMIxj1-2F4PGr9g6sLtXuLzLagU89LHyw8eSjWnjLUlPmVmj-2FKP82JCWD6n3LcUXScHTNgyVVe-2BL1zoCCnmlg9ZDyn-2B8hEebJ-2FDOvV-2BtxDFEpivSZJc1BA-3D-3DmWcW_vlxKXGtrweqRuw1lY7lnSU6T1KpAWSsy1mv-2Bc2e4nMN0WKfIuLwMgF4ILeXxRufVDQb3qS4uNpTyOiqdYjUI-2BcqeB6SW7e140V7jLwSyY2bQgcQdoza94xgOoGhFPRoH-2BKKEG51UZfyajczp1jv58amU6zAN3xLtwSMb1R-2FxFYBTqJl-2BYKIwy-2Fvb2DiEamNRIqQHVAkdZ-2BcGXEXZd74qcldLcaPm9J6nqAwTcaK2IBt6k0kzyjzG3LhuBaqVp-2F7QT4SDN6Ek18-2F-2B1BnUCmFjqnrMBqTtvNlhnhBG-2B65uxq6er8ef1mSlUBB82u5Z-2FKNiYW2PPCZ4btAxuleFUN1UjTSwx90OasVOLJPK4Z7oVNI-2FsUScA3FwWC6fNYLL1X1WvRnQyvq4cD4VS3NE5S9ClUkZe9GuhElu0tIzilNcj52AMNiUIK3B0S-2BzzQP-2F6FwqhmiPa3oYVukCCDsCuZAjrJe7GAU0hDlWkascYj8LpzX-2FR-2BgO1FW9G1yFhSECPygoA6YGF4M-2BXyLaJwccmtdYrE5htNjgahmBLyj5Fs4AmebP55xlDnO0TqpgWtICOS5PvLg7RJsDXlP767tShdJ-2BGf5-2BkRaskwIhFRhl-2FMe-2FDlkUYz-2FwJaNyy81kaR2l8zanQGlS-2FCDCZWfknPTh17kYU0k1aHauzfDEizlrFxVSFOYWTfoFwOF7TNrGqpsMEvBj-2FGjxWYwQev-2Ft1s3BUIrCWUW17ZYqRPWwjZ9OwQRJxHkTkS2Bp-2B0qz3j3ZFaRdVZuDApJ8dCd2R5LxxGuPNH5E-2FAMCagAuI7iO7vanD5dYF1v0u0hcGu4P76uAvsQlHZWEhGgS0QbU-2FaUpniQ9LVqEw9pb9rplD-2BGs8uIosEt4GQCmvdhpDkNbxAt2WUNNjntg3A1HUs-2FWxkaihHkJcghJtnD-2BhrenSae-2FozZc1X94lGi9-2BLfrPhq7Xeq2OV7jk1vBRq8P0Id-2BZ6PW4MYECb27QXJV1746u9TVxlyqYiDuOoXdc-2FoR61zKJsWj-2B6nty8zmkVIkiEP2RPMg0lQ0T-2BLbaMd-2BgbJSYvSQJcKYfAo60uKsZoAkb0Zkga1QRQPh4Ep)
* [Motivation Boost | Be Influenced | Talking Tinnitus | Manage Jealousy](https://cdn.mc-weblink.sg-mktg.com/weblink/MTY4MDI1Njg5OHw2ZU1CaHBoR0ZXdk1XV1Nqdi1GbFdnaDgycnVlTUNjNU5uVTNmMUhvRi1ka2FMc2ZjQ3JaQlNBY3QxZDFQVEhqOEZZMmhpaVlOUlRoMEVSUkpVa2t2R1ljTzJLRDVGMTZWQ0NFT1BvRzVSdGZnWkRfZmREMlR0cV9WWFlCU3N0OFJCRVJvU1hNbEdlYWlYMW4ybzFFZkNTd1h5Z2NsMFI5b3UzM1FCUm5mMnVnMEN2ampKRXZHcjdab2dDMnp6MnJrN2VJbDRiLUpkOURCejNWSlN3Z19pNE56RUc3dnRoY2lHblg2eWNDY0c2SlNOMUxYZDI2XzZSUmdLZGRwOHNVTXR4d1hNQTVocXdEVlpHRXp3ZmNYb2dudlpBVjE4bklDVjZueG90by1ja0hvdHR5dURvVUJKMFBVdDAzMjJwRFdHaWRCR3FEWmtyM3ydkJGtnoEwNNvC95Dx19ZelGxqA0JrRtCLXc5Ym3dD_w%3D%3D)
* [It’s time to try something new, and our latest issue is here to help you do it](https://cdn.mc-weblink.sg-mktg.com/weblink/MTY4MDUxNjAzOXxtc3NKZGQ4NEphMjZOdl9sZUc0UjZld2pmYWY5VmxBZUlFVVFRNFhYS3R2cG5mTENxVWxYT2lRSFRZWGs4UHF0OFJudUtnQ3VDazFoclU1OWNsTWVGR3VSVjNwSEoyQWtJUFhTV1JhRWo2aUUzM1RxVnRsQ0U0SVhPUXdFRUVqWl9WS1EyZS1BMEdFdGNRSzFUcjBsd3BsU2o4dkdyektfbldrSVEwcThxZ3pCbTdWUVFsWE1kUmZfM21lbVU5ODFFVE05RnJETFI0a1hVV2RyR0VPR1I2U3hJZnB2S3NCaHk3dUxxWTdLLWE2V21QXzNkOVFZQWZoWGVYMmhPaEgxVlB4S21oN2ZqUWtqM0c3Mmxla1QyUllKYl9fWjBqNEFrbnhJdnR2UnpRR093Ri05UmJ3dTBrZm9rR202VHdqbnZCSzJWZS1LZ1J2eXzHbJdelVTHKgt-RJSNGn43edUVnWMAtnvFqwrJMjFHaQ%3D%3D)

**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:

* [How to Navigate Uncertainty, Wed 26 Apr 2023, 09:30 – 10:30](https://www.eventbrite.co.uk/e/how-to-navigate-uncertainty-tickets-592502269237?aff=ebdsoporgprofile)
* [Mindfulness Practice: drop-in session, Wed, 26 Apr 2023, 12:15 – 12:55](https://www.eventbrite.co.uk/e/mindfulness-practice-drop-in-session-tickets-566580115377?aff=ebdsoporgprofile)
* [Insight into ... Menopause Awareness for Peer Support, Thu, 27 Apr 2023, 13:30 - 14:30](https://www.eventbrite.co.uk/e/insight-into-menopause-awareness-for-peer-support-tickets-551418717227?aff=ebdsoporgprofile)
* [Looking After Yourself & Your Teams – GM Wellbeing Workshop, Fri, 28 Apr 2023, 13:30 - 15:00](https://www.eventbrite.co.uk/e/looking-after-yourself-your-teams-gm-wellbeing-workshop-tickets-551431034067?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.

[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.

[Oprah Winfrey Reveals the Scary Cardiac Symptom That Was Actually a Sign of Menopause](https://people.com/health/oprah-winfrey-menopause-class-maria-shriver-drew-barrymore/)

Oprah Winfrey had intense heart palpitations prior to menopause and wants to inform other women about this common symptom.

[Watch Now: “The Menopause Talk” with Oprah, Drew Barrymore, and Maria Shriver](https://www.oprahdaily.com/menopause-class/)

Oprah, in an unguarded conversation with Drew Barrymore, Maria Shriver, Sharon Malone, MD, and Heather Hirsch, MD, sets the record straight on everything everyone (including your doctors!) forgot to tell you about – from brain fog to hormone replacement therapy.

[#StayingStrong Webinar: Beyond Performative Allyship](https://youtu.be/TOW6HfOkams)

The National Day for Staff Networks (aka Networks Day), 10th May 2023, is the day where employee networks across the United Kingdom rise up as a community and lead the way for change in the workplace. Watch the Netflix video ‘How allies can effectively support networks?’ from 30/03/2023 and some [takeaways](https://documents.manchester.ac.uk/display.aspx?DocID=67093) for your reference.

[Amazing Brains: Mental Health After Stroke](https://www.stroke.org.uk/webform/amazing-brains-registration-2023?utm_source=Stroke%20Association&utm_medium=email&utm_campaign=13806267_Amazing%20Brains%202023%20-%20Virtual%20Event%20Invite%20-%20Email%201&utm_content=Register%20now&dm_i=1VKK,87WZF,6II9HN,XQ4R1,1)

The event is taking place on Thursday 27 April, from 6.40pm – 8.00pm.

We're delighted to invite you to one of our most exciting virtual events of the year: Amazing Brains: Mental health after stroke. Strokes can have profound effects on wellbeing. The live-stream event will celebrate progress and innovation in the latest stroke research in this area and hopes to raise awareness for research that can help more people affected by stroke rebuild their lives.

[4 Lessons from Olympic Gold Medallist Tom Daley](https://resource.yulife.com/tom-daley?utm_campaign=2023-02%20Tom%20Daley%20Event&utm_medium=email&_hsmi=250930274&_hsenc=p2ANqtz-8Civv6ZKpnDYzg4sprq3OUQDgJvVdtXQn8pYKa0MKMagCJTlufPLJBhEkOnPN56tYZZyaOORthVOlFsCOW0mm_QSVLXVquWDEL0UONhNwcRmh6IkY&utm_content=250930274&utm_source=hs_email)

Within the ebook, you'll find Tom's top HR tips for how you can:

• Manage employee fear & anxiety

• Help your people perform at crunch time

• Encourage employees to take a break

• Create a culture that celebrates difference

[Street Wisdom Online](https://www.streetwisdom.org/event/street-wisdom-online-april-2023/?action=tribe_event_booking)

26th April 2023 1:00 – 2:00 pm

New monthly online Walkshop format led by Street Wisdom’s poet-in-residence Philip Cowell for a 1-hour online meeting on Zoom. Street Wisdom is an everyday creative practice you use as you walk. A smart fusion of mindfulness, neuroscience and wellness, it unlocks our minds and unblocks our creativity with every step. The perfect complement to static meditation, Street Wisdom takes us on a physical journey that not only calms and clears the mind, but opens up the subconscious to new ideas.

[Simply Cycling (MEN Article)](https://ilovemanchester.com/simply-cycling-20-years?mc_cid=2b68873115&mc_eid=f86f6b0f4f)

Manchester-based cycling club, [Simply Cycling](https://simply-cycling.org/), has been providing accessible cycling opportunities for people of all ages and abilities for over 20 years.

[Ten must-read Manchester books that will fill you with civic pride (I Love Manchester article).](https://ilovemanchester.com/10-manchester-books-that-everyone-should-read?mc_cid=2b68873115&mc_eid=f86f6b0f4f)

In this article, we take a look at some of the best books from Manchester that capture the unique character of the city and its people. These books offer a fascinating insight into the history, culture, and identity of Manchester, and are sure to make you proud to be a Mancunian.

[Mancunians: An evening with David Scott](https://www.waterstones.com/events/mancunians-an-evening-with-david-scott/manchester-deansgate)

Thursday 27th April 2023

18:30 – 21:00 at Waterstones, Deansgate, Manchester

Manc author, poet, musician and BBC presenter David Scott joins us to discuss his fantastic book *Mancuninans: Where Do We Start, Where Do I Begin?*

**RSPB Notes on Nature**

[Best of April nature: Blackcaps, Bluebells and more](https://view.email.rspb.org.uk/?qs=e4a77ad4d561739168b991945914e3a735fefc293f3b412f816d83a84bc7a66c3b4512710b9ad1fb6955a732435e68ea3fda4c5989bba7b65ca459fba01721d8754946464b8e2c51a3d7a6925f86202922605d75b3e9124a)

[Spring migration: what bird arrives when?](https://view.email.rspb.org.uk/?qs=fe9178e443f5f22264c5b43cdfd0315c444c9c538721bee879d77f624ce5d5c6c7b298cd16a16134d490f76139462a5732b07e4b07e5023401b3ab95ad5088716211eafb3c26b4512414991438d23f64243339262196d71d)

[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:

[Sustainable Futures – 3 April 2023](https://mailchi.mp/54d523b814ad/the-latest-updates-in-research-calls-news-items-events-and-ongoing-activities-across-sustainable-futures?e=6f183721c1)

[Climate Network Newsletter – 03 April 2023](https://documents.manchester.ac.uk/display.aspx?DocID=67090)

[Business Confucius Institute, April 2023](https://my.newzapp.co.uk/t/view/1596101043/123025152)

[Manchester City of Trees, 09/03/2023](https://mailchi.mp/cd516e548d0d/ewaw36h5mp-6042511?e=37982b27eb)

[Your Dementia Friends newsletter, 29/03/2023](http://email.dementiafriends.org.uk/interface/external_view_email.php?A9372798581863300920513588zzzzz649af886b060d830ce120e5bcdf4b4130f01976f052c1cd361adcf16d242c61488&varId=)