**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 28 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)

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

**May celebrates:** [National Walking Month](https://activenation.org.uk/thelocker/may-national-walking-month/), [Stroke Awareness / Action on Stroke Month](https://www.stroke.org.uk/get-involved/stroke-awareness-month), [Bladder Cancer Awareness](https://actionbladdercanceruk.org/bladder-cancer-awareness-month/#:~:text=May%20is%20Bladder%20Cancer%20Awareness%20month.&text=Knowing%20the%20symptoms%20of%20bladder,can%20often%20be%20diagnosed%20late.), [Skin Cancer Awareness](https://www.skincancer.org/get-involved/skin-cancer-awareness-month/)

1-7 May [National Thrombosis Week 2023](https://thrombosisuk.org/news/post.php?s=2022-10-10-national-thrombosis-week-2023-1st-7th-may-save-the-date#:~:text=The%20date%20for%20National%20Thrombosis,the%201st%20%2D%207th%20May%202023.)

1-7 May [Sun Awareness Week](https://www.bad.org.uk/sun-awareness-week-2023/)

2-8 May [Deaf Awareness Week](https://www.ndcs.org.uk/deaf-awareness-week/)

[Action for Happiness Wellbeing Calendar – Meaningful May](https://actionforhappiness.org/sites/default/files/calendar_download/images/May%202023.jpg)

Let's find ways to be part of something bigger.

[Wellbeing and stress management training](https://www.staffnet.manchester.ac.uk/news/display/?id=29672)

Stress management and wellbeing training for leaders and managers.

[Our University Multi-Faith Chaplaincy](https://www.staffnet.manchester.ac.uk/news/display/?id=29673)

Recognising religion and belief at our University.

[Free eye tests and contact lens fittings available at University clinic](https://www.staffnet.manchester.ac.uk/news/display/?id=29688)

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

[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.

[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.

[Book now: Environmental sustainability information sessions](https://www.staffnet.manchester.ac.uk/news/display/?id=29620)

Find out more about environmental sustainability at our University.

[Looking for furniture store items? Find them via social media](https://www.staffnet.manchester.ac.uk/news/display/?id=29610)

The Furniture Store, which recently moved location to the Simon Building, has now launched a Twitter channel to highlight incoming and refurbished stock.

[Join our University Staff Golf Society](https://www.staffnet.manchester.ac.uk/news/display/?id=29640)

Our University Staff Golf Society has been around for many years and we are always looking for new members.

[Work, health and wellbeing post-pandemic: guest lecture](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=29527)

Professor Dame Carol Black discusses post pandemic health – where we were, where we are now, and what the future of work might look like.

[New podcast: improving cancer screening uptake in the LGBTQIA+ community](https://www.staffnet.manchester.ac.uk/news/display/?id=29666)

Our latest One in Two episode looks at how to improve cancer screening uptake in the LGBTQIA+ community and other marginalised groups, with Dr Jen Davies-Oliveira and Stewart O’Callaghan.

[Bloomtown: Blossom in Greater Manchester | National Trust](https://www.nationaltrust.org.uk/visit/cheshire-greater-manchester/castlefield-viaduct/manchester-bloomtown-blossom-trail#cb-269452556-0)

The University of Manchester is featured on the [National Trust Blossom Bloomtown Map](https://www.staffnet.manchester.ac.uk/news/display/?id=29591) but we have many more blossom trees in and around campus. It's a great time to get out and explore - tag @UoMSust and share your photos with us.

[Disability Inclusion Networking](https://www.linkedin.com/events/7052297416728801281/comments/)

Thu, May 4, 2023, 1:00 PM - 2:30 PM (recurring every first Thursday until December 2023)

**Event to share ideas on how businesses can improve accessibility & inclusion for disabled, neurodiverse or ill employees & customers.**

The University of Manchester has sponsored some Disability Awards with All4Inclusion. They are running an event on May 4th via LinkedIn about Corporate Menopause support. Please note that there is a £10 charge for attendance although EDI have been promised a free link for UOM Members of staff.

Please register using the following eventbrite link: [Disability Inclusion Networking Tickets, Multiple Dates | Eventbrite](https://www.eventbrite.co.uk/e/disability-inclusion-networking-tickets-428492531697).

[Do you know the University has an interactive map?](https://www.manchester.ac.uk/discover/maps/interactive-map/)

It’s a really useful resource and highlights places such as all gender toilets, welfare rooms and worship spaces on campus.

If you know of a facility that should be included or needs updating, please let us know! equalityanddiversity@manchester.ac.uk

[Disabled Staff Network (DSN) Members’ Survey](https://www.qualtrics.manchester.ac.uk/jfe/form/SV_7ZEbi6xeZfAysWW)

The new co-chairs would really like to hear from you about any concerns or feedback you have, along with your ideas on what the DSN should do going forward. We've put together an anonymous

survey, linked below, and would really appreciate it if you could take a few minutes to fill it out.

[Introductory Taichi Qigong Sessions](https://www.eventbrite.co.uk/e/introductory-taichi-qigong-sessions-tickets-595819430957?keep_tld=1)

Various dates and times available

Introductory Taichi Qigong Sessions at Manchester Museum's Chinese Culture Gallery aimed at people aged 50+.

**Menopause Events at The Whitworth**

Creative Menopause: our creative workshop using creativity to explore the menopause journey from peri to post menopause.

* [May 5th at 10-12.30: Yoga and mindfulness with Sara Domville](https://www.eventbrite.co.uk/e/yoga-and-mindfulness-for-meno...)
* [May 17th at 2-4: Make your own textile Fan with Helen Clare](https://www.eventbrite.co.uk/e/creative-menopause-make-a-pad...)
* [May 24th at 2-4: Line Drawing workshop with Rebecca O’Doherty](https://www.eventbrite.co.uk/e/creative-menopause-a-thin-line-drawing-workshop-tickets-617633938737?aff=ebdssbdestsearch)

[Exclusive Screening of The Plastic Warriors Documentary](https://www.eventbrite.co.uk/e/556530958077)

Date and Time: 3rd May | 17:45 to 20:00

Location: University Place Theatre A, M13 9PL

Sustainable Futures and Social Responsibility at The University of Manchester are delighted to host this exclusive screening of The Plastic Warriors Documentary. Showcasing expertise from the University's Department of Geography and Professor Jamie Woodward, this film explores the effects of plastic and microplastic pollution on our health, lifestyle, and wildlife – and what we all can do about it. We invite our internal University colleagues and students as well as our key external partners to join this unique feature film screening, with a hosted pre-film networking reception with canapes and refreshments.

[Mental Health Awareness Week (MIND)](https://www.mind.org.uk/get-involved/mental-health-awareness-week/#involved)

Mental Health Awareness Week runs from 15 to 21 May 2023. This year, we're focusing on the impact that the cost-of-living crisis is having on our mental health.

[Managing stress and building resilience - tips - Mind](https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/managing-stress-and-building-resilience/?utm_source=MIND%20%28THE%20NATIONAL%20ASSOCIATION%20FOR%20MENTAL%20HEALTH%29&utm_medium=email&utm_campaign=13885549_GSE%20April%202023&utm_content=Stress%20CTA%20button&dm_i=CZC,89M5P,L01ZS,XYU6Y,1)

[Is mindfulness right for me? - Mind](https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/is-mindfulness-right-for-me/?utm_source=MIND%20%28THE%20NATIONAL%20ASSOCIATION%20FOR%20MENTAL%20HEALTH%29&utm_medium=email&utm_campaign=13885549_GSE%20April%202023&utm_content=Mindfulness%20CTA%20button&dm_i=CZC,89M5P,L01ZS,XYU6Y,1)

[Dealing with Anxiety – Mental Health Awareness Month (MIND)](https://www.eventbrite.com/e/dealing-with-anxiety-mental-health-awareness-month-tickets-518765460457)

Thu, 18 May 2023 11:00 – 12:00

This one-hour, free webinar at the signs, symptoms and impact of anxiety as well as share some simple coping strategies.

**Everymind Champion Mental Health Awareness Week Resources**

The theme this year for MHAW is Anxiety. Please find listed below Anxiety specific resources:

✍️ BLOG: [Why does work give me anxiety?](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/VW550s8FShgCW3Rz4Df7C6d6LW6TYKFS4ZTnzsN91mn8p5knKfV3Zsc37CgWsYW3ctjcw3sJ2WbW1vB86G4ZtFbPVYxTRf6VM_L7MQ4HHrtybM6W86x9vd85287SW6PsV0482w0NCW5H0bGw9ltLwSW4RvJH81g_-JLW7WlY3v4WTRXRW5mDjkR75cvYLW3SbZ145fcj36W5gxYns7PB42NW54S_Cl7mmGhXN2skkfJhYJrWW8wyfm929Vg4qW36r7M86Nkp5GW40DcT45Ns__5W6brQMb75KPkTW7z5zWt33qJTbVWd9JR7s3TYbVRYZXf647mZSW1QgyNM3PFmmjW5vY6N687cvk5N6WLSbK2sPJXVYJKT26fmFHWN51nl2-y02gSW5j-XdR4x-QH0W1cK2KG6ylsJ8V1xmKQ6stnWVW6NjQwM7gJcY8W3498J67ZTjc_W39RzvV7WLY_hW7lGgWg1sc__RW878BqC6Q6CLNW3r_BLM81SNgkW83CPsG1HSbbLW5pfxN13F1NhvW7HjMvm6YrVNrVCXXD73HgJ1YW4WdSR78x2Gdh3gCD1)

💡 IDEAS: [Workplace Wellbeing Ideas](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/VW550s8FShgCW3Rz4Df7C6d6LW6TYKFS4ZTnzsN91mn9h3lScZV1-WJV7CgC9BVn-j9W4pkKN3W6Hskph7jqf3dW8nPKrl51534bW3wW1Qh2r3tfJTpmgt6RVtw1W6bFTY56Cmc3zW8lvCYQ2FgdrgW9c9ynx4k2BwHVgllnj7RXyPyW2G6Vzh678CzFW7Q76CZ4_hh_gW5YR4f521z2fjW2SKhw637tldwW6HLCyt1L9jnNN76F9gmkzGFVW7mXMGK7Mq18kN5VfqFVDVFntW1PxJFh8lnscSW7phGJ94T5tHlW10dPfp7ky7qMN1hVNd7QGcZGW24fFHN7WGtXHW2XW8Mq8nbFNbW5T_4q17lfmmTW1bYMXM4b4Gt2N40xr8SQs2nFV_6qrN7vWNN-W5YjjVL36FcBYW6WSfy64gbjDDW7T5dhV2w3H_k3jgT1)

🧘‍♀️ TOOLS: [3 Breathing Techniques for Anxiety](https://d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2B113/d2mJRM04/VW550s8FShgCW3Rz4Df7C6d6LW6TYKFS4ZTnzsN91mn9h3lScZV1-WJV7CgRr8W6VMhb01F9FdnW28Ptg27fM0hCW1kyPVQ1gYD8NV9g55q5_H87ZW1C1C1Q7JPp_1W4Nyc8F2rSnLmW4t0b0d51cplfW39JGrn25LgqWN49M5n5B0nJ-W1tmy7f7qrygFW8BpRBZ8Bt6VmW99RXj019bTtcV_f6442jcPs4W4Cw4mK7-bhYwW6bHVdw96jDf4W8vcmtX15N1jcV-Fdfc6H1X_5W4XgDgg2ldtKdW1Hrptr6tMjzNW6StXYy7VVD9VW5cbjMq2zxb2FW1v7k3-2KYFjbW5pbWHy5M1VrQN2_Fy1TXYr8-W6g1Nl_7Y9tyfW1zhYg-5jB_T_W4r78h72PL-2fW34QqW35p8qWMW9bB0Xw66kb-PW4z7kZh6PZq6H3mC_1)

[mProve in 30: Mental Health Awareness – A Focus on Anxiety](https://healthatworkcentre.us10.list-manage.com/track/click?u=cc84d3a7efebdfa97b1104b72&id=a1a7b937d1&e=6fe3187576)

Thu, May 18, 2023 11:00 AM - 11:30 AM

In this mProve in 30, delivered by Health@Work’s Wellbeing Consultant Suzanne Wootton, we will discuss the personal and occupational causes of anxiety, the impact of anxiety on our behaviours, simple strategies to reduce anxiety and what you could do as an employer to support the mental health and wellbeing of your employees.

[City Nature Challenge 2023: Greater Manchester](https://www.bnhc.org.uk/city-nature-challenge/)

**Will you take part in the 2023 City Nature Challenge?**  Join residents in 450+ cities across the world in an epic, global mission to record as much wildlife as possible between Friday 28 April – Monday 1 May 2023.  Over the four-day challenge we want you to share your observations of nature, using the free iNaturalist app. Your recordings will contribute towards conservation efforts both locally and on a global scale.

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

May is National Walking Month and we are celebrating with the GM Walking Festival 2023, a collection of over 250 free group walks organised and hosted by people like you.

[New year, new wellbeing plan?](http://info.beingwelltogether.org/NjM4LVhFSC00ODcAAAGJtb9QQV87DyWtxUGChIDIYWoEyIquaoa8Z5ScSoIuP9ZViGiFNtAJwvwLDf9QOPK296VwTIQ%3D)

**British Safety Council – Being Well Together**

We were delighted to offer a webinar earlier this week to help people to learn how to create a strategic, and more sustainable, approach to wellbeing in the workplace.

Attendees gained knowledge and discovered how to better support and protect employees through the creation of an integrated health, safety and wellbeing plan, that actually works!

Catch up on what you missed now, by clicking the link below.

[Everymind At Work Webinar: 6 ways to support an employee with anxiety](https://my.demio.com/ref/X6NY6aKB05u2XNP3?utm_campaign=2023%20Demand%20Gen%20Webinars&utm_medium=email&_hsmi=255074059&_hsenc=p2ANqtz-9mdpav8HsuAZ7GRD9KCJDonO7A2G-_GEqF-6Yd4oxa-JP_ulEjX2NXfHG4j4eH8mIsG6GFMWKbtw_rLAwODRM6d1wMBranmN3oKYblf1auH5Heybs&utm_content=255074059&utm_source=hs_email)

Wednesday 3rd May, 1pm

With anxiety as the theme of Mental Health Awareness Week this year, Everymind at Work have put together a session looking for action-led advice on how to support an employee experiencing anxiety.

[Financial Wellbeing In The Workplace: Five ways to support your people though the cost-of-living crisis – free whitepaper](https://www.hrreview.co.uk/wp-content/uploads/JF-SUPPORTING-YOUR-PEOPLES-FINANCIAL-WELLBEING-IN-2023.pdf)

For those people struggling to manage their debt, their day-to-day finances, or even those planning for retirement in an ever-changing landscape, the stress and anxiety these events place on individuals has an impact on their health and wellbeing.

It’s these financial stresses that can start to have a serious impact on a person’s mental health and their performance at work. It’s therefore in an employer’s best interest to help their workforce, however they can, to achieve financial stability.

From a financial perspective, all you have to do is pay a salary, provide a qualifying workplace pension scheme and pay in the minimum contribution. However, employers and HR teams are uniquely positioned to deliver money guidance at the moments when their employees most need help.

[Henpicked Lunch & Learn Webinar (replay): Food, mood, anxiety & depression](https://henpicked.net/menopause-hub/wp-content/uploads/2023/04/menopause-food-mood-henpicked-Hormone-Health.mp4)

Can what you eat help menopause symptoms? In particular the psychological symptoms like mood, anxiety and depression?

Henpicked’s Deborah Garlick was joined by Antonia de Gier from Hormone Health at the Lunch & Learn on 25 April.

[Happiful Magazine Issue 73](http://click.happiful.com/ls/click?upn=WLUz15j72F7XQGWv7KCzCVD6s5M-2BbqzGSOOL3HdIdtrr7CLY6zqPu4vQy-2FNEjmCrIOC5nPpRg2zc6kwqF7-2BPr99lTkjsaMEfSD3ecwnwrExBQ0RuYeD8BELHqtfa3CmWchu6GlzFKEdJL-2B2cKEHVT3WcIEW4D3dYDsKMDLYEjURClW-2FVz7b8DpzYCmy2fXcSWNqC_vlxKXGtrweqRuw1lY7lnSU6T1KpAWSsy1mv-2Bc2e4nMN0WKfIuLwMgF4ILeXxRufVDQb3qS4uNpTyOiqdYjUI-2BcqeB6SW7e140V7jLwSyY2bQgcQdoza94xgOoGhFPRoH-2BKKEG51UZfyajczp1jv58amU6zAN3xLtwSMb1R-2FxFYCl0Ph-2BhXaPtQ1bY3Ky6KwaBonC0WInRgTbKoSgWZlT4XYm3vtWhb2vuIrUVzKoPpt3hbOfOfX3sPJYT2fqn5wCceQxY08USBa93MupowWnIEbT8LU3T2vZAJDaiPlQoxMy12FkpBJKSXouTld1WTCXqU9ZTOlsyCcEYESD4-2FSkjOp7KUR8p7XmF0-2FYqdqBe2a5lLiCjlbF-2BLbMv6xtoSBNnfH4aVzEIOh5cZ-2FXGQvvwA-2BGHj8nFjI8AwyBuqKReiGM3ES7QhLjhLebEAk-2BHHM7Fq-2FOBWvjNwGOjlFHXOwJ-2FQ0lYg5CPwjCUJhpKpKwsflKj-2FrmwRHh8F5dldrJ4zeTF-2F0uBJBKyMMSmp7oGWYxiFX7JJZHAy-2BBDLrRx5eKG4s1vw-2Fdn0rNqmkT9SHcLGlrQADx1TAkewdHrL4dZlOaSUbdxj-2BoaDyI7dIWTqyfxPJ0V8cj45BRvM7WDpKkdQx0gFvv0Tn1hja5suVk3VVoEjlTswTQj4rDR-2BVKPnz-2FRwV5uM9Fr8hJ0eVj6FaqDjoIAIIEACFM9tq4blwsM2pJBfRuTaofPFVi0FCT1emA6UQXEf1X97CsoCCG32Nxiu22l99Onn1cGVcashkZMbuJpqrYQVhvoUlCa8XNgELhjBDIfxEDglnwO4zJdPg40MXiLAdKDaP0r08XXhYtXqxF6bE3NAQUnu-2BNz8lPjjbleUt7jpQZ4cUYadKY4T2KK9J5FRfGT3zHEzTWMYnDK2zA8mTwNyz65eCdXwy-2FUNIaVyKe1SlUAcUTYXSprjhIT7rbQvWclcpcOOTEXIyTOjTj63mkmOFshfQc86Ihp3Up7rBrxNu-2FwQB5JtnPzc4lpYybRt5kHhQpBtwHhXbKduuYpD86KxiYb9OMrZUxbs-2FxKtItHmKs3PVEj2FKdigGZ3muZWdRT1FwhcGcahI0Yywbzg-3D-3D)

Our feature on p28 explores how we can all make the most of **soothing sounds**, and uncover the natural music that resonates most with us. And when it comes to working on our wellness, we explore how to make it accessible for all, including **image-free thinkers** on p17, and unravel how to stop the spread of **secondhand stress** on p78. Plus, on p72, our expert columnist shares four questions to help **unlock your ikigai – or ‘reason for being’**.

**Happiful Weekly**

* [Self-Care | Feeling Blah | Career Lessons | Cherry Blossom, 14 April 2023](https://cdn.mc-weblink.sg-mktg.com/weblink/MTY4MTQ2NjQ0MHxzdmRmYjE0OEtuQ2J4LTJ1cDJNYU00dkdfU0YwdU5CZGc0Mkc1ZHhRWUlndy1zaEpfV09KYXhHX3k3ZFlBRmlfd21TTDd4SWRmemQtb3BoS3pMSTRucmdteWNhRzg3MWR2Um15aTIwa2UzNXNuX3NzMkFqYlAxV0pyWFp3OWNyWTJubFdjNXpnVjJHcENUVHQ0S1ZSR0tPTHZ1SHJ5NE0tZHZORW9faWVfbnBqSmhLZDd5SFRQYmxQUEZ5UGlaV2ZwQUVJT2tvVXVaTWJLXzFOMEtid0JEN2gtSXYySHVaSklBLW84NkxHd015dVRId2U1V0R5ZDlhbnpmdEw2RW1ZVnpmU25nS2ZCbklqZkRacnN2a1RkcWhQOXY3bVJROEFJYTJjUjM1V0Q0MkNZT19BRXJZZUlHSUxrZkZKNGw1Z09tOHgwZ0p3V0ZKcXxKNxSRgAuk11MViVASSXkgscx2hDWlM1-D3enD6-1poA%3D%3D)
* [Good Films | Anxiety Busters | Greatest Books | Mindful Crafts, 6 April 2023](https://cdn.mc-weblink.sg-mktg.com/weblink/MTY4MDc3NTI2OXxBdG1sQ1JMQ1ZGSE9QWXVvZUkxUG9NZHJFLWlTbkhQWjBrSTJNTUEtU2VrbS1iWDVyaGNNMGRmLS12alRkcXVWVkgzT0JNY1l3OUFBZ21abmhfa3VDd2czLWR3UjNwMHlVNGxhcFAtWTZyYmVsSVA4UERncXlkQlczOUFnVHZWTDVob2hXVmkyaGJNM2k3UDhvQjdsWWQzYXRBSXhRM3dGVjktWkJKNVNIc0JCbWE1OFZ4RUttcVpMRkVPSnpodkp2Xzl2Q25teUwtMVdDNkFjR1FvTFVQWnN3U0FmTDE3akJvMEY4M0RwTXAtWUJmSWVsU004SlRIVFg0cW9HRVhkNmRqNnd5ZE9NNGFhcUFNNGJBQllxODh5WHNabXZuc2pSeG02RmxoZ2tMMUk5V01CMHJBM05hOVNSM3licXRJQW95ejFWbTA3WUJvY3xqzKejeLCiVZFiOv6Rw92I5pEATBh-X8woN1t98gKRoQ%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:

* [Mindfulness Practice: drop-in session, Wed 3 May 2023 12:15 - 12:55](https://www.eventbrite.co.uk/e/mindfulness-practice-drop-in-session-tickets-566612702847?aff=ebdsoporgprofile)
* [Wake up to sleep, Thu 4 May 2023 09:30 - 10:30](https://www.eventbrite.co.uk/e/wake-up-to-sleep-tickets-566716403017?aff=ebdsoporgprofile)
* [Physical Activity Champion Training, Wed 10 May 2023 09:30 - 11:00](https://www.eventbrite.co.uk/e/physical-activity-champion-training-tickets-551407884827?aff=ebdsoporgprofile)
* [Mindfulness Practice: drop-in session, Wed 10 May 2023 12:15 - 12:55](https://www.eventbrite.co.uk/e/mindfulness-practice-drop-in-session-tickets-566622060837?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.

[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.

**RSPB Notes on Nature**

[How to sow, grow and plant for nature](https://view.email.rspb.org.uk/?qs=e1b3c23b049c1317faaa0cba843bdec1b63ca890a473c4c9311925d1c6e47db85dcb4e16472ab6cf081f0c9ee707d1a4f52abeb87bbd683345822e39b0228d8e3e753b86c029d50b2b0dfeedff3846a456a723369ea2346d)

[Big Garden Birdwatch results: who came top?](https://view.email.rspb.org.uk/?qs=65b259aa5e24fe820e7bba5e60f0cce05ae2ec77794615d1e72d532fa84ff84fbda5a443c2423f049d7817b6438e4eba7ae0039502e33e8e45972ca26c9be95fa39c4b82a5e322900330dac26a8e4fe8cac4cc31d04be693)

Other relevant newsletters:

[Manchester Libraries Newsletter, May 2023](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/3554d62)

[Dementia Friends, April 2023](http://email.dementiafriends.org.uk/interface/external_view_email.php?A9372798581863760661513588zzzzz64ac706f7ffdd09daac4407529cb72d7b2a9d2c9b1906477943d8fd83c855b43ba&varId=)