**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Green Impact News, 21 July 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.

**July celebrates:** [Sarcoma Awareness](https://www.bcrt.org.uk/awareness/sarcoma-awareness-month-2023/?gclid=CjwKCAjw2K6lBhBXEiwA5RjtCeyfJfh6xuJVKv--Rf-FqEeWccWm__3rO-fJgiKFU8Ng2JvVZjwUhxoCvIQQAvD_BwE), [Disability Pride Month](https://www.inclusiveemployers.co.uk/awareness-day/disability-pride-month/?cn-reloaded=1)

24 July [Samaritans Awareness Day](https://www.samaritans.org/support-us/campaign/talk-us/?gad=1&gclid=Cj0KCQjwzdOlBhCNARIsAPMwjbyso7-DXXA0pwoLgPrwpDw90lgybdypOf8eHJQc2nvSgFiHSVERZfEaAuWWEALw_wcB)

25 July [National Schizophrenia Awareness Day](https://www.rethink.org/get-involved/awareness-days-and-events/national-schizophrenia-awareness-day/)

28 July [World Hepatitis Day](https://www.hepctrust.org.uk/campaigns/world-hepatitis-day-2023/)

[Action For Happiness July Wellbeing Calendar](https://actionforhappiness.org/sites/default/files/Jul%202023.jpg)

Jump Back Up July - Let's find ways to bounce back!

[Virgin Pulse July Wellbeing Calendar](https://community.virginpulse.com/hubfs/_2023-Content-INT/july-wbc-2023_int_uk.pdf?hsLang=en-gb)

Use your jam-packed July Wellbeing Calendar to help your employees build new routines, kick-start healthy habits, and focus on self-care.

[Disability Pride Flag](https://www.google.co.uk/imgres?imgurl=https%3A%2F%2Flookaside.fbsbx.com%2Flookaside%2Fcrawler%2Fmedia%2F%3Fmedia_id%3D723447066249279&tbnid=pFDVQEdMa5BczM&vet=12ahUKEwiz_Zr0-YOAAxW6micCHQ8SAbMQMygFegQIARBi..i&imgrefurl=https%3A%2F%2Fwww.facebook.com%2FCondoverCollege%2Fposts%2Fthe-makaton-charity-sign-of-the-week-is-football-%25EF%25B8%258F%2F2897054537083842%2F&docid=Q1cNtbLd5x4aIM&w=1440&h=1440&q=dear%20chronic%20pain%20disability%20pride%20flag&ved=2ahUKEwiz_Zr0-YOAAxW6micCHQ8SAbMQMygFegQIARBi)

Colour representation.

[Help us to shape Workplace Wellbeing at UoM](https://www.staffnet.manchester.ac.uk/news/display/?id=30014)

Would you like to help shape the future of our approach to workplace wellbeing?

Tuesday, 25 July – Roscoe Building, Training Room 1

[Day of Development for Disabilities](https://www.eventbrite.co.uk/e/disabilities-day-of-development-tickets-664455663777)

The School of Biological Sciences and School of Medical Science Equality, Diversity and Inclusion Committee teams have come together to present a Double Bill ‘Day of Development’ focused around garnering a deeper connection and understanding with disabled staff on Tuesday July 25th. This event is open to all.

**Neurodiversity 'Flip the script' Event – Participants Needed**

Cinzia Greco is looking for participants for lei Neurodiversity 'Flip the script' Event which aims to have short 'lived experience' stories from neurodivergent people about their work experiences and about what could be done to make the University work context more inclusive of neurodivergent needs than it is currently.

The event has been scheduled for July 25 at 2pm, in the Michael Smith Building and online (ticket information TBC).

**Contact: cinzia.greco@manchester.ac.uk**

[Get the most out of Microsoft 365 with our University 365 Champions](https://www.staffnet.manchester.ac.uk/news/display/?id=29892)

Enhance your digital skills – open to all staff from June.

[UOM EDI Parents Carers Peer Support on MS Teams](https://teams.microsoft.com/l/team/19%3aCpco5QenRZ9_h2555ceFzjxuqthlyO_cEnx5zCVFG_U1%40thread.tacv2/conversations?groupId=fdbaf0d3-3262-4919-aae8-e3c596618210&tenantId=c152cb07-614e-4abb-818a-f035cfa91a77)

The Parents Support Group that was on Yammer now has a new collaborative space on MS Teams and will be the main channel of communication going forward so please join us! There will be some cross posting on Yammer for a while too while we get everyone who is interested over to teams and will be seting up some online and in person meet-ups in the near future. If there are any particular events or things you'd like to discuss/see in this forum then please let us know.

[Join our next book club meeting](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=29996)

Our next meeting is on Friday, 28 July at 12:30pm until 1:30pm.

[Get ready for summer with Beauty Bee](https://www.staffnet.manchester.ac.uk/news/display/?id=30012)

Abby from Beauty Bee offers a wide range of treatments, which can be booked on campus on Wednesdays at the Wellbeing Rooms

[Creative Menopause Events at The Whitworth](https://www.eventbrite.co.uk/o/the-whitworth-6805885025)

* Wednesday, 19 July – Make a Paddle Fan
* Wednesday, 26 July – Lavender Bag

These workshops are part of a series of Creative Menopause workshops within the Age Friendly Whitworth Programme. The regular sessions focus on using creativity to explore the menopause journey and how being creative can both affect and effect that journey.

[Ready, Set, Read! with Manchester Libraries](https://www.manchester.gov.uk/info/200062/libraries/7798/summer_reading_challenge?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

3 July to 16 September 2023

For this year’s Summer Reading Challenge, The Reading Agency have teamed up with the Youth Sport Trust to inspire children to discover the power of sport and play through reading.

With free rewards to collect and plenty of brilliant books to enjoy, the Challenge is the perfect summer activity to keep young minds and bodies active over the holidays.

Children can also take part online through the official [Summer Reading Challenge platform](https://summerreadingchallenge.org.uk/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=).

[What is the Hub of Hope?](https://hubofhope.co.uk/)

The Hub of Hope is the UK’s leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

[Resources For Disability Inclusion](https://abilitynetnews.org.uk/3SCI-1KH4P-AE255061AB9BA0907TG5QT3B93B1BC6DCFB238/cr.aspx)

Disability Awareness Day (16 July) aims to raise awareness about the resources and support available to help disabled people live more independently. By embracing inclusive language, design, culture, and equipment, you can help remove barriers and create a more inclusive and accessible environment. Here are 5 free resources to help you with disability inclusion.

[How to support somebody living with dementia in hot weather](https://www.alzheimers.org.uk/blog/how-support-somebody-living-dementia-hot-weather?utm_campaign=June%202023%20Newsletter%20RESEND&utm_source=emailCampaign&utm_content=&utm_medium=email&ajs_uid=4ec35a4d-22e0-4dd4-d79c-bdbe03b03553)

Dehydration is a common challenge for older people, especially those living with dementia. Take note of these ways to support people with dementia during periods of hot weather.

[Create Inclusive Online Meetings](https://urldefense.com/v3/__https:/disabilityin.org/accessibility/keeping-the-camera-off-creates-inclusive-virtual-meetings/__;!!PDiH4ENfjr2_Jw!DsfBbj4oZt72zk5x32ASehWdd2rbOdNQ-UpUa14-VuVYBvdmSB-NPUUD_fZsVXaJJmrFFhymaex52NLuUG0ZFLYV9DmWg45NhQ$)

Interesting article about keeping camera off to create inclusive online meetings.

[Wellbeing Umbrella Events (pre-recorded)](https://wellbeingumbrella.co.uk/store/wellbeingumbrella/?ml_subscriber=2260108132892022162&ml_subscriber_hash=f4m6&utm_source=newsletter&utm_medium=email&utm_campaign=well_mail_july_wellness_tips_wisdom_free_resources&utm_term=2023-07-16)

Wellbeing Umbrella run regular Wellness Events to help offer you insight into the variety of treatments, practices, techniques and solutions (both conventional and non-conventional) available, helping you to get your wellbeing back on track and make positive change in your life where desired. This online event is offered ON-DEMAND. As a registrant you get full access to a PRE-RECORDED event video series. Once you have registered for the event, you’ll receive confirmation and helpful event information.

[Fatigue Management in the Workplace LinkedIn Live (replay)](https://www.linkedin.com/posts/matt-smeed-b6033922_fatigue-management-activity-7084856741250625537-YILV?utm_source=share&utm_medium=member_desktop)

Robert Manson discusses this important and often neglected topic that affects the health safety and wellbeing of so many employees.

[Samaritans Awareness Day](https://www.samaritans.org/support-us/campaign/talk-us/?gad=1&gclid=Cj0KCQjwzdOlBhCNARIsAPMwjbyso7-DXXA0pwoLgPrwpDw90lgybdypOf8eHJQc2nvSgFiHSVERZfEaAuWWEALw_wcB)

24 July (24/7) is Samaritans Awareness Day, because we’re here to listen 24/7. On this date and throughout July, we'll be running our awareness-raising campaign Talk to Us, to remind people that we’re here for anyone who needs someone to listen.

[Kooth: Free, safe and anonymous online support for young people](https://hub.gmintegratedcare.org.uk/mental-health/kooth/?fbclid=IwAR3RcAyasQbA9GEJ3JToItKc09ERQYHjeoXS02Ln9dhW-6gqgxtFw7iCZW0)

Kooth is an online counselling and emotional well-being platform. Children and young adults aged 10 to 18 have already benefited from being able to access the [Kooth.com](http://kooth.com/) service, which has been extended and is now accessible for those aged 10 to 25.

[Zero Suicide Allowance Training (free and online)](https://www.zerosuicidealliance.com/training)

Do please take the [Zero Suicide Alliance](https://www.linkedin.com/company/zero-suicide-alliance/) training if you haven’t yet done so. 25 minutes to give you the skills you need to identify what really helps if you’re worried about someone.

[The role of education and training in preventing suicides?](https://thejordanlegacy.com/the-role-of-education-and-training-in-preventing-suicides/)

How does MHFA and other training reduce suicides in workplaces and schools? Should training be a mandatory requirement? These events are your opportunity to listen to those with experience of these issues and to be able to get across your views.

[Moving Towards a Zero Suicide Society – action-research project report](https://urldefense.com/v3/__https:/www.kulahub.net/Campaigns/L/?link=Y2E9Njk4NDAmY289NzczOTQ1MSZjbD04MjMmbGk9Nzc2ODQ*3d__;JQ!!PDiH4ENfjr2_Jw!Ad2zO1ijkiw2eB_2QOPTAd4MKWM1O8Z1iwuWON4Xld2KbL_BuiVh06NOcWcQSQxbXEbX-Bw8lwq6BKuAP2qpGGU73IMpWhb1LvikqwQ$)

The Jordan Legacy's action research project report maps out all the practical actions shared with us about what is needed to reduce the number of suicides. It provides practical guidance and inspiration to all those who want to make the Zero Suicide Society vision a reality.

[Moving Towards a Zero Suicide Society – a Practical, Shared Vision!](https://www.eventbrite.co.uk/e/moving-towards-a-zero-suicide-society-a-practical-shared-vision-tickets-677400281477?utm_source=eventbrite&utm_medium=email&utm_content=follow_notification&utm_campaign=following_published_event&utm_term=Moving+Towards+a+Zero+Suicide+Society+%E2%80%93+a+Practical%2C+Shared+Vision%21&aff=ebemoffollowpublishemail)

Wednesday 9 August 2023

This event is an opportunity to hear about The Jordan Legacy's research project report the actions many have told us will reduce suicides.

[Benenden Health – Mental Health Management Tool / Conversation Toolkit](https://www.benenden.co.uk/media/8701/mhr-imp-tool-non-members.pdf?utm_source=LinkedIn&utm_medium=Social+&utm_campaign=Lin_MHManageToolB2BLG_Linked)

Mental health can be a challenging topic to talk about, but it's crucial when creating a supportive and productive workplace. Our latest tool provides insights into:

✔️ Creating a culture of openness – allowing a safe space to help your colleagues feel comfortable and supported

✔️ Starting a one-to-one conversation – offering reassurance and support to ensure colleagues feel safe to discuss their mental health challenges.

[People and Performance Podcast: Wellbeing](https://pp-pod.buzzsprout.com/1795348/12374627-wellbeing-at-work)

In this episode of the People and Performance podcast, we focus on wellbeing in the workplace and ways to recognize and tackle stress. Our guest is [Professor Sir Cary Cooper, CBE](https://www.linkedin.com/in/professor-sir-cary-cooper-cbe-4213909/), the 50th Anniversary Prof of Organizational Psychology & Health at Manchester Business School at the University of Manchester.

[Guided Meditation](https://youtu.be/oeQfRtiY-ZM)

6 phase meditation by Vishen Lakhiani, CEO of Mind Valley.

[March for Men 2023 this month in aid of prostate cancer](https://www.awarenessdays.com/awareness-days-calendar/march-for-men-2023/)

Organise your own March for Men this month to support those with prostate cancer. Gather loved ones and enjoy exploring local places whilst raising awareness or fundraising to help beat a disease that affects so many.

[Cycle the Month with Prostate Cancer UK](https://cyclethemonth.prostatecanceruk.org/?utm_source=twitter&utm_medium=social-media&utm_campaign=cycle-the-month-august-2023&utm_content=paid-image)

Cover 100 miles this August and help beat prostate cancer. Every mile you tick off and every pound you raise will help fund lifesaving research for the 1 in 8 men affected by prostate cancer in the UK.

[Yu Life Presents The Wellbeing Formula with Joe Wicks (recording)](https://urldefense.com/v3/__https:/cpztj04.na1.hubspotlinks.com/Ctc/ON*113/cpztj04/VWt_SN5vx6k_W8HKvCS8x5PckW4KxtYX50CTmlN6WXHZZ3q90pV1-WJV7CgRXTW2lYSgg4Gt6CpN8Z-czHsL48JW1Xmm8T46vGqBW9gLWWf10SVMXW6_8cTC6gTJjpW53VgnM2fx5n9W7B5B2Z7w7_G4W35Z3hB5YCzxKW15kHMb6fYrNSN4fvVqcdQn6YW9dq3KY5Kq1gHW5qQXSt98XWkPW2gCbBH8TpdFtW6049W98ZGkpDW8fRkvC5m9xLFW5ZgW5j6PdK4tVxN1JY7X8fGVV4xLM5533F4QW2_rVxh7K-q9bN3lW3N8d0jycW5-2VZw3QghqCW6CHngM5BLW9lVzV3x089SCPJW3qKxvP8-4NbSW5xgRhP2RQlmYW2cbHqN1yLk203nBh1__;Kw!!PDiH4ENfjr2_Jw!GH9PTCZlEoDpYZd4A6q8Pj1dgXsEXmGdDmi17kYe-DVgQBUVe0Yu21jEqNgItdy8GBDPYfnjnOWml8IFhuZk6VIr-6_V$)

Don't miss the opportunity to hear from Joe Wicks, the man who got the nation moving during Covid-19, as he shares how you can create an inclusive wellbeing strategy that works. With only

29% of people thriving at work, it's clear that there is a real wellbeing gap in many workplaces today.

[Yu Life Presents Beyond Pride Month – Join us for a conversation with Dame Inga Beale](https://urldefense.com/v3/__https:/cpztj04.na1.hubspotlinks.com/Ctc/ON*113/cpztj04/VX5j_r85TCW9F4DW1SnkzxWW3fCDQw50VtnNN7qyl0S3q90JV1-WJV7CgPt0W4cqTDQ4GdGyyW1Z7fS85DF8R8W2r8WQW5MzfvhW7lWQhb33sCPnW5B0FC58p22V0W4CmNCV5n1986N5-kttrtdxYFW2Bmy_169Ng3TW8lg24T90F7gDV1GDGH7VgC5PW2j14p3713VqbW7fz6VB2Cxw_WW5QWLSR6DJ3qfW7xvQb-23PmZ6W4txVbk3fBXdNW5zr83b4ZZwr7W4jkxZ72zG1xmW4X-NKp7SVHv3N4spyjDr-mfKW745B7S2CZP3TW32269v87Jx23W6pFKj96l4-3dW61vrXm65FTNZVM090496nrLqW7Z26hh1gChl0W3L5_xC8nnRxqW6fSGRJ3p_bpwW1Sfb6_2fYPGt32_61__;Kw!!PDiH4ENfjr2_Jw!E7zz7-mzA9OszdobfmAuf-ly7FRXn8jc4V1LrHuBQwGLUEy0hzDwcpX2461t6zQKkGw7QUtleuHRZ_7YFOibOUuxyoxT$)

Being able to bring our whole selves to work is crucial to employee wellbeing. Yet, 46% of LGBTQ+ workers reported receiving unfair treatment at some point in their careers because of their sexual orientation or gender identity. There is so much more to be done in building safer, more inclusive workplaces.

[Henpicked Lunch & Learn Webinar (replay): 'Moving through your menopause'](https://urldefense.com/v3/__https:/henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=c8ec8b97ff&e=b246dc1610__;!!PDiH4ENfjr2_Jw!DkkwYDk7SB4WHpW5G36Ak4jrC1AoRYQVYahwf8g1yE-stAnA7NNXLHQgC2E6JQ5tPHKK6Lb8gVhcAGAXSodQQRgIXW5QaaTUNg$)

We're often asked what's the best way of exercising during the menopause. Henpicked’s Deborah Garlick was joined by Mel Berry from Her Spirit on 4 July 2023. Her Spirit was founded by Mel Berry and Holly Woodford to make it easier for women to get active.

[Henpicked FREE Lunch & Learn webinar: Fearless: Adventures with Extraordinary Women](https://urldefense.com/v3/__https:/henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=09b738a0c7&e=b246dc1610__;!!PDiH4ENfjr2_Jw!DkkwYDk7SB4WHpW5G36Ak4jrC1AoRYQVYahwf8g1yE-stAnA7NNXLHQgC2E6JQ5tPHKK6Lb8gVhcAGAXSodQQRgIXW7Hc07nbg$)

Henpicked's Deborah Garlick will be joined by Louise Minchin on 25 July 2023, 12:15 - 12:45 pm as they discuss her fabulous book – Fearless: Adventures with Extraordinary Women'.

[British Safety Council: How to present a real business case for workplace wellbeing (webinar replay)](https://urldefense.com/v3/__http:/info.beingwelltogether.org/NjM4LVhFSC00ODcAAAGNB5INMwt_Zar-DtXdMSSfr5XHtt0M02Jg7Y2bfqVhpVbGDbjBZAbouc9KEXDtTrnUzFGeqzQ=__;!!PDiH4ENfjr2_Jw!Emg7rPqylD3mqwHZEvkaIzg4UI_4uGq92BWexIn7tZ-7ajdkqwxVf3cABkG_LsfjB1PNEuXkpThy_eUNQJk3GfPdKN8BZMvOtXn6Suk$)

As part of our wellbeing programme, we were delighted to offer this webinar on how to present a real business case for workplace wellbeing with Marcus Herbert, Head of Wellbeing at British Safety Council. The presentation explored insights and findings from a series of in-depth workshops for SMEs British Safety Council ran as part of its Keep Thriving Campaign.

[Action for Happiness Webinar (replay): Happier Thinking with Mo Gawdat](https://youtu.be/8ErP9saHKGQ)

How can we support our own emotional health? At this special event, bestselling author Mo Gawdat shares his guide to beating negative self-talk and retraining your brain. Inspired by the life of his late son, Ali, he's developed a model for happiness based on generosity and empathy towards ourselves and others.

*This conversation with Dr Mark Williamson was recorded at a live Action for Happiness event on the 5th of July 2023.*

[Happiful Magazine Issue 75](https://urldefense.com/v3/__http:/click.happiful.com/ls/click?upn=WLUz15j72F7XQGWv7KCzCVD6s5M-2BbqzGSOOL3HdIdtqo4BIkgJBsrkTNpHWF96Xy9qXwcbNKdGREyxGtwSMqqtunsObYezq1A56EIgr5cWkKBETq4JgjwIx00T-2BLFDgMFAgYeZVGxiS8s6TEm-2F4dfebEc17kSX2nWSF88yuK85tO8omoDhTkTvfwZO-2Fhyc52nH58_vlxKXGtrweqRuw1lY7lnSU6T1KpAWSsy1mv-2Bc2e4nMN0WKfIuLwMgF4ILeXxRufVDQb3qS4uNpTyOiqdYjUI-2BcqeB6SW7e140V7jLwSyY2bQgcQdoza94xgOoGhFPRoH-2BKKEG51UZfyajczp1jv58amU6zAN3xLtwSMb1R-2FxFYBMfsLYiT3EdlyeYMVCa-2FOnI-2BT5mIK0VLfEgOke3tcb3YHMFTV8zaEqpF3VRZ-2BUJq8LZA49jLvtgbNVKKfXJLmDOYo63abA-2BWihIesupu-2BOsROhIDL8f7oEctDJi0qm7FzCpDRjvPcVWPj-2F4lA-2FjTLQs-2FHf9CBInkXNALn0S4O34sMMTrGDh7RpXhJEeJaegr4nsPt1glekIokpLbB5imVklTTcnfxNkofMfIo-2FsG-2BXIU-2BndqNDX-2BAj8sm7IVaD7Ayvim1sjP3-2BI7NyaKUMYI29krN2AJIxS5oEsmuORfOeMwMQbMvqjNPd6sm2cv0YsiMoXRbRQ-2Fxuwl-2BDcTmqG7Qt7JHZFWcZSepw-2BYHuJHaP5XApZ-2B-2FcZxflnN8guz9RkZB3GadMzf5W2ha4LLSCEJgpwllmYbKCq4iCgWDcu-2Fnh0wft8NLcgxuCL3JUfB6Ft7cDJZYSUJfX8jYcD2rpxAj9OlHjb5OrvP4IC8LVWQPDmP5EuDmM8sS73eeqJU3OWDp5ke0fuciyv9E9Tzlc275vqqVxoVRHmy2vfeKAnMM88aQCDSvruk2IswIqjZMdg-2FbqgNrkLk53iz7-2Fp6DM4ScB-2FI-2FzyAI94K4tlyeWNfGhCMWqMTYOB2sTOeVY2B2DkO5qBH7LkEQ1E87PNBWjQJv9mVcMnKV6334Sq3gwyDcN8CwHqbW6FX-2F3-2BavcFEqiM4-2B8Kqnzf37v4vqmJN8UnHdra301fqfPmZGaZXxEmQjeE2YCv0SvQix8LYaGPovf5oyrWjQaZ-2BvWcdml9RhZXxLHhOAtmqh4KYk0aWdHv2U0IEHyLBcMECmGAOguEVE-2BKcqHJd5wiqGbLNcgkCH3RwTcOaIjk5SH24a-2BYkMuGuHB9xmAMLCH5BwYFpgiaR7DkeW1UA4ObkJqKafPQifXnQaASkarqqVhFqLhNAGsUEM7jA-3D-3D__;!!PDiH4ENfjr2_Jw!BsnbT4qKN-dmWSXu6FwxtMTEj9m-20VM4CMC_MmFK5_gKlCY74uR0IziA62LxtwyrDBf2ktVkJcA1L6bwvBrMfvioAvGXQ$)

Our core feature is a guide to travelling for introverts. Adventure and exploration aren’t solely for

those with outgoing personalities, but open to all. And in this issue, we share vital tips to ensure you can unlock the great, wide world out there – in a way that suits your needs.

Additionally, we reveal what it’s really like to have therapy, with first-hand advice from someone who’s been there herself, to allow you to get the most out of any treatment.

Plus, our expert columnist delves into what we can learn from ancient philosophers through stoicism. And we speak to the cold-water swimming group ‘breaking the ice’ with conversations on men’s mental health and creating camaraderie in the process.

**Happiful Weekly**

* [Bad News | Balancing Goals | Inspiring Celebs | Hot Weather, 23 June 2023](https://cdn.mc-weblink.sg-mktg.)
* [Journaling Prompts | Stop Teasing | Good News | Scapegoat, 30 June 2023](https://cdn.mc-weblink.sg-mktg.com/weblink/MTY4ODExOTMyMHxQX2p2Q0xGdmFWbHVhMzZGMm9KcmEyX3lGUnZhSk1Sb2xPbWluQjF6TjFzOF9TU1BCZFFrWE5seUdrQ29PY2l5SHJlZEJiWGxwM1cwZG5DWlNabnRIWDlidW83UU5CVE9BZDhYSUVkeTdtdm9XSENKN3Iwb1p6S2pvY1BLSGZna1ZDWVMtaXUzWElqQjlmVVJNenp2cmZDV0Vkdm0xTW5xS1hLU2pVV1NOcGh2MUVkLUcwYWM2WlYtS1BqMlV0bkcxamhrZlMtTURHYnJsS242S1ZXVm1EcFN5X2ttUTd2T0V1cFdNTW5xa1JITERRaU5DSjhTamJHYnpJeFBZSnR1bzdxeG94cFl6Z3phU0ZiZENKd3VyZFV0dDc3VUdfeHRaWmtyZXdpeVZUU1FXakpMVldlcWd3RVd5dzIxYUlFY1JEVFAxTW04d3VzWXws_LB15h_QHBz2QNL_rsXTRaX9NTfrmuH6pZdFMQ6Btw==)
* [Summer Playlist | Tackle Tantrums | Laugh It Off | Secondhand Stress, 07 July 2023](https://cdn.mc-weblink.sg-mktg.com/weblink/MTY4ODcyNDA1N3xjXzdJSUwzVnl1Nk1Cd2drS3VRQTFsQTg4MDE1d1RVYkktNFhXUjctX09lamwwRHVKc3VDeUQ0X1JXTWdvS0J6YkEwOElxT0l5T3l3TkhuRkVQWjZnR0tFTk5WQlFzWjJ6YjU3emRsdDFrbWwxOHl4M0VMQkZ3dndybzBPRnpjVmViY1AtS09iZ2NMUDI3dGE4ZDd4N25ZRVpjb2RZd2hmbXN5VklxZDg4M203MFRpVXRwU2V0OGNvb19ZLTkzejZqMk03Y2xWczRjX2Ric1c1RTJkNGFZTVlNMzNNZVBvZVlHYU1VaXdwRnpURVk4NXdORlZycHJDdzMwNlZoazIzaXp6RXNfMVdjSWhhMDJwU1VMdlZKWlE0OENMS1A2QlNXSnZFQVh5cUVReFEzdElYVENqX0dZTjhULU1kb1pEbGdhd3VXX0VpOG12b3zRwr_rVupnQEcEk4bhkboWs5ujfGBwmf4irVh9AvIeTw==)

[Manchester Volunteer Inspire Programme (MCRVIP)](https://mcrvip.com/index-classic)

Volunteering can be a great way to boost your mental health and wellbeing. #MCRVIP offers flexible volunteering opportunities that can fit around your schedule and lifestyle.

[South Asian Film Club – Manchester Museum](https://www.museum.manchester.ac.uk/event/south-asian-film-club/)

Part of our South Asian Heritage Month programme

The South Asia Gallery is all about storytelling, promoting alternative perspectives and hidden or unusual narratives. Over South Asian Heritage Month we will showcase a number of thought-provoking films curated by members of the South Asia Gallery Collective.

[Rainbow Warriors Family Yoga & Mindful Colouring (ticket fees applicable)](https://www.eventbrite.com/e/rainbow-warriors-family-yoga-mindful-colouring-tickets-517762651027?fbclid=IwAR1JyVrFodMZjhQMPs4WWanPhCSFioM9gd8VKjwyZkZZ3yrSvAsthuTJ2UQ)

Venue: Gorton Monastery

We will begin with a fun and uplifting family yoga class, taking you on a magical adventure whilst teaching simple techniques to improve physical, mental, emotional and spiritual wellbeing. Mindful colouring cultivates inner peace and helps to channel energy, develop focus, concentration and mindfulness.

[Pack your bags Manchester – Manchester Day is taking you on holiday!](https://www.manchester.gov.uk/events/event/5523/manchester_day_on_holiday)

Saturday, 29 July 2023, from 12:00-21:00

Manchester Day – on Holiday will be a special summer’s day to captivate families and friends alike. Be entertained by performers, skilful musicians, and a menagerie of surprising animals. Marvel as the city’s streets come alive with entertainment, tunes, dance moves and wonderful shows. What’s more – **it’s all free**.

[Stockport Music Map Walking Tour (ticket fee applicable)](https://www.skiddle.com/whats-on/Stockport/Red-Bull-Stockport/Stockport-Music-Map-Walking-Tour/36382153/?fbclid=IwAR3iYxvf5HJI0NFp02YbpQHREMt7cZb7w7ATcsXhUh4rVgXOTRoPG4a2Fiw)

Saturday 29th July 2023, 12:00pm til 3:00pm (last entry 12:00pm)

Celebrating Joy Division at Strawberry Studios with a talk from rock photographer Paul Slattery about his iconic photo shoot in 1979.

[Heaton Park to welcome 40 dinosaurs this summer](https://twitter.com/i/status/1676935526824173570)

July 20 – August 6, 2023

Heaton Park will welcome 40 life-sized animatronic dinosaurs this summer.

[Free Family Activities All Summer – Manchester Museum](https://www.museum.manchester.ac.uk/event/summer-of-stories/)

Every weekday you come into the museum over the school summer holidays, you’ll find creative hands-on activities, inspired by the stories and objects behind the objects and exhibitions in the museum.

**RSPB Notes on Nature**

[From newts to nymphs: discover fascinating underwater creatures (17/07/ 2023)](https://view.email.rspb.org.uk/?qs=2043604a15c0b683f44ca90a9069a432d82d55ce1f9a3b32a634f53b9574c08a1da14c5a5318575cfb240e79f20bdfb552e7bb5b51802629a804ac3c2c1951167e3d429fa918e969c5376d10b74e81d5d84c836a878ad910)

[Bright, bold and beautiful: the rainbow birds return! (24/06/2023)](https://view.email.rspb.org.uk/?qs=946ef136a5cff746ffc6f4a0bb6dff0a75d50e7e05a43e157ad70b37e660892ce721fe870695593d8010791ce838055ef5242373a500123ada4eaf1ea1fb27c72ae0fabd7e4c850df8ae5d0fc8db02f6e3c30cc25cd7376f)

[What to see in July – life in the fast lane with Peregrines and Swifts (01/07/2023)](https://view.email.rspb.org.uk/?qs=bc27fa476965bfb8a0d4e1862d1bf09615af0d01ebf4fe3a0f870fd35e3988df03349398de8edc5e84485a596780eb0392f8af100955f709502e43ba08392ec26abeea95ee66f16887f7c79a12300a500c4769f772e64a1c)

[Are you ready for Global Birdfair? (08/07/2023)](https://view.email.rspb.org.uk/?qs=22599c091431de0a936e9beeb9a21908b4a00751bceeb082029d54214e3e60516fb5fed8f0e83e83c2cf8d39a26f1a3f4458f75c85be43c8a7b2eb954af733e0cebaf592a67b1d26712ef8398b6dfeb97ee4bfff7a72d0fa)

Other relevant newsletters:

[Climate Network Newsletter, 10 July 2023](https://documents.manchester.ac.uk/display.aspx?DocID=68711)

[Office for Social Responsibility, 14 July 2023](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=MLjDU1MzE4MlM3MTQxOkJGNkI3QUI0MkVDODA5QjUzMjYyRTQ1QTM2OTYwRDcz-&CC=&p=0)

[EDI Staff Network Group Digest: 10 July 2023](https://documents.manchester.ac.uk/display.aspx?DocID=68710)

[Manchester Libraries Newsletter, July 2023](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/3620182)

[Business Confucius Institute, July 2023](https://my.newzapp.co.uk/t/view/1615317185/123025152)