**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 4 August 2023**

[Employee Assistance Programme: Health Hero (formerly 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/)

**August celebrates:**

3 August [Cycle to Work Day](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwihrofFpaeAAxWNaMAKHa1jCtYQFnoECBYQAQ&url=https%3A%2F%2Fwww.cyclescheme.co.uk%2Fcycletoworkday&usg=AOvVaw1Gmp6zqJqPKgpHZAbbCOL4&opi=89978449)

9 August [National Book Lovers Day](https://nationaltoday.com/national-book-lovers-day/)

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

**Altruistic August -** Let's create a wave of kindness to spread around the world.

[Virgin Pulse August Wellbeing Calendar](https://community.virginpulse.com/hubfs/_2022-Content/2022%20Wellbeing%20Calendars/WellbeingCalendar_August_2022%20%28US%29.pdf?hsLang=en)

In this month's edition we're diving into:

* National Wellness Month
* National Nonprofit Day
* Women's Equality Day
* Our upcoming [5 Trends to Watch in Healthcare Webinar](https://community.virginpulse.com/five-trends-in-healthcare?hsLang=en) on 8/10

[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.

[LGBT+ Campus Walk (North campus)](https://www.eventbrite.co.uk/e/lgbt-campus-walk-north-campus-tickets-686432707707)

Join us for a one hour tour of our beautiful North campus taking in significant LGBT+ spots.

[Celebrate Manchester Pride 2023 with the UoM](https://www.pride.manchester.ac.uk/)

Manchester Pride is just a few weeks away on August 25-28. Our webpages are being updated all the time with information and you can access them here.

**Book club**

Next meeting Friday 25th August 12:30-1:30pm.

As a little experiment we decided to pick two books; one for August and one for August and September.

So for August the book is: **Fall Down Dead by Stephen Booth**

For two months we decided to pick **Anna Karenina by Leo Tolstoy** (to report on in September)

We will also recap **Echoes of the City by Lars Saabye Christensen**

A zoom invitation will be sent to anyone who would like to come along. You don't even need to have finished the books (although there will be spoilers!). Contact Fiona.lynch@manchester.ac.uk if you would like the Zoom link.

[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.

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

* **Thursday 10 August, 10:15-12:15** – **"Everybody is Welcome" is a family friendly workshop run by Venture Arts artist in resident Sally Hirst.**

This workshop is inspired by Sally’s foster sister who was a refugee and the cardboard house she created. The session will be a mixture of storytelling and cardboard house building.

* **Sunday 13th August, 14:00-14:45 - (Un)Defining Queer Tour 6**

Join us for a guided tour of our (Un)Defining Queer exhibition, now open until December 2023. This ground-breaking exhibition explores the Whitworth’s collection to examine how we can use a queer lens to define what the term ‘queer’ means.

**5-a-side Players Wanted (cost applicable)**

Players needed for a weekly 5pm game (5 a-side) on Tuesdays at the Trinity Sports Centre

We could do with a couple more players for the 5pm 5-aside (sometimes 6 a-side) game on Tuesdays at the Trinity Sports Centre, behind the Main library. It's a friendly, mixed skills game and costs £5 per game, and we try not to take it too seriously. It's not a weekly commitment so you can drop in and out whenever suits. If you're interested or have any questions please email ted.duckworth@manchester.ac.uk.

[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

**Relaunch of the GM Wellbeing Toolkit and new Engagement Quiz.**

The third edition of the [**GM Wellbeing Toolkit** [gmintegratedcare.org.uk]](https://urldefense.com/v3/__https%3A/gmintegratedcare.org.uk/wp-content/uploads/2023/06/109725001-gmicp-wellbeing-toolkit-final1802.pdf__;!!PDiH4ENfjr2_Jw!G_LaeSjagvsL0-KcArQyyWkaKpie75cvSlhD1kk-eOk02Xl9cSjL9CIYwdC4DJGFM1Zz2bwOKH8Oy9vtx4BYMYccFi1UDarQ_bQ$) has been re-launched for our workforces across the Greater Manchester system. The toolkit continues to support the wellbeing of our health, social care and VCSE workforce, and curates information and resources into a single document. The refreshed toolkit is rebranded for our integrated system, and includes new sections on *Stress and Burnout*, and an update on the support and resources available when we need them.

The new interactive [**GM Wellbeing Engagement Quiz [gmwellbeing.co.uk]**](https://urldefense.com/v3/__https%3A/gmwellbeing.co.uk/__;!!PDiH4ENfjr2_Jw!G_LaeSjagvsL0-KcArQyyWkaKpie75cvSlhD1kk-eOk02Xl9cSjL9CIYwdC4DJGFM1Zz2bwOKH8Oy9vtx4BYMYccFi1U-ACqbto$) aims to offer people the opportunity to take part in a series of questions to identify individual areas of focus to improve their wellbeing.

[Lemn Sissay: Let the Light Pour In (cost applicable)](https://homemcr.org/production/lemn-sissay-let-the-light-pour-in/)

16th September 2023, 7.30 pm at Home Manchester

We are delighted to welcome back Lemn Sissay for a special preview event to launch his latest poetry collection, Let the Light Pour In, as part of Manchester Literature Festival, in partnership with the Centre for New Writing and Creative Manchester presents this as part of Theatre 1: Autumn 2023 – Spring 2023 Season.

[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=).

[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.

[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 Beyond Pride Month (replay) – Join us for a conversation with Dame Inga Beale](https://urldefense.com/v3/__https%3A/cpztj04.na1.hubspotlinks.com/Ctc/ON%2A113/cpztj04/VVG3231qh0spVhg5nN1BzskVW1c61D751rKVrN6fpSWD3q90pV1-WJV7CgDfnW5BFcYR652ZrFW519jkd1_jYZVVt8SJq26B0NMVV--ZH5xNVZMW740YyK5v-_cmW1svTS22jXw56W2hKFJJ1yNK2DW8gq6Jx6mhysjW5y0cwj2hBl7JW7xJhYl53vl6VW10n50L21PCz_W6mJs9f8HgMJtW686jHL5X-nh3W55MCCT8fw0vsN2B2tQp4HM40W663PtB628R0SW48Lp8D9h5GWfN51gqtKmnz7_W6_H3kd774FbnW3xyG3n5GCmhSW8jJDfR5DcGn-W47ymfL6JJLg4W1YdfSN2SQ6qYW7NYYsH32XPNdW91mW5Y1s3dCRW13FkPw8p5dkg38DW1__;Kw!!PDiH4ENfjr2_Jw!DQMsv7m9X7t0INEVGtohn3JhyiWOMMqyR4fx0PKK8IE62aOpSkebpT8txUk0OP3kK0NhGCM9zHI2FDJBqDXGd9yROtTY$)

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.

This recording is a replay of a webinar that took place on 26/07/2023.

[Henpicked FREE Lunch & Learn webinar (replay): Fearless: Adventures with Extraordinary Women](https://henpicked.net/menopause-hub/wp-content/uploads/2023/07/Louise-Minchin-Fearless-Adventures-of-Extraordinary-women-henpicked.mp4)

Henpicked's Deborah Garlick was joined by Louise Minchin on 25 July 2023 as they discussed her fabulous book – Fearless: Adventures with Extraordinary Women'.

[Portakabin’ Incredibly Strong MHFA Network With Everymind At Work (replay)](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VWX7-t4g5_BSW7Gr2ZV6FR9xLW1TDTHt51wVF8N6ybcWD5nKv5V3Zsc37CgBBMW5q9p236n2n29W1992Fh5s5JZfW7JWn_V3F_bZPW7793WC8Vnr8_W83Xt8Z9k8fZdW4CjnSC8WCrvQW2c_hgK8G2xy7VCq0dm3lQTbsW2Gfy6n4CSyQ_W5h7m531r18VNW2DKL9H3T4k33N5PNTnP41r9pW5pRXDl2NBhgPVftHqb2Lc293W2dzG9h5QZHLkW4sDcbX8v-JZjVLZ7nJ223jfCW1JG_hj7kxnHWW72QMyc1flByZW7KDLl45CHYBGW3QJq3L8pgCxKVZHsYP3DJx08V_Sj886BRHxZW3GbRyW3zcp8YW5DrF8y19Cm47W8MDy9f7wtJqCW59pv7d5YGh9-N8pbYmsg6nkSW4lZSwH1vK-yNMnsR2Kf2_nzW5CMmms5hkDrHW963kQk4Ycg__3bD61__;Kw!!PDiH4ENfjr2_Jw!GaSRlzrzjyTTFKDI1uak29NArKrN9iqyXM2jANFOA4ZK4_s7aEBuY_VTu0RS2gJ8addA146R6zUCfppukNgCtYhCX1yNdDzJ3Fw$)

Paul McGregor from Everymind At Work was joined by Corina Carney (Health & Wellbeing Specialist, Portakabin) to unpack how they've built an incredibly strong (and award-winning) MHFA network within their organisation. A key factor in their success was their ability to ensure safe and ethical practice – something that's super important but often overlooked.

You can download the slides just [**here**](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VWX7-t4g5_BSW7Gr2ZV6FR9xLW1TDTHt51wVF8N6ybcWX5nKvpV3Zsc37CgzXxV7qT1h6fC4qZW11LVKv2vKGRxN7pvxT65fZ_TW3BXJLm8PW27DW8ZnJl86br7-GN5Xlt9gGy7FpN2XnqnndW4mRW6h111K6TplRXW6hLSm248y1xQW1ChX4n7JwtZxW69P4t96nm2G1W5JySGh6wBWBLW3rYJdp3wY-wdW1pXLHd7pDcN5W8mtRqL82XVFTN3HpV95pB77TW9gm-gj5r8Dp3W8bdlgn5nLjHGW40mwDK8mCL25W87HWfY8GPxm9N8v_8l1pxkQHW1sdz-T2-Mgn1W2zzKG213WfQNW42fLsg3K4yWpVZM7GL1kjnpFW4PK8tf8vxGJsW1FcmgT6PHX-rW61dVhc1gSNn8W7hG6gT3LkYY-W4zZSQ4776nRZW7tXnsh640wbNW7m1DG47VPBh_W4rnlPD4-r56KV1wdC13_Hwsg3cmq1__;Kw!!PDiH4ENfjr2_Jw!GaSRlzrzjyTTFKDI1uak29NArKrN9iqyXM2jANFOA4ZK4_s7aEBuY_VTu0RS2gJ8addA146R6zUCfppukNgCtYhCX1yNzDBujec$). This is a replay of a webinar that took place on 26/07/2023.

[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.

**RSPB Notes on Nature**

[170 brilliant nature reserves waiting for you to visit, 22 July 2023](https://view.email.rspb.org.uk/?qs=561dad8d554acb2138ff92ce52bb18ddaf294d50af24c056ddf23385f074456c00e60f4c4d3ecc2d43aef76b0aaab17b5831412ce818a804a5a9c54d572311c9bb620d896f6a579078e1d0921013305d1a68af671ef36225)

[Nature to see in August, 29 July 2023](https://view.email.rspb.org.uk/?qs=1ecc890cef17f4ab5038f0b76cd4f4922bef206f6037bbe3f39a55966c582481abec4182e44cc7d41f3a273626ba632ceb280322a3e894f33b3121c09e085403c88bf637a35143588a34f200af5be223c724e38efb212f79)

Other relevant newsletters:

[Climate Network Newsletter, 4 August 2023](https://documents.manchester.ac.uk/display.aspx?DocID=68729)

[Sustainable Futures Newsletter, July 2nd Edition](https://mailchi.mp/0fc61d39dbf8/the-latest-updates-in-research-calls-news-items-events-and-ongoing-activities-across-sustainable-futures-6647045?e=6f183721c1)

[Manchester Libraries Newsletter, August 2023](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/3659fb4)