**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 18 August 2023**

[Employee Assistance Programme: Health Hero](https://www.staffnet.manchester.ac.uk/news/display/?id=30128) (formerly Validium)

Our Employee Assistance Programme, Validium has now been relaunched as Health Hero.

HealthHero are a specialist external provider of staff wellbeing and mental health support services. Support is free and anonymous.

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’ll always be able to speak to someone confidentially who can help.

**August celebrates:**

3 August [Cycle to Work Day](https://www.cyclescheme.co.uk/cycletoworkday)

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

15 August [National Relaxation Day](https://www.wincalendar.com/uk/Relaxation-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/_2023-Content-INT/072123_document_august-wbc_int_uk.pdf?hsLang=en-gb)

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://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/3659fb4?hsLang=en) on 8/10

[Happy National Relaxation Day!](https://www.wincalendar.com/uk/Relaxation-Day)

National Relaxation Day occurs annually on August 15th.  Why not check out some of the [relaxation audio downloads](https://www.counsellingservice.manchester.ac.uk/buildyourmhexpertise/) on The Counselling and Mental Health Service website.

There are also lots of great sporting opportunities to help you relax and unwind - check out the timetable of summer vacation events on the UoM Sport pages [here](https://www.sport.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.

[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.

[Counselling and Mental Health Service Workshops](https://www.counsellingservice.manchester.ac.uk/workshops/?settags=1&from=14%2F08%2F2023&to=13%2F10%2F2023&affil_staff=on&submit=Search)

Several of our workshops are available to staff members. Please see our workshops here.

[12 Stages of Burnout](https://media.licdn.com/dms/image/D5622AQH93DVYYC8hGg/feedshare-shrink_1280/0/1691839042083?e=1694649600&v=beta&t=eOJZiiyB0uAA6vdBhd9x_-RGq6vfOlc4YHrCX04HZh8)

What Stage of Burnout are you? How about your team?

In today's fast-paced and demanding professional landscape, the topic of burnout has gained increasing significance. As we strive for excellence and achievement, it's crucial to recognize the signs and stages of burnout, and more importantly, to implement strategies that foster a healthy work environment.

[Book club](https://www.staffnet.manchester.ac.uk/news/display/?id=30108)

Our next meeting is on Friday 25th August, 12:30-1:30pm.

[Events at Blackwells Manchester](https://www.eventbrite.co.uk/o/blackwells-manchester-11315868456)

Blackwell's Bookshop has been serving the needs of academics, students, and book lovers since 1879.

[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 24 August, 13:00-16:00** – ["Playtime Everybody’s House”](https://www.eventbrite.co.uk/e/playtime-everybodys-house-ty-pawb-tickets-691765909457?aff=ebdsoporgprofile) **– A free open access den-making session for 6-12 year olds in our Economics the Blockbuster exhibition space. Facilitated by playworkers.**

**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.

**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/2023/07/gm-icp-wellbeing-toolkit.pdf__;!!PDiH4ENfjr2_Jw!DbIXpuVaag0omqwW-pladi_tG8WWeYnyuN1K64rLqDJ4yg2qpUbYiGMUbuRcMDIbUm_UGOBfxSQ_Le4mKdSkOFGjqb7LBObxh7WVIPyw$)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!DbIXpuVaag0omqwW-pladi_tG8WWeYnyuN1K64rLqDJ4yg2qpUbYiGMUbuRcMDIbUm_UGOBfxSQ_Le4mKdSkOFGjqb7LBObxhxdM2VUr$)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/).

[Moving Towards a Zero Suicide Society (replay) – a Practical, Shared Vision!](https://urldefense.com/v3/__https%3A/clicks.eventbrite.com/f/a/Gm9fZ6cl0jFWBDUcRM_t2w%2A%2AA/AAQxAQA%2A/RgRmtgGPP0QxaHR0cHM6Ly92aW1lby5jb20vODUzMDUwOTkwL2ZjZjYwYzViZjk_c2hhcmU9Y29weVcDc3BjQgpk0w_O1GToUZ_1UiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA__;fn5-!!PDiH4ENfjr2_Jw!AeK8Cum6MaDG_zUsM7DYAqzKpaOYwOjr3_hPf4fIoNIcbJi9sruFXCr2dYmboEbam5fS1EPkwWInOJ-xfP6o0-PXKu0GPGW3roxcFA$)

This event on 09/08/2023 was an opportunity to hear about The Jordan Legacy's research project. The report draws from and the actions many have told us will reduce the number of suicides.

The Jordan Legacy published the report ‘[Moving Towards a Zero Suicide Society](https://thejordanlegacy.com/moving-towards-a-zero-suicide-society-the-report/)’, mapping out what a Zero Suicide Society would look like.

[Cycle the Month with Prostate Cancer UK](https://prostatecanceruk.org/get-involved/the-month-challenges)

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/fearless-adventures-with-extraordinary-women/)

Henpicked's Deborah Garlick was joined by Louise Minchin on 25 July 2023 as they discussed her fabulous book – Fearless: Adventures with Extraordinary Women'. You can find this recording and a wealth of information – videos, articles and podcasts.

[Everymind At Work HR Academy – Community Catch Up](https://us02web.zoom.us/meeting/register/tZUoceqhrjMvGddKM-LtOPhvtNRrm-VaVY3P?_x_zm_rtaid=OI7PX4m4R9yDc9f5GFeJ-g.1692024270251.bb94f469c594247c162c4407520b02db&_x_zm_rhtaid=355#/registration)

18/08/2023 – 08/09/2023, 09:00-10:00

You're invited to join one of our HR Wellbeing Academy Catch Up and Network Sessions.

Here's what a typical session will look like... we break it down into three sections:

1. Discussing our wins of the week + what's working well so we can steal (get inspired by -) each other's ideas.
2. Sharing our challenges of the week, so we have an opportunity to support one another.
3. Discussing a relevant topic that's topical for HR / Wellbeing.

[How HR, MHFAs & Champions can respond to suicide risk in the workplace – Everymind At Work](https://my.demio.com/ref/8QNaWMc7k17grftm?utm_campaign=2023%20Demand%20Gen%20Webinars&utm_medium=email&_hsmi=269467588&_hsenc=p2ANqtz--k0lCTBiBbDbBboikfahJ5MSU1chyoZOt_hhzRh3p8PV_ds1G3rB3Vp-d0oPnY4JYH95h4pXZjavqnlGnLa6fVv6txaBZHLSWmTWfRW7tEGbm7gnM&utm_content=269467588&utm_source=hs_email)

Wednesday, September 6th, 2023 @ 1:00PM

As part of our commitment to World Suicide Prevention Day, we're hosting a live-streamed session that provides practical guidance on how to work together as advocates for suicide prevention in the workplace.

[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.

**How you can overcome imposter syndrome in the workplace – Everymind At Work**

Below, you'll find a webinar replay on how you can overcome imposter syndrome in the workplace, along with two supporting resources:

✅ [Webinar replay: How HR can tackle imposter syndrome at work](https://everymindatwork.com/webinar-replay-how-hr-can-tackle-imposter-syndrome/?utm_campaign=2023%20Demand%20Gen%20Webinars&utm_medium=email&_hsmi=269584134&_hsenc=p2ANqtz-_5syU6QsOl5AUuGqPgEXkhAwo2HQaHA5VlxML38S9N7kxBBMlU607RILQjTT7D7_DtacYZTkr80k0X6IKe3QdjJXTb6indnz2lB-2FxfM_xL8tAmQ&utm_content=269584134&utm_source=hs_automation)

✅ [Guide: Common signs of imposter syndrome in the workplace](https://everymindatwork.com/wp-content/uploads/2022/05/Imposter-Syndrome-In-The-Workplace.pdf?utm_campaign=2023%20Demand%20Gen%20Webinars&utm_medium=email&_hsmi=269584134&_hsenc=p2ANqtz--MHDhvUicDM4YkGXq-x6LESPzXb2lVwjE0RCAhA3PKpF7s-zxOapFUQEjt7iZBBoHIwZyKMfjx8qnD2PkP7Bxqo24tzLY6qLnn-bRuluTxfa1Xb7M&utm_content=269584134&utm_source=hs_automation)

✅ [Guide: Supportive conversations to combat imposter syndrome](https://everymindatwork.com/wp-content/uploads/2022/05/Conversations-To-Combat-Imposter-Syndrome.pdf?utm_campaign=2023%20Demand%20Gen%20Webinars&utm_medium=email&_hsmi=269584134&_hsenc=p2ANqtz-95WctuWxLgkdzoF0me5h8t6ED0-z3vDw6RX__ZCmoEAhsfOp39Pz9qjynAHilAJXNz7WoCPR5xzixgsf32Q48V1eyp8QoWkGDgApPTxUAjoYBWiO4&utm_content=269584134&utm_source=hs_automation)

[Fundamental](https://thisisfundamental.com/)

A new lifestyle space for men with mind and body at its heart.

Check out [‘Matthew’s Burnout Basics’](https://thisisfundamental.com/f/matthews-burnout-basics) from 07/08/2023 from Matthew Shaw, the founder of Fundamental.

[School Holidays in Manchester](https://loadstodo.co.uk/guides/schoolhols/?utm_source=Facebook&utm_medium=social&utm_campaign=Orlo&utm_content=Loads%20To%20Do)

If you’re looking for things to do for the kids in your life during the summer holidays – read on. This guide is stuffed with fun activities.

[Guided Walking Tours of Manchester's Environmental History](https://www.elementaltours.com/) (cost applicable)

Thursday 17 August 2023: 1-3pm

Friday 18 August 2023: 1-3pm

Saturday 19 August 2023: 11-1pm & 2-4pm

Sunday 20 August 2023: 11-1pm

Price: £11.55, free for children under 12

*For our opening weekend (until 20th August) use the code 'elementaldiscount' when booking through* [*Eventbrite*](https://www.eventbrite.co.uk/e/building-manchester-a-historical-walking-tour-of-manchesters-stone-tickets-685132057427) *for 50% off!*

Join us to get the solid facts on why humans are so obsessed with stone and what stone represents. We’ll meet at Manchester Cathedral and walk to The Bridgewater Hall. On the way we’ll chat about fossils, erosion and stone as a status symbol.

[Oxford Road Corridor](https://oxfordroadcorridor.com/place/things-to-do-on-the-oxford-road-corridor-this-august/)

The best things to do around Oxford Road this August, from gigs and exhibitions to bank holiday parties.

[Happiful Magazine Issue 76](https://read.happiful.com/99ab1462-ab8b-43e7-9658-3d64ff9b38ea/read)

This month, discover a new way of thinking – we’ve got an inspiring range of features, including:

* The power of daydreaming in the modern world
* How a social model for disability changes everything
* Tips for having a healthy relationship with influencers
* The wellbeing lessons we can take from ‘rewilding’
* How to support a child with insomnia
* What pilates can teach us about movement and health

**RSPB Notes on Nature**

[Great news! Rare butterfly returns, 12 August 2023](https://view.email.rspb.org.uk/?qs=a5471d6b1215d0d155b7d3f926b097f4ff926561322e69bf51aa01667fd9ce000c8e8c0452270c5d135fccb8a78f8282092062216fa4b803663b11c7965268fbc6b31658878451253b87caf1e105d1f370931b4be3476b45)

[Marine magic: watching Puffins and dolphins in the UK, 7 August 2023](https://view.email.rspb.org.uk/?qs=28a0dbbd8bfff89d7f76ffdc934f0022595b8d3795333f7ace4da160275a8f7853b456845e50ff3eea51f567adbffba04c101c17b909dc3f2ff6c342d79c8eba73782fbf11e05b653a6bdc33a07b3dfb9df6a6ac72f4b22b)

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

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

Other relevant newsletters:

[Climate Network Newsletter, 7 August 2023](https://documents.manchester.ac.uk/display.aspx?DocID=68877)

[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)