**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Green Impact News, 1 September 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.

**September celebrates:** [Childhood Cancer Awareness](https://www.icr.ac.uk/news-features/childhood-cancer-awareness-month#:~:text=September%20is%20Childhood%20Cancer%20Awareness,support%20us%20all%20year%20round.), [Blood Cancer Awareness](https://lymphoma-action.org.uk/lets-talk-lymphoma-september), [Gynaecological Cancer Awareness](https://www.jostrust.org.uk/get-involved/campaign/gynaecological-cancer-awareness-month#:~:text=1st%20%2D%2030th%20September%202023,cancer%20and%20other%20gynaecological%20cancers.), [Thyroid Cancer Awareness](https://www.thyca.org/how-to-help/awareness/september/#:~:text=Thyroid%20Cancer%20Awareness%20Month%20is,the%20whole%20month%20of%20September.), [Urological Cancer Awareness](https://www.theurologyfoundation.org/get-involved/urology-awareness-month), [International FASD Awareness](https://fasdunited.org/)

4-10 September [Know Your Numbers Week](https://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week/)

9 September [Foetal Alcohol Spectrum Disorder (FASD) Awareness Day](https://www.niaaa.nih.gov/international-fetal-alcohol-spectrum-disorders-awareness-day-september-9#:~:text=is%20September%209-,International%20Fetal%20Alcohol%20Spectrum%20Disorders%20Awareness%20Day%20is%20September%209,disorders%20in%20the%20United%20States.)

10 September [World Suicide Prevention Day](https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/world-suicide-prevention-day/)

12-16 September [Pension Awareness Week](https://pensionawarenessday.com/#:~:text=Get%20involved%20from%2011th,BOOK%20A%20LIVE%20SHOW%20NOW!)

15 September [World Afro Day / Big Hair Assembly](https://www.worldafroday.com/)

17 September [World Patient Safety Day](https://www.who.int/campaigns/world-patient-safety-day/2023)

18-24 September [Organ Donation Week](https://www.organdonation.nhs.uk/get-involved/organ-donation-campaigns/)

20-26 September [National Eye Health Week](https://www.visionmatters.org.uk/)

23 September [International Day of Sign Languages](https://www.un.org/en/observances/sign-languages-day)

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

Self-Care September – self-care isn't selfish, it's essential.

[Virgin Pulse September Wellbeing Calendar](https://community.virginpulse.com/hubfs/_2023-Content-INT/081123_document_september-wbc_int.pdf?hsLang=en-gb)

Are you ready to make September the best month ever for your teams' wellbeing? We have just the thing to add some fun to their wellbeing efforts and make them feel fantastic! 30 nutrition, health, and mindfulness tips.

[University Wellbeing Talk by The Ollie Foundation](https://www.eventbrite.co.uk/e/university-wellbeing-talk-tickets-704511170877?aff=ebdsoporgprofile)

M﻿onday 4, September 2023: 18:00-17:00pm, online

Transitioning to University? Off to Uni or have a child who is? Join us online for a session supporting students as they move onto the next stge of their education.

[Staff benefits update](https://www.staffnet.manchester.ac.uk/news/display/?id=30174)

Bank holiday options, savings for families and some new discounts.

[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)

Mon 14 Aug 2023 to Fri 13 Oct 2023

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

[Interested in getting back into netball?](https://www.staffnet.manchester.ac.uk/news/display/?id=30145)

Join our postgraduate student or staff teams.

**How can I get involved in campus sport?**

[UoM Sport | The University of Manchester](https://www.sport.manchester.ac.uk/)

All Campus Sport Leagues are open to all staff and it would be great to see more staff getting teams together to take part in the 5 different leagues we run from October to April. Currently our leagues are in Football, Rugby, Futsal, Hockey, Basketball and Netball, with the view of adding more to our programme. For more information on Campus Sport and how you can join or register a team please visit the UoM Sport website or email [andrew.ellison@manchester.ac.uk](mailto:andrew.ellison@manchester.ac.uk).

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

Next meeting Friday 29th September 12:30-1:30pm.

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!).

Our book this month is Anna Karenina by Leo Tolstoy. We will also recap Fall Down Dead by Stephen Booth.

Please contact [Fiona.Lynch@manchester.ac.uk](mailto:Fiona.Lynch@manchester.ac.uk) for the Zoom link

[Six books to read this Women In Translation Month](https://theconversation.com/six-books-to-read-this-women-in-translation-month-recommended-by-our-experts-211631)

Only a third of books translated into English are by women authors. August is Women in Translation Month (WITMonth), which hopes to address this imbalance by getting more people reading and buying – and publishers translating – books by women. In a bid to do our part we asked a few of our experts to recommend some of their favourite books. This is by no means an exhaustive list, but a starting point for you to go and discover more wonderful books by women from all over the world that have been translated into English.

[Women in Translation Month](https://www.womenintranslation.org/)

Women in Translation Month is an annual celebration of women writers from around the world, writing in languages other than English. Started by Meytal Radzinski in 2014, WITMonth has grown to become a staple of the online literary community, as well as a prominent presence in independent bookstores around the world. Every August, readers from all continents around the world gather in spirit (and sometimes in person) to read, review, and discuss works by women writers in translation.

[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.

[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/).

[Pension Awareness Live Show Timetable](https://pensionawarenessday.com/#:~:text=Get%20involved%20from%2011th,BOOK%20A%20LIVE%20SHOW%20NOW!)

Want free, impartial, and straightforward pension information? View our schedule and don't worry – you can catch up with everything afterwards.

[Take part in the Rainbow Race 2023](https://www.staffnet.manchester.ac.uk/news/display/?id=30155)

The Rainbow Race 2023, in support of Tommy's, is returning on 24 September 2023 for the third consecutive year.

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

Saturday, 16 September 14:00 - 14:45

[(Un)Defining Queer Tour 7](https://www.eventbrite.co.uk/e/undefining-queer-tour-7-tickets-664621580037?aff=ebdsoporgprofile) – join us for a guided tour of our (Un)Defining Queer exhibition. 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.

[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.

[Autism in Children – A Parent's Guide](https://www.eventbrite.co.uk/e/autism-in-children-a-parents-guide-tickets-676525474907?keep_tld=1)

Tue, 19 Sep 2023 19:30 - 20:30

Aimed at parents of children who are or may be autistic, and those working in education wanting to learn more about autism in children.

[Creating Neuro-Inclusive Events](https://doitprofiler.com/insight/creating-neuro-inclusive-events/)

[Creating Neuro-Inclusive Meetings](https://www.linkedin.com/posts/profamandakirby_creating-neuroinclusive-meetings-with-do-it-activity-7099359492420550657-_lax)

Articles shared with you by the Disabled Staff Network Group – some tips for making events and meetings more neuro-inclusive.

**'Neurowavy': ND social group (Levenshulme)**

We are Timna and Lauren, who recently connected after being diagnosed with ADHD and immediately saw the value in connecting with like-minded (wavy folk) who just get it. We wanted to make sure others like us could have access to a safe space where they could truly be themselves. Something that didn’t seem to exist locally. So instead of waiting around for something to appear, we did it ourselves!

At the moment we run recurring monthly informal meet-ups at Station South in Levenshulme from 7-9pm every third Wednesday of the month (next one is 16th August), as well as ad-hoc events such as hikes, gardening sessions and workshops. We are a very new group so it would be great if you could spread the word!

We are on Instagram at <https://www.instagram.com/neurowavy/> and our email is [neurowavy@gmail.com](mailto:neurowavy@gmail.com).

[How to talk safely about suicide online](https://media.licdn.com/dms/document/media/D4E1FAQFC2z7M76c32Q/feedshare-document-pdf-analyzed/0/1692958763788?e=1694044800&v=beta&t=v4PCI4Ql6keGfVbDml4BI8_LEfZlGqwJtS8SKFokw2c) (Sharron Moffatt (MHFA®/ACSM), via LinkedIn)

We need to move away from using “TRIGGER WARNINGS” when discussing suicide. While trigger warnings aim to shield people from distressing content, they can unintentionally reinforce the stigma around mental health. By changing our approach, we can break down barriers and create a community that embraces open dialogue and understanding.

By sharing resources, helpline numbers, and information about mental health support, we can truly make a difference in someone's life. Together, let's create a safer online space for discussing suicide.

[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.

[Basic Needs at Work: Let's talk about wellbeing](https://www.eventbrite.co.uk/e/basic-needs-at-work-lets-talk-about-wellbeing-tickets-689650361797?aff=erellivmlt)

Wed, 6 Sep 2023 13:00 - 14:00, online

Come and share your experiences, progress and ideas on how to improve wellbeing in the workplace. Together, we can create a positive change.

[Action for Happiness Webinar: Shift Your Mindset – Meera Phull](https://www.eventbrite.co.uk/e/shift-your-mindset-with-meera-phull-tickets-668730660407?aff=oddtdtcreator)

13 September 2023, 7pm – Online via Zoom (open to all with optional donation)

Join therapist Meera Phull and learn how you can shift your mindset to improve your wellbeing and feel better. By booking you will also receive access to the event video and resources.

[The Black Menopause](https://www.voice-online.co.uk/lifestyle/health-wellbeing/2023/08/17/the-black-menopause/)

Black women tend to experience menopause earlier and more intensely but are often misdiagnosed.

Fibroids treatment also has an impact. Experts say it’s time for the medical profession to take this seriously.

[Join Henpicked’s FREE webinar: How being a menopause friendly employer saves you money](https://www.eventbrite.co.uk/e/how-being-menopause-friendly-helps-employers-save-money-tickets-693683705637?aff=oddtdtcreator)

12 September, 10-11am

Join us as we share the facts and figures to help you understand the value to your organisation and leave with a handout of the key information on why it's urgent and important to be a menopause friendly employer.

[Dealing with distractions at work](https://www.linkedin.com/pulse/dealing-distractions-work-amy-kavanagh/?utm_source=share&utm_medium=member_ios&utm_campaign=share_via)

We all get distracted at work. Sometimes we are to blame when we do that little bit of procrastination, but often those unwanted interruptions come at the worst times! The frustrating moment when we’re hurtling toward a deadline and just spotted the spreadsheet error or finally found that email from accounts when a colleague pops up. “Hiya! Want a cuppa? Did you see Love Island last night?” Whoosh! That email is lost again, you can’t find the broken formula and you’re even more behind on your to do list.

Now imagine that annoying moment of distraction could mean your life is at risk. This is the reality I face as a Guide Dog handler every day.

[The New Normal, Part II – Returning to Normalcy by Maureen Harrop](https://www.strokerecoverysolutions.com/post/the-new-normal-part-ii) (stroke survivor at Stroke Recovery Solutions)

"I wasn't embarrassed that I'd had a stroke, but I just didn't want people to think I was milking it or looking for sympathy. It happened, and I dealt with it. Afterwards, I tried to do what I could for other people who had strokes, speaking at hospitals that treated stroke victims."

-Rod Laver

Rod Laver, an excellent tennis player in his day, provides us with some sage advice. The only word I’d change in this great quote is “victims.” I don’t believe we’re victims; that’s why I use the term survivors. I believe the term victim sells us short and could set us up for a “victim mentality.”

I would also recommend heeding his advice on ‘helping others.’ It’s a wonderful way to get outside of yourself and your problems. When you help others, it’s a win-win! Helping makes you feel better, as it does for the one you’re helping...

[‘Keep Going’](https://www.yourdailypoem.com/listpoem.jsp?poem_id=1820)

An inspiring poem by Edgar Guest.

[Could you walk 90K in September and help save babies’ lives?](https://fundraising.sands.org.uk/register/walk-90km/registration)

Fundraise for Sands – saving babies' lives, supporting bereaved families.

Get outside more. Commit to daily walks in September. Create a new routine. Keep walking until you reach 90K… Why? Because you’ll help raise vital funds for families facing baby loss. And that’s worth walking for. Sign up now!

[#MarchtheMonth this September and help save men’s lives](https://marchthemonth.prostatecanceruk.org/?utm_source=twitter&utm_medium=social-media&utm_campaign=march-the-month-sept-23&utm_content=paid-image&utm_term=keywords_incentive)

Join Prostate Cancer UK and March the Month – a virtual step challenge for anyone who wants to

keep active and help beat prostate cancer. Join thousands of people, across the nation, committing themselves to walk or wheel 11,000 steps a day throughout September.

[Cinema Day 2023 – Saturday 02/09/2023](https://nationalcinemaday.uk/find-a-cinema/)

On Saturday 2nd September, hundreds of cinemas across the UK are coming together to celebrate National Cinema Day, inviting everyone to enjoy the incomparable sights and sounds of the big screen experience.

Participating cinemas are offering all tickets to all shows from just £3, providing an additional incentive for you, your friends and family to come along, sit back and enjoy a movie where it belongs, on the big screen.

[Hobbycraft Workshops](https://classbento.co.uk/hobbycraft/home)

Find the workshop for you. Join us in store or online to learn new crafts and try your hand at fun techniques.

[Happiful Magazine Issue 77](https://vk.com/s/v1/doc/qKlIPk9h94G4SDDKDwMafi4j6GzYYJrrIM3UfHLa5TwsyecMfKI)

It’s time to put your wellbeing first. This month, we’ve got a range of fascinating features, including:

* Could scheduling ‘worry time’ be the key to taking back control?
* The unique ways libraries are stepping up for our wellbeing.
* Tips for managing your finances when you have ADHD.
* How to escape the perfectionist trap.
* 5 myths about long-term relationships.
* What can the Finns teach us about happiness?

**RSPB Notes on Nature**

[Brilliant blooms for butterflies: a handy guide, 26/08/2023](https://view.email.rspb.org.uk/?qs=f5843678667e0e2562679ee4afb4878aeec1e585515813dd1488ba118bc2ab3737d5384d0b339cad5fa7d0958a4ec1b55bc58788407a967f13c304a5c176e1f191dbab71e6e7b7b68e9b5f516c6ca98f95c8d70cddc9dbdf)

[Your guide to adding water for wildlife, 19/08/2023](https://view.email.rspb.org.uk/?qs=0331ed2823fea3c427296c3adafc430bcc5a651c7951cbcfc05012a573524fcddbd710ee353e4bcaecd40ac5df27ad4d1379e3b2f35e41accde02910c7a807680c5bfbafc07aeda29a80669a710a6c1071db79cdcce36892)

Other relevant newsletters:

[Climate Network Newsletter, 21 August 2023](https://documents.manchester.ac.uk/display.aspx?DocID=68904)

[EDI Digest, 21 August 2023](https://documents.manchester.ac.uk/display.aspx?DocID=68950)

[Manchester Libraries Newsletter, August 2023](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/36ad8be)