**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 15 September 2023**

**(World Suicide Prevention Day Special)**

[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.

Why self-care matters and what you can do.

[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.

[World Suicide Prevention Day – 10 September 2023](https://www.staffnet.manchester.ac.uk/news/display/?id=30217)

Sunday, 10 September marked World Suicide Prevention Day which brings together organisations and communities to raise awareness to support a world where fewer people die by suicide.

This year, for [World Suicide Prevention Day](https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/) The Samaritans are highlighting the importance of the language we use when we talk about suicide, particularly when asking someone you’re worried about if they are suicidal.

**Tips for helping someone open up**

The Samaritans have produced [a tips sheet](https://media.samaritans.org/documents/WSPD_Little_tips_WEB_w3chw6b.pdf) for ‘helping someone open up when something’s up.’

[Papyrus Launch New Guide For Parents](https://www.papyrus-uk.org/papyrus-launch-new-guide-for-parents/)

PAPYRUS has launched its new guide for parents and carers, concerned that a young person might be experiencing thoughts of suicide or self-harm.

[Free helplines in the United Kingdom for suicide, domestic violence, anxiety, depression and more](https://findahelpline.com/gb)

Looking for something more local? You can also search by country: England, Scotland, Wales and Northern Ireland.

[Hub of Hope](https://hubofhope.co.uk/)

There is always hope... find support that's right for you. Young person’s support also available.

[Zero Suicide Alliance (ZSA)](https://zerosuicidealliance.com/)

[ZSA train-a-thon booklet](https://www.zerosuicidealliance.com/application/files/9916/9442/6584/ZSA_train-a-thon_booklet_WSPD_Sept_2023.pdf)

[ZSA Training](https://zerosuicidealliance.com/training)

Our FREE online training courses teach you the skills and confidence to have a potentially life-saving conversation with someone you’re worried about.

[Suicide Awareness Training – university student edition](https://zerosuicidealliance.com/suicide-awareness-training-uni-students)

This edition of our suicide awareness training has been developed specifically for university students and includes information and scenarios that are related to experiences at university.

[Helplines and Support: UK Wide](https://www.zerosuicidealliance.com/support-services)

 [#ANDYSMANCLUB](https://www.linkedin.com/company/andysmanclub/) have released a charity single to raise awareness for men's mental health and male suicide.

Written by West-Yorkshire based rock band Bravado Cartel, the track, '[Everything and Anything,](https://lnkd.in/eMqw6pnf)' highlights the vital work of AMC, delivering a message of positivity and hope and reminding men that 'it's okay to talk.'

The track, accompanied by a powerful video featuring some of the Club's amazing volunteers, aims to inspire individuals to engage in open conversations and seek the support they deserve.

[Winston’s Wish](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjXveTXjJuBAxVeSkEAHfHsClEQFnoECBEQAQ&url=https%3A%2F%2Fwww.winstonswish.org%2F&usg=AOvVaw0d_c3YVHqn4ytQcsTrpRwf&opi=89978449)

Winston's Wish is the UK's childhood bereavement charity. We support children and their families after the death of someone important.

**Wellbeing Champions Training**

The next training dates are Tuesday 3rd and Wednesday 4th October, both 9:30am – 12:30pm and it will be online. If anyone is interested in becoming a Wellbeing Champion and attending the training, please email: wellbeing@manchester.ac.uk.

[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.

[Take part in Cycle September, and sign up for our cycling to work seminar](https://www.staffnet.manchester.ac.uk/news/display/?id=30197)

[Love to Ride](https://www.lovetoride.net/uk) host a [Cycle September](https://www.lovetoride.net/uk/pages/info?locale=en-GB&page=1_challenge) month-long event that you can get involved in. Whether you ride your bike regularly, you haven’t in a while or you are completely new to cycling, Cycle September is for you. For colleagues who are interested in cycle commuting, but would like to find out more, we are running a **Cycling to Work webinar on Thursday, 28 September, 12pm – 12:45pm**

[Kidical Mass Manchester Autumn ride](https://www.eventbrite.co.uk/e/kidical-mass-manchester-autumn-ride-tickets-696038709517?fbclid=IwAR1DbjsvUGDhFusBgW4VSGAM6V7BT4zbB6tPm7AMZONJZc6M3OAQEvVpTII)

Starts on Sunday 17 Sep 2023 11:00 outside Central Library

K﻿idical Mass Manchester is a family-friendly bike ride, where we ride together to reclaim our streets for kids. Meet outside Central Library in St Peter's Square for a marshalled ride through the city towards Whitworth Park.

[Women@ Manchester – In conversation with our Network](https://www.eventbrite.co.uk/e/women-manchester-in-conversation-with-our-network-tickets-708523481807?aff=oddtdtcreator)

Wed, 20 Sep 2023 11:00 - 12:00

The network welcomes new co-chairs, Dr Lin Ma and Emma Shiels, who will be in conversation with the previous co-chairs, Adèle MacKinlay and Professor Rachel Cowen.

[Houseplant sale at the Students' Union](https://www.staffnet.manchester.ac.uk/news/display/?id=30190)

Find a plant for your home or office at the Students' Union houseplant sale, from Monday, 18 until Wednesday, 20 September, 10am until 7pm.

[How plants promote better mental health and wellbeing – UKRI](https://www.ukri.org/what-we-do/iyph2020/how-plants-promote-better-mental-health-and-wellbeing/#:~:text=One%20of%20the%20largest%20studies,than%20those%20who%20do%20not.)

[100 things to do in Manchester](https://www.welcome.manchester.ac.uk/welcome-and-induction/100-things/)

Designed for students as part of Welcome Week but why not check this out to experience new things, explore the city and make the most of your time in Manchester. How many activities will you try?

[Book club](https://www.staffnet.manchester.ac.uk/news/display/?id=30192)

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 for the Zoom link

[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/).

[Diversity Champions Programme: applications open](https://www.staffnet.manchester.ac.uk/news/display/?id=30232)

Following a successful pilot in 2022/23, the Equality, Diversity and Inclusion (EDI) Directorate are delighted to recruit for the new cohort of the EDI Champions programme with Be What You See Consultancy Ltd.

[HIV in the Workplace: A guide for employers and employees](https://issuu.com/27eleven/docs/hiv-workplace-guide)

T﻿he PaSH Partnership has created a new resource that will support employers to reduce HIV stigma within the workplace, and to ensure that employees living with HIV are protected from discrimination.

The guide will also help working people living with HIV to understand the rights and protection enshrined in The Equality Act 2010 and help them advocate for those rights if necessary.

[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.

[Manchester Museum Exhibitions and Events – What’s On?](https://www.museum.manchester.ac.uk/whats-on/)

Everyone belongs at Manchester Museum and entry is free.

[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.

**Thursday, 21 September 18:00 - 20:00**

[Art Theory Reading Group](https://www.eventbrite.co.uk/e/art-theory-reading-group-tickets-713822822277?aff=ebdsoporgprofile) – join us for a special Queer Theory Reading Group as part of the Association for Art History's 2023 programme.

**Wednesday, 27 September 14:00 - 16:00**

[Creative Menopause: Mindful Marking](https://www.eventbrite.co.uk/e/creative-menopause-mindful-marking-tickets-649041940917?aff=ebdsoporgprofile) – this workshop will introduce mark-making, using pastels, and meditation to explore the menopause timeline, mark the journey and reflect on what supports us. A relaxed, fun and meaningful way to explore and share our experiences of the menopause, using soft pastels. We'll be making marks to reflect symptoms, our journey and feelings, and self-care. No art experience necessary.

[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.

[Changing The Future For Women In Greater Manchester](https://lnkd.in/eSYCJndx)

We are thrilled to announce that GM4Women2028 is gearing up for our next community dialogue event, and we can't wait to share the details with all of you shortly. The event is scheduled to take place in Bolton on October 14th. Stay tuned as our volunteers work to curate a day that promises inspiration, empowerment, and connection!

Stay tuned for updates on the event details, and in the meantime, please consider making a contribution to our cause. Together, we can work towards a better and brighter future for all in Greater Manchester.

[Join our relaunched Parents’ Network group](https://www.staffnet.manchester.ac.uk/news/display/?id=30211)

We are relaunching our Parents’ Network to coincide with the start of the new academic year.

**Calling all parents and carers!** - new short info piece on our EDI Blog is about relaunching the University’s Parents’ Network ahead of the upcoming academic year. This includes colleagues who are parents, carers or guardians, those in same sex relationships, couples who may have used a surrogate, and foster parents: <https://uomequalityanddiversity.wordpress.com/data-stories/>

[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.

[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)

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

Here are all the topics we'll be covering in September... we strongly recommend that you block these dates out in your calendar – each session runs from 9am - 10am:

• Fri 22nd: MHFA – Are underutilised?

• Fri 29th: How to get clear on key priorities when there is so much to juggle.

[How HR, MHFAs & Champions can respond to suicide risk in the workplace (replay) – Everymind At Work](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VWLXSq4cXJxFW6CbWQm1lH4T-W5SJqyG539ChMN95jt9n3qn9gW8wLKSR6lZ3mjW4XKK_t4-Jw_YN2sSd3Rn-XMJW4PQfzl2XNkfJW2_VdZ11HhX31W2VSrr05WjbHwN7M2RgLrlsSfW80G6vx21TR1cN4ZD_L91FfpPW7MmBqT6mcml6W3RLjDy1kV7tBW5r0RQP7Ld4vzW563Ddq5sGrN3W8J3fcg1_J7ZzW7M9jmG7pWZJ2Vfyb_Q7nhxByW5HCQvs3h1dbLVZgDTk4hlTV-V3YhVh3FmBJBW6ssMld52qKlLW3L9F1g87pfr-N8Jng-dRkrWsW40vTjy4Zxcg_W3zfP2X7H0mR5W8xkg7m4fc22bN5Gkdkv7Z24MN2ly6rT30-nRW16Wy-q1MmpJDW2vyK_m7GzPxRf4Rjzd004__;Kw!!PDiH4ENfjr2_Jw!HPHizLK2DeBrUxzjqyxmPt3394vHD6_I6RBXcY5ppPoRarHFnkV4qGR5_CfBhXEcKny5wAdFT4StLzvzwUq_RrhNvL-rF0aCew4$)

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. This webinar took place on Wednesday 06 September 2023.

[MAN v FAT Football](https://www.manvfatfootball.org/)

Lose weight Play Football. MAN v FAT Football is for men with a BMI of 27.50 or over. Over 90% of players lose weight and get fitter, why not join them?

[Student and Staff Wellbeing by The Ollie Foundation](https://www.eventbrite.co.uk/e/student-and-staff-well-being-tickets-716999874927)

Mon, 9 Oct 2023 16:30 - 18:00

Check out some of our exciting and fully funded training and support currently available for schools, colleges, and universities in the UK!

[Action for Happiness Webinar: Feel Good Enough – author Tom Fortes Mayer](https://urldefense.com/v3/__https%3A/actionforhappiness.us3.list-manage.com/track/click?u=38ea3e7c0a12909b5f17eb1ed&id=bf1b2d38d1&e=a0d0bb6dff__;!!PDiH4ENfjr2_Jw!DDlrVccZONzVTforh6NZkBXS-TU_6VGAKeI3JkSgctxMrNYuWakf28fXhhCFO2Gp6ebNurzCkHuHEX34orHbHLPKz6UYzblBSRM$)

Monday 25 September 2023 19:00 - 20:00 – Online via Zoom (open to all with optional donation)

Join Tom Fortes Mayer to learn what real happiness is and how you can get more of it by finding your peace, power and purpose.

[Learn how to become a Menopause Workplace Trainer with Henpicked](https://www.eventbrite.co.uk/e/learn-more-about-the-henpicked-menopause-workplace-training-network-tickets-693949681177?aff=oddtdtcreator)

Join our Introductory webinar to learn how to change lives with your passion: Thursday 21 September, 1-2pm.

[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.

[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?

[Happiness Weekly, 8 September 2023](https://cdn.mc-weblink.sg-mktg.com/weblink/MTY5NDE2NzI0MnxQMy1heXdWWWN6dkd0R2dsbHVfN0NBVW8zZ29CU3kxT25VVTJIejk4dzZGT214b3hkQldJc09ycWF4SXVKdEVpbm9jaVhxOS1uTlN5LTNGU2l1bDkweWxzMDR3dHByN1ZXSUZhXzE1bHBZZFUwR25TRTlOa1pwQTl3TzIxaV8xRDBmak1JQVV4bnRWVklsZjNIQW5MY21EczlHSm9YZjV3VnhOemlTYmd5bXluOW5xRnA5OHgtVDhaUjBsZDU4STJRS0hNeUhhRDlxSDA1T1NQTXk5RV9falNMRGJCNkVuVmxVX01wTFZVQkFCMTNTTWJEdVRiaGRUbVBJM1c2QXQzekVtaDNpQjhQbEpUb2pHOVV6RnRIOVJWZDVKcTJKcmFVNy1IRmNxNDB6OTFublZwV2Z2T3JIVjRJckQzMkJlWFFsSC1qakUtUDFWbXxZs6U_r8EaLjwfZwsoGjpgeRmkWNkPpKU3qu1GPoP5Ig%3D%3D)

How to de-escalate stress around you:

* Stressful situations
* Back-to-school
* Musical focus
* 20 questions

[Church of the Holy Name Heritage Open Days](http://www.holyname.info/)

Situated on Oxford Road at the heart of the University of Manchester, the famous Holy Name Church serves the university community in Manchester. Built and served by members of the Society of Jesus (Jesuits), the Holy Name is a stillpoint and sacred space in the middle of an internationally important area of study, research and health care.

You are very welcome to visit the Church of the Holy Name at the following times:

Monday 11th to Friday 15th September:

10:00-12:00, 14:00-16:00

Saturday 16th September:

14:00-17:00, Tours at 14:15, 15:00, 16:00

[ND Sounds (Volume 1)](https://www.eventbrite.co.uk/e/nd-sounds-volume-1-tickets-680147458357?aff=oddtdtcreator&fbclid=IwAR3smaaIfKWB5LcO9GeRDq85yswS1xUDkInovUAhZC75zAR9pJnuh6WHdFE)

Sat, 7 Oct 2023 19:30-23:00

Withington Public Hall Institute, 2 Burton Road, Withington M20 3ED

Join us for a night of neurodivergent talent as we launch our new project ND Matters. Music, comedy and a chance to network with others.

**Elemental Tours – Autumn Schedule (fees applicable)**

We are pleased to announce that after a successful (and fun!) opening weekend we have put together a schedule for the next three months. We are reintroducing our Water Tour alongsideour Stone Tour, so make sure you check out both for the full environmental experience. Eventbrite booking links are below.

["More than a Foul Drain": A Historical Walking Tour of Manchester's Water](https://urldefense.com/v3/__https%3A/www.eventbrite.co.uk/e/more-than-a-foul-drain-a-historical-walking-tour-of-manchesters-water-tickets-710335822567__;!!PDiH4ENfjr2_Jw!AcKsiJWnM30nbM1aKPN11b9KyuyHXqN1efeMVkF_pvtgsXo-mVlJTg3iFucaXXYfi6BT1YvHPnD6KIsbbAZOkl7g9UBPsIsizQQDFTN8$)

[Building Manchester: A Historical Walking Tour of Manchester's Stone](https://urldefense.com/v3/__https%3A/www.eventbrite.co.uk/e/building-manchester-a-historical-walking-tour-of-manchesters-stone-tickets-710312121677__;!!PDiH4ENfjr2_Jw!AcKsiJWnM30nbM1aKPN11b9KyuyHXqN1efeMVkF_pvtgsXo-mVlJTg3iFucaXXYfi6BT1YvHPnD6KIsbbAZOkl7g9UBPsIsizd3HU9l5$)

[Gardening more sustainably to protect the planet (from Co-operative Bank)](https://www.co-operativebank.co.uk/mobile-app/sustainability/articles-and-advice/gardening-more-sustainably/)

Whatever the size of your green space, and whatever the season, we have tips to help you encourage friendly wildlife, reduce the need to water your plants, and avoid harmful chemicals.

**RSPB Notes on Nature**

[Jays, Badgers and wandering warblers, 02 September 2023](https://view.email.rspb.org.uk/?qs=d2d4c8f961474cfdb9d76dd0898c994404e6c5be74e9ec148e595e6de621bd510d793b736fe4c0d8ab72ee1a133930372fe07949adb3309a26f332118767038adefe2a4e913b90412da31123be14ef81e7eb261740605f3d)

[September’s Nature Calendar](https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/natures-calendar-home/natures-calendar-september/?utm_source=notes_on_nature_20230902&utm_medium=email&utm_term=notes_on_nature&utm_content=1&utm_campaign=notes_on_nature)

[Building a future for Swifts, Bitterns and more, 09 September 2023](https://view.email.rspb.org.uk/?qs=5778b265ffd358549fb7ddb85ef02d4af4bf193422af6af33a3d2dfd657d3066b428eaad19947fce3267291ccccb13ba247315da211c86a519791b64488f314315aa1284f5b46eefff7e4dac3356de93a156119478e77f87)

Other relevant newsletters:

[Health Hero Newsletter, September 2023](https://wellbeing.hub.healthhero.com/page/september-2023-2)

[Climate Network Newsletter, 04 September 2023](https://documents.manchester.ac.uk/display.aspx?DocID=69047)

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

GM Local Nature Recovery Strategy update - September 2023