**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 27 October 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.

**October celebrates:** [Breast Cancer Awareness](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjV0_2P2_qBAxVzVUEAHcfICOEQFnoECDIQAQ&url=https%3A%2F%2Fbreastcancernow.org%2Fget-involved%2Fbreast-cancer-awareness-month&usg=AOvVaw2kSWaX-Kx4whUsDZJcmtDF&opi=89978449), [ADHD Awareness Month](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjE27Ok2_qBAxX5g_0HHYi6ArQQFnoECA0QAQ&url=https%3A%2F%2Fwww.adhdawarenessmonth.org%2F&usg=AOvVaw1txcHc2dhJ0gZC3etsrLAh&opi=89978449), [Blindness Awareness Month](https://nationaltoday.com/blindness-awareness-month/), [Black History Month](https://www.blackhistorymonth.org.uk/), [Sober October](https://www.gosober.org.uk/)

30 October [Pension Tracing Day](https://nationalpensiontracingday.co.uk/)

30 October-
3 November [International Stress Awareness Week](https://isma.org.uk/isma-international-stress-awareness-week#:~:text=30%20October%20%E2%80%93%203%20November%202023,on%201st%20November%202023.)

**November celebrates:** [Lung Cancer Awareness](https://www.macmillan.org.uk/cancer-awareness/lung-cancer-awareness-month), [Pancreatic Cancer Awareness](https://www.pancreaticcancer.org.uk/get-involved/find-an-event/pcam#:~:text=November%20is%20Pancreatic%20Cancer%20Awareness,improved%20enormously%20for%20most%20cancers.), [Mouth Cancer Action](https://www.mouthcancerfoundation.org/mouth-cancer-action-month/), [Movember](https://uk.movember.com/support-us?gclid=CjwKCAjwvrOpBhBdEiwAR58-3G72htlsmWvFoIr7NpemmhDX4fgHtnhZ-ivfor4j4SRe4uWhOjtsORoCKHIQAvD_BwE)

1 November [Islamophobia Awareness Month](https://www.islamophobia-awareness.org/)

2 November [National Stress Awareness Day](https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/#:~:text=2%20November%202023,and%20strategies%20to%20address%20it.)

9-12 November [Talk Money Week](https://maps.org.uk/en/our-work/talk-money-week)

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

New Ways November – this month, we're encouraging you to try something new!

Virgin Pulse November Wellbeing Calendar

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.

**ADHD Awareness Month 2023** is a month-long initiative dedicated to increasing awareness and understanding of ADHD. It provides a platform for individuals, healthcare providers, educators, and advocates to share information, resources, and personal experiences related to ADHD.

Unmind hosted a webinar ‘Great minds don’t think alike, unlocking neuro-inclusion at work’. The session explored:

* What neurodiversity really means
* Neurodiversity in the workplace
* Practical tips for managers on how they can support neuro-inclusive teams

[Watch ‘Great minds don’t think alike, unlocking neuro-inclusion at work’ webinar here](https://www.youtube.com/watch?v=LlT0OHE2APQ)

[Creative Writing in Menopause Workshops](https://app.manchester.ac.uk/training/profile.aspx?unitid=10039&parentId=183&returnId=183&returntxt=Return%20To%20Search&returnQs=%3fterm%3dwell166%26org%3d0%26typeId%3d2)

The Wellbeing Team would like to invite staff from across our University to take part in a Creative Writing in Menopause Workshop, facilitated by poet Rebecca Hurst, from the School of Arts, Languages and Culture as part of their Creative Manchester work.

Space is limited to 15 places and you will be able to commit to one or both sessions if you wish (please make sure to register for both sessions separately). The first session will be aimed at supporting you in getting started with a creative writing for wellbeing practice; whilst the second will be an exploration of poetry. No creative writing or poetry writing experience is needed to take part in this workshop. This session is open to all individuals with an experience of Menopause.

Both sessions are 12.30pm until 2pm, in-person, location to be confirmed:

[Come and join Active Manchester](https://www.sport.manchester.ac.uk/2023/09/29/new-active-manchester-classes-23-24/)

New additional classes added to Active Manchester offer.

[Purple Santa Dash](https://www.sport.manchester.ac.uk/2023/09/18/santa-dash/)

Purple wave events present Santa dash 6th Dec, 5k run in Platt Fields Park.

[SafeZone app: staying safe on campus](https://www.staffnet.manchester.ac.uk/news/display/?id=30400)

With the arrival of autumn, a reminder that you can download the SafeZone app - designed to help keep you safe on campus and give you extra peace of mind.

[Advice for managing respiratory illness this winter](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=30409)

Now that the new academic year is underway and with the promise of colder weather to come, it's important that we continue to be vigilant about public health on campus.

[Epilepsy Action: first Talk and Support group meeting](https://www.staffnet.manchester.ac.uk/news/display/?id=30443)

Anybody affected by epilepsy is welcome to talk, listen, and share experiences at the first Manchester group meeting on Thursday, 2 November.

[Winter Wellbeing Webinar 2022 (recording)](https://www.liggywebb.com/free-resources/)

Liggy Webb, international consultant specialising in life skills, recorded a 45-minute Winter Wellbeing webinar last year, however the messages are still relevant, which includes:

* Understand the impact of winter on your wellbeing
* Keep active and embrace the change in season
* Sustain a balanced and healthy lifestyle
* Look after your mental health and feel happier
* Be kind and connect with others to alleviate loneliness
* Build a personal toolkit to manage winter stress

[Post-COVID syndrome (long COVID) Network](https://www.staffnet.manchester.ac.uk/news/display/?id=30303)

Sign up to the Post-COVID syndrome (long COVID) Network.

[Women@Manchester events this autumn](https://www.staffnet.manchester.ac.uk/news/display/?id=30403)

Discussions on Black History Month, flexible working, gender equity and much more.

[World Menopause Day - Wednesday, 18 October](https://www.staffnet.manchester.ac.uk/news/display/?id=30361)

Sign up for menopause wellbeing events this October.

[Supporting you: World Mental Health Day](https://www.staffnet.manchester.ac.uk/news/display/?id=30391)

Tuesday 10 October was World Mental Health Day – an opportunity to reflect on our own wellbeing, think about how we can support each other and share the support available at our University.

[Breast Cancer Awareness Month](https://www.staffnet.manchester.ac.uk/news/display/?id=30468)

Raising awareness of breast cancer.

[Celebrate Black History Month](https://www.staffnet.manchester.ac.uk/news/display/?id=30345)

Events and activities this October and November.

[Join our next book club meeting](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=30368)

Our next meeting is on Friday, 27 October from 12:30pm until 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!).

Please contact Fiona.Lynch@manchester.ac.uk for the Zoom link

**Climate Cafés at the University of Manchester**

A Climate Café is a safe space to share your thoughts and feelings about the climate crisis. Cafés are facilitated by Department of Public Health staff and are supported by the Climate Psychology Alliance.

**Registration is required, please register using the Eventbrite links below:**

* [Friday, 27 October 2023 at 12:00](https://www.eventbrite.co.uk/e/725971770107?aff=oddtdtcreator)
* [Friday, 24 November 2023 at 12:00](https://www.eventbrite.co.uk/e/725978349787?aff=oddtdtcreator)
* [Friday, 26 January 2024 at 12:00](https://www.eventbrite.co.uk/e/725978610567?aff=oddtdtcreator)

[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.

[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)

* NCHS: Meditation in Nature, Thu, Nov 2, 17:45
* Permissible Beauty film screening with Q&A, Thu, Nov 2, 18:00
* NCHS: Feel Good Kid’s Art Club, Sat, Nov 4, 13:00
* Still Parents November Workshop, Sun, Nov 5, 14:00
* 'Looking for Queer Possibility Together' webinar and live workshop, Mon, Nov 6, 14:00

[ANDYSMANCLUB](https://andysmanclub.co.uk/?fbclid=IwAR0xwLN5ruV5SfJObGGYbdNuIGfh47yZvxNg1DeNOFEpFjewqhttp3vc1ZA)

ANDYSMANCLUB are a men’s suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men’s mental health and help men through the power of conversation. #ITSOKAYTOTALK

[The Real Reason Why Men Avoid Mental Health in the Workplace Webinar](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VWwQD72g2VKmW7SF8sl6SbpjbW824bMN554Vr3N4313HF5nXHsW69t95C6lZ3n2W4sxwNj4vNVBcW5g6Xqm1J1_lSW2GTm5f2JjZKkW1KPHdy2XYSntVlDQHc8YDgJZW1mqDc73p8Z-yW8_PvBP2cjKSzW7y1GYG7JqtGdW4MRrWQ25fmpsW7QTwHV7_t3b6W6V4TGQ615LgPN8cdd_jrzX1BW82_dqK7bVkpGW2r0rNh3qPrFxW8mt4qF1f36VNW7KWS8m6RPfmkW59QQ806y3tjjW3pdG9L573x9MMFRTyqJH42yW4pw6Zq1Mg1MmW5JP_rT7fypNvW4sGtpK7Mjkz4VQJw8T4fx0QLW62pyGF1Nj_FNN84QBPrbRf_cW4x9hbQ4Hzfl3W60pLkH1ZV4CMW3lwCZ22PD85KVTdd4-7mXcGDVhsdWm1wYTyNW6HSdPw4mkTWCV6SKnN4_S4x_W1ksGcP2myZWDW8PSTBm32nMnrW2FR8K728KtXGW5bc7jB8C2xM9f2dng-W04__;Kw!!PDiH4ENfjr2_Jw!D8kY2m_-jd5DO5S34fq0s3JKcAVJzaw9sRaAUXs50wMIR6g-Shir5SSLeKcAkC3jDQqWcMfsvZjf9CEEDp5sqH1MWI-mxI4C_iGzjw$)

The Everymind at Work founder, Paul McGregor, will also be hosting a webinar (free to attend!) on Wednesday 1 November @ 1pm on 'The Real Reason Why Men Avoid Mental Health in the Workplace'.

Men’s Health Awareness Month – resources from Everymind at Work

To support you in your efforts of encouraging the conversation on men's health, I'm happy to share with you:

* A poster on [Spotting and Supporting Men's Mental Health](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VWwQD72g2VKmW7SF8sl6SbpjbW824bMN554Vr3N4313H25nXHsW50kH_H6lZ3l8N8dTsRJL5x9WW63wytk6cgrvdW1wWn8H7qgSkWW2Fcm2y8X6DrFW4W9TYp3Q6fSXW3qsgdF1MLBphW4wkLsk3V9S5VMr2T_0RjbKBW3KSXvv6Npf4FW4x8tyC6pMnHRW3xhClg2NJmtsW2bGFX85RScgCW6F29bG4VMtMTW3p0PhD6d_XCjW6Rsyqv7dq0TGW2gcVjg8rgWhjW2vFplm8VdP0jW7Zv-TQ5d85jwW8_Rt0v5wSyhnV3GcWy2pNZg5W5FbWBP28PfwqN82YZMfCM1b5VG7KmC3MnXnJVm3D4F3MJgCDW8XRqS_81vtFCW2ZBZ7Z6dS_-VW55k4lR1wsr-6W99xhK32crC7SW40pPXQ5T-JdmW7G9g4S7TBZ-kN4gM4HvTXy2-F4NYlRlgyrtf3Wn3fq04__;Kw!!PDiH4ENfjr2_Jw!D8kY2m_-jd5DO5S34fq0s3JKcAVJzaw9sRaAUXs50wMIR6g-Shir5SSLeKcAkC3jDQqWcMfsvZjf9CEEDp5sqH1MWI-mxI40iUXVDQ$) to share.
* Guidance on [Asking Twice](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VWwQD72g2VKmW7SF8sl6SbpjbW824bMN554Vr3N4313H25nXHsW50kH_H6lZ3l-W3kf8Wv8ztQj0W6g8NXB3HyGq7N64bFMzSbt__MhRxP2CW-q1Vgq5j67CB-g5N6F5NSCC_wmHW7DnF6l1wKcBCW41zbkl4Pwk9zW1Y9B8y4bwYYhN4wlc2kdHvFZW28jcRL8LrSK3W5T53Sb1JfqsvW16YBxP1x6ZvQW7C79zr9g1CjcW5_1V_56wQ8lzW3VfMQY8vsty_W8d6Jd96QnL7FW12X38B8nj9zKVpjwYY1ZYJGZW1M0C8q2D5cVJW3pbFk96sjs5dW4DrjTr4kWgH7W3FYwlb3HqWzlW6kZD651CGkZjW45lRs75272kmW3V5L4Y5bMMCFW4C4lzS8xfkSSW9l53wx21Sph6W4r3Mx_6NJ-qBW2rGKcV3ysyrSW4DCH2-1JrxPzVPw4gn4SgLM8f3tMnf204__;Kw!!PDiH4ENfjr2_Jw!D8kY2m_-jd5DO5S34fq0s3JKcAVJzaw9sRaAUXs50wMIR6g-Shir5SSLeKcAkC3jDQqWcMfsvZjf9CEEDp5sqH1MWI-mxI69We8XDQ$) – especially useful if you normally get a dismissive response when asking the men in your organisation how they're doing.

[Autism in Children – A Parent's Guide (recording)](https://urldefense.com/v3/__http%3A/www.wlv.ac.uk/disabilityhistorymonth__;!!PDiH4ENfjr2_Jw!Cd07x8_WLP0AMBX_qDNsoJRgqW5SmjspKDWquS9n17yDoAYZLXWRjl7KbqGTm0zxp5y_ynAxGu44Rh8fuDYbSQvXD0VAf-eiL6yE_FU$)

Aimed at parents of children who are or may be autistic, and those working in education wanting to learn more about autism in children. This event was held on Tue, 19 Sep 2023, 19:30 - 20:30.

[October 2023 edition of Safety Management (featuring Mental Health At Work)](https://edition.pagesuite.com/html5/reader/production/default.aspx?pubname=&pubid=08efde1b-e062-4c46-aefb-5bdd16dbde8e)

In this issue we explore several aspects of mental health at work, and things that affect and can help to support and improve it.

These include pieces on stress, bullying, drug and alcohol misuse, and suicide and our role in managing and preventing these as employers.

[Everymind Wellbeing Academy](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VWgb7c8K_rC-W7DB_HC58yYrWW6J3_6X547sVpN1WCR_C3m2ndW7Y8-PT6lZ3pqW2X6Zdv29c9CzW567tPb8l8M2vW1CdDrp3xj5DjW3RsrQw3RYLWlW2t4PZl8VLCVpW8tthRc1PZdMxW3qSvt93T6SXtW1yRylx3ZlB3GW5bRJZ640f6J-N5LFWX1KYtNSW5FkGwb6lMqslW8lr7Kh64D-j0W3hNxKt7ZYVj9Vs7L114WB5YTW2f7MM16MH8zTN3q2yzpM4RQjVGFnVx2xdG-gW7JWrJ74mHD70W1W3YQX8B9f8MW8xp8Dq7zMZMrN3dmgsm_7Q6XW4FgSpc3HCPPmW7W4r1982-z_vW6n5Gcz2lMSDqW4Pd8HY6tbs5CW6RdHzc1dQt30f2X2bVT04__;Kw!!PDiH4ENfjr2_Jw!Do8085J1k-RcunZ39zrHSHGZ7l9d6FfD_ZjHUrTI4ddPUkJ0G2HWvqVaG1-N5as99Ee221t0VnDlIU6ey3CjTKTEsCIhbj-dqvIaVA$)

If you join the free Everymind Wellbeing Academyyou'll be able to join the Meet & Learn sessions on Friday mornings where we discuss these ideas, initiatives and everything in between to help you improve wellbeing.

[Action for Happiness Webinar: Resilience & Healing (replay) – Anjuli Sherin](https://youtu.be/v0FFH-Jp6dk)

Join therapist, author and resilience expert Anjuli Sherin to learn how to find inner joy, heal trauma and cope better with stress. This conversation was recorded at a live Action for Happiness event on Monday 16 October.

[Action for Happiness Webinar: Feel Good Enough (replay) – author Tom Fortes Mayer](https://actionforhappiness.org/feel-good-enough-0)

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. This conversation was recorded at a live Action for Happiness event on Monday 25 September.

[Henpicked Menopause Hub Lunch and Learn Replays](https://henpicked.net/menopause-hub/videos/)

* Finding your lifelong, lifestyle and weight management plan, with Nigel Denby of Harley Street at Home.
* Finding your hair-friendly diet during the menopause, with award-winning Jackie Lynch, the founder of the WellWellWell Nutrition Clinic, who specialises in women’s health and the menopause.

[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.

[Happiness Weekly, 13 October 2023](https://cdn.mc-weblink.sg-mktg.com/weblink/MTY5NzE5MTI1OXxKU0dJZUx1TjYyb3QtMi1XN3Y2RkdWZnJ0ZWwzWVFKSWNEQjF5T2RlR2QzMUpZa1J1RlZaOXRmSVVlUTJ1Zk9FTWVQRlptbWk0ZEQxeDNoWDlaUU8yZnVETkJ6cHVwTXBQaFhaeWMwZkNHNE5aT0I5Z2RpcUFiNzFBNFZIUzBFRmdSU0VpTENnalk5XzFxdG9xS1NEclc0NFI2TkFCLW55ZWtnd2JRUjZDOWhsdTVFZDVrVHRLQnNTSFdGUFN1MHl1N0R5cDJPcmNMdkVUaVY1OC1naW1Ta3ZobWtVMFZNSlEwQlBGcWxZSWNTd294YXduLUxhazZIenpZVjFwYm5WblhLSm5qcDI5UGJLc0RSYUdwVG13M3JhaFloTVhsWVpRbGNXcDJ1NllGeW1fQkpzVmw3Z3F3UldUdlFMRTFfWVBBRXBDdW4tSlpvMXzJ1G__QgRd7myZmib0bVzcKiRXS3Y1i_4864hz1E0-8A%3D%3D)

* Six films
* Saying no
* Poetry please
* Autumn wellbeing

[Happiful Magazine Issue 79](https://urldefense.com/v3/__http%3A/click.happiful.com/ls/click?upn=WLUz15j72F7XQGWv7KCzCVD6s5M-2BbqzGSOOL3HdIdtrFXR7-2FbU9-2BGjjTBEEml8ZNAKV8rEA3uEWCeK-2Fy26boPUOjEPmzGoXU1H1O5r3zVzcc5ZiBm-2BYLmiLIT0V5wecAIyDrgt1skttjJvY-2FIkRML-2BZrHcfT6sDgHOCOfog-2BfAqvazmRaqNjgceXGoajz4kOLlAT_vlxKXGtrweqRuw1lY7lnSU6T1KpAWSsy1mv-2Bc2e4nMN0WKfIuLwMgF4ILeXxRufVDQb3qS4uNpTyOiqdYjUI-2BcqeB6SW7e140V7jLwSyY2bQgcQdoza94xgOoGhFPRoH-2BKKEG51UZfyajczp1jv58amU6zAN3xLtwSMb1R-2FxFYAU6cw3bKgIjqJruBqWhNPoJ4ZIcGB2-2F7-2Buc8zF-2F5otpNrxcnWD1yR-2BfgFB07dPCNQl6BsWUS13xmPUkOkddp7BzSWmuVo-2BxL9j7ewPHvGvtT021VS-2Fww84X3YVM-2BG-2F2rRsOaLsvQwW9ti1RYQIKrpSAAItfCRS40X67JzmYWjGKlDP7jhLhaAk7MyVKT-2FyXAj2g8sfU69OOdisAD4BEb80h-2FnPD1IUlC1To2byIqTV7k9l6Q8D5bFOXCl7Obxx0pdyGosnvUPDQr2-2BJXUEp6KTRYW0yBxKEkcDlZ4YlSKMDJEO7KyUK2DD0tlsbZ5Zaq5vGusbpFzsG2zS6M8Z7YGM8La2L9LrDzvLij-2BMWztbBlULuDs15zhqzlMevZ-2BgC-2FRO2mVgpLHMXHV6GBlhDNF2ER2m-2FKcZcfr8jwaNezsxhmqiFweMYr62MVFB-2BDNPIvnRfZP9NpSaAFvDhEe6hdihxO2Oh3sqLlayJ85SoRAHDgrj-2F0SkABSMCJf9N2xp2vhVZcceRc3-2Bak8Yuv0ePsFW1qf37DrZkXkZk8Wl2UrKJ5DtSYiErLZqK8GnUj5lt3unhN-2BOwLr6dqx2vSrvT-2BcgJGUMLwRS5UC-2Fjo5VyME8SNDhiKK0EJ3ifR7X5qxjGMaaF3-2BZjAao1mCi1xzWBlY4K7WnT1NQKDBx4bxrXVulEh1Ur5ydWQ-2FfsIVhqXSGcHlywcKgQeNP53-2F8Yla-2Fj8o5Ru6C-2FbWFSfrI-2F0VYB7ypIJXuv4J-2B-2BW3MLzhP0g51ICwmMXrjL8YuESRtu18KkAzjC9gliCIzo1SxQAto4GBig0u513G6KX0QOeUuMGbPDdyQfcYDprU2H9zp4OWxs5KZJW-2FU-2Fij4G4rN6VRBvWJ6zQxhBuBPJK8-2BbBvZnYPfB2y6ERTClVCxRo9ZI2pHvceXgRM0UDrio9Zx52h-2BGodhyWmHCH3qXB-2BHC8dxSfbD-2F2c-3D__;!!PDiH4ENfjr2_Jw!AoXYU_E5jXT6jsDJlKBYb0tSIMRbbhyuJsOl7KLWncWjoHbGOkoekumA5fDAFQgsAaYYApm7x47BCS-gi-J08fKxL1XwKQ$)

* Emotional wintering (p16) encourages you to give yourself a break, and not feel pressured to move past what you’re truly feeling in order to ‘seem happy’ before you’re ready.
* Explore creative emotional releases – such as with poetry (p54).
* Acknowledge your subconscious desires through an outlet like tarot (p32).
* Stability can be scary for those with mood disorders (p73), to the
* Frustration at forgetfulness caused by depression impacting your relationships (p25).

[Science and Industry Museum](https://urldefense.com/v3/__https%3A/e.wordfly.com/click?sid=MTEyNl8xMTA4Ml83MjAyNTlfNzIzMw&l=47c6d314-346f-ee11-a83d-0050569dd3d9&utm_source=wordfly&utm_medium=email&utm_campaign=MCS*3AOctHTFollowUp2023&utm_content=version_A&sourceNumber=43187__;JQ!!PDiH4ENfjr2_Jw!D8meE4aQsi7X2O1QbhkNPJqNbOo3LjIhL21tisfUyPEytRWqoipzh4FV-b0PwFSKYCuzgYu0Pm-rYK2PhNuxz5AccLFfmKTLRY9XrcR3RX1grPa5uw$)

What's on this half term – 21 October - 5 November. Free, drop-in activities.

**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$)

**RSPB Notes on Nature**

[Celebrating World Migratory Bird Day, 14 October 2023](https://view.email.rspb.org.uk/?qs=591ee1c53371a359a385a7295c04cc70046317fd9c478dba011eb0181a6729b82c8bb98c4a259422ded546c2de614f237aef2438290cb564ceb9c13bcf87d21f3ce668a878d181d3b17c96b80a6331a71c20281eb38b5b60)

[How you can help birds and other wildlife now, 30 September 2023](https://view.email.rspb.org.uk/?qs=6281f983adbf28a183d84cee5fdd9203fe7d5d04ed47da29fee014d5d725307fce2c15462302655e65d9a947f02a2a3471cd1f4b85a96c893d83820fa6bd27aac7d823ae19175d4071982e7c3243dd59d4cf6e89775806a5)

[New report - UK nature’s devastating decline continues, 28 September 2023](https://view.email.rspb.org.uk/?qs=54656f0943c977699a9ed30f00c3862f7fe1bdfba9e60fd62c31a4bdd5b8db2ca3927be48fe3c47056b606ee2019c629ef2c52576488275471051b0dab520a0b1a8abe9eebfa384405dd6003ae94fe44bedc7bdd1f01e032)

[Tigers, Little Terns, and a lifeline for Puffins, 23 September 2023](https://view.email.rspb.org.uk/?qs=4fa3ce07c88015f0e5e0dea65b04fe32adeace2370b26b71397908a5cfb8362c3d8cd4dc64a6060fddf975465fa04b8a0f8254680c3bf29052e425c08d6d4ef6d1fafc057ea43f8e3ac8a23dff7ab383bf371a96abd96e43)

[How to get closer to your local birdlife, 16 September 2023](https://view.email.rspb.org.uk/?qs=e524676afda4bc77c97f6735ccf8350dac2cd9bcb9f9745a18a50f865e7cb1f88255b6dbc2d8737e2e2ce2f42f58f726c5bdd96fd20a896b4472bb5bbcfd7e4be311ff883403d59f2215265d1e76b56dd9530d15e7ec5f2e)

Other relevant newsletters:

[Climate Network Newsletter, 16 October 2023](https://documents.manchester.ac.uk/display.aspx?DocID=70825)

[October News from Manchester Libraries](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/37171c5)

[Health Hero Newsletter, October 2023](https://wellbeing.hub.healthhero.com/page/october-2023)

[EDI Staff Network Digest, October 2023](https://documents.manchester.ac.uk/display.aspx?DocID=70936)

[Dementia Friends October Newsletter](http://email.dementiafriends.org.uk/interface/external_view_email.php?A9372798581867867538513588zzzzz64c22f6cb4851f062aec7f0b816837b84f34993b9eca1678df52f3024089a1c175&varId=)