**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 10 November 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.

**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)

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

13-17 November [Anti-Bullying Week](https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying/anti-bullying-week-2023-make-noise-about-bullying)

13-19 November [Self Care Week](https://www.selfcareforum.org/events/self-care-week/)

13 November [World Kindness Day UK](https://www.randomactsofkindness.org/world-kindness-day)

14 November [World Diabetes Day](https://www.diabetes.org.uk/get_involved/world-diabetes-day#:~:text=World%20Diabetes%20Day%20is%20on,lives%20around%20the%20world%20%2D%20insulin.)

15 November [World COPD Day](https://goldcopd.org/world-copd-day-2023/#:~:text=The%202023%20theme%20for%20World,early%20diagnosis%20and%20early%20interventions.)

16 November [International Day for Tolerance](https://www.un.org/en/academic-impact/international-day-tolerance-16-november)

25 November [White Ribbon Day](https://www.whiteribbon.org.uk/)

16 Nov-16 Dec [UK Disability History Month](https://ukdhm.org/)

[Action for Happiness – New Ways November Calendar](https://actionforhappiness.org/sites/default/files/Nov%202023.jpg)

Trying a new activity can be a great source of happiness. In challenging times, it also helps to take a new perspective or find new ways forward. Our New Ways November calendar is packed with ideas to help this month. Maybe try out one of our many different language versions too!

[Virgin Pulse November Wellbeing Calendar](https://community.virginpulse.com/hubfs/072123_document_november-wbc_int_uk%20%282%29.pdf?hsLang=en-gb)

Want to create a culture where wellbeing is a priority and laughter is contagious? Introducing our brand-new November Wellbeing Calendar, designed to bring a surge of positivity, wellness, and fun to your workplace. In this month's wellbeing calendar, you'll get:

* Mindfulness inspo
* Nutritional support and guidance
* Mental health resources

[Men’s Health Awareness Month](https://www.staffnet.manchester.ac.uk/news/display/?id=30504)

Sign up for free men's health events.

[On-campus student-led health screening clinics](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=30395)

Open to all staff and students.

[Talk Money Week](https://www.staffnet.manchester.ac.uk/news/display/?id=30521)

Improve your financial well-being.

[Colleague Wellbeing Conference: Taking a Strategic Approach to Workplace Wellbeing in Higher Education on 21st Nov 2023, 9:30am - 3:30pm at the Grand Hall at The Whitworth](https://urldefense.com/v3/__https%3A/university-of-manchester.eventcube.io/events/51569/colleague-wellbeing-conference-taking-a-strategic-approach-to-workplace-wellbeing-in-higher-education/__;!!PDiH4ENfjr2_Jw!BDBwaAcmg01EnZyRPZ3cDJ5wIy-a1DRbHaYqJ7hROct0eC7iw4JZCbiGWwuzjvt12GrclIlgMzCiTBUJAOgTDYWBzuUZ6U1dWeY$)

Speakers include Professor Sir Cary Cooper, Professor Gail Kinman and Dr Ashley Weinberg, who are academic experts in workplace wellbeing. Conference sessions will explore the topics of organisational wellbeing strategies, measuring wellbeing in the workplace, work life balance, as well as case studies from colleagues in the higher education sector.

[Join us for a relaxing day of yoga and Gong bath](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=30452)

Taking place on Saturday, 25 November at the Wellbeing Rooms in the Simon Building.

[Step Change Debt Charity](https://www.stepchange.org/?gclid=8828eaae1b121802271c8fef1ab30bcf&gclsrc=3p.ds&msclkid=8828eaae1b121802271c8fef1ab30bcf&utm_source=bing&utm_medium=cpc&utm_campaign=B%3A%20Brand%20Core%20(Desktop)&utm_term=StepChange&utm_content=B%3A%20UK%20-%20Brand%20Core%20(Desktop)%20-%20Step%20Change)

Step Change are a non-profit debt charity who can help you be free from debt – start getting your finances back on track.

You will be treated as an individual, give you comprehensive support. Step Change are non-profit and their advice is free.

[Ripple Suicide Prevention](https://www.ripplesuicideprevention.com/)

Discretely intercepting harmful searches, maintaining user privacy and signposting to free, 24/7 mental health support.

[Join our wellbeing choir: back by popular demand](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=30325)

No experience is necessary, just a passion for singing! Humanities receive discounted places thanks to wellbeing funding.

[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.

[Take part in our 5k Purple Wave Santa dash](https://www.staffnet.manchester.ac.uk/news/display/?id=30445)

Join our festive 5km run, walk or jog on Wednesday, 6 December at Platt Fields Park.

[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**

Our next meeting is on Friday, 24 November 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, 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)

[UMSA Wrap Up Warm Appeal](https://humanappeal.org.uk/appeals/wrap-up)

UMSA are supporting the Human Appeal, by the way of donating coats (Child / Adult) to support those in need, (including the homeless, refugees, domestic violence victims and low-income families) in Greater Manchester this Winter.   A donation box is now available in the UMSA lounge, Simon Building.

[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/)

* Black History Month: A Portrait of Kano Durbar – film screening and discussion with Bayo Akanbi on 15 Nov 2023, 5:30 pm -8:45 pm

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

* (Un)Defining Queer Tour 9 – Saturday 18 November, 14:00

[November offers from Beauty Bee](https://www.staffnet.manchester.ac.uk/news/display/?id=30518)

Special prices available for treatments during November 2023.

[Seeing Presenteeism Differently: Revealing the Good, the Bad and the Misunderstood (replay)](https://urldefense.com/v3/__https%3A/www.robertsoncooper.com/seeing-presenteeism-differently-webinar/__;!!PDiH4ENfjr2_Jw!FytwNl1yf_H_RdLoO5_jDelMfaWnpM57DerbvGu684ySc74hxV_DCuox31LTXgry7RksFbLhy69bEYRN0ODH4VRo-0yytytQiA$)

Are you curious about presenteeism and its impact on the cost of critical organisational outcomes
such as productivity, wellbeing and absence? This conversation was recorded at a live event on Tuesday 31 October.

[The Real Reason Why Men Avoid Mental Health in the Workplace (replay)](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VWSjSs24tQQfW7VyGf04183sSW6mk3Cf55n4YrMDyKlY5nXHsW5BWr2F6lZ3mfW1TNq4C6KWFF3W6B6X-c4HG0jtW83pNyw598SGZW8VSNVD1FcmSSW7PF_y51XNT7PW7y0vs06bXt6sW8n60xK1ngXy_W59MR7P4tM5cbW94M_yC7dD4glW8NBf9495wHyNW3XnRdG2JgJprW7M1x9v2xhRPBW9lgvXn6PK83PN1rh-9HpD3CgVct5WB6xkjCHW8V8Y322hmQdgW2q9_W84y7X-6W6JbXvt8Gj1k7N2tW7f8cPWmcN31v-Fpbnl9VW8tJCRm75Wp__W2dZwmc8xm7crW4-KP7B7h5xTbW5NGw9n5YJlHkN3j7PXf3Sp_nW7BN42V7nF3MlW7NnSQT5nrtkGW9dQ5vX6Y8_bNW50CVJ61skjzhW41rK455qtWdnW2SqTJh5SXhBVVHdxCd186-59W2xBln44yfn62N4KBKzmTg5LbdzFNZP04__;Kw!!PDiH4ENfjr2_Jw!FhKlhq9TTc5OC-qKgMblHyhdu1XxWFlGQFsltr1egPRoy5HAuEQZfDtaencfaulAXRR2DLiQgIL-Rh8YlRsrfsskEhAkiWDUYE0$)

In honour of Men's Mental Health Month, Paul McGregor from Everymind At Work ran a panel session with two special guests to discuss how we can finally engage men around mental health at work. The event was recorded on 01/11/2023. Also check out Everymind At Work's men's mental health framework guide [here](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VWSjSs24tQQfW7VyGf04183sSW6mk3Cf55n4YrMDyKmx5nXHsW6N1X8z6lZ3n6W2kGmw53cmF4HN6w2g-sJFpCNW2t-z982Tz62lW36_CKd7CQ857W6Lw4wd90MPv6N8ZtYCPHBBFRW2vSMy1606ynzW7PnzjM34pNLLVbj-4-64YmG_W6ZW2Wn3Q5HYgN21hdgZpP9lPN77l5kKH-fZXW9dgY346QBJ6bW4SgTzH90jKd2W7w_rZ066-X5MW1LSzsR6-jy94N70KybrT4PL-W3r7-g86sDsX9W1WM71d4-hZvRVjL-GV3QJ_J8W7C19gz9dRjMdW4P6vGj6R9kxlN7yqj1ynQ-pfN4ps0lT27hHVW4mhvhw6GzWmNW2hThzS3k0csSW6tqplQ2S0q_6W4lB6rB5ntnk9W7q33GP1DT2mrW3Kn28h5S1VDLW6MTXtc34P4GKW3qnFRK92QKbVW2F6G1X3G1S4ZW3H2KRc6pnCggF83Hb949bdwW2R1F9P3rL9nXN88LqNnj0PQzW37RwyV5Z_vzvf7b1ctq04__;Kw!!PDiH4ENfjr2_Jw!FhKlhq9TTc5OC-qKgMblHyhdu1XxWFlGQFsltr1egPRoy5HAuEQZfDtaencfaulAXRR2DLiQgIL-Rh8YlRsrfsskEhAk-T3yV5A$).

[Everymind At Work – ‘Think Of Your Mind Like A Car’ Poster](https://everymindatwork.com/wp-content/uploads/2022/10/Mind-vs-Car.pdf?utm_medium=email&_hsmi=281328717&_hsenc=p2ANqtz-_1NM_b2DWKDIMv98fdVpUKjtU09fv4Dzyrh1MKaD8GnjNtPSdhoFxy5HQo6Ms0h64OPMuyNu5oYhL2yghA_tbwcxwhPEMfGIocCtwOyDyrCvLnLd8&utm_content=281328717&utm_source=hs_email)

Our minds need care and maintenance to keep them running well. Do you have enough energy to run effectively? Have you had enough rest? Think of it like a car. Is it well-oiled? Is the MOT overdue?

Likening our minds to a car can help us to understand the importance of proactive wellbeing strategies in staying mentally and physically healthy.

[Wellbeing for Men | 21 November](https://urldefense.com/v3/__https%3A/69cb9.r.a.d.sendibm1.com/mk/cl/f/sh/SMK1E8tHeGSV3VxtEpR1OudWJmj5/81VZXamSWxDf__;!!PDiH4ENfjr2_Jw!HZVPJDKx6I3DoL8DdoheH87NIJ6rpmOiZeqEyP6JQc1YVCvabGVs22zqxqA1TTPGFwuWBHtkxKuoqCADnspi9_BSm2YZ0VMG2A$)

Learn more about why men should be talking about their mental health and wellbeing as well as major life changes. Our complimentary webinar explores what men can be doing to look after themselves to manage stress; adopting strategies for mitigating and overcoming it.

[From burnout to bounce-back: How to build a resilient workforce (replay)](https://urldefense.com/v3/__https%3A/community.virginpulse.com/e3t/Ctc/I0%2A113/c2vRF04/VX78yk8wvMjMW1XQ33S1mtr8CW8yJSQm55p-YwN2XT73j5nR32W50kH_H6lZ3kMN8wLbX1Y17vVW5TY0rQ11mcgyW5_tvqs7xSlwbW6hMgWH2mPD7sW2MY5S11jjMRdW35Gg795z8h6hW5h4jcY8C-VnxW2HmrcN3YMy12W4X--Dd6HGgz4W7lFCGh3bZzX7W5vFWYr7_PZb6N21WXQz57dvCW1GY4tL39pR3dW6_wCcz516SZwW40v2SM3NjvxdW6X9dQw4jlsZgW17-Bd77N-qPHW6Mwndj3kLYwzW6mgDSZ5lTC_RW4WLp0P98tmldW1GqSY745X7fVW3Wf2X0573TYcW5Hqbvj4N7R8HW2vPmZ71349YxW6W0jnw2wccXKW2glKpq5QxQnlW8pWp2h14prvlVlj8-472_YPZW2vgnJh7dJ6XYW7qBxDZ6NsMxRW4Yfst_465zldW3084M_3k8fr3f8rmhPj04__;Kw!!PDiH4ENfjr2_Jw!H54uQa3BdylYrg9dMSqxZMJRnXlVk6xCgSZ_4o_DB4P_aCy88MX8nxPV_e5uTjNZh9JzQtq4gocbbivJ6kebqlxww--rLKVzfRzx5g$)

Dr. David Batman MSc. MB. ChB. FFOM, Virgin Pulse, and Dr. Max Major, Unmind, provided some excellent insight on how to build resilient employees, even when stress is at an all-time high. The event was recorded on 01/11/2023.

[Combatting Stress Course Book from Unmind](https://urldefense.com/v3/__https%3A/community.virginpulse.com/e3t/Ctc/I0%2A113/c2vRF04/VX78yk8wvMjMW1XQ33S1mtr8CW8yJSQm55p-YwN2XT7543qgyTW8wLKSR6lZ3mqW3xltvH61Xd5JW5cFxYF4BsgB3N5GY93zdpsx-W7z091x3pN07qW3Fjcl42Mss70W4S8pXp1K95l4W8BTGHJ15yCp5W29kSyG3C_1G4N3_Y7MpG0K48W4Pxjvr2DsZv3VqJTzf6mkG6bW27ZWbm4st8cDW8Ywpgq8f0fw0W4LbyY85BRSPYW34Qv2s32v30pW90_6lz1bxz2rW5K44HZ29YlMqW1HDKvR1Zd0hBW2MYr_09jqjpnW73QD7M3q0QlnW1gZwN31fsZtYN6nfWtcd1jxMW8H_h3v1qWhc1W5bNw-N62Tq_6N8R589wymfwBW5rs33s7R7gQ-Vf3DST7sf0yYW4NnS0j2sJRg7f2rTG3Y04__;Kw!!PDiH4ENfjr2_Jw!H54uQa3BdylYrg9dMSqxZMJRnXlVk6xCgSZ_4o_DB4P_aCy88MX8nxPV_e5uTjNZh9JzQtq4gocbbivJ6kebqlxww--rLKUsouyVtA$)

Download Unmind’s Combatting Stresscourse book for practical strategies to help you tackle stress effectively.

[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: Deeper Connections – with David Brooks](https://www.eventbrite.co.uk/e/deeper-connections-with-david-brooks-tickets-727408738117?aff=oddtdtcreator)

Wednesday, 22 November

Join renowned author David Brooks and learn how to create deeper connections with people at home, at work and throughout life.

**The Christmas Dinner 2023**

The **Christmas Dinner** is an annual Christmas Day Dinner and get together for care leavers aged between 18 and 25. Young people who would otherwise be alone on Christmas Day.

[Can you buy a gift for one of our Guests?](https://www.amazon.co.uk/hz/wishlist/ls/1Q4WMAUP468FO?ref_=wl_share)

[Or perhaps buy something for their Christmas Hamper?](https://www.amazon.co.uk/hz/wishlist/ls/3SS69KBCQ8V5M?ref_=wl_fv_le)

If you want to get involved either planning and helping on the steering group or volunteering to get the venue ready or being a host on Christmas day, please email mcr@thechristmasdinner.org.uk

Have a look at the video from last year's dinner and see the magic: <https://youtu.be/-gQLVMjKvTw>

[The million-dollar question – how do we reduce stress? By Team Happy Place](https://youtu.be/J14w_htNdyM)

Stress reduction specialist, Michael Adu, explains how stress is an integral part of the human experience but there are ways to replenish, rejuvenate and restore when the chronic stress hits. Find out more from Michael in our latest episode of our What Is How To Series.

[Why Being Selfish Can Make You Less Stressed by Team Happy Place](https://www.happyplaceofficial.co.uk/discover/why-being-selfish-can-make-you-less-stressed/)

We often associate the word ‘selfish,’ with negativity, self-centredness, and maybe even greediness. We want to challenge that, and explore the art of self-indulgence and how it can actually be the secret to minimising your stress…

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

[Join Henpicked’s next FREE menopause Lunch & Learns](https://urldefense.com/v3/__https%3A/henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=3ddb8772f0&e=b246dc1610__;!!PDiH4ENfjr2_Jw!GR5N2gtqIzUw3q7z3SuXzp-qag333pg_xVAv-VNRjNZMpChJKlrm9TaHaDmAKgnK_ZGbdi0eL5Mkg3iEYkJ2krK9bNDSRj0Gcw$)

Polycystic Ovary Syndrome (PCOS) on 16 November, 12:15 - 12:45 pm

Polycystic Ovary Syndrome (PCOS) is a common condition that affects how the ovaries work. Do you know how it can affect someone through life and what they can do about it?

Henpicked’s Deborah Garlick and Dr Clare Spencer of My Menopause Centre [henpicked.us7.list-manage.com], will be discussing this at our next Lunch & Learn.

[Ping Pong](https://www.eventbrite.co.uk/)

* **EWB Ping Pong Parlour:** Every Tuesday and Thursday up until Tuesday 19th December 2023.
* **ALB Common Room Ping Pong Parlour:** Every Wednesday 10-4pm up until 20th December 2023 (excluding 6th December).
* [UoM Sporticipate Table Tennis Session (1-2pm every Thursday), Armitage Sports Centre](https://playwaze.com/discover)

[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, 3 November 2023](https://cdn.mc-weblink.sg-mktg.com/weblink/MTY5OTAwOTI0MHxDT0VHbkdCY3FyOFhESjRZZXFMWmlCbkNZM1R1SFBUbl82U1NmOE5Vdy1uM0V0dV9tTFlEazBGQUtLMjhhcnZuTnNoQ3Y1YWF2OG4xY2NFazNBaGw1NF9qQnlmS0pINjYyMHFYUTRadEl6YzNCenFNdWpKRE93WDN2enNZeHVXNE9vWXFZVzFZQzc2VnItdF9ENjNyOTViWE9NcHRuUUViNkNUTlgwNGtTVTVRTXlVeFdTZzRFNFJpN0J0ZFVUVGNvR1hDQlFYUXVZMGxnNmViam5jUEJVNm9EMm5FRVU0cWNwblhfVGVzWUprT0pfbExxeERQc3ptLVVFN2VwdWc5OHg1ZTlXTTVuVmxnSHlKbGxadjR2R1V2RXd3TWxKYW1UYjVDZ0ZleEpjckhwNWg4TnZCdkY4NDRJNFJfRXZzYy1VV0VoSENaRnJjRXyLoIfHXT9wgBddwHenEOdrZYh9UPons-TC6JPbr1I_AA%3D%3D)

* Follow Joy
* Sad Symptoms
* Nurture Friends
* Embrace Rain

[Happiness Weekly, 27 October 2023](https://cdn.mc-weblink.sg-mktg.com/weblink/MTY5ODQwMDgzMHxCNW4yXzYyY2xLalpoWVdNbUpFVlJGMlBGUFVacFYwNzBCUGxaRzJnSWZQblZrOUoyaGlFMWk3U1d5YXRWdXpXeE43NVBSSURUNjFnYm5iWUVDbGcxTGQ2ci01eWRCdExzbjJTNktFbzRoZnN1WmFpVjhZSkpfSUJLUk05M1lDQUd5ZmJIaXg0bkdtbjd0VGF6aVRRSS1od0lqYjRxX01UNkxjTWZiekMtZEhOS1dmYXJPbkhSU3FiMjB1NGNnV205aXFGYjNVMWpNWkZKSDNrSjNvOVpHU1lUOFlSTTU1WG5TSDhCNHFueVBvbzZrZHFDYVlUa1FDN0g5TWV1ZmMyYk9LaURFRDVwNWtvb1gxdHlDWjJ4Qk9udHg4VVBtTVZvdHlTV2pzbU9kaHE3SzNVbEZlWmJKcTBqbVdZcEduVlhaSnJHZ2hKR1pReHyodHYdrthnlFeyiWpugcKxZuQT5tCAaVkKpNafewG5hQ%3D%3D)

* Finnish Secrets
* Sleep Schedule
* Beat Bloating
* Inner Critic

[The history and evolution of Chinese names By Manchester Confucius Institute](https://www.eventbrite.co.uk/e/the-history-and-evolution-of-chinese-names-tickets-740709410787?aff=oddtdtcreator)

Thursday 30 November 2023

Join us for this fascinating talk given by Yichao Shi on the history and evolution of Chinese names.

[Manchester Art Fair](https://urldefense.com/v3/__https%3A/tx.contacta.io/links/6544e6c095b5db7d24ac8752/recipients/6544e71b7f295f194e335b4f__;!!PDiH4ENfjr2_Jw!Cfg59K-RnLgMwDQOv_0L-jdodPS5lV2DEbEhToEoISsHZwVS4et76gOYKZTGoD3BTeYUuKaB9A6RfHCp54C56OhLwAbsTJkDyXYp3csO$)

Live at Manchester Central, 17-19 Nov 2023.

[Want Not Waste](https://www.facebook.com/wantnotwastemcr/)

A student run zero waste shop for all your refillable needs: dried goods, cleaning products, beauty products. Open Mon-Fri, 10-4pm. It is next to the Academy, and you can buy refills, other ethical shopping and do your Terracycle recycling.

**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**

[How to attract more birds to your garden, 28 October 2023](https://view.email.rspb.org.uk/?qs=ca26a8c5e43020e1f8da3da36d4d5e307e968cf46150f7dba5e3e8f6153b2b8bec0595fbe33758e04341c3be708535a1c40282279c27ffd6186582e8cbe6569cef1f7c2a7706c90e29a93691a3c9e77ef803e2db4870831f)

Other relevant newsletters:

[Manchester City of Literature Monthly Update, 02/11/2023](https://www.manchestercityofliterature.com/event/our-stories-conference/)

[November News from Manchester Libraries](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/3769195)

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

[Office for Social Responsibility, October 2023](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=MZdDU1MzE4MlMyMjQxOjE2NjlCMTA4RkZDQTYxQzg1NDNGN0VGRDIzNzIwMzQy-&CC=&p=0)

[Sustainable Futures, November 2023](https://mailchi.mp/b962d499aecc/the-latest-updates-in-research-calls-news-items-events-and-ongoing-activities-across-sustainable-futures-6675266?e=6f183721c1)