**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 12 January 2024**

[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.

[Report and Support](https://www.reportandsupport.manchester.ac.uk/)

If you or someone you know has experienced or witnessed any form of bullying, harassment, discrimination, gender-based violence, hate or micro-aggressions, or have a safeguarding concern, you can report it anonymously or get support from a trained advisor.

**January celebrates:** [Dry January](https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january), [Love Your Liver Month](https://britishlivertrust.org.uk/love-your-liver-month/), [Veganuary](https://veganuary.com/), [Red January](http://join.redjanuary.com/EMDUK), [Cervical Health Awareness Month](https://www.macmillan.org.uk/cancer-awareness/cervical-cancer-awareness)

12 January [Stroke Prevention Day](https://www.stroke.org.uk/get-involved/stroke-prevention-activity/stroke-prevention-day-2023)

15 January [Brew Monday 2024](https://www.samaritans.org/support-us/campaign/brew-monday/?gad_source=1&gclid=CjwKCAiAvJarBhA1EiwAGgZl0G2bmP6Ej0QKbpMudiY5dWfmymQdNWHGp9GQFEYR5EHD7FvgK1n4lxoCA_cQAvD_BwE)

17-23 January [Big Energy Saving Week](https://www.citizensadvice.org.uk/about-us/our-work/our-campaigns/awareness-raising-campaigns/besw/)

21 January [National Hugging Day](https://nationalhuggingday.wordpress.com/)

21 January [World Religion Day](https://www.bbc.co.uk/teach/world-religion-day-teaching-resources/zs6fsk7)

22 January [Chinese New Year (Year of the Rabbit)](https://chinesenewyear.net/)

23-29 January [Cervical Cancer Prevention Week](https://www.jostrust.org.uk/get-involved/campaign/cervical-cancer-prevention-week#:~:text=23rd%20%2D%2029th%20January%202023)

27 January [Parent Mental Health Day](https://stem4.org.uk/parentmentalhealthday/) ([Stem 4](https://stem4.org.uk/))

27 January [Holocaust Memorial Day](https://www.hmd.org.uk/)

[Action for Happiness Happier January Wellbeing Calendar](https://actionforhappiness.org/sites/default/files/calendar_download/images/Jan%202024.jpg)

Let’s start the New Year happier. We may not be able to change what's going on in our troubled world, but our daily actions still make a big difference. There are many signs of hope and things to be grateful for all around us – we just need to look for them and encourage them.

Our Happier January calendar is full of great ways to help spread happiness this month and get 2024 off to the best possible start. Please share it with others too.

[Virgin Pulse January Wellbeing Calendar](https://community.virginpulse.com/hubfs/_2023-Content-INT/111523_document_december-wbc_int.pdf?hsLang=en-gb)

Inside, you’ll find 31 ways to:

* Express gratitude
* Celebrate each other's diversities
* Maintain new routines
* Beat the post-holiday slump

[Manchester City Council Cost of Living Advice Line](https://www.manchester.gov.uk/info/10050/help_with_the_cost_of_living_crisis/8451/cost_of_living_advice_line)

If you've found that increases in food and energy bills mean you're really struggling financially, help is available. The number for the advice line is 0800 023 2692. This free telephone line is open Monday to Friday 9am to 4:30pm.

[Starting well in 2024](https://www.staffnet.manchester.ac.uk/news/display/?id=30784)

Start your New Year with a commitment to your wellbeing.

**Workplace Wellbeing training for Line Managers**

January we will be launching our new workplace wellbeing focused training for line managers. We are starting with ‘Managing with Wellbeing in Mind’, a full day training course delivered by external provider We Are Wellbeing. The training course is available to attend in-person or online and on differing days of the week. W e have courses running from January – December 2024. More detail about the course overview will be shared in due course. For now, please register for a date that works for you.

* Managing with Wellbeing in Mind, full day in-person training course for line managers: [multiple dates available, register here.](https://app.manchester.ac.uk/training/profile.aspx?unitid=10197&parentId=183&returnId=183&returntxt=Return+To+Search&returnQs=%3fterm%3dwell178%26org%3d0%26typeId%3d2)
* Managing with Wellbeing in Mind, 2 x half day online training course for line managers: [multiple dates available, register here.](https://app.manchester.ac.uk/training/profile.aspx?unitid=10198&parentId=183&returnId=183&returntxt=Return+To+Search&returnQs=%3fterm%3dwell179%26org%3d0%26typeId%3d2)

[Wellbeing Conversations – a workshop for leaders and managers (in person)](https://app.manchester.ac.uk/training/profile.aspx?unitid=10200&parentId=183&returnId=183&returntxt=Return+To+Search&returnQs=%3fterm%3dwell180%26org%3d0%26typeId%3d2)

Tuesday 30th January, 13:30 – 16:00pm

This workshop is designed to give managers the confidence and skills to create a supportive team environment where wellbeing conversations are the norm, while recognising and understanding the boundaries of the role of a manager. It will be a practical and interactive workshop, focusing on skills development and with opportunities to look at different scenarios and how to approach them.

[Purple Wave Bicentenary information webinar](https://app.manchester.ac.uk/training/profile.aspx?unitid=10196&parentId=183&returnId=183&returntxt=Return+To+Search&returnQs=%3fterm%3dwell177%26org%3d0%26typeId%3d2)

Wednesday 17th January, 12:00 – 12:30pm, via Teams

Purple Wave is a UoM Sport programme, created to bring people together to celebrate and enjoy spending time as a community while being physically active. It is not about elite performance but about participating with like-minded people to have fun and make friends.  This session will help provide information about how to get involved in the events taking place in 2024 and hear experiences from colleagues who have completed events before.

Kick start your jogging /running in prep for the purple wave events – Meet every Tuesday 12.10 Denmark road [register here](https://groups.runtogether.co.uk/UMRun).

[Dealing with Overwhelm Webinar](https://app.manchester.ac.uk/training/profile.aspx?unitid=10194&parentId=183&returnId=183&returntxt=Return+To+Search&returnQs=%3fterm%3dwell176%26org%3d0%26typeId%3d2)

Monday 22nd January, 12:30 – 13:30pm

Feeling overwhelmed from time to time is natural. However, when overwhelm becomes the daily situation, or when it just becomes too much to handle, it can impact your health, happiness and your work very quickly. Today's world does not run in a way which our brains were built to handle. This one-hour workshop doesn't just talk about the need for rest (we know that is important) but practical tips on how to get it, and more importantly, understanding the drivers which will not let us rest so well!

[In person Menopause Talks with Dr Zoe Hodson](https://app.manchester.ac.uk/training/profile.aspx?unitid=10164&parentId=4)

Thursday 25th January, 10:30 -11:30am **OR** 13:00 – 14:00pm

Dr Zoe is a GP with a Specialist Interest in Menopause Care. After 20 years in General Practice, she decided to specialise in menopause care. Following extensive training she holds the Advanced Certificate in Menopause Care from the British Menopause Society and established 'Manchester Menopause Hive Ltd”. The 1-hour in person talk for our colleagues will primarily focus on the cognitive and psychological impacts during the perimenopausal transition and will include a discussion on what medical support is available for common symptoms.

[Join our next book club meeting](https://www.staffnet.manchester.ac.uk/news/display/?id=30656)

Our next meeting will be on Friday, 26 January from 12:30pm until 1:30pm. The books under

discussion this time will be Small Things Like These by Claire Keegan, and The Burning Chambers by Kate Mosse (Book #1 of the Joubert Family Chronicles).

[Book Speed Dating, fall in love with a book](https://www.eventbrite.co.uk/e/book-speed-dating-fall-in-love-with-a-book-tickets-788896038287?aff=oddtdtcreator)

Thursday 15th February, 5.30 - 7pm at Bolton Museum Art Gallery.

Can our book lovers persuade you of the charms of their favourite read in 3 mins? Adults only. Free tickets.

[15 literary podcasts to make you laugh, learn and join conversations about books](https://theconversation.com/15-literary-podcasts-to-make-you-laugh-learn-and-join-conversations-about-books-218792)

Literary podcasts offer comfort and convenience. Most are free. They’re available across multiple platforms. And while you could curl up in bed and simply listen (as I often do), they’re designed to be experienced while you’re doing something else – whether that’s enduring a long commute, sweating it out at the gym or tidying the house.

[EDI Blog: Perceptions of Disability Over Centuries](https://uomequalityanddiversity.wordpress.com/data-stories/)

Our EDI Partner Kathy Bradley celebrated Disability History Month in our Diversity Calendar (December 2023) about Perceptions of Disability Over Centuries – read it here.

[Staff benefits update](https://www.staffnet.manchester.ac.uk/news/display/?id=30744)

Festive offers this December.

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

Open to all staff and students in Semester 2 as follows:

* Wednesday, 7 February 2024 - Wellbeing room G.65 Simon Building
* Wednesday, 28 February 2024 - MEC 3A.012
* Wednesday, 10 April 2024 - Wellbeing room G.65 Simon Building
* Wednesday, 17 April 2-24 - Wellbeing room G.65 Simon Building

[Climate Cafés at the University of Manchester](https://www.eventbrite.co.uk/e/climate-cafes-tickets-717949114127?aff=erelexpmlt&keep_tld=1)

Wed, 7 Feb 2024 17:30 - 19:00 (£5 fee applicable)

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. This event will take place in the Manchester Museum Café. Your ticket price covers a hot drink and cake (including vegan and gluten free options).

[Counselling and Mental Health Service Workshop and Group Programme](https://livemanchesterac-my.sharepoint.com/%3Ab%3A/g/personal/kathryn_bradley_manchester_ac_uk/ETYHWjE0O2JFuSitBtYBX7oBVs352N_izep0dWuTNw4cDw?e=vrnhXK)

The programme for January to March 2024 is now available. Staff sessions are as follows – booking is essential:

* 2 February – 15 March weekly (one-off workshops) – Mindfulness meditation
* 9 February and 8 March (one-off workshops) – Managing acute and ongoing stress
* 14 March – A compassionate approach to low mood

[What’s On at Jodrell Bank](https://www.jodrellbank.net/visit/whats-on/)

Jodrell Bank is situated in the heart of Cheshire. It’s a stunning green site surrounded by farmland and with an abundance of wildlife. There are four Pavilions to discover, alongside a range of outdoor exhibits and pathways to explore. You’ll also find two cafes and a gift shop.

[January Highlights at Manchester Museum](https://www.museum.manchester.ac.uk/whats-on/)

If you’re looking for a New Year’s resolution, we’ve got the perfect one for you – visit Manchester Museum more. But if you need more convincing, here's what we've got planned in January.

* 3 Nov 2023 - 19 Jan 2024 – Introductory Taichi Qigong Sessions
* 17 January, free drop-in from 5pm – ‘Light Up’ Late. Turn the January blues a dazzling purple during an evening of light, music, poetry and more.
* 29 January, 11am-2pm – Culture Mondays: Musical Edition (free, booking required). For people aged 50 and over, join us for an age-friendly exciting day of culture at the Museum and the Martin Harris Centre. We’re teaming up to provide a special tour and musical performance.

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

* Sun, Dec 10, 14:00 – Still Parents February Workshop

[How to get your wellbeing strategy right for 2024](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VVs6tX706bsHW7NCpFL31TxlvW4KxtYX57TJfYN8DGmD-3qn9gW8wLKSR6lZ3mKW8TWq7-4_w7r6W6j7lpy3bh05ZW7PcYB_4Y9Y6vW4Pr9NF4xTBF9N8DxpzW3cYjhW7kLD576G07WMN57lMhM-pVs3W2djv5P1Vw2HWW3v2RnF4r1p19W5pZjTh2nmhxyW8dv3t98q4R2bV_1nGZ9bR1FBVLPpb_83YqBJW9kkwLw3L5mS9W8mg5H73JGrDMVFJq3L4W6XmlW8cg36w5gcyJvW65QxTj6YqxWyW8ylgWN242FltW1dbLhZ7KlXGRW1YzGDn5cBZD_W2S61815TGxYMN18Gl-X2-2LJW4jPP195CqDhrVpgFrW2y4xwsW1Vbk831cTQSvW5q4JrQ8sFGm4W57RQbp3FpZl9f2H6-Qg04__;Kw!!PDiH4ENfjr2_Jw!DhrNXY6Mi3A8tQB7hRYfo7QkvS1lgW_A_Hd9sopuAoldaboU3Ikb0GmF-4JuofOTrr_qFxg2rVb8rhZVHtErtJJMdOAUstG3yTw$)

Everymind At Work brings you this webinar on January 10th at 1pm, where will focus on:

* 4 actionable frameworks to build psychological safety.
* What you should focus on with your Mental Health First Aiders and Champions this year.
* Why so many organisations struggle with mental health training for managers.
* How to support employees even when budgets are challenged.

[How HR & MHFAs can support themselves and others (replay)](https://youtu.be/Cr6hl12DOGI)

In this session, Paul McGregor (Founder, Everymind at Work) will uncover effective ways we can support colleagues' wellbeing over the holiday season. This was recorded live on 6 December 2023.

[Lunch and Learn: Online Gender Based Violence Allyship – UoM Equality Diversity & Inclusion](https://youtu.be/n7O8_cT2ybk)

This is a Lunch and Learn talk by Faye Coleman on Online Gender Based Violence Allyship. This session took place to mark the UN's International Day for the Elimination of Violence Against Women (25th November).

[Quick and Healthy Behaviour Changes in 30 Minutes](https://urldefense.com/v3/__https%3A/healthatworkcentre.us10.list-manage.com/track/click?u=cc84d3a7efebdfa97b1104b72&id=9cb0c364c7&e=6fe3187576__;!!PDiH4ENfjr2_Jw!AHS0igza4jaVCNk6Lqb8dkUcErMwdFYWMxf7ETYZc0HA51XJlUUkZgjxqvSerDeMY0eJzOYx4XJEOGZmSGtmb757CUctGs4TTUpUkZagWApt2Q$)

Thu, Jan 11, 2024 11:00 AM - 11:30 AM

Join us for the first mProve in 30 of 2024 as we look to get the new year off to a healthy start! This January, Health@Work’s own Learning & Development Officer Declan Doyle will discuss the best ways to change and develop our health behaviours.

[MProve’s Navigating the Holiday Blues: Strategies for a Mentally Healthy Season (replay)](https://urldefense.com/v3/__https%3A/healthatworkcentre.us10.list-manage.com/track/click?u=cc84d3a7efebdfa97b1104b72&id=866a3c68ad&e=6fe3187576__;!!PDiH4ENfjr2_Jw!AHS0igza4jaVCNk6Lqb8dkUcErMwdFYWMxf7ETYZc0HA51XJlUUkZgjxqvSerDeMY0eJzOYx4XJEOGZmSGtmb757CUctGs4TTUpUkZZelcEErA$)

Join us for the final mProve in 30 webinar of 2023 this December, as we partner with the experts from our EAP provider Vivup to learn how to support both yourself and your workforce through the ups and downs of the holiday season. In this webinar, Vivup’s Head of Psychological Services, Tracey Paxton, and Client Wellbeing Success Manager, Darren Mitchell, will discuss the ways workplaces can provide the best foundations for a mentally healthy festive season, as well as share their insight on keeping calm at this hectic time of year. This was recorded live on 7 December 2023.

[Accessible communication: Why video captions matter](https://businessdisabilityforum.org.uk/knowledge-hub/resources/accessible-communication-why-video-captions-matter/?utm_source=hootsuite&utm_medium=linkedin+organic&utm_term=&utm_content=captions+video_041223&utm_campaign=Tech+Taskforce+23)

When sending emails with multimedia, ensure that your videos contain captions, allowing people with permanent disabilities, temporary disabilities, and / or situational exclusions to consume your content. This video explains who can benefit from video captions and how captions can improve anyone’s experience of watching video content.

[A Beginner’s Guide to Gypsy, Roma and Traveller Inclusion’](https://tapestry.info/wp-content/uploads/sites/2/2023/12/A-Beginners-Guide-to-Gypsy-Roma-and-Traveller-Inclusion.pdf)

The FREE document ‘A Beginner’s Guide to Gypsy, Roma and Traveller Inclusion’ has been written by Gemma Lees to help childminders, nurseries, and schools engage in important conversations about Gypsy, Roma and Traveller Inclusion.

[Supporting employees with terminal illness: a guide to workplace policies and practice](https://whatworkswellbeing.org/resources/supporting-employees-with-terminal-illness/)

[What Works Centre for Wellbeing](https://www.linkedin.com/company/what-works-wellbeing/) and [Marie Curie UK](https://www.linkedin.com/company/marie-curie/) have launched an incredibly useful guide to supporting employees with terminal illness. It covers what employees facing terminal illness need, what managers need to know and how to build a positive and compassionate working culture around terminal illness as well as providing a very comprehensive list of helpful resources.

[12 Signs of Psychological Safety at Work](https://media.licdn.com/dms/document/media/D4D1FAQGo2qqNbcyt_Q/feedshare-document-pdf-analyzed/0/1701359312353?e=1703116800&v=beta&t=u-_Y8O8QDwCBjguDaPPZ6B5NcGTyuyLWmw_qb3YtiFk)

Psychological Safety is defined as ‘the belief that one will not be punished or humiliated for speaking up with ideas, questions, concerns, or mistakes.’ (Professor Amy Edmonson). Check out these 12 signs that can tell you whether you have psychological safety at work (or lack of, if those signs are not present).

[Workplace Mistreatment Affects Mental Health By Paul E. Spector (posted on 06/12/2023)](https://paulspector.com/workplace-mistreatment-affects-mental-health/)

Ashley Nixon and I were invited to write a chapter on workplace mistreatment for The Routledge Companion to Mental Health at Work. We both had been doing research on the topic for some time from a business management perspective, so mental health was a little different for us. The first question we answered was how workplace mistreatment affects mental health.

[Henpicked’s Lunch & Learn – Ditch the detox: try small changes for big benefits](https://henpicked.net/detox-small-changes-big-difference/)

11 January 2024, 12:00 – 12:45

Had a great time over the festive season? Overindulged? Or maybe just setting a New Year’s resolution? Before you do anything drastic, join us for expert top tips on how small changes can make a big difference. Henpicked’s Sally Leech will be joined by award-winning nutritionist Jackie Lynch. Jackie is the founder of the WellWellWell Nutrition Clinic where she specialises in women’s health and the menopause.

[Henpicked’s Lunch & Learn (replay) – Enjoying the festive season](https://henpicked.net/menopause-hub/wp-content/uploads/2023/12/festive-season-top-tips-henpicked-Nigel-Denby.mp4)

Nigel Denby is a registered dietitian, author of ten successful nutrition books and a broadcaster across television and radio both in the UK and Europe. Dietitian of the Year 2013, Nigel is the author of The Denby Report – the leading and authoritative review of nutritional subjects. His special areas of clinical interest include: Weight Management; Women’s Health and Irritable Bowel Syndrome. Henpicked’s Deborah Garlick joined by Nigel Denby from Harley Street at Home discussed this at the last Lunch & Learn recorded live on 11 December 2023.

**New Action for Happiness Events in 2024**

We've got more great events coming. Sign up now and you'll also receive the videos and resources.

[How To Change](https://urldefense.com/v3/__https%3A/actionforhappiness.us3.list-manage.com/track/click?u=38ea3e7c0a12909b5f17eb1ed&id=6e6153d0fb&e=ab3ab8bd6d__;!!PDiH4ENfjr2_Jw!AMb4duuUp_tndSCE86kqDgH34HcAFBQr69q8ufSW70bDqNAH1PqI6qvJhQzklaiWhnj3ZPpPAEa6DqYSkA-ebhmiIQ3SSfS3FzkP$)

Wednesday 10 January, 19:00-20:00

Get your year off to a happier start with change expert Professor Katy Milkman and learn science-based ideas to overcome barriers and achieve your goals.

[Motivation & Self-worth](https://urldefense.com/v3/__https%3A/actionforhappiness.us3.list-manage.com/track/click?u=38ea3e7c0a12909b5f17eb1ed&id=d88f3d0794&e=ab3ab8bd6d__;!!PDiH4ENfjr2_Jw!AMb4duuUp_tndSCE86kqDgH34HcAFBQr69q8ufSW70bDqNAH1PqI6qvJhQzklaiWhnj3ZPpPAEa6DqYSkA-ebhmiIQ3SSTfNDoLd$)

Tuesday 23 January, 19:00-20:00

Join psychologist Dr Lora Park to discover positive ways to motivate yourself, develop your sense of self-worth and get more out of life.

[Action for Happiness Webinar: Mindfulness and Change – with Rhonda Magee (replay)](https://urldefense.com/v3/__https%3A/clicks.eventbrite.com/f/a/zmJ3s0H6oYziDcL_GSLu9Q%2A%2AA/AAQxAQA%2A/RgRnUr_SP0QraHR0cHM6Ly93d3cueW91dHViZS5jb20vd2F0Y2g_dj1jTVkyc3lYUzJkb1cDc3BjQgplb1KMcWXOQEMeUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA__;fn5-!!PDiH4ENfjr2_Jw!F-PFVaeNiTiiIVu_kuoQox_SAq_myoEXpkjJMlQ_TUykAkbQvsx3MMyuNkM7j8NR6jmngwECtGpDGCJ-wPKIvgDNFdEqQNPnw0x5xA$)

This special event with Rhonda Magee concentrated on how mindfulness can help us make a difference and overcome our challenges. This was recorded live on 6 December 2023.

**Women’s Only Learn To Swim Session**

The UoM Sport is proud to announce that we will be doing a Women's Only Learn to Swim Pilot Session on Wednesday, 6 and 13 December from 8-9pm or 9-10pm. All equipment will be provided for the lesson.

Beginners are welcome to sign up and there would be volunteers in the pool with the participants but please also note that the water is 2.0 metres deep.

Please fill out [this form](https://forms.office.com/Pages/ResponsePage.aspx?id=B8tSwU5hu0qBivA1z6kad1J1eFY35MVItRITgXFRqLBUMkhKRE9WR0ZDVFg2VzVPRUJMQVJQQ1ozNC4u) so we can group you in lanes according to your level during the lesson.

The links to sign up are here:

* <https://manchesterstudentsunion.com/shop/product/9767->
* <https://manchesterstudentsunion.com/shop/product/9796->

Please email nicia.low@manchester.ac.uk with the title Women’s Only Learn to Swim + Name for any enquiries.

[RED January](https://join.redjanuary.com/home?lightbox=/register-options)

RED January is backed by leading academics, politicians and University of Oxford analysis, and builds on years of research showing that regular physical activity can play a major role in supporting people with focus, motivation, sleep, self-esteem and overall wellbeing.

**It's the time of year where lots of people make New Year's resolutions, but we prefer to think about the** **healthy habits you can start in January, that will stay with you throughout the year**.  Sign up and choose a challenge that works for you!

[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.

[Greater Manchester Community Listening Event](https://www.eventbrite.com/e/greater-manchester-community-listening-event-tickets-727375919957?fbclid=IwAR3bqtlHleJcauRvVMF4E5zlbY5dkovA7u1FJEU9LgRxEhlyk__USraHTC0)

Tue, 23 Jan 2024 10:30 - 14:30 at The Guidance Hub, 389 Waterloo Road, Cheetham Hill, Manchester, M8 9AB

The North West Ambulance Service NHS Trust (NWAS) invites you to a free unique engagement event planned for your local community. You will meet some of our NWAS staff, including our Deputy Chief Executive and Chief Operating Officer Salman Desai and NWAS staff from each service line including, Paramedic Emergency Services (PES), Patient Transport Service (PTS), and NHS 111.

You will be given the opportunity to give feedback in a fun and interactive environment about our services and learn about the services we provide. The event is free to attend with free lunch and refreshments provided on the day.

[Confucius Institute Language Courses](https://www.confuciusinstitute.manchester.ac.uk/study/courses/learn-chinese/)

15 January – 23 March 2024

Our January language courses are now open for enrolment! Our beginner conversational courses are back (in person) running on Tuesday evenings (6-8PM). This course (two levels) will prioritise reading and listening skills. If you’re planning a holiday to China or want to impress a business partner, these classes will set you up nicely.

[Events at Blackwell’s 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.

[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. Please note, here is a list of all of the topics we'll be covering in January:

* **Fri 12th:**What should be included in your strategy this year.
* **Fri 19th:**Wellbeing Comms & Engagement - How to reach more people.
* **Fri 26th:**MHFA – Who to Recruit.

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

**ALB and EWB Ping Pong Parlours:**

The ALB (Every Weds 10-4pm) and EWB (Every Tues 10-3.40pm and Thu 10-3.40pm) Ping Pong Parlours are back up and running. The next 6 weeks are on Eventbrite for you to book 20 min slots (or longer if you need the space for longer – just drop me and email with details).

BREAKING NEWS – The ALB Ping Pong Parlour is now available for students and staff across the whole university to book !!!!!!  Please spread the word.

I am just waiting for a couple of people to get back to me and then hopefully the EWB PPP will be open to all too. But please note this is on a trial 6-week period only.  If it is a success it will continue to be open to all.  If it is chaotic, we will have to go back to it being just Humanities Staff and Students only.

Please book your slot on Eventbrite so that I can monitor the situation and be able to report back how the 6 weeks, open to all, has gone.

Here are the links for this week on Eventbrite:

[ALB Ping Pong Parlour – Wed 10th Jan, 10-4pm – Open to all undergrads, postgrads and staff to book](https://www.eventbrite.co.uk/e/alb-ping-pong-parlour-all-uom-staff-and-students-wednesday-tickets-790051123177?aff=ebdshpsearchautocomplete)

[EWB Ping Pong Parlour – Tues 9th Jan, 10-3.40pm – Just Humanities Staff and Students for now](https://www.eventbrite.co.uk/e/ewb-ping-pong-parlour-uom-humanities-staff-and-students-only-tuesday-tickets-790059738947?aff=ebdshpsearchautocomplete)

[EWB Ping Pong Parlour – Thu 11th Jan, 10-3.40pm – Just Humanities Staff and Students for now](https://www.eventbrite.co.uk/e/ewb-ping-pong-parlour-uom-humanities-staff-and-students-only-thursday-tickets-790055375897?aff=ebdshpsearchautocomplete)

**UoM Sport Table Tennis Coaching:**

Table Tennis coaching organised by UoM Sport will continue in Jan on Thurs 1-2pm and from Feb 6th it will move to Tues 1-2pm (to enable those who play Badminton (which is on a Thurs lunchtime too to also play Table Tennis).  We will see how the move to a Tuesday goes and reassess after Easter.

Here is the link to Eventbrite to book a place:

[Playwaze – Sporticipate Staff / PostGrad Table Tennis](https://playwaze.com/discover/result?item=PhysicalEventSeries/86281-A&type=Activities&communityids=1yuhfqbxhhg9)

**World Table Tennis Feeder – Manchester 2024**

Worldclass Table Tennis is coming to Manchester – 1 to 4 Feb 2024.

Here is the link to info and to book tickets:

[WTT Feeder Manchester 2024](https://www.eventbrite.com/e/wtt-feeder-manchester-2024-tickets-760583053387)

To support this event there will be a Ping Hub at the Great Northern Warehouse, Manchester from 20th Jan to 29th Feb 2024.  I will hopefully be organising a few events in the evenings and at the weekends.  Plus there will be loads of other activities taking place.  Watch this space.

Enjoy the Ping Pong and spread the word.

Melanie Canham

[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’s *The Uplift* Weekly Magazine**

* [Sleep Sounds | Festive Burnout | Get Help | Feel Calm](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcwMzI0Mjg0M3xhVzFrandwVWZRd25GQjF6THhXTEZJLW04NTRxOVJmS0JuX2hRR2p0Y2RMV0JfbGd5OVIzT2Zzam5LV2wzaGRsbEY2ZzVLOV9waHZZdG1nWlpzY3pxWGRLSnJRRzE5TklsZllMdkkydk5abVZoTzZtVmF1NXlKWkREZXRHakpZcUo5YjJlWWpsbW5CcUNTZmptRkcwdzF3dlZiV3ZpRnNfSmFiTXFNeGVZSy1hZngyM1ZRTURlWFc5RmV3NmVxNWp1TWpNNTY4a3dKMVVENXlfUW1KVm9zc2I3YWl5OEdjR29xclFZRWUyNEtKZktZaWUyZXZWZWZWLTdWYTROWjFVRjctT0RFcnpLcWNFU1lWTmpqVGZKcHhLZlJlU2JHRnNuREIzWW9nTkExNWVGbkRFcFByV0ZuaFZSMVFlWUJYem5MNUxZVDc0bEtWZ3yMhPR0eRvRr_hu-Gzps-5GP4qlUWhKLLLr7kY3MekXsg%3D%3D) (22/12/2023)
* [50 Questions | Sleep Reset | Boost Motivation | Boundaries](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcwMzg0NzYzNnxJaWlnZzhiR3lnNm9QV2JqQVhSbHNmY0xXMEt6dkRVbXhXWG1rZ21rY3Vld2FYc0JRZXp1dVFNUlVWTkMwMHZLNXEtQXo5UFlvWi1lLXlCd2hJLXlPYzlkeDVwWU5BanVuQTgzN1NSY0FidHRZSGZpeHNIYkJnQ1FfTk1Hd2tPTGRwRU93VU95eXN0N0RZZkNvWWlnZUV3Nk5mY0pJSTRrN25LTjZkWWtpM2t1MUtMQnJLOURRNkxOakhRdnB3T2JHU1RjU2lRcTlsR0h3cmN6WklVRVZYZjI5VmFNNXBLcGNTNFBncHlxVW9ObThDS1pQVEF1c2JEV0UxS1NsXzFERXM0TDAtMUxLY0RveG92cjI5MTk4aXpTQk8xZmwyS0ZJUUJrSjEyRGxCS0dhQ0lCTmd1MFZmMFo1U0Vwa0RET1lKdUJsYmthWWdRenzP-nwCdVfdKmanae35c7abN__OG4OSBjDBuwurPZU8qg%3D%3D) (29/12/2023)
* [Making Change | Vagus Nerve | Tarot Cards | Yoga Class](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcwNDQ1MjQzMHxjN0stcmhBR3hYclAtcEx2VjREV1g2UXVhMHpwcGp3a1VDWFpGT1o1V0xkQnBOTmhnSkFHajJHOUQtS1VRU1ppcV9zYjlXZ3RNUkxfMi1EOGZZTTVMVkMyc2tWZXlnd1pkNTlSZVFQSDZnQnZVc0gwOGhaOXRsN0JnQUZJT203M0NBUWg0bGFHWUhwWUYzNWp5Y0hfVW5QMzhIeTR1eUE4VlZsQV9WaWVibWtIWjdCLXh6WEt4YzlDZUhjU0cwT0tSaG5DNU9LTUxJd1RsMHNKQTVFeDJiSVdmYTdRU1A2cENjRF85M2d3dEtvR1lWa3oydEpNVU5BNTZWdHBBclI1UEJaa1I3RjBYNGtFX1lMbzM5aVhTQWZDVkQ5T0s3Umo1SFprektqRUdfelFhbmtiQUVIRFlkXzg1VlFqenJRNXdvYjVRdVlSek1iUXw-Oyg8u0MkO0x6hPHRbjSy2cdSYwFL1yceglBohcpbSg%3D%3D) (05/01/2024)

**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**

[Get ready for Big Garden Birdwatch. 6 January 2024](https://view.email.rspb.org.uk/?qs=0137c6011c0c583f53f21c56188fbedbd9df0baded3560d5041e8b1c4848328b72cc9fbaf671fe09022df1178b74a9ca37e6583609427ce13a3f54f5eaafaee2bf602c7d2f72e77f7a13c166611dd467d7bfd569618bd409)

[Nature success stories from 2023, 22 December 2023](https://view.email.rspb.org.uk/?qs=1e5aa97b5692371f6a26021b7cc2721e586422387ab8e1fc82bb6953201b3a6a330a5937758d71db26e787cfc5a39366ee00269c79bc6a5ec1b06bfb079be91f6e1a262a356911fcf1b9dccb0537d52f0896c66975ce7c51)

[Get ready for Big Garden Birdwatch 2024, 19 December 2023](https://view.email.rspb.org.uk/?qs=b1ad2aa00671400e545423283afac407ce2ea89499ac7ab92cea3b72cb3f8979493e68a87d6a36a92f2dca604a95a58f41694584168bba30674218aaa7a26fd5e34e5596e77683da989d914f2f7b03d547ffdcfebf7fad80)

[Where to see a Starling murmuration, 9 December 2023](https://view.email.rspb.org.uk/?qs=cfdc11edb1b4687f4228e6db294c686fb1b9e1c78ba31e9e49fb195b787cc353d49c6f3f23f946a1f513e49888f1bece9bb2333fda0b44096505ea510a2c01c4f0f1f39cfbee8c205e97fb39d45d2157fa4249232904c9c7)

**Other relevant newsletters:**

[Climate Network Newsletter, 8 January 2024](https://documents.manchester.ac.uk/display.aspx?DocID=71539)

[Health Hero Newsletter, January 2024](https://wellbeing.hub.healthhero.com/page/december-2023-2-3-4)

**2024 – Wellbeing Calendars and Articles**

Get a healthy start to 2024 with these wellbeing calendars for the New Year and articles.

[New year - same habits?](https://healthatworkcentre.org.uk/how-does-promoting-healthy-habits-boost-business-performance/)

Medicash Health @ Work guide to promoting healthier habits.

[Virgin Pulse 2024 Employee Wellbeing Calendar](https://community.virginpulse.com/hubfs/_2023-Content-INT/021123_2024-yearly-wellbeing-calendar_int%20%281%29.pdf?hsLang=en-gb)

Boost health and wellbeing across your organisation with 12 months of easy and fun ideas to help your people feel and perform their best.

[Medicash Health @ Work Health & Wellbeing Calendar 2024](https://healthatworkcentre.org.uk/wp-content/uploads/2023/11/Wellbeing-Calender-2024.pdf)

Our health & wellbeing calendar for 2024 is now available to download! Packed with all the dates you’ll need for a healthy year ahead, you can access your copy for free by clicking the image or link below.

[Super Wellness Wellbeing Calendar 2024](https://urldefense.com/v3/__https%3A/superwellness.us11.list-manage.com/track/click?u=2fff550a46902da26a7ac3840&id=b20b7b6a3d&e=d0fdae3254__;!!PDiH4ENfjr2_Jw!ADT9mL4Bjni01YStOZzwm1QF79RUso41fYH1CxYpxdc7f0DwogtOqznNv-SD9Mop6HOdMsi7C-0bESw07cgfn3s4e-PN5CYPlQ$)

We hope you find it helpful for planning your wellbeing activities over the coming months.

[NHS Employers Calendar of National Campaigns](https://www.nhsemployers.org/events/calendar-national-campaigns)

National campaigns, awards and awareness days to help you plan activities for the year.

[Health Awareness Days](https://www.awarenessdays.com/awareness-days/health-awareness-days/)

Welcome to our Health Awareness Days category page! Here, you will find a comprehensive list of awareness days dedicated to promoting and raising awareness of various health issues affecting individuals and communities worldwide.

From World Cancer Day to World Mental Health Day, our curated list covers a wide range of health topics including diseases, mental health, nutrition, exercise, and wellness. These awareness days provide a platform for individuals, organisations, and governments to come together and take action towards improving health outcomes, promoting healthy lifestyles, and reducing the prevalence of preventable diseases.

Together, let’s raise awareness and take action towards a healthier and happier world.