**Humanities Social, Wellbeing, EDI, Social Responsibility and
Green Impact News, 09 February 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.

**February celebrates**: [LGBT+ History Month](https://lgbtplushistorymonth.co.uk/lgbt-history-month-2024/), [National Heart Month](https://www.heartuk.org.uk/get-involved/heart-month-feb-2023), [International Boost Self Esteem Month](https://www.calmsage.com/february-international-boost-self-esteem-month/) and [Raynaud’s Awareness Month](https://www.sruk.co.uk/get-involved/awareness-events/knowraynauds/)

5-11 February [Children’s Mental Health Week](https://www.childrensmentalhealthweek.org.uk/?gclid=CjwKCAiA3KefBhByEiwAi2LDHAVTfTIzQFyykCA4Qsm6TOl01PeqdrJ-pVWnbom51Yq6CWQavxInSBoC5CYQAvD_BwE), 2024 theme: My Voice Matters

5-11 February [National Apprenticeship Week – theme: Skills for Life](https://naw.appawards.co.uk/)

11-17 February [Children of Alcoholics Week](https://coa.nacoa.org.uk/), #URNotAlone

11-17 February [Random Acts of Kindness Week](https://www.randomactsofkindness.org/)

12 February [International Epilepsy Day](https://internationalepilepsyday.org/)

12-18 February [Student Volunteering Week](https://www.volunteers.manchester.ac.uk/volunteer-community-engagement/events/student-volunteering-week/)

20 February [World Day of Social Justice](https://social.desa.un.org/issues/poverty-eradication/events/world-day-of-social-justice)

20-25 February [Cancer Prevention Action Week 2023](https://www.wcrf-uk.org/preventing-cancer/cancer-prevention-awareness-week/#:~:text=What%20is%20Cancer%20Prevention%20Action,encourage%20you%20to%20take%20action.)

22 February [World Encephalitis Day](https://www.encephalitis.info/world-encephalitis-day/#:~:text=World%20Encephalitis%20Day%202024%20on,or%20indirectly%20affected%20by%20encephalitis.)

24 February [Chinese New Year (Year of the Dragon)](https://chinesenewyear.net/)

[Action for Happiness Happier February Wellbeing Calendar](https://actionforhappiness.org/sites/default/files/Feb%202024.jpg)

Be friendly to others and give your relationships a boost.

[Virgin Pulse February 2024 Wellbeing Calendar](121323_document_feb-wbc_int_uk.pdf%20%28virginpulse.com%29)

29 days’ worth of wellbeing top tips and challenges to keep your people motivated!

[Holocaust Memorial Day – Saturday, 27 January](https://www.staffnet.manchester.ac.uk/news/display/?id=30899)

Reflecting on the Holocaust.

[United Nations Outreach Programme on the Holocaust](https://www.un.org/en/outreach-programme-holocaust/page/2024)

2024 Holocaust Remembrance and Education – Theme: Recognizing the Extraordinary Courage of Victims and Survivors of the Holocaust (including a recording of the 2024 United Nations Holocaust Memorial Ceremony).

[Winter 2024 – UoM Sustainability](https://youtu.be/g0wK8TOz3_U)

From Alison Shedlock, Assistant, Director Estates & Facilities – Head of Campus Services on LinkedIn:

“What a beautiful campus we have here at The University of Manchester and super proud of the teams that help maintain it.”

[LGBT+ History Month](https://www.staffnet.manchester.ac.uk/news/display/?id=30886)

Celebrating our LGBT+ community at Manchester. The theme for LGBT+ History Month in 2024 is 'Medicine – #UnderTheScope’.

[Free Basic Life Support training sessions](https://www.staffnet.manchester.ac.uk/news/display/?id=30844)

The sessions are running on Wednesday, 7 February and Wednesday, 6 March from 1pm until 3pm.

[Join our wellbeing choir, plus our latest Be Active timetable now available](https://www.staffnet.manchester.ac.uk/news/display/?id=30847)

Kickstart your new year with our timetable of activities.

**Beauty Bee offers**

Please find the offers below for February at the University on a Wednesday:

FEBRUARY OFFERS FROM BEAUTY BEE

File and polish £5

B12 injections £10

Facial 20 minute £15

Bikini wax £10

Eyebrow shape and tint £15

I have a [Facebook page](https://urldefense.com/v3/__https%3A/www.facebook.com/AbbyBeautyBee/?locale=en_GB__;!!PDiH4ENfjr2_Jw!B_ZenuWgnyFqXZ9phr89JrdhqPKS_As2zVNqsAhWn6MSdI-4Xhrtz7pwGPrQ5Xz_d1LT64HioSc6gZye1q-s8RtQ_x1e0sJu1yowi6hD-l4$) – please follow me for more beauty ideas, tips, advice and more.

Clients can email me on abby.crowhurst@outlook.com or info@beautybeemanchester.co.uk  to book in or call, text or whats ap. 07876032125.

[Workplace Wellbeing Training for Managers](https://www.staffnet.manchester.ac.uk/news/display/?id=30946)

Workplace Wellbeing Training Programme for Line Managers.

[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, 28 February 2024 – MEC 3A.012
* Wednesday, 10 April 2024 – Wellbeing room G.65 Simon Building
* Wednesday, 17 April 2024 – Wellbeing room G.65 Simon Building

[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

[Join our next book club meeting](https://www.staffnet.manchester.ac.uk/news/display/?id=30911)

Our next meeting will be Friday, 23 February from 12:30 to 1:30pm.

Our book for February is Yellowface by R.F Kuang. We will recap our previous books Small Things Like These by Claire Keegan and The Burning Chambers by Kate Mosse (Book #1 of the Joubert Family Chronicles).

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

* Thur, Feb 29 11:00 – NCHS: Winter Tree Wander with City of Trees

[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 cafés and a gift shop.

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

Here's what we've got planned in February:

* 10 Feb 2024 -11 Feb 2024, free drop-in – Colourful Collaging. Join us to help create a colourful giant number ‘1’ to celebrate our forthcoming anniversary of the museum’s reopening, which will go on display in the museum’s entrance from Sunday 18 February.
* 19 Feb 2024, free drop-in – Party for the People.
* 21 Feb 2024, free - booking required – The Language of Life: Biochemical Etymology.
* 21 Feb 2024, free drop-in – Language Tours. Enjoy tours of Manchester Museum in eight different languages and learn about the incredible stories behind the collections, as part of International Language Day.
* 21 Feb 2024, free - booking required – Looking for Languages Trail.
* 23 Feb 2024, free drop-in - Meet the Changemakers. Manchester Museum’s Top Floor is a space for learning, connecting, and inspiring change. Drop in between 12-4pm to meet the communities, charities, activists, and artists shaping a more sustainable and fair future for Manchester. Discover new and different ideas and get involved in free creative workshops and activities for all ages.
* 26 Nov 2023 -25 Aug 2024 2:15 pm (the last Sunday in every month) – Pride Tours, meet in the Belonging Gallery.

[Forthcoming Henpicked’s Lunch and Learn – Permanent weight management](https://urldefense.com/v3/__https%3A/henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=e845dad02e&e=b246dc1610__;!!PDiH4ENfjr2_Jw!BLJ0CbapNMRnZ4Bj0rm3pAm1zo1rEqFRdXTj_4T2YTiRosZhHL7Y9kIszFcvzMB4Gah82o1lDfU4Se3BWEmw2-zcwWMaP4sUCw$)

20 February, 12:15 - 12:45 pm

Do you know what's going on with your weight during perimenopause and menopause? Do you want to understand what you can do to achieve permanent weight management?

Henpicked’s Deborah Garlick will be joined by Nigel Denby from Harley Street at Home.  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.

[Henpicked’s Lunch and Learn (replay) – Menstruation and menstrual health](https://henpicked.net/menopause-hub/menstruation-menstrual-health/)

Millions of women struggle with their periods or menstrual health but how do you know what's 'normal' and what's not and what can you do about it? Expert information here. Henpicked’s Deborah Garlick will be joined by Dr Clare Spencer. Dr Clare is a registered menopause specialist and an NHS GP. This is a replay of the webinar held on Tuesday 6 February.

[Forthcoming Action for Happiness Webinar: Overcoming Trauma](https://urldefense.com/v3/__https%3A/clicks.eventbrite.com/f/a/rO-GRtxtAuY8fbQ8TJ2-dw%2A%2AA/AAQxAQA%2A/RgRnpHgTP0QoaHR0cHM6Ly9qZXNzYW15aGliYmVyZC5ldmVudGJyaXRlLmNvLnVrL1cDc3BjQgplvpNEw2W8xBvIUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA__;fn5-!!PDiH4ENfjr2_Jw!FKKF8fPKwNVS3H0hETBDSeiVcLNBYL22uhVpUinpimnTuvc4rABcn0J9xErecmx9n_HTZzSb9RGbzAihjG5bgTpZprNFieC9rhONsQ$)

Join us on Tues 20 Feb for a special event with Dr Jessamy Hibberd to learn how you can free yourself from pain, understand your trauma and find more inner peace.

[Action for Happiness Webinar (replay): Power Of Your Mind – with James Doty](https://urldefense.com/v3/__https%3A/clicks.eventbrite.com/f/a/l7uTz3_n9L5GJTNqGHfkPQ%2A%2AA/AAQxAQA%2A/RgRnpHgTP0QraHR0cHM6Ly93d3cueW91dHViZS5jb20vd2F0Y2g_dj1XNEtFcEh1YUNBY1cDc3BjQgplvpNEw2W8xBvIUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA__;fn5-!!PDiH4ENfjr2_Jw!FKKF8fPKwNVS3H0hETBDSeiVcLNBYL22uhVpUinpimnTuvc4rABcn0J9xErecmx9n_HTZzSb9RGbzAihjG5bgTpZprNFieDtpoodqw$)

Join neuroscientist Professor James Doty to learn the new science of manifestation and discover the amazing power of your mind. This is a replay of the webinar held on Tuesday 6 February.

And here's the [community chat](https://urldefense.com/v3/__https%3A/clicks.eventbrite.com/f/a/blIRHto8FamdXkSrV2caBw%2A%2AA/AAQxAQA%2A/RgRnpHgTP0RnaHR0cHM6Ly9hY3Rpb25mb3JoYXBwaW5lc3Mub3JnL3NpdGVzL2RlZmF1bHQvZmlsZXMvMjAyNC0wMi9XZWJpbmFyJTIwY2hhdCUyMC0lMjBQcm9mJTIwSmFtZXMlMjBEb3R5LnBkZlcDc3BjQgplvpNEw2W8xBvIUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA__;fn5-!!PDiH4ENfjr2_Jw!FKKF8fPKwNVS3H0hETBDSeiVcLNBYL22uhVpUinpimnTuvc4rABcn0J9xErecmx9n_HTZzSb9RGbzAihjG5bgTpZprNFieB_lBUZ6Q$) with all the live responses.

**LEARN MORE**

* Website: [Jim Doty [clicks.eventbrite.com]](https://urldefense.com/v3/__https%3A/clicks.eventbrite.com/f/a/g9U07iueTXj62fpPx2QDIQ%2A%2AA/AAQxAQA%2A/RgRnpHgTP0QmaHR0cHM6Ly93d3cuaW50b3RoZW1hZ2ljc2hvcC5jb20vYWJvdXRXA3NwY0IKZb6TRMNlvMQbyFIianVsaWUuYnV0dGVyd29ydGhAbWFuY2hlc3Rlci5hYy51a1gEAAAAAA%2A%2AA__;fn5-fn4!!PDiH4ENfjr2_Jw!FKKF8fPKwNVS3H0hETBDSeiVcLNBYL22uhVpUinpimnTuvc4rABcn0J9xErecmx9n_HTZzSb9RGbzAihjG5bgTpZprNFieAQ_HjSPw$)
* Book: [Into The Magic Shop [clicks.eventbrite.com]](https://urldefense.com/v3/__https%3A/clicks.eventbrite.com/f/a/zb32Stwq4TkGfmZOP5YN6g%2A%2AA/AAQxAQA%2A/RgRnpHgTP0QlaHR0cHM6Ly93d3cuaW50b3RoZW1hZ2ljc2hvcC5jb20vYm9va1cDc3BjQgplvpNEw2W8xBvIUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA__;fn5-!!PDiH4ENfjr2_Jw!FKKF8fPKwNVS3H0hETBDSeiVcLNBYL22uhVpUinpimnTuvc4rABcn0J9xErecmx9n_HTZzSb9RGbzAihjG5bgTpZprNFieCFmX6XWQ$)
* Research: [CCARE [clicks.eventbrite.com]](https://urldefense.com/v3/__https%3A/clicks.eventbrite.com/f/a/LYW5D1o77XYD1E7NB08B7w%2A%2AA/AAQxAQA%2A/RgRnpHgTP0QbaHR0cHM6Ly9jY2FyZS5zdGFuZm9yZC5lZHUvVwNzcGNCCmW-k0TDZbzEG8hSImp1bGllLmJ1dHRlcndvcnRoQG1hbmNoZXN0ZXIuYWMudWtYBAAAAAA%2A__;fn5-fg!!PDiH4ENfjr2_Jw!FKKF8fPKwNVS3H0hETBDSeiVcLNBYL22uhVpUinpimnTuvc4rABcn0J9xErecmx9n_HTZzSb9RGbzAihjG5bgTpZprNFieDFX4rj_A$)
* Try This: [8-week Compassion Course [clicks.eventbrite.com]](https://urldefense.com/v3/__https%3A/clicks.eventbrite.com/f/a/UysUIwj3qKbuba2Avkl6yg%2A%2AA/AAQxAQA%2A/RgRnpHgTP0Q-aHR0cHM6Ly9jY2FyZS5zdGFuZm9yZC5lZHUvZWR1Y2F0aW9uLzgtd2Vlay1jb21wYXNzaW9uLWNvdXJzZS9XA3NwY0IKZb6TRMNlvMQbyFIianVsaWUuYnV0dGVyd29ydGhAbWFuY2hlc3Rlci5hYy51a1gEAAAAAA%2A%2AA__;fn5-fn4!!PDiH4ENfjr2_Jw!FKKF8fPKwNVS3H0hETBDSeiVcLNBYL22uhVpUinpimnTuvc4rABcn0J9xErecmx9n_HTZzSb9RGbzAihjG5bgTpZprNFieDhGLqipw$)

[From Everymind At Work: How construction got Mental Health First Aid wrong (webinar replay)](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VVMvjQ8flq5wW5hsJnR8yPkLrW6hm-BV59fFPTN7zrw_R5nXHsW50kH_H6lZ3myW9jHH2-5Y_B35W8f3Vy3633fBDW8M_byl6VZnyTW51Qyfn82MX0FN3DK4SzRqG9fW175bCh46PqLhW4Dytlv8Brtt_V9j1Zp7JRW7jW7rQb5-9lHz5HN99VMP9J0NC_N3NR3Tb8hgxgW2gFLWV1BdDQlW4gNr2z4Df_ZPW1y0Pts6nHm56W95cKlh2Hyxt1W7B2S384tngd6N3NjxXVX0M5RW4dh25_4vq_Y4N6mW8KztczKwN1l1CfLmjzCbV_wKvm34LLXnW2SnQ816QdwPHW63M1tH1_f1vQW3Jl4v33VFJqlW7T-X0Z7LlwS1W7t1L575WsNXxN58BmZ4x6790W7g7Bd59cWS2bW4vvTlW3zz0jCW6fmv883-Slt4VB4Grf2Y8PdDW30L3Wz54Lzvyf2j8Yxj04__;Kw!!PDiH4ENfjr2_Jw!EvFeW7S2N211kWn5p2KodaXIcXJmTU263b3XQ5rCdv2Qn-wUW8HOPusf32BrfkDNiphZW5LmJOvyfQomczgNBBLs-N2PX9mRG5s$" \t "_blank)

Many organisations in construction had implemented MHFA, there was no support system or strategy underneath it. It was a tick box.

Having witnessed the power of wellbeing networks in tackling these problems, Paul McGregor of Everymind at Work sits down with Kelly Osborne, Head of Health & Wellbeing, and Kerry Barkworth, SHE Advisor, from Wates Group to discuss the journey Wates has been on and how they've managed to drive better mental health outcomes. This is a replay of the webinar that took place on 06/02/2024.

[MHFA Commitment Document Template [d2mjrm04.na1.hubspotlinks.com]](https://urldefense.com/v3/__https%3A/d2mJRM04.na1.hubspotlinks.com/Ctc/LZ%2A113/d2mJRM04/VVMvjQ8flq5wW5hsJnR8yPkLrW6hm-BV59fFPTN7zrx065nXHsW5BWr2F6lZ3lHW8sZKBG5d8L0XW6vLvhq4wLRL3W3NRpz694sDn9W2fRRvM4G87fjW6zXmMZ6FtB-dW8YWHrv4N0PsdVCR8lK51zjBtW656C9l7pb-TbW569Wk-4JNTy_W7rd32m40B8k4W6fGM3T8SCRXqW5mxX9N8qF9zMN8pvb-bYcWJ0W72j4-q4wGX8-W7YBpPn3VdZ6BW5fD86v6G2nwGW6rYKRM5Zz-4VW2RrgXH1b1TRpW1YVBnS4f85myW82Jcgc6mv3j_W3kXDnk5qVM_8W5J58jB2RZDjYW6wqnXk5B3ghCW64svtJ4CL3GBW60bnlD7hfYqYW4zkDRd8Gp93FW6cz1Tm40C-1xW1jwxjb9669wpW1YHMRy7r7QKBW1tSrQF8QS445W6Ppt904Rv7TCW9kWf6m2-Yn2TW2Y-s7M87b5Z0W1cjYst8HkWznf5nVxjM04__;Kw!!PDiH4ENfjr2_Jw!EvFeW7S2N211kWn5p2KodaXIcXJmTU263b3XQ5rCdv2Qn-wUW8HOPusf32BrfkDNiphZW5LmJOvyfQomczgNBBLs-N2P0Nsp3AQ$)

[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.

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

Just a quick note to say both the ALB (Wednesdays 10-4pm) and EWB (Tuesdays and Thursdays 10-3.40pm) Ping Pong Parlours are now open to the whole university – all staff and students.

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. If you want to book more than one 20 minute slot or block out a morning, afternoon or day please drop an email so I don’t question it.

The bookings go up to the middle of Feb at the moment. In a couple of weeks I will add mid Feb to the end of March for everyone to book (assuming the first 6 week pilot to the whole university goes ok).

Here are the links for this week on Eventbrite:

[ALB Ping Pong Parlour – every Wednesday, 10-4pm](https://www.eventbrite.co.uk/e/alb-ping-pong-parlour-all-uom-staff-and-students-wednesday-tickets-790051123177?aff=ebdshpsearchautocomplete)

[EWB Ping Pong Parlour – every Tuesday, 10-3.40pm](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 – every Thursday, 10-3.40pm](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 from Feb 6th 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**

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 (26/01/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcwNjI2NjgzNXxKN1V5Yi13dzRIeW50WEFYWHRCNExmZmtESVpwU0UydldmVFYySzUwZjdCbW5nV2dJbDlDN0tjbE5LMjhDX1JMMnNWd3JZTGJuMlJ0STMxUzR1aFhhSGpKcWVPVWhDS2pXcVZ1a1VfRDJwajhJclRYenVHRFBmTkxtRlp2QzdvYjBualMtVHJPaVlzQ3A3R2FNN1hSdEE1dVp2NkQ2RGxKSks5TUI0VEpEQVVSbFV5V2lhUUZsdk1YSi1oWHRnc0Y3ZTIya1EzcmZ0UWxiUmttdmZROTYwZzQzeTRvZkMtM2xQNXdhVm9LYVJvQk9fOE9oblAyQmhHU0FiUm9XakhiY2FEMHd2MWd3V3FKSlFGcnlHMW5MbFNhYVc2LWxHZzJKOFB6Q1dwYzlTYmVXdUtnTWJqTGVVeVgwSGI3NFJwRGNUWWdsUktRVDY5enyvhpK6ZeM9QvUX5pbc5wG766S2SlzzT_yCZKDIFbVG-Q%3D%3D)

5 ways to boost dopamine naturally:

* ADHD Tools
* Dopamine Boost
* Rubbish Crafting
* Happy Monday

[Elemental Tours – 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$)

We are reintroducing our Stone Tour, so make sure you check out both for the full environmental experience.

**RSPB Notes on Nature**

[How to spot the signs of spring, 03/02/2024](https://view.email.rspb.org.uk/?qs=6fab7a5efe5dcf4ca7d692f439bcfc1460fc9b8e6532c3c3cb2f09fbe450a5fcc9d4603818ad892d2166499415045d9730d743d11a5af802b6d2c86422d89b471947873902dbf94ddc3f779bf9ee638f879545237ea2ca9d)

[Big Garden Birdwatch starts today! 26/01/2024](https://view.email.rspb.org.uk/?qs=e635e3a0cb120b9bd23b6cb508c7820e1d29369fd33dacf8ee3cea1d36f322764a78a0010dcdf184e4217cf59fd2f72b915ded387b995f29eb3e61d6476c0fc6240ce707048bbf275caf47043b487a894ccd0760d86f5e8a)

**Other relevant newsletters:**

[Social Responsibility Newsletter, January 2024](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=MYhDU1MzE4MlM1MjQxOkY5QkJDMzQ2RTUyNzI4MzczRDAxREI4NzkxNDdCM0JG-&CC=&p=0)

[Health Hero Newsletter, February 2024](https://wellbeing.hub.healthhero.com/page/february-2024)

[GM Local Nature Recovery Strategy update, February 2024](https://mailchi.mp/greatermanchester-ca/lnrsfeb24?e=f80d40a87e)

[Manchester Libraries, February 2024](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/3821666)

[Climate Network Newsletter, 22 January 2024](https://documents.manchester.ac.uk/display.aspx?DocID=71702)