

**From:** [Gail Heathcote-milner](#)  
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Happy New year everyone,

Here are the latest updates on Active Manchester and the Wellbeing Bulletin, please share with your friends and work colleagues.

- **Active Manchester 2024**
- **All you need to know about the Purple wave.**
- **Purplewave event presents spring into action.**
- **Join the Wellbeing Choir!**
- **Next Yoga & Gong day**
- **Beauty Bee offer**
- **Wellbeing Bulletin**

## **Active Manchester 2024**

Kick start your fitness journey for 2024, great value for money click [here](#)

## **All you need to know about the Purple wave.**

Wednesday, 17 January

Get involved: Purple Wave Bicentenary information webinar, Wednesday 17th January, 12:00 – 12:30pm, Via Teams.

- [Find out more and sign up](#)

## **Purplewave event presents spring into action.**

Our next purple wave event will take place on 28<sup>th</sup> February 2024 in Plattfields park, this will be a organised timed race and you can join the 2.5k or 5.k run. This event is a great warm up to prepare you for the big one in May. You can walk it, jog it or run it, it's a great atmosphere with lots of friendly smiling faces. To book your slot click [here](#)

## **Join the wellbeing Choir!**

We are always looking for new member to join the Wellbeing Choir, this next block will start on the 7<sup>th</sup> February and run for 12- weeks. Based at the Wellbeing Rooms, Simon building Wednesday 1.00 – 2.00pm. To join please click [here](#) if you can promote the Wellbeing Choir please spread the word. Here is a [poster](#)

## **Yoga and Gong bath day**

The next Yoga and gong bath day will be held Saturday 9<sup>th</sup> March for more information and to book please click [here](#)

## **Beauty Bee offers**

Please find the offers below for February at the University on a Wednesday. I have a Facebook page also, please follow me for more beauty ideas, tips, advice and more

[https://www.facebook.com/AbbyBeautyBee/?locale=en\\_GB](https://www.facebook.com/AbbyBeautyBee/?locale=en_GB) [facebook.com] (I hope that will work.) I also have a website that you can see below

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

## FEBRUARY OFFERS FROM BEAUTY BEE

File and polish £5

B12 injections £10

Facial 20 minute £15

Bikini wax £10

Eyebrow shape and tint £15

## Staff Wellbeing Champion Bulletin January 2024

### Campaigns

**Cut Your Energy Costs Day:** 10th of January promotes Cut Your Energy Costs Day that encourages to take some time to look at how you can reduce your energy costs. There is lots of helpful information available online, below are some key articles to read:

- [Energy Conservation Tips](#)
- [Prepare for Colder Months](#)
- [Energy Saving Tips](#)
- You might be eligible for some support with your energy bills, [find out more here](#).



**Starting Well in 2024:** This month at UoM, we have a full programme of wellbeing events and activities themed around four key areas of wellbeing including: financial, physical, psychological, and social. There are a range of activities on offer: including a webinar on dealing with overwhelm, learning more about Purple Wave events and how to get involved, wellbeing focused conversations training for line managers and much more. We encourage line managers and leaders to support colleagues in attending events. [To find out more and register for events follow this link.](#)

**Time to Talk Day, Thursday 1<sup>st</sup> February:** The University will be supporting [Time to Talk Day](#) Thursday 1<sup>st</sup> February as part of the Wellbeing Team '[Starting Wellbeing in 2024](#)' campaign. This brilliant campaign is the nation's biggest mental health conversation encouraging families, friends, and communities to have more conversations and most importantly more conversations about mental health.

We are asking colleagues across the university to take some time over the coming weeks to have more conversations. This can be a 1:1 with a fellow colleague checking in after the festive break, or it can be bringing together the team to check-in with each other and get talking. Time to Talk Day have lots of super [resources](#) available to help support, promote and host a conversation event.

## Training

### Workplace Wellbeing Training for Line Managers

We have launched our 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. We 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.](#)
- Managing with Wellbeing in Mind, 2 x half day online training course for line managers: [multiple dates available, register here.](#)

## Call out to Colleagues.

**From Staff Wellbeing Champion Melanie Canham:** I am looking for players to represent UoM at a friendly table tennis tournament between The University of Manchester (UoM) and Manchester Metropolitan University (MMU). This is open to Postgrad Students (both MA and PhDs) and all staff from across the whole University.

To go with the World Table Tennis Feeder Event taking place 1<sup>st</sup> to the 4<sup>th</sup> of February at the National Cycling Centre/Velodrome, Table Tennis England is creating a Ping Hub at the Great Northern Warehouse, on the corner of Quay Street and Deansgate, Manchester from Monday 22<sup>nd</sup> Jan to Thursday 29<sup>th</sup> Feb.

The date(s) and times we are currently looking at to play the friendly match are:

- Thurs 25<sup>th</sup> Jan 5-9pm
- Tues 6<sup>th</sup> Feb. 5-9pm
- Thurs 8<sup>th</sup> Feb 5-9pm
- Tues 27<sup>th</sup> Feb 5-9pm
- Thurs 29<sup>th</sup> Feb 5-9pm

It is all about having fun and socialising and not anything elite or serious. If you or someone you know are interested in being on the UoM team please contact [melanie.canham@manchester.ac.uk](mailto:melanie.canham@manchester.ac.uk) and advise dates/times you are available.

Staff Association Committee | The University of Manchester

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W: [Staff Association \(UMSA\)](#) | [StaffNet](#) | [The University of Manchester](#)

# UMSA

University of Manchester Staff Association



