

From: [Well Wellbeing](#)
To: Nicola Somers; Vanessa Cowan; Alison Zimmer; Amal Nadri; Amita Krishna; Amy-Theresa Ramsey; Anam Bhutta; Andreea Doncea; Andrew Ellison; Angel Cossigny; Anna Humble; Anna pascalie Levine; Arlene Grenade; Arvin Johnson; Beth Taylor; Bethany Stansby; Beverley Stackhouse; Carly Buckley; Cassandra Hodgkinson; Catherine Hayward; Catherine Stull; Chanice Patel; Charlotte Evans; Chloe Loveless; Christine Hilton; Claran Talbot; Courtney Hayes; Darran Twigg; David Goulding; Douglas Holligan; Elaine Clark; Elizabeth Barrett; Ellie Crompton; Emily Fenlon; Emily Lui; Emma Banister; Emma Beard; Emma Demiri; Emma Flint; Emma Jones; Emma Lewis-Kalubowila; Emma Shipley; Erminia Romano; Feiran Ren; Fern Brooks; Finn Hobin; Fiona Lynch; Frances Murphy; Gail Heathcote-milner; Genevieve Pridham; Geraldine Garrabet; Gill Bibby; Gillian Campbell; Gillian Menichino; Hannah Dando; Hannah Watte; Harriet Bickley; Hawys Williams; Helen Dunning; Helen Lusty; Helen Rossiter; Imogen Bowler; Imogen Fahey; Irene Kapetanaki; Janak Patel; Jane Crosbie; Jeff Barry; Jennifer barbara Enobakhare; Jenny Robinson; Jenny Sloan; Jessica Forsyth; Jessica McGarrigle; Jo Hughes; Jonathan Owen; Jordan McGuffie; Julia Lawson; Julie Butterworth; Julie Heynes; Justyna Pujso; Karenne Sylvester; Karl Florczak; Karon Mee; Kate Barker; Katy Simpson; Laura Earnshaw; Laura Thorner; Lauren Mclean; Lian Murdoch; Lileth Mcadam-Leng; Linsey Nelson; Lisa Barlow-Moore; Lisa Bell; Lisa Crawley; Lisa Wake; Liva Broadbent; Lorraine Schmidt; Louise Newton; Lynda Rowlinson; Maj Ahmed; Mark Hastings; Markus Karlsson-Jones; Maureen Speed; Maya Mardania; Meghan Wakefield; Mehvish Ali; Melanie Canham; Melanie Price; Michelle Fox; Michelle Kipling; Miriam Graham; Monique Millington; Naomi Blackwell; Natasha Maddison; Nazifa Choudhury; Nichola Ellis; Noemi Passamonti; Noemie Farcy-Michel; Noemie Rouault; Paul Oates; Penelope Titterton; Petri Uola; Pip Brown; Pratibha Ram; Rachael Lyster; Rhiannon Knowles; Sadia Alam; Samantha Oates-Miller; Sara Fernandez; Sarah Stockdale; Sharaz Khan; Sheena Johnson; Sophie Atkinson; Sophie Blake; Stephanie Beck; Stephanie Bruton; Stephanie Danson; Stephanie Fisher; Stuart Anderson; Sumiyya Mahmood; Suzanne Raw; Sylvester Boon; Tabitha Fistein; Tia Harriott; Toni Moran; Tora Jordyn; Tracey Campbell monks; Victoria Cooper; Victoria Hamilton; Victoria Roberts; Victoria Turner; Naomi Evans; Daisy Fletcher; Zoe Wood; Amanda Aspinall; Ailsa Delaney; Andrew Markwick; Sharon Wilding; Lee Hawthorn; Gemma Morecock; Ian Gifford; Sophie Hargreaves; Robert Parkinson; Ceri Roberts; caroline.heneghan@manchester.ac.uk; Tracey Speake; Lily Dixon; Laura Mills; Molly Lacey; Josephine Kenyon-Blair; Sophie Pegum; Laura Murray; Callum Mcavan; Caroline Royle-Smith; Claran Pook; Claire Spencer; Daniel Bylo; Emily McPhillips; George Jeffries; Hannah Hoang; Laura Ashcroft Clarke; Laurent Swynghedauw; Lisa Wright; Louise England; Lydia Street; Mateusz Hupalo; Michelle Snowden; Molly Crabtree; Nadia Ezzedine; Natasha Viner; Nina Mcquilloway; Patricia Clift Martin; Rachel Cox; Rachel Hatton; Rosemarie Holden; Sarah Kneen; Shemsah Farooq; Tracey Campbell monks; Tracy Mayberry; Wayne Eden; Alison George-Davidson
Cc: Maizy Jenner; Helen Brewis
Subject: Staff Wellbeing Champion Bulletin
Date: 29 January 2024 09:35:55
Attachments: [Dealing with Overwhelm handout for webinar 22nd January 2024.pdf](#)

Message for Staff Wellbeing Champions (please remove this top message before forwarding onto colleagues)

Hello everyone, Thank you for all the support you have given to promoting the Starting Well in 2024 campaign, it has been a fantastic campaign and engagement has been excellent.

This week we mark Time To Talk Day. We ask if you do host/attend events and you are comfortable to, taking a couple of pictures and sending them over to us here at wellbeing would be great. Please send them over to wellbeing@manchester.ac.uk

We have our next Staff Wellbeing Champions Network meeting Thursday 8th February 12:45 – 13:45pm. You will notice its slightly longer than usual, we have 3 speakers including myself so we have extended by 15 minutes to allow enough time for questions.

Have a good week,

The Wellbeing Team.

Staff Wellbeing Champion Bulletin Monday 29th January 2024

Campaigns

On Time to Talk Day Thursday, 1 February, We recognise the power of conversation in creating a supportive community and throughout this week across the University we encourage colleagues to mark Time to Talk Day with coffee and conversation meet ups or tea and talks. We encourage you to get involved in your local events which you can find out more by checking in with your Wellbeing Champion for your area or the relevant colleague who leads on organising local events. If you have not got a session happening in your area, take the proactive step and ask a colleague for a catch-up.

Read the full [Time to Talk Day article](#) here that includes thoughts shared from Adele MacKinlay, our Director of People and Organisational Development, and a short video from Banji Adewumi, our Director of Equality, Diversity and Inclusion.

Training

New training course available for Line Managers: 'Stress Management for Managers Workshop'

We have added a new training course to the workplace wellbeing training offer for managers. 'Stress Management for Managers Workshop' is focused towards upskilling managers on why stress and wellbeing matter for them and their team and provide a toolkit full of resources to practically support working towards improving these going forward. Find out more and register for an [in-person course date](#) or [online training course date](#).

Places still available: 'Managing with Wellbeing in Mind', a full day training course delivered by external provider [We Are Wellbeing](#) has spaces remaining up until December 2024. The training course is available to attend in-person or online and on differing days of the week. 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.](#)

Webinar to Watch

We had the fantastic Heather Beach from Healthy Work Company, deliver the 'Dealing with Overwhelm' webinar on Monday 22nd January. We now have the recoding and webinar handout available to all staff. Please view the webinar via the link below and find the handout attached to this email.

<https://vimeo.com/user212599190/dealing-w?share=copy>

Activities and Events

Wednesday 31st January, Active Travel Breakfast Event – Faculty of Humanities Wellbeing Activity (but open to all staff!) 8:30 – 9:30am, Cafe 65, AMBS Ground Floor

If you travel actively to campus (walking, wheeling, cycling, running) meet with colleagues over a free coffee and pastry. They will be holding a raffle prize draw for attendees with prizes including free cycle hire vouchers for the Bee Bike network and free Active Manchester passes for campus exercise classes, as well as some giveaways.

Register for this event here.

- [Register here](#)

Join our wellbeing choir: Come and join us at the Wellbeing Studio G.65, Simon Building.

- Starting Wednesday, 7 February – 24 April 2024, 1pm - 2pm

This is an 12-week block and costs £25 for staff and students, there is also a concession rate from the Wellbeing bid for anyone who works in Humanities as they have contributed a portion of funds to make this choir possible.

[Find out more and register here.](#)

Call out to Colleagues

From our Staff Wellbeing Champion Natasha Maddison: I'm running a half marathon!

So, after attending a very moving and inspiring talk by Prostate Cancer survivor and marathon runner, Tony Collier, last year - I have decided to run the London Landmarks half marathon this April and fundraise for Prostate Cancer UK. If you can spare a donation, this would be hugely appreciated and you can [find my page here](#)

Sent on behalf of

Maizy Jenner

Wellbeing Manager (For Staff)

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[Staff wellbeing](#) | [StaffNet](#) | [The University of Manchester](#)

My next period of annual leave is Monday 29th January to Tuesday 6th February 2024.

Get involved in the January Starting Well in 2024 campaign [here](#).

Starting well in 2024

Wellbeing activities
this January

