

From: [Well Wellbeing](#)
Subject: Staff Wellbeing Champion Bulletin 15th February 2024
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Attachments: [image001.png](#)
[image002.png](#)


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

Hello all,

I hope you are well.

Thank you for those who attended the Staff Wellbeing Champions Network meeting last Thursday 8th Feb. Here is the [link to the recording](#) for people to catch up.

In this meeting, myself, Helen Brewis, and Nicola Somers have asked for feedback on the following points:

1. Maizy has requested for Champions to provide detail of activities they have hosted and continue to host so we are able to track activity via this network across the University. Please fill in details via this spreadsheet  [Wellbeing Champion Activity Tracker.xlsx](#). We have asked for activity detail starting from 2023 (not to worry if you cannot remember all activities run!)
2. Nicola Somers requested for Champions to:
 - Provide any feedback on anything that is missing on the 'Wellbeing Champion Journey' Nicola presented on, link to presentation slides is [here](#).
 - Complete or update your Wellbeing Champion information via the [Wellbeing Champions Current List](#).
 - Provide feedback via this [Padlet](#) to advise what training and development opportunities you would like to see.
3. Helen Brewis presented on the Employee Commitment and asked for Champions to share examples of activities that could be included for 'Prevent, Promote and Respond' (slides 6,7 and 8 from the [Employee Commitment presentation](#)) To provide feedback on this, please follow the link to the presentation and add your comments to the 'notes' section under the relevant slide (slides 6,7,8).

Finally, mentioned in the Network meeting was having an 'Out of Office' message template shared detailing wellbeing support and the Wellbeing Champion badge for our signatures. Please see below for both.

Out of Office support information

Support information:

The Employee Assistance Programme [HealthHero](#): Call 0800 358 5997 or +44 141 271 7555 (landline alternative for international and/or mobile use) to speak to an advisor. Phones lines are open 24 hours a day, 7 days a week.

If you need urgent mental health support:

Important: If you or someone else is in immediate danger, call 999 or direct to your closest Accident and Emergency department

- Samaritans – 24hrs a day, 365 days a year, 116 123, [Contact Us | Samaritans](#)
- SANEline – 4pm – 10pm, 365 days a year, 0300 304 7000, [SANEline services - SANE](#)
- Mental health crisis support in Greater Manchester: 24/7 helpline open to all: 0800 953 0285. [Further local Manchester crisis care services.](#)
- Find a local NHS Mental health helpline in England: [Mental Health Helpline for Urgent Help - NHS \(www.nhs.uk\)](#)
- If you need help urgently for your mental health, but it's not an emergency, call 111

Wellbeing Champion badge for email signature.



If you have any questions please always feel welcome to contact us at wellbeing@manchester.ac.uk

Best wishes,
Maizy

Staff Wellbeing Champion Bulletin Thursday 15th January 2024

Campaigns

Eating disorders Awareness Week 26th February – 3rd March: this awareness week is hosted by [BEAT](#) (Beat Eating Disorders) and will be shining a light on the health condition [Avoidant/Restrictive Food Intake Disorder \(ARFID\)](#). BEAT are offering free access to online groups for people directly impacted by ARFID and a webinar for Carers. Eating disorders impacts people of all ages, genders, and backgrounds. There is a range of different Eating Disorders, and it is essential that if you or someone you know is experiencing difficulty, to reach out for support.

- [BEAT: Helpline and support information](#)
- [home - TalkED \(talk-ed.org.uk\)](http://talk-ed.org.uk)
- [Eating Disorder Service | Greater Manchester Mental Health NHS FT \(gmmh.nhs.uk\)](#)
- Supporting a young person: [What To Do If You're Experiencing Eating Problems | YoungMinds](#)

Random Acts of Kindness Day, 17th February 2024: Random Acts of Kindness Day encourages people to spread love, compassion, and positivity through small, unexpected acts of kindness. The day is dedicated to promoting kindness and goodwill. It encourages individuals to perform simple, unexpected acts of kindness to brighten someone's day and create a ripple effect of positivity.

So what could you do....

There is lots of suggestions on what a small act can be, have a look through the list and further links below to pick out a couple that you could do this weekend and beyond!

- Call a friend that you haven't spoken to for a while
- Tell your family members how much you love and appreciate them

- Help a friend get active
- Make someone laugh
- Make a cup of tea for a friend or family member
- Help with a household chore at home or for a friend
- Tell someone you know why you are thankful for them
- Send someone you know a joke to cheer them up
- Put a surprise note or drawing on someone's desk
- Engage in conversation with a shop assistant when paying at the till
- Have a clear out and take items to a charity shop
- Make a cup of tea for your colleagues
- Get to know the new staff member
- Lend your ear - listen to your colleague who is having a bad day
- Say good morning
- Give praise to your colleague for something they've done well
- Pick up some rubbish lying around in the street

[The Random Acts of Kindness Foundation | Kindness Ideas](#)
[Random acts of kindness | Mental Health Foundation](#)

Activities and Events

Climate Cafés @ 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 link.**

Climate Café

Room: University Place 2.219

Friday 23 February, 12:00 pm

<https://www.eventbrite.co.uk/e/799992137017?aff=oddtcreator>

Purplewave event presents spring into action.

The next purple wave event will take place on 28th 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](#)

Guides to view

Fellow Wellbeing Champion Harriet Bickley shared with me the '[Easy Eco For All](#)' booklet which has been created to help staff and students live, work and study in a more eco-friendly way. This booklet is full of handy to know on and off campus information including: lots on recycling, plus waste reduction, ethical purchasing, offices, events, green travel, wildlife and biodiversity. Harriet started this booklet voluntarily a few years ago and updates it for every new academic year.

Training

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](#).

Maizy Jenner

Wellbeing Manager (For Staff)

University of Manchester | People & OD, John Owens Building | Oxford Road | Manchester | M13 9PL | email:

maizy.jenner@manchester.ac.uk

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

Location map can be accessed via this link [map](#).

Line Manager Training Spaces Available:

‘Managing with Wellbeing in Mind’: Register for [in-person course date](#) or [online course date](#).

‘Stress Management for Managers Workshop’: Register for [in-person course date](#) or [online training course date](#).

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