**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Green Impact News, 23 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/)

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.)

27 February [Anosmia Awareness Day](https://www.anosmiaawareness.org/)

29 February [Rare Disease Day](https://www.rarediseaseday.org/)

26 February – 3 March [Eating Disorders Awareness Week](https://www.beateatingdisorders.org.uk/)

**March celebrates:** [Colorectal Cancer Awareness](https://www.ccalliance.org/about/awareness-month), [Ovarian Cancer Awareness](https://ovarian.org.uk/march-ovarian-cancer-awareness-month/), [Brain Tumour Awareness](https://www.braintumourresearch.org/info-support/brain-tumour-awareness-month), [Prostate Cancer Awareness](https://www.macmillan.org.uk/cancer-awareness/prostate-cancer-awareness-month), [Endometriosis Awareness](https://www.endometriosis-uk.org/endometriosis-action-month-2024),[Great Daffodil Appeal – Marie Curie Cancer Care](https://www.mariecurie.org.uk/daffodil), [DVT Awareness Month](https://thrombosis.org/2022/03/dvt-awareness-month/)

1 March [St David’s Day (Wales)](https://www.visitwales.com/info/history-heritage-and-traditions/have-happy-st-davids-day-celebration)

1 March [Self-Injury / Self-Harm Awareness Day (SIAD)](https://www.papyrus-uk.org/self-harm-and-self-injury-awareness-day/)

1 March [Zero Discrimination Day](https://www.unaids.org/en/zero-discrimination-day)

2 March [World Teen Mental Wellness Day](https://www.betterhelp.com/advice/teenagers/15-activities-to-support-your-child-on-world-teen-mental-wellness-day/)

1 March [Employee Appreciation Day](https://halo.com/employee-appreciation-day/#:~:text=Employee%20Appreciation%20Day%20is%20held,it%20falls%20on%20March%201st.)

**Eating disorders Awareness Week 26th February – 3rd March**

This awareness week is hosted by [BEAT](https://www.beateatingdisorders.org.uk/) (Beat Eating Disorders) and will be shining a light on the health condition [Avoidant/Restrictive Food Intake Disorder (ARFID).](https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/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](https://www.beateatingdisorders.org.uk/get-information-and-support/)
* [home – TalkED (talk-ed.org.uk)](https://www.talk-ed.org.uk/)
* [Eating Disorder Service | Greater Manchester Mental Health NHS FT (gmmh.nhs.uk)](https://www.gmmh.nhs.uk/eating-disorder-service/)
* Supporting a young person: [What To Do If You're Experiencing Eating Problems | YoungMinds](https://www.youngminds.org.uk/young-person/my-feelings/eating-problems/?gad_source=1&gclid=CjwKCAiAibeuBhAAEiwAiXBoJGIksy4-bgAUJdtuicuX4JEvDdeDLoMJrVmB4NY90KUx0ynPoatbkBoCO1UQAvD_BwE)

[‘Starting Well in 2024’….Started Well](https://www.staffnet.manchester.ac.uk/news/display/?id=30979&utm_source=https%3a%2f%2fcomms.manchester.ac.uk%2fcommunicationsandmarketinglz%2f&utm_medium=email&utm_campaign=eUpdate+190224&utm_term=%7bEmailSubjectLine%7d&utm_content=53874&gator_td=LSl2LxgU%2bNz2BKkE5l7su6GoBtPDOilut%2fhNMFbSRGYdAFHVpaq%2f%2b3iYrINm6d%2bzamqjMiWMPu%2byeTyUnwHRD5RyJI6hJKFOj4q1XPqCKYqOpT175q4HZgcRmUWmC0ovkNm7O0ubZqyAEUV69BVJJ8%2bpehh6aoyvoGjg9G67sf8%3d)

Wellbeing and Time to Talk Sessions.

[More than 80 staff attend active travel breakfast](https://www.staffnet.manchester.ac.uk/news/display/?id=30967)

The event took place at Café 65 in AMBS on Wednesday, 31 January.

[Staff benefits update – February 2024](https://www.staffnet.manchester.ac.uk/news/display/?id=30972&utm_source=https%3a%2f%2fcomms.manchester.ac.uk%2fcommunicationsandmarketinglz%2f&utm_medium=email&utm_campaign=eUpdate+190224&utm_term=%7bEmailSubjectLine%7d&utm_content=53874&gator_td=LSl2LxgU%2bNz2BKkE5l7su6GoBtPDOilut%2fhNMFbSRGYdAFHVpaq%2f%2b3iYrINm6d%2bzamqjMiWMPu%2byeTyUnwHRD5RyJI6hJKFOj4q1XPqCKYqOpT175q4HZgcRmUWmC0ovkNm7O0ubZqyAEUV69BVJJ8%2bpehh6aoyvoGjg9G67sf8%3d)

Boost your wellbeing this year with an exciting range of employee benefits.

[Join us at our endometriosis and PCOS awareness event](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=30901)

The Endometriosis and PCOS Support Network would like to invite you to our Endometriosis and PCOS awareness event, taking place on Friday, 1 March from 10am until 1pm.

[Climate Cafés @ the University of Manchester](https://www.eventbrite.co.uk/e/799992137017?aff=oddtdtcreator)

Room: University Place 2.219

Friday 23 February, 12:00 pm

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.

[Like I care about...workplace wellbeing](https://www.eventbrite.com/e/like-i-care-aboutworkplace-wellbeing-tickets-810635361187?aff=ebdsshios)

Tue, 27 Feb 2024 18:30 - 20:30 (fee applicable)

Fierce Bar, 57 Thomas Street Manchester M4 1NA

Join us for an uplifting night of conversation and entertainment where we’ll be sharing tips to help you improve your workplace wellbeing.

Jackie Carter from The University of Manchester has agreed to join me for my next event to talk about her experience of improving her workplace wellbeing. Having experienced long periods of feeling completely overworked and exhausted, which affected both her physical and mental health, Jackie decided it was time to make a change.

During the event, Jackie will be sharing tips and advice on how to establish a better work life balance, boundary setting and how being different is a strength, not a weakness.

[Nirvana and Magha Puja Day](https://www.staffnet.manchester.ac.uk/news/display/?id=30971)

Celebrating Nirvana and Magha Puja Day this February.

[Vasant Panchami](https://www.staffnet.manchester.ac.uk/news/display/?id=30970)

Celebrating Vasant Panchami this February.

[Lunar New Year](https://www.staffnet.manchester.ac.uk/news/display/?id=30947)

Celebrating the year of the dragon.

[Observing Lent](https://www.staffnet.manchester.ac.uk/news/display/?id=30969)

Wednesday, 14 February to Thursday, 28 March.

[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’.

[Let's talk disability – Episode 1: A University of Manchester Podcast](https://youtu.be/o4rvLaNlpBg?si=wnzRF4ob1qgKfGQL)

A conversation facilitated by the Academic EDI Lead for Disability, Professor Jackie Carter. PJ Hemmaway, our Chief Information Officer and Julia Zieba talk about being neurodivergent at The University of Manchester, discussing both the difficulties and the positives of navigating a world that is designed for neurotypical people.

[Demystifying Disability with Dr Shani Dhanda (recording)](https://www.youtube.com/live/NYiFuwl21jk?si=pu4D3B0WV55iMrub)

Dr Dhanda will demystify disability allowing you understand the social model of disability and give you the confidence to talk to your disabled colleagues and students and become their ally. This is a really powerful talk so please watch and share with colleagues.

[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.

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

Workplace Wellbeing Training Programme for Line Managers.

[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.

[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/:b:/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
* Sun, 3 Mar 2024 14:00 - 16:00 – Still Parents, March Workshop

[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:

* 24 Feb 2024, 12:00-4:00 pm (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.
* 28 Feb 2024, 6:00-9:00 pm (free, booking required) - Under Your Nose, a film screening for all to close our LGBT+ History Month celebrations.
* 26 Nov 2023 - 25 Aug 2024, 2:15 pm (the last Sunday in every month) – Pride Tours, meet in the Belonging Gallery.

[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 (6-8 pm). 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.

**Beauty Bee offers**

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

* 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:/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](mailto:abby.crowhurst@outlook.com) or [info@beautybeemanchester.co.uk](mailto:info@beautybeemanchester.co.uk)  to book in or call, text or WhatsApp 07876032125.

[What are energy limiting conditions? A guide for employees and their managers](https://www.astriid.org/news/what-are-energy-limiting-conditions-download-our-new-resource-for-free/)

This is a new resource aimed at employees and their managers produced for [Astriid](https://www.linkedin.com/company/astriid/) charity. Hopefully it will be a gamechanger for unlocking conversations about health, disability and work, and lead to more people with chronic illness getting the support they need at work.

[AccessAble webinar (replay): Supporting neurodivergent customers](https://urldefense.com/v3/__https:/accessable.us5.list-manage.com/track/click?u=fdec766d5a56cf83ecc943eb8&id=48c15514a6&e=14dcd382ac__;!!PDiH4ENfjr2_Jw!H-COBGQsjyrn7cIM1LM9HQxUNkyMqhUC0F-d1WcWknLOn98HzFRmEFh_CDMj4H7FriWqGyTbHfvioxf2DPU8u-cQsz_fdTCa$)

This webinar held on 31.01.2024 hosted by AccessAble’s Marketing & Communications Manager

Carrie-Ann Lightley. Carrie-Ann was joined by three AccessAble Ambassadors with lived experience of neurodivergence and disability: Dr. Hannah Barham-Brown, Hester Grainger and Lydia Wilkins. Each shared their own unique experiences of assumptions that are made about, and the realities of working with, their disability / condition, including what kinds of support is helpful. They also shared language they are comfortable using, as well as language they are comfortable with others using, when they talk about neurodivergence.

Important conversations about hidden disabilities are increasingly taking place. Supporting neurodivergent employees and customers is part of this, so now is the time to ensure you're listening to and consulting with a range of disabled people. Learning from those with lived experience will mean you can avoid common misconceptions and stereotypes, leading to increased understanding of and accessibility for, those who are neurodivergent.

[University of Reading Centre for Autism Wellbeing Hub (webinar replay)](https://urldefense.com/v3/__https:/vimeo.com/913249888__;!!PDiH4ENfjr2_Jw!C3kWMurCpeCjDxV8jOvudwq2jeRXcmAeRdzo2UlgB5SJHVTtiqMpVr75Wwrl09xkceUMyNj0cOant-ZaLzqnnP8hFNuEY2uJUCs97Q$)

The University of Reading Centre for Autism Wellbeing Hub’s February talk on the 8th February was given by Andy Smith (Spectrum Gamily) on the importance of the autistic community and the hope that it can create. Please be aware that Andy’s talk was positive and hopeful, but he mentioned some sensitive topics, namely emotional distress and suicide.

Some useful links to resources which you can access:

* [Epic Autism Resources (padlet.com) [padlet.com]](https://urldefense.com/v3/__https:/padlet.com/spectrumgaming/epic-autism-resources-e9k3m18miqwgiy1w__;!!PDiH4ENfjr2_Jw!C3kWMurCpeCjDxV8jOvudwq2jeRXcmAeRdzo2UlgB5SJHVTtiqMpVr75Wwrl09xkceUMyNj0cOant-ZaLzqnnP8hFNuEY2t6JsXD3g$)
* [Autism Understood [autismunderstood.co.uk]](https://urldefense.com/v3/__https:/autismunderstood.co.uk/__;!!PDiH4ENfjr2_Jw!C3kWMurCpeCjDxV8jOvudwq2jeRXcmAeRdzo2UlgB5SJHVTtiqMpVr75Wwrl09xkceUMyNj0cOant-ZaLzqnnP8hFNuEY2uDWlEe_g$)

[Understanding autism for careers and employability professionals](https://www.ambitiousaboutautism.org.uk/what-we-do/training-and-consultancy/our-training-courses/understanding-autism-for-careers-and-employability-professionals)

The course is delivered virtually over four hours, with breaks provided throughout.

29 February 2024 – 09:30 to 13:30

Ambitious about Autism and its partners are working together to develop, deliver and evaluate the Employ Autism Internship network across English regions. As part of this work experience programme, places on this training are fully funded for professionals working with autistic young people who are seeking employment.

We are training individuals, groups and organisations so they can be confident in supporting applicants throughout the application process. They will share details of our placements with their clients to encourage applications and in return, participate in our longitudinal research project.

The course has been developed in partnership with a range of qualified professionals as well as autistic young people and will support those who are offering careers advice or guidance in a range of settings.

[Disability Inclusion and Accessibility Report](https://www.mildon.co.uk/wp-content/uploads/2024/01/Disability-Inclusion-and-Accessibility.pdf)

[Mildon](https://www.mildon.co.uk/) has recently created a free and informative disability inclusion and accessibility report. This easy to understand and even easier to implement guide can help organisations become more accessible and disability inclusive.

It features advice on:

* Talent Attraction.
* Recruitment & Onboarding.
* Retention, Development and Manager Confidence.
* Workplace Adjustments.

There are tool and software recommendations, suggested wording, to-do lists, survey questions, must-reads, checklists, workplace adjustments and suggested next steps.

[Navigating the World of Disability: The Business Disability Forum's A-Z Guide to Disability](https://businessdisabilityforum.org.uk/knowledge-hub/resources/a-z-of-disability)

Exciting news for all professionals seeking clarity on disability-related terms. The Business Disability Forum has shared a valuable resource – the ‘A-Z of Disability’, offering concise definitions for over 100 key terms.

Demystify terminology, including accessibility, adjustments, common conditions, and less-visible disabilities. This comprehensive resource even provides links to additional knowledge hub resources for deeper insights.

[The Accessible Volunteering Guide](https://attitudeiseverything.org.uk/wp-content/uploads/2024/01/Accessible-Volunteering-Guide-Jan-2023.pdf)

[Attitude is Everything](https://www.linkedin.com/company/attitude-is-everything/) have published a new resource – The Accessible Volunteering Guide as part of our Beyond the Music programme, a three-year programme funded by the National Lottery Community Fund to improve accessibility to the music and live events industries.

The guide was created by a combination of our over 20 years’ experience working in the music and live events industries, including providing opportunities for disabled volunteers at Glastonbury, Latitude, Reading, Leeds and several other events.

[Forthcoming Henpicked’s Lunch and Learn (replay) – Permanent weight management](https://henpicked.net/menopause-hub/top-tips-for-permanent-weight-management/)

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. This is a replay of the webinar held on Tuesday 20 February.

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

This special event with Dr Jessamy Hibberd teaches you how you can free yourself from pain,

understand your trauma and find more inner peace. This is a replay of the webinar held on Tuesday 20 February.

[Personnel Today: The Presenteeism Hotspots](https://www.personneltoday.com/hr/presenteeism-hotspots/)

In this article, business psychologist and Robertson Cooper MD, Ben Moss, discusses sector hotspots for presenteeism, how businesses can tackle it and why the responsibility is shared between employers and employees.

[Recycling disposable vapes / e-cigarettes](https://www.staffnet.manchester.ac.uk/news/display/?id=30985)

You can now recycle your disposable vapes/e-cigarettes at University Place.

[Love Food Hate Waste](https://mailchi.mp/2db23ce932b9/hello-from-love-food-hate-waste-12165?e=3de440c03b)

Smart way to shop for fresh fruit and veg.

[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.

Enjoy the Ping Pong and spread the word.

Melanie Canham

[Pedal More in ‘24](https://mcrcapitalofcycling24.com/)

Manchester is delighted to be named the first ever European Capital of Cycling. 2024 will be a catalyst to escalate the city’s ambitions to enhance and transform our cycling offer.

[Hobbycraft Workshops](https://classbento.co.uk/hobbycraft/home)

Join us in store or online to learn new crafts and try your hand at fun techniques.

[Happiful’s](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcwNzQ3NTgxN3xwWVMwTzZYbGVVcVRreUNFTGVXUkR2U0RjMHFkbmR2REJSUEZDVmtMUW5EZXRaVFBtU1JBcl9SRnBhUkt2NjBnUkR5Nkh4VUJQSzd4cUZDVkFnQl9VOGZjeWx4U1Y0d1g3Q0swZjgxd2R5WWVhSGcyczQ2NzhWQkNZQ09NNWNsYjYwMHc4eWRaZXMzdFFUcV93bnd2UUp4MUVfTkQwdEVRY3BFaGd6VUdvNFNtLXBjcVZpRU8teTMzZjAta2EzcFRJb3doa18wZk9TNThvSUNGemZWek1CVmxjRFVQd3RSN3FkcXRpZXFpWEdzRjhTQ3YzRDdQay1VUTdYckltLW5VdXE1ZlkydkcxYzhqb1RXWXBIUWtKZnRST29GNzVSRkJiWC0zczIta1FNeEQ5U1Q3eERWUEN3MUNiRWlBZU9qSVhILVp4VzQ4ZExFLXzWC8vSEOsnNW4_1yRGKRYZ8yoPaGU6FVLpIwSrFTyxUQ==) *[The Uplift](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcwNzQ3NTgxN3xwWVMwTzZYbGVVcVRreUNFTGVXUkR2U0RjMHFkbmR2REJSUEZDVmtMUW5EZXRaVFBtU1JBcl9SRnBhUkt2NjBnUkR5Nkh4VUJQSzd4cUZDVkFnQl9VOGZjeWx4U1Y0d1g3Q0swZjgxd2R5WWVhSGcyczQ2NzhWQkNZQ09NNWNsYjYwMHc4eWRaZXMzdFFUcV93bnd2UUp4MUVfTkQwdEVRY3BFaGd6VUdvNFNtLXBjcVZpRU8teTMzZjAta2EzcFRJb3doa18wZk9TNThvSUNGemZWek1CVmxjRFVQd3RSN3FkcXRpZXFpWEdzRjhTQ3YzRDdQay1VUTdYckltLW5VdXE1ZlkydkcxYzhqb1RXWXBIUWtKZnRST29GNzVSRkJiWC0zczIta1FNeEQ5U1Q3eERWUEN3MUNiRWlBZU9qSVhILVp4VzQ4ZExFLXzWC8vSEOsnNW4_1yRGKRYZ8yoPaGU6FVLpIwSrFTyxUQ==)* [Weekly Magazine (09/02/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcwNzQ3NTgxN3xwWVMwTzZYbGVVcVRreUNFTGVXUkR2U0RjMHFkbmR2REJSUEZDVmtMUW5EZXRaVFBtU1JBcl9SRnBhUkt2NjBnUkR5Nkh4VUJQSzd4cUZDVkFnQl9VOGZjeWx4U1Y0d1g3Q0swZjgxd2R5WWVhSGcyczQ2NzhWQkNZQ09NNWNsYjYwMHc4eWRaZXMzdFFUcV93bnd2UUp4MUVfTkQwdEVRY3BFaGd6VUdvNFNtLXBjcVZpRU8teTMzZjAta2EzcFRJb3doa18wZk9TNThvSUNGemZWek1CVmxjRFVQd3RSN3FkcXRpZXFpWEdzRjhTQ3YzRDdQay1VUTdYckltLW5VdXE1ZlkydkcxYzhqb1RXWXBIUWtKZnRST29GNzVSRkJiWC0zczIta1FNeEQ5U1Q3eERWUEN3MUNiRWlBZU9qSVhILVp4VzQ4ZExFLXzWC8vSEOsnNW4_1yRGKRYZ8yoPaGU6FVLpIwSrFTyxUQ==)

Watch out for these green flags:

* Green Flags
* Slow Living
* Identify Depression
* Day Dreams

[Happiful Magazine, Issue 83](https://urldefense.com/v3/__https:/click.happiful.com/ls/click?upn=u001.28Gc7YwOWu-2BFSW5prfJw8z84HOPc7-2FJ2hMcXT1Bj1WHvTfJejk5OKUiWqxZ0xe2CKck-2FcTfJmQmhF4QBpbcOJnIRYEq-2BhvlXm-2F6pE9z26opgJDWyqtteOtzmlsQ7JY9-2Bb3sv33AcE9PoJGQxrzqysagRmAZYMUX93pxFLF-2FqzucD5EEv2xIIk1CYuzj4vmOcRzhs_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPaiLHaaR-2BTvBdU84OoC8-2BX5HqMpSAw8y1mJ1GEnRUXh9I05rLftzYfo3JjDyXQ1T643uXq0YGtePUKa1rXsgwl1zypMeVWQtKu1SeVNqcNsNCb5K1Vqv9hM1-2FRC40RNzMVH8jDpEQ2zU4PQx6RzYT3SlP8HQm10J0uKmGz8yNWpXzXO-2BgmgqMKFubcbMFY9Wv9dE12xe-2BaJfaofXIuYTwJMG6hH29-2Bc6f0kfu7Gz8A7zdyJCH-2B6Djbf5zvC4VeMkI-2Bu-2BtAN1g8wWzANvhWGJbMyWe3nP3zOGQXd-2FAeDh3miQABVdg-2Fwf-2FhrX2vCWqT4-2FcwzmM4sB-2BTS4wbjuaxm3FVXdP-2Fk-2FTRGezEvFNFqzmbn7Ij98ORrjc-2Bln9fUq1XWEwbb472-2BTHRm3JnvWXZLiBoet1wA0rm4-2FSGqFPISP2QozfjZNZgj1gFpSaL-2BysGOcMJGsRJt5AzhCVYSm3WslMXcT1dDTA1z94fGvfF9t530lqFclTN6bMjqK2Yb5M4ECcTSknue6VzeqBSeBvD5Hj0O9QUQbMv9HSTBfIEWsOweo2BpH5i-2Fdec3tVRNrO4MGs8kwQKYhdUEwFxgkEI2Vk1po31sx-2BsFRTVtxtiKNgtrvMHQkT6h4DeKC8suhiAg6R3K3YwgpDw67Mf3M8eKya9FGEVzmORSjkuGb1QOgNviB-2FCDEHUfjuwP6yl5yPaEIOsY9sq-2FIwZJL4RlsukXzoCxB8aB7FT0P4-2BI9jnQ7IwtuJ4-2BBcO6lTZB626jMieQitf78ZXuxj8c5J-2B8nHXVfuP4237Sb-2B2yHjHGeoOXMxCnK7bXoAGLX6pDyDmDlvoyz-2BMJ76CGawkS-2FmGQKkmHH5D3hoegeB40c8Sy1Ity9KLnjYqkU72ODLpn93TPcbNEWLxwJPO2PlUzKQyZqx2-2BYRFkcYIxjOmYBFaiR4yxTXwU1XlzQr5C-2FZehoIyKJOEt3L5o-2FhYBAuJSqsSnzUUyGl2ch32OGdvhgjD-2Bas9tz0eCQfG7kjR2RAUaRzEr8o-2Fd8w75DmmlLlAPcUNkYJHOYeirglNKGZ2h9s9dbKC39nyI5nHIPmnIDyk9OJYomliOAcw-3D__;!!PDiH4ENfjr2_Jw!GKgV76c7fze4rVRpxHTiEEmTQsGBgsrAo-NSWtT1nfTRMTP0gjEM62ylITIXbkoRRGxCN6B2JfOwSDd6tCQ5Q19Ycn7LtQ$)

Open your mind, with issue 83. This month, we’re bringing you a fascinating range of features, including:

* Do you have a fear of ‘being normal’?
* How designing our homes around nature could be the future
* 100 ways to relax and unwind
* Why we need to talk about postnatal rage
* What is prolonged grief disorder?
* How to break free of the cycle of anxiety

**RSPB Notes on Nature**

* [Let’s talk about nests, baby! It’s National Nest Box Week (14-21 February)](https://view.email.rspb.org.uk/?qs=b1f85ce4b8fdb46cb4581e4a08a2b5a0e33a38e578d86a153b054da994efa2f46d9f96583fb1fdf9d5cc54a696a48b4ba7ab23de339fec1b140d6a7a1954bdc83ed67b2420bff80c265a091e655c90ed349f69066d82e663), 17/02/2024

**Other relevant newsletters:**

[Update from Wood Street Mission, January 2024](https://mailchi.mp/cd086e876ab0/whats-going-on-at-wood-street-mission-12792616?e=df13e613b9)

[Greater Manchester Green City Newsletter, January 2024](https://mailchi.mp/greatermanchester-ca/gcr-jan24?e=f80d40a87e)

[Medicash Health at Work Newsletter, February 2024](https://mailchi.mp/21ca1886e94d/decemeber-wellbeing-newsletter-13636544?e=6fe3187576)

[Climate Network Newsletter, 19 February 2024](https://documents.manchester.ac.uk/display.aspx?DocID=72022)

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

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