**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Green Impact News, 08 March 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.

**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/)

8 March [International Women’s Day](https://www.internationalwomensday.com/), [2024 Theme: Invest in Women: Accelerate Progress](https://www.internationalwomensday.com/Theme)

9 March [World Kidney Day](https://www.worldkidneyday.org/)

10 March [Mothering Sunday](https://nationaltoday.com/mothering-sunday-in-the-uk/#:~:text=March%2019%2C%202023-,U.K.,Lent%2C%20the%20Christian%20fasting%20period.)

10/11 March [Ramadan (begins 10 or 11 March and ends around 9 or 10 April](https://www.muslimaid.org/what-we-do/religious-dues/when-is-ramadan/)

10-16 March [World Glaucoma Week](https://www.worldglaucomaweek.org/)

11-17 March [Brain Awareness Week](https://dana.org/brain-awareness-week/)

11-17 March [Nutrition and Hydration Week](https://nutritionandhydrationweek.co.uk/)

13 March [No Smoking Day](https://nationaltoday.com/national-no-smoking-day/)

14 March [University Mental Health Day](https://www.unimentalhealthday.co.uk/)

15 March [World Sleep Day](https://worldsleepday.org/)

17 March [St Patrick’s Day (Ireland)](https://www.history.com/topics/st-patricks-day)

18-24 March [Neurodiversity Celebration Week](https://www.neurodiversityweek.com/)

20 March [International Day of Happiness](https://www.un.org/en/observances/happiness-day)

20 March [World Oral Health Day](https://www.worldoralhealthday.org/)

21 March [World Down Syndrome Day](https://www.worlddownsyndromeday.org/) (2024 theme – End The Stereotypes)

22 March [World Water Day](https://www.worldwaterday.org/)

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

Mindful March – let's pause, breathe and notice, so we can respond more mindfully.

[Guidance for Ramadan](https://livemanchesterac.sharepoint.com/:b:/s/UOM-EDI-Team/EQnkMnvI1oVHmmsf1OV0Xf4B-AV4wEX7bIVsmwe_Xpb-vQ?e=lJcrE5&xsdata=%3D%3D&sdata=YUIyUktuQm1EcTZGdks0Ly9TM2FodTNKNVNZbWRKeTZ4UGRtV2xyTVhkYz0%3D)

EDI colleagues have put together a guidance document for Ramadan which starts at the beginning of March. It would be great if you could share this with your networks. In particular this year, they have included some guidance for allies who may want to fast in support of their colleagues.

[Free eye examinations on-campus](https://www.staffnet.manchester.ac.uk/news/display/?id=31032)

Free eye examination and discounted spectacles at the Optometry Teaching Clinic.

[Links between Financial Wellbeing, Mental Health & Suicide Prevention | LinkedIn Live | Alice Hendy MBE (R;pple), Ryan Briggs (FinWELL)](https://www.linkedin.com/events/7163609070116020225/about/)

Following the announcement that Ryan Briggs has joined R;pple as an ambassador, we're pleased to share the conversation on 22/02/2024 between Ryan and Alice Hendy MBE on LinkedIn Live where they discussed the importance of financial wellbeing on mental health.

Ryan is the founder of FinWELL Training Ltd – Empowering Healthier Relationships With Money, an award winning financial education and wellbeing platform that helps employees understand, measure and improve financial education and wellbeing, empowering healthier relationships with money and better mental health. We're looking forward to delving deeper into financial wellbeing as we prepare for the first Financial Wellbeing Month in April.

[R;pple Suicide Prevention & MHFA England](https://www.linkedin.com/events/7162888955317706752/comments/)

Tue, Mar 19, 2024, 6:00-7:00 PM (LinkedIn Live)

Off the back of the strategic partnership between [MHFA England®](https://www.linkedin.com/company/mhfaengland/)and Ripple Suicide Prevention Charity, [Simon Blake OBE CCMI](https://www.linkedin.com/in/simonblake/) and [Alice Hendy MBE](https://www.linkedin.com/in/alicehendy/?lipi=urn%3Ali%3Apage%3Ad_flagship3_event%3BAmNbK6FbSvKQNimc37%2BqCQ%3D%3D) get together to discuss the roles of both organisations and the importance of embedding suicide prevention into organisations' mental health and wellbeing strategies.

[Financial Wellbeing Month Events Schedule](https://www.financialwellbeingmonth.com/events.html)

The following events and activity are brought to you by [FinWELL Training Ltd](https://www.finwell.uk/" \t "_blank), [R;pple Suicide Prevention Charity](https://www.ripplesuicideprevention.com/" \t "_blank) and [Mental Health First Aid England](https://mhfaengland.org/) as part of *#FinancialWellbeingMonth*.

[Regulator provides guidance on menopause in the workplace](https://www.hsmsearch.com/Regulator-provides-guidance-menopause-workplace)

New guidance on menopause in the workplace, setting out employers’ legal obligations under the Equality Act 2010, has been issued by the Equality and Human Rights Commission (EHRC).

[Firms must help menopausal workers, or face being sued – BBC News](https://www.bbc.co.uk/news/health-68366519)

Menopause symptoms can be considered a disability and employers face being sued if they do not make "reasonable adjustments".

[Menopause in the workplace: Guidance for employers | EHRC (equalityhumanrights.com)](https://www.equalityhumanrights.com/guidance/menopause-workplace-guidance-employers?utm_source=LinkedIn&utm_medium=social&utm_campaign=Orlo&utm_content=Menopause+in+the+workplace+guidance)

New resources to help employers understand their legal obligations & better support their employees who are going through the menopause.

[Six Week Menopause Programme](https://comms.manchester.ac.uk/communicationsandmarketinglz/lz.aspx?p1=M5tDU0NzgzNVM2NDg3OjY3NDNDOTM2MTFDNkM5RjRENzlDNzdBRkY4REYyOTJB-&CC=&w=96008)

Sign up for our Six Week Perimenopause / Menopause Hormone Reset Programme for menopausal people aged 40 + with Nutritional Therapy Practitioner, Fiona Hutchinson. Limited spaces available.

**Mental Health Training for staff ran by the** [**Counselling and Mental Health Service**](https://www.counsellingservice.manchester.ac.uk/trainingforstaff/)**.**

We currently run two workshops designed to enhance staff member’s understanding of mental health and student support.

**1. Student Mental Health Matters: spotting the signs, knowing what to say and knowing what to do’ which focuses on**

* Developing your understanding and awareness of student’s mental health needs.
* Enhancing your knowledge of how the Counselling and Mental Health Service (and wider services) supports students.
* Developing your understanding of what to do in difficult situations: including suicide prevention and how to have a conversation with a student about their potential risk.

There are places available on the following dates, bookable [here](https://app.manchester.ac.uk/training/profile.aspx?unitid=8370&parentId=4) (more dates will be added soon)

* Wednesday 13th March 10am-1pm at Crawford House

**2. ‘Being a Secure Base for others in helping relationships’ which focuses on**

* Develop your understanding of student’s behaviour / distress and the psychological impact on their wellbeing.
* Helping a vulnerable student to learn, think and reflect by creating a helping relationship.
* Supporting staff to look after their own emotional needs whilst helping others.

There are places available on the following dates, bookable [here](https://app.manchester.ac.uk/training/profile.aspx?unitid=9845&parentId=4)

* Thursday 18th April, 10:00-12:00 at Crawford House
* Thursday 6th June, 10:00-12:00 at Crawford House

Following attendance of both workshops staff have the option to attend [monthly reflective sessions](https://app.manchester.ac.uk/training/profile.aspx?unitid=9845&parentId=4) aimed at creating a safe and supportive space to discuss themes and challenges commonly associated with helping roles. More dates to be added soon**.**

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

Workplace Wellbeing Training Programme for Line Managers.

[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
* 14 March – A compassionate approach to low mood

[Pronouns in the Workplace](https://www.canva.com/design/DAF-EdZFi-c/sSzrjfqLyfqLRdGNvRioiw/view?utm_content=DAF-EdZFi-c&utm_campaign=designshare&utm_medium=link&utm_source=editor#3) (taken from the FBMH eLearning Newsletter)

Updating your profiles in your Blackboard and Teams profiles, highlighting your commitment to an

inclusive workplace.

[Climate Cafés @ the University of Manchester (fee applicable)](https://www.eventbrite.co.uk/e/climate-cafes-tickets-520550379197?aff=erelexpmlt&keep_tld=1)

Wed, 3 Apr 2024 17:30 - 19:00

Manchester Museum Café

The Climate Café (in partnership with the [Climate Psychology Alliance](https://www.climatepsychologyalliance.org/)) is an action-free space: the focus is our thoughts and feelings about climate change, rather than what we’re doing about it. Over hot drinks and cakes (included in ticket price), we’ll have an informal and confidential conversation, supported by an experienced facilitator.

[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, 10 April 2024 – Wellbeing room G.65 Simon Building.
* Wednesday, 17 April 2024 – Wellbeing room G.65 Simon Building.

[Our Next Book Club Meeting](https://www.staffnet.manchester.ac.uk/news/display/?id=31048)

Friday 5 April 2024, 12:30-1:30pm.

Our book for March is The Satsuma Complex by Bob Mortimer. We will recap our previous books Yellowface by R.F Kuang.

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

* Thur 21 Mar 2024, 17:30-19:00 – NCHS: Meditation in Nature – Spring Equinox 2024.

[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.

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

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

* 13 Mar 2024, 6.30-7.00 pm (free, available soon) – Tour of the Vivarium.
* 13 Mar 2024, 6.00-9.00 pm (free, booking advised) – Student Social: Golden Night.
* 19 Mar 2024, 7:00-8:30 pm (fee applicable) – Gaia Vince in Conversation presented in partnership with Manchester Literature Festival.
* 21 Mar 2024 6:00-9:00 pm (free, available soon) – Iftar at the Museum.

[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.

21 March 2024 – 12:30 to 16:30

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.

[Forthcoming Henpicked’s Lunch and Learn – Menopause, Menstrual Health and Employment Law](https://www.eventbrite.co.uk/e/menopause-menstrual-health-and-employment-law-tickets-849499815817)

10 March 2024, 10:00-11:00

The Equality and Human Rights Commission have published their first guidance on menopause in the workplace. But do you understand what this means for your organisation? Or what you need to do? We're inviting you to this expert discussion on navigating Menopause, Menstrual Health, and Employment Law in the UK Workplace.

[Forthcoming Henpicked’s Lunch and Learn – Menopause and stress](https://urldefense.com/v3/__https:/henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=81f2f8d788&e=b246dc1610__;!!PDiH4ENfjr2_Jw!DoncHhCsUV0mz93QI82nPaIL_VE9WnEOoBFsnHAkpzqGhJyPQGqKQnZbDRsWUnWQNtjR1UGO3922To_9Fg69ZRqBg8DzuYqETg$)

12 March, 12:15 - 12:45 pm

Fluctuating hormones during menopause affect the way we respond to stress both physically and emotionally. But why and how? And what can you do about it? Henpicked's Deborah Garlick and Dr Rebecca Williams of Williams Stress Management, will be discussing this at our next Lunch & Learn. Dr Rebecca Williams works with individuals who are struggling with stress.

[Action for Happiness Webinar (replay): How To Have A Good Day - with Dan Goleman](https://urldefense.com/v3/__https:/clicks.eventbrite.com/f/a/rO-GRtxtAuY8fbQ8TJ2-dw**A/AAQxAQA*/RgRnpHgTP0QoaHR0cHM6Ly9qZXNzYW15aGliYmVyZC5ldmVudGJyaXRlLmNvLnVrL1cDc3BjQgplvpNEw2W8xBvIUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA__;fn5-!!PDiH4ENfjr2_Jw!FKKF8fPKwNVS3H0hETBDSeiVcLNBYL22uhVpUinpimnTuvc4rABcn0J9xErecmx9n_HTZzSb9RGbzAihjG5bgTpZprNFieC9rhONsQ$)

Join bestselling author Daniel Goleman to learn how emotional intelligence can help you have a great day any day, while avoiding burnout. This is a replay of the webinar held on Wednesday 6 March 2024.

[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/e/alb-ping-pong-parlour-all-uom-staff-and-students-wednesday-tickets-790051123177?aff=ebdshpsearchautocomplete)

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 – 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.

Here are the bookable slots:

* ALB Ping Pong Parlour – every Wednesday, 10-4pm
* EWB Ping Pong Parlour – every Tuesday, 10-3.40pm
* EWB Ping Pong Parlour – every Thursday, 10-3.40pm

**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)

Enjoy the Ping Pong and spread the word.

Melanie Canham

[GM Walking Festival 2024 – we’re back](https://gmwalking.co.uk/festival/festival-2024/)

**Deadline: Submit your walk before Friday 22 March**

Welcome to the GM Walking Festival 2024. We’re delighted to have you as part of this celebration of walking and wheeling. Last year, we were thrilled to have more than 300 walks on our festival website for the month of May and we saw thousands of people across Greater Manchester (re)discover the joy of walking and wheeling, connecting with people and their environment.

The festival is a fantastic opportunity for individuals to meet new people and discover the joy being active in the outdoors.

[Gear Up For Spring With Cyclescheme](https://link.myschemes.co.uk/u/gm.php?prm=qvpkfTJiX7_142365079_6134255_44877&_esuh=_11_92991ee874e65bd3ddf71ba7fb3915c2aa7e7980fee381eec3e01979964674f7)

In this issue of your Cyclescheme Newsletter, we're talking swapping the car for cycling during the school run, why the humble bell should be your must-have accessory and which bikes and accessories to get depending on your level of cycle commuting experience.

[Cyclescheme Open Webinar – join us to find out all things Cyclescheme](https://blackhawknetwork.zoom.us/webinar/register/WN_Hdj1cKFkTUaaXbOaRr9mTg#/registration)

Perhaps you’ve heard about the cycle to work scheme and you’d like to find out more about it before you apply? Every month we host this live webinar covering the basics of Cyclescheme and the many benefits of cycling to work.

You can choose to attend one or more of the following webinars:

* Mar 14 2024, 11:30 AM
* Mar 28 2024, 11:30 AM

[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.

[Easy Everyday Eco Actions booklet](http://documents.manchester.ac.uk/DocuInfo.aspx?DocID=44432)

Harriet Bickley has created an booklet full of practical info to help UoM staff & students live, work & study in a more eco-friendly manner.

[Student Guide to the Climate Crisis](https://climateemergencymanchester.net/student-climate-handbook/)

Pooja Kishinani and Marion Smith, students at The University of Manchester, have created a

guide centred around three themes: the emotions, basic information, and activist advice of climate change.

[The University Living Lab (ULL)](https://www.universitylivinglab.org/)

Would you, or a student you know of, like to help solve the climate issues of today and tomorrow?

The University Living Lab (ULL) provides opportunities for students to undertake sustainability-focussed projects that aim to provide tangible benefits to local and wider society by creating solutions for issues that businesses and other organisations may encounter.

With it being estimated that a quarter of all students at UoM (approx. 10,000) are already studying subjects that are directly related to sustainability, if each of those students dedicated half of their study hours (approx. 750 hours) to a ULL project it would equate to approx. 7,500,000 hours of research towards sustainable solutions to real-life problems.  Yet, there are many more areas of study that aren’t directly related to sustainability that could potentially also contribute!

Please take a look to see how you could get involved.

The 6R Sustainability Approach

* Follow the 6R protocol to manage plastics sustainably at [home and on campus](https://docs.google.com/document/d/16wjxe1q4OAjBTvzqIEfk9czKxUgdXbISYN78Dq2gmv0/edit?usp=sharing) or in the [labs](https://docs.google.com/document/d/1PBHZzpCqedexWnwd8WtCeYIxzVzCamUqrVRrmKg-iBo/edit?usp=sharing)
* These UoM [videos](https://www.youtube.com/channel/UCiONsNvprJGR4CSkPvAni0A/videos) and [texts](https://www.sustainability.manchester.ac.uk/waste/recycleweek2022/) can answer all your questions about recycling (plastics and other items)

A group of green symbols

Description automatically generated with medium confidence

* If you are interested in receiving a round-up of news, events, volunteering opps, etc. across the University and the city, consider subscribing to Climate Network Manchester – visit our website below where you can subscribe to our mailing list and see a sample of the environmental groups affiliated with UoM): <https://climatenetwork.uk/universityofmanchester/>

[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 (23/02/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcwNzQ3NTgxN3xwWVMwTzZYbGVVcVRreUNFTGVXUkR2U0RjMHFkbmR2REJSUEZDVmtMUW5EZXRaVFBtU1JBcl9SRnBhUkt2NjBnUkR5Nkh4VUJQSzd4cUZDVkFnQl9VOGZjeWx4U1Y0d1g3Q0swZjgxd2R5WWVhSGcyczQ2NzhWQkNZQ09NNWNsYjYwMHc4eWRaZXMzdFFUcV93bnd2UUp4MUVfTkQwdEVRY3BFaGd6VUdvNFNtLXBjcVZpRU8teTMzZjAta2EzcFRJb3doa18wZk9TNThvSUNGemZWek1CVmxjRFVQd3RSN3FkcXRpZXFpWEdzRjhTQ3YzRDdQay1VUTdYckltLW5VdXE1ZlkydkcxYzhqb1RXWXBIUWtKZnRST29GNzVSRkJiWC0zczIta1FNeEQ5U1Q3eERWUEN3MUNiRWlBZU9qSVhILVp4VzQ4ZExFLXzWC8vSEOsnNW4_1yRGKRYZ8yoPaGU6FVLpIwSrFTyxUQ==)

5 ways to better sleep:

* Self-Stigma
* Colour Therapy
* Sleep Apps
* Food Myths

[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

[Art trail featuring Sinead O'Connor, Morrissey and Shane McGowan murals takes over Manchester](https://www.manchestereveningnews.co.uk/whats-on/arts-culture-news/art-trail-featuring-sinead-oconnor-28727975?utm_source=app)

A series of 17 murals depicting Irish iconography and featuring some famous faces have appeared across venues in Manchester city centre as part of a month-long art trail. You can find details and locations of each of the murals [via The Irish Nation website](https://www.theirishnation.com/).

**RSPB Notes on Nature**

* [Keep your eyes to the skies for spring arrivals! 02/03/2024](https://view.email.rspb.org.uk/?qs=9c6f6d7d61067e3a32ca11b548ac8f9329e846f273ec20800dda2c31e0dbf6116eca2146a9058052c85281dbb937ca5048af01ea4d81b913af30a9f71a376c8078e0753374de063b0e754fa17f0d21d86429acb82252c13e)
* [The hidden secret of birds, 20/02/2024](https://view.email.rspb.org.uk/?qs=966ca8d6f08c33f59602c29058785fc8be4b4f1d60ab1b81ad7241e843c51d7ebff40130fe83ea2c4e4de666fb6d6beb0c47336ed1b98f4e4bffe8a398e099aa4a73bc0caa67cac481fa9b4f5598b4f5f3e35c696087ebd8)

**Other relevant newsletters:**

[The University Magazine, Summer 2023](https://www.manchester.ac.uk/discover/magazine/)

[Office for Social Responsibility Civic Engagement Newsletter, February 2024](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=MENDU1MzE4MlM3MjQxOjZBRkRBOUQ1QjExQzk4NEMzOThBQ0E1NkRDMzcwQjQ5-&CC=&p=0)

[Health Hero Newsletter, March 2024](https://wellbeing.hub.healthhero.com/page/march-2024-2)

[Manchester Libraries, March 2024](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/38d4af7)

[Greater Manchester Local Nature Recovery Strategy, March 2024](https://mailchi.mp/greatermanchester-ca/lnrsmar24?e=f80d40a87e)

[Climate Network Newsletter, 04/03/2024](https://documents.manchester.ac.uk/display.aspx?DocID=72142)