

From: [UMSA](#)
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Happy Friday all

Staff Wellbeing Champion Bulletin Friday 1st March 2024

Last call for the Yoga & Gong Bath Day 9th March

The bookings for this event will close this Wednesday at noon – to view this event and to book please [click Here](#)

Would you like to walk in our purple wave 10k?

26th May brings the great Manchester run to the city centre and it would be great if Staff could get involved with this fun event.

This year is a special celebration, linking in with 200 years of the **University of Manchester Bicentenary** and we would like to see Walkers, joggers, and runners to create an 1824 strong purple wave of people.

For Walking read about the Purple Turtles group [here](#) Jog or Run find out more [here](#)

Campaigns

March: Ovarian Cancer Awareness Month: Each year 7,400 women are diagnosed with ovarian cancer in the UK. Here you can find out [what ovarian cancer is](#), including the [different types](#), and [support available](#).

This March we are asking colleagues to encourage raising awareness of Ovarian cancer: Target Ovarian Cancer offer an excellent [digital toolkit](#) with lots of helpful resources for you to use and share with colleagues, friends and family.

Neurodiversity Celebration Week March 18th – 24th: Neurodiversity Celebration Week have a [full schedule of free events](#) available to register for now. *'This year we're bringing you more panel discussions than ever before, with inspirational speakers from a range of backgrounds and professions. The discussions will all be focussing on key neurodiversity topics and aim to educate while inspiring conversations about neurodiversity.'*

Events are open to all so please sign up, forward on to colleagues, and join to learn more and celebrate different minds.

February marked Heart Month 2024. The British Heart Foundation website has lots of helpful [information](#), [support](#) and [stories](#) shared. To continue the conversation and information sharing, they have a [free subscription to 'Heart Matters'](#) which provides free information, inspiration, expert support and the latest news delivered straight to your inbox for people at risk from heart and circulatory disease and those who care for them, to take control of their heart health.

University Mental Health Day, Thursday 14th March: University Mental Health Day hosted by [Student Minds](#) and the [University Mental Health Advisors Network](#) (UMHAN) aims to bring the nation together to make mental health a university-wide priority. The aim is to create ongoing change to the future of student mental health.

The UMHAN is hosting an online event, Thursday 14th March 13:00 – 14:00 "When does anxiety become a problem?" exploring:

- Anxiety as a "normal" response to everyday life
- When anxiety can be self-managed and how
- When students should seek support from student services

The session is open to: Student services staff at all levels, Academics, Students, Parents/carers, and anyone interested in student mental health. [Register for your free place here.](#)

University Events

Counselling and Mental Health Service Workshops:

Managing Acute and Ongoing Stress webinar, 09:30 – 10:30am, Friday 8th March: This workshop is designed to reduce the negative impact of stress from recent and ongoing events by focusing on three specific emotional regulation techniques. [Find out more and register here.](#)

A Compassionate Approach to Low Mood, 12:00 – 13:30pm, Thursday 14th March, in-person Counselling and Mental Health Service (CS1), Room 5.004, Fifth Floor, Crawford House:

The workshop will cover some education and understanding of how our brains have developed and work - the impact this has on our thoughts and feelings, and other issues that may affect our way of being.

What compassion is all about - how we could fit it into our lives.

Some visualisation and writing techniques to help us become more compassionate towards ourselves on an everyday basis .

Understand low mood and what you can do to manage it, using a range of practical strategies and techniques. [Find out more and register here.](#)

Free eye examinations on-campus: Book a free eye examination (eye test). This offer is open to all students, staff and the public, these appointments last around two hours and run until the end of March. The final year Optometry students perform the eye examination and spectacle dispensing under supervision by fully qualified staff. Find out more information and how to book an appointment [here.](#)

Opportunity to get involved.

UoM Professor Anna Nicolaou seeking participants from the Menopause community to contribute to research study.

Please see full details below and contact information if you are interested in taking part.

Exploring interventions to maintain and prolong healthy skin function for an ageing population.

Study summary: In women there is a distinct decline in the function of the skin barrier after the menopause, and this may be due to changes in the skin's lipid profile. In this study, we plan to investigate the relationship between skin lipids and the function of the skin barrier, before and after a period of nutritional supplementation.

Who can take part? Healthy post-menopausal White Caucasian women aged 55-65, who are not

taking HRT.

What will the research involve? This study will involve completing online questionnaires, then a visit to a study unit, where you will have your skin health assessed, and we will use adhesive tape strips to sample the very top layer of your skin. We will also take two skin biopsies (6 mm diameter) from the buttock skin of some volunteers (this is optional). All volunteers will then be provided with capsules of an omega-3 fatty acid supplement and asked to take them daily for 12 weeks. You will then complete another short questionnaire and return to the unit to have the procedures repeated. A subset of volunteers will also be asked to undergo a skin barrier challenge at each visit, where we will use more tape strips to remove the very top layer of the skin to mildly damage the skin barrier (optional). These volunteers will return to the unit the next day to have their barrier reassessed. This will be done before and after the 12 weeks' supplementation.

Where will the research take place? You will need to complete questionnaires online and then attend a unit at Salford Royal Hospital.

Reimbursement: You will be reimbursed for your time and inconvenience.

Interested? If you are interested in finding out more, please contact Lindsay Cotterell; Tel: 07435 660437; Email: lindsay.cotterell@manchester.ac.uk