**Humanities Social, Wellbeing, EDI, Social Responsibility and
Environmental Sustainability News, 22 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/)

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/)

18-24 March [Debt Awareness Week](https://www.stepchange.org/partner-with-us/supporting-debt-awareness-week.aspx#:~:text=Debt%20Awareness%20Week%202023%20What%20is%20Debt%20Awareness,focusing%20on%20how%20debt%20can%20happen%20to%20anyone.) (financial wellbeing)

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

24 March [World TB Day](https://www.stoptb.org/advocate-to-endtb/world-tb-day)

26 March [Epilepsy Action Purple Day 2023](https://www.epilepsy.org.uk/involved/fundraising/purple-day)

20-26 March [National Complementary Therapy Week](https://www.complementaryhealthprofessionals.co.uk/national-complementary-therapy-week)

27 March-2 April [World Autism Acceptance Week](https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2023)

30 March [World Bipolar Day](https://www.bipolaruk.org/bipolar-awareness-day) (Bipolar UK)

31 March [Trans Day of Visibility](https://www.stonewall.org.uk/about-us/blog/trans-day-visibility-global-perspective) / [Transgender Day of Visibility (TDOV)](https://www.staffnet.manchester.ac.uk/equality-and-diversity/staff-network/lgbt-staff-network-group/trans-day-of-visibility-/)

**April celebrates:** [Bowel Cancer Awareness](https://www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month/?gclid=Cj0KCQiAutyfBhCMARIsAMgcRJS-Uelw1dpz0x0t37QYB0C4YyS8BRfXzWvGZ9shDuRBbj6TslcliagaAi_0EALw_wcB), [Testicular Cancer Awareness](https://www.testicularcancerawarenessfoundation.org/tc-awareness-month), [Financial Wellbeing Month](Financial%20Wellbeing%20Month%20Events%20Schedule), [Stress Awareness Month](https://www.matesinmind.org/training-and-resources/stress-awareness-month-april-2024#:~:text=Stress%20Awareness%20Month%20takes%20place%20every%20April.)

2-8 April [World Autism Awareness Week](https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2023)

7 April [World Health Day](https://www.who.int/campaigns/world-health-day)

[Neurodiversity Celebration Week 2024](https://www.staffnet.manchester.ac.uk/news/display/?id=31104)

Celebrating the talents and strengths of our neurodivergent community.

[2024 Events Schedule | Neurodiversity Celebration Week (neurodiversityweek.com)](https://www.neurodiversityweek.com/events)

18-24 March is Neurodiversity Celebration Week. 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.

If you missed any events that you are interested in, there are recordings of the events. These will be available for 2 weeks post event. Here is the link to the event library for sessions held during NCW:

[Event Recordings | Neurodiversity Celebration Week (neurodiversityweek.com)](https://www.neurodiversityweek.com/2024-event-recordings?utm_campaign=NCW%202024&utm_medium=email&_hsmi=84613932&_hsenc=p2ANqtz-_S7thaN2KkAlo3eApTSPWQQcSnUfNJhf6tuxs7faXqTR9SUqWV1xKayWJH_E-8ZMcE9u7-PybuKIUmbB7YZKAS0oag5aSVk050JRu_PkKs5pzV2VQ&utm_content=84613932&utm_source=hs_email)

[Guidance for Ramadan](https://livemanchesterac.sharepoint.com/%3Ab%3A/s/UOM-EDI-Team/EQnkMnvI1oVHmmsf1OV0Xf4B-AV4wEX7bIVsmwe_Xpb-vQ?e=lJcrE5&xsdata=MDV8MDJ8fGE3YmM4MTk2N2U3OTQyZGE1MWE5MDhkYzM0NTk0ZjJjfGMxNTJjYjA3NjE0ZTRhYmI4MThhZjAzNWNmYTkxYTc3fDB8MHw2Mzg0NDI4MDUzNjQ4MDYwNTd8VW5rbm93bnxWR1ZoYlhOVFpXTjFjbWwwZVZObGNuWnBZMlY4ZXlKV0lqb2lNQzR3TGpBd01EQWlMQ0pRSWpvaVYybHVNeklpTENKQlRpSTZJazkwYUdWeUlpd2lWMVFpT2pFeGZRPT18MXxMM1JsWVcxekx6RTVPbnBGWlhCaGJFWjZTekZWUkZJNU9XeFdSWEpGWjFaTmFGbDFOVlpoV201aGJsUkhkV054YjBGc1JWVXhRSFJvY21WaFpDNTBZV04yTWk5amFHRnVibVZzY3k4eE9UbzBNV1ppWVdVMU9USmxZamMwWm1Wa1lqSm1OemRsWVdRd1pUSXhZVEV5WkVCMGFISmxZV1F1ZEdGamRqSXZiV1Z6YzJGblpYTXZNVGN3T0RZNE16Y3pOVFkwTlE9PXw0OTE0YjA2ODNlMjA0Y2Q2NTFhOTA4ZGMzNDU5NGYyY3xmYzViYjdhMTRlYjE0NDU0YTZmNzZmYjJlZDgzNzgyNA%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.

[Debt Awareness Week: 18th – 24th March](https://www.stepchange.org/how-we-help/overcome-barriers.aspx)

StepChange Debt Chairty host Debt Awareness Week each year to shine a spotlight on causes of problem debt, what issues people are currently facing and support available. This year the focus is towards what are the main barriers to getting debt advice: We know that many people can take too long to get the help they need because:

* I don’t understand what debt advice is and how it works
* I am dealing with anxiety, stress or a mental health condition
* I am worried about my credit file
* I never have enough time to get debt advice
* I feel ashamed and do not want my loved ones to find out

Find out more on how to break down these barriers and support available via StepChange here.

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

April will mark the collaboration ‘Financial Wellbeing Month’ between  [FinWELL Training Ltd](https://www.finwell.uk/), [R;pple Suicide Prevention Charity](https://www.ripplesuicideprevention.com/%22%20%5Ct%20%22_blank) and [Mental Health First Aid England](https://mhfaengland.org/). This awareness month was created to highlight the importance of and links between financial wellbeing, mental health, and suicide prevention. There is a host of free webinars you can register for including: ‘Taking control of our finances’, ‘Managing the menopause and the impact on your financial wellbeing’, ‘Grief, bereavement, trauma and loss and the impact on your financial wellbeing’, ‘Understanding neurodiversity and the additional challenges around financial wellbeing’ and many more.

**Endometriosis Action Month, March 2024**

[Endometriosis](https://www.endometriosis-uk.org/what-endometriosis) impacts 1 in 10 women and those assigned female at birth in the UK, yet so many are still unaware of the condition and its impact.⁠ Endometriosis Action M onth 2024 is focused towards raising vital awareness of the [common symptoms](https://www.endometriosis-uk.org/symptoms) of Endometriosis. Improving general public awareness and understanding of the condition ensures that those experiencing symptoms, their friends and family and their healthcare team know to ask, ‘could it be endometriosis?’, leading to more prompt diagnosis and access to care.⁠

[Endometriosis UK](https://www.endometriosis-uk.org/)

We hold regular free webinars covering all aspects on endometriosis. Register for webinars on the links below or keep an eye on this page for further details as they are confirmed.

[Upcoming Webinar: Endometriosis & Fertility – Wednesday 27th March 2024, 7-8pm](https://www.endometriosis-uk.org/civicrm/event/info?reset=1&id=976)

Speaker: Dr Sujata Gupta – Consultant Gynaecologist, specialist areas include minimal access surgery including robotic surgery, treating advanced endometriosis, pelvic pain, heavy periods, and complex menopause.

[The Endometriosis Foundation](https://www.theendometriosisfoundation.org/)

The Endometriosis Foundation also have lots of helpful information on their webpages and host regular webinars. The next one is Endometriosis: Living well with endometriosis on Monday, 25th March @ 18:00.

[Find out more about the webinars and register here.](https://www.theendometriosisfoundation.org/event-details/webinar-series-empowering-patients-with-endometriosis-2)

**Colleagues Sharing with You**

Following on from the detail we shared on Eating Disorders Awareness Week in our Staff Wellbeing Champion Bulletin dated 15th February, our fellow Staff Wellbeing Champion Michelle Kipling has shared her story and experiences of her daughter having an Eating Disorder. [You can read Michelle’s blog here.](https://documents.manchester.ac.uk/display.aspx?DocID=72265) We thank Michelle for sharing her story about this very important topic.

[Why are women still taken less seriously than men? And what can me do about it?](https://www.linkedin.com/events/7175774111875366912/about/)

LinkedIn Live Event by [Elliott Rae](https://www.linkedin.com/in/elliott-rae-a3a469144/?lipi=urn%3Ali%3Apage%3Aevents_index_about%3Bc8f0b492-9de6-4948-ae3f-00a930c67875)

Mon 25 Mar 25, 2024, 12:00-12:45 PM

Elliott has the pleasure of speaking to Mary Ann Sieghart about her book, The Authority Gap, which is an amazing exploration of how bias shapes expectations and behaviours and what that means for women’s experiences at work.

[Everymind At Work: How Organisations are Overwhelming Their Employees (Without Knowing It)](https://my.demio.com/ref/Ll6KZCgcLAbuUqFY)

Wednesday 3rd April 2024 @ 1:00PM

In this session, Paul McGregor (Founder of Everymind at Work) uncovers the key causes of employee overwhelm to provide you with actionable strategies to effectively reduce it.

[MHFA My Whole Self: What does it really mean and why does it matter? (webinar replay)](https://urldefense.com/v3/__https%3A/elinkeu.clickdimensions.com/c/7/eyJhaSI6NjAyMDE0NjksImUiOiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrIiwicmkiOiJsZWFkLTAyYmM3OTEyNTFiNGVlMTFhNTY5MDAyMjQ4OWRhYWI3LTU0ZGQxM2MxYmM4MzQyYjhiMWE0M2FhMmUxYjRlOWJmIiwicnEiOiJwMS1iMjQwNzUtYzVhMDA1YzQwNzE5NGQ2ZmE2OWVmZDk2M2QyNzU5ZjMiLCJwaCI6bnVsbCwibSI6ZmFsc2UsInVpIjoiMiIsInVuIjoiIiwidSI6Imh0dHBzOi8vbWhmYWVuZ2xhbmQub3JnL21oZmEtY2VudHJlL3dlYmluYXJzLz91dG1fc291cmNlPW9uZS1vZmYtbWFpbGVyJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPU1XUy1Gb2xsb3ctVXAmdXRtX2NvbnRlbnQ9V2ViaW5hci1MaW5rJl9jbGRlZT1kZFVBTjVPOTVyamtzbzE5U3pkb2dNY0hPSVhYMnFQdkpQMFZjNnUwWmZ6VGhrRlVHaGlpUDY3ZTRSdkxwTjg1T3pSbjJiRWlwMXpTR1NlbE9XS3JrZyZyZWNpcGllbnRpZD1sZWFkLTAyYmM3OTEyNTFiNGVlMTFhNTY5MDAyMjQ4OWRhYWI3LTU0ZGQxM2MxYmM4MzQyYjhiMWE0M2FhMmUxYjRlOWJmJmVzaWQ9MmU3ZWU3OGEtZmNlMS1lZTExLTkwNGQtMDAwZDNhYjY4MzcwIn0/k9uVJiyQZpGxuDsXQSMHZQ__;!!PDiH4ENfjr2_Jw!Ek2IwesLME7mRYOjhtgrucFN3uP2SGfTxDTlcoCUCa9PxE5mGA_b6FBtE1xhZPNlmISjldvMKeGu1DllITcj6I73j0qhQBGmmUfGX6A$)

We all deserve to feel valued and empowered to be our whole self at work. When people feel psychologically safe, teams can unlock innovation and excellence. We want organisations to empower their employees to bring their whole self to work.

Brought to you by Mental Health First Aid England®, My Whole Self is the campaign for workplace culture change, culminating on My Whole Self Day on Tuesday 12 March.

Learn about how organisations can nurture thriving people-focused workplaces with inclusivity and psychological safety at their core.

Our [My Whole Self resources [elinkeu.clickdimensions.com]](https://urldefense.com/v3/__https%3A/elinkeu.clickdimensions.com/c/7/eyJhaSI6NjAyMDE0NjksImUiOiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrIiwicmkiOiJsZWFkLTAyYmM3OTEyNTFiNGVlMTFhNTY5MDAyMjQ4OWRhYWI3LTU0ZGQxM2MxYmM4MzQyYjhiMWE0M2FhMmUxYjRlOWJmIiwicnEiOiJwMS1iMjQwNzUtYzVhMDA1YzQwNzE5NGQ2ZmE2OWVmZDk2M2QyNzU5ZjMiLCJwaCI6bnVsbCwibSI6ZmFsc2UsInVpIjoiMyIsInVuIjoiIiwidSI6Imh0dHBzOi8vbWhmYWVuZ2xhbmQub3JnL215LXdob2xlLXNlbGYvcmVzb3VyY2VzLz91dG1fc291cmNlPW9uZS1vZmYtbWFpbGVyJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPU1XUy1Gb2xsb3ctVXAmdXRtX2NvbnRlbnQ9TXktV2hvbGUtU2VsZi1SZXNvdXJjZXMtUGFnZSZfY2xkZWU9ZGRVQU41Tzk1cmprc28xOVN6ZG9nTWNIT0lYWDJxUHZKUDBWYzZ1MFpmelRoa0ZVR2hpaVA2N2U0UnZMcE44NU96Um4yYkVpcDF6U0dTZWxPV0tya2cmcmVjaXBpZW50aWQ9bGVhZC0wMmJjNzkxMjUxYjRlZTExYTU2OTAwMjI0ODlkYWFiNy01NGRkMTNjMWJjODM0MmI4YjFhNDNhYTJlMWI0ZTliZiZlc2lkPTJlN2VlNzhhLWZjZTEtZWUxMS05MDRkLTAwMGQzYWI2ODM3MCJ9/9DldAQmcyMW0iC67Ch4GiQ__;!!PDiH4ENfjr2_Jw!Ek2IwesLME7mRYOjhtgrucFN3uP2SGfTxDTlcoCUCa9PxE5mGA_b6FBtE1xhZPNlmISjldvMKeGu1DllITcj6I73j0qhQBGmJ4DntHk$)

**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)

* Thursday 04/04/2024 10:00 - 13:00, Counselling and Mental Health Service 5th Floor Crawford House, Room 5.1.
* Wednesday 24/04/2024 10:00 - 13:00, Counselling and Mental Health Service 5th Floor Crawford House, Room 5.1.

**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

Following attendance of 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.

**Line Manager Training Spaces Available**

‘Managing with Wellbeing in Mind’: Register for [in-person course date](https://app.manchester.ac.uk/training/profile.aspx?unitid=10197&parentId=183&returnId=183&returntxt=Return+To+Search&returnQs=%3fterm%3dwell178%26org%3d0%26typeId%3d2) or [online course date](https://app.manchester.ac.uk/training/profile.aspx?unitid=10198&parentId=183&returnId=183&returntxt=Return+To+Search&returnQs=%3fterm%3dwell179%26org%3d0%26typeId%3d2).

‘Stress Management for Managers Workshop’:  Register for [in-person course date](https://app.manchester.ac.uk/public/Login.aspx?PageRequest=/training/profile.aspx&Query=unitid%3d10245%26parentId%3d4&action=timeout) or [online training course date.](https://app.manchester.ac.uk/public/Login.aspx?PageRequest=/training/profile.aspx&Query=unitid%3d10246%26parentId%3d4&action=timeout)

[Counselling and Mental Health Service Workshop and Group Programme](https://www.counsellingservice.manchester.ac.uk/workshops/)

The programme for April to May 2024 is now available. Staff sessions are as follows – booking is essential:

* 12 April – 17 May weekly (one-off workshops) – Mindfulness meditation.
* 26 April – A compassionate approach to low mood.

[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.

[Purple Wave 26th May 10K or 1/2 Marathon](https://www.sport.manchester.ac.uk/sport-and-activity/purplewave/)

The Purple Wave is a UoM Sport programme, created to bring people together to celebrate and enjoy spending time as a community while being physically active. It is not about elite performance but about participating with like-minded people to have fun and make friends.

[Purple Turtles Group](https://www.sport.manchester.ac.uk/2024/02/06/purple-turtles-shaping-inclusive-wellbeing-at-uom/)

Part of the Purple Wave / Great Manchester Run event

A meeting was held on Monday 11th March between UoM Sport and representatives of the Disabled Staff Network (DSN) which had enabled UoM Sport to understand the adjustments that what might be required for some people with disabilities to take part in an event involving physical activity, such as the Great Manchester Run through the ‘Purple Turtles’ group initiative.

As it stands, we realise that the Great Manchester Run may not be suitable for those who have some restrictions in relation to mobility, or chronic pain / fatigue. Essentially, this is because the distance which participants are required to cover is too great (10 kilometres). It would take at least 2 hours to complete the course by walking the 10km (6.2 miles).

UoM Sport are committed to working with the event organisers to make changes so that future events would be accessible to a wider group of university students and staff. We will be working with the DSN to collate thoughts, feedback and requirements from a wide range of staff and students to shape what a more accessible event might require.

Therefore, the focus of the 'Purple Turtles' group for the event in 2024 will be towards those who are able to cover the distance at a comfortable walking pace (not running). We are looking to recruit staff and students who don't want to, or are unable to run, but are able to walk the 10km required to complete the course.

If you are interested in taking part in this event, you are invited to purchase a ticket via the Student’s Union (select the public option): [https://manchesterstudentsunion.com/events/products/6663.](https://manchesterstudentsunion.com/events/products/6663) Tickets are currently discounted to £20.

If you would like to ask any further questions before making your decision, then please feel free to email us: purplewave@manchester.ac.uk.

[Active Manchester Membership](https://www.sport.manchester.ac.uk/2024/01/15/give-yourself-a-kick-and-join-active-manchester-2024/)

Group Exercise & the Fitness gym offers all year round at the Armitage Centre and Wellbeing Studios. Get the feel-good factor through exercise and movement.

**Reflexology on site 4th April**

If anyone would like to treat themselves with a relaxing reflexology. Emma will be on site on Thursday 4th April to book an appointment, e-mail Emma: reflexologywithemma@gmail.com.

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

* Sun 12 May 2024, 14:00 - 16:00 – Still Parents May Workshop.

[Friends of Whitworth Sunday Concerts](https://www.whitworth.manchester.ac.uk/whats-on/events/sunday-concerts/)

[Friends of the Whitworth](http://www.friendsofthewhitworth.org.uk/) present a series of free Sunday Concerts that are open to all. At 3pm on selected Sunday afternoons, students from the [Royal Northern College of Music](https://www.rncm.ac.uk/) perform in the South Gallery, overlooking Whitworth Park. Each concert will last around 45 minutes. Next concert: Sunday 24th March.

[Stone Flowers Refugee Music Collective Manchester film screening with Q&A](https://www.whitworth.manchester.ac.uk/whats-on/events/stoneflowersfilm/)

Thursday 28th March, 6pm (£5 per ticket) @ The Whitworth

Music Action International and Stone Flowers present a special screening of the award-winning film Stone Flowers – songs of hope and defiance.

[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:

* 18 Jul 2023-31 Mar 2024 (free, no booking required) – Carbon Ruins.
* 19 Mar-26 Mar 2024 (free, drop in) – Send A Smile.
* 27 Mar 2024 (fee, booking advised) – Museum Lates: Youth Takeover.

[Manchester Museum, Introductory Taichi Qigong Sessions](https://www.museum.manchester.ac.uk/event/taichi-qigong-sessions/)

Friday lunchtimes between 12 and 12.50pm

Enjoy the benefits of relaxed, free-flowing movement during our introductory Taichi Qigong sessions aimed at people aged 50+. As part of the Manchester Museum Age Friendly Programme, they have partnered with senior teacher Feixia Yu to host a series of introductory sessions in the Lee Kai Hung Chinese Culture Gallery. They provide an opportunity for boosting your wellbeing and learning more about the amazing Chinese health enhancement tradition.

[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.

25 April 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.

[Henpicked’s Forthcoming Lunch and Learn: How to manage PMS](https://urldefense.com/v3/__https%3A/henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=21c54cdaf9&e=b246dc1610__;!!PDiH4ENfjr2_Jw!DoncHhCsUV0mz93QI82nPaIL_VE9WnEOoBFsnHAkpzqGhJyPQGqKQnZbDRsWUnWQNtjR1UGO3922To_9Fg69ZRqBg8BrDpsXlw$)

26 March, 12:15 - 12:45 pm

Premenstrual syndrome (PMS) has a wide variety of symptoms, including mood swings, tender breasts, food cravings, fatigue, irritability and depression. As many as 3 of every 4 of us have experienced some form of premenstrual syndrome.

Do you struggle with it? Do you want to know what you can do to manage your symptoms? Expert information here. Henpicked’s Deborah Garlick and Jackie Lynch of WellWellWell Nutrition Clinic, will be discussing this at our next Lunch & Learn.

[Henpicked’s Lunch and Learn (webinar replay) – Menopause and stress](https://urldefense.com/v3/__https%3A/henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=81f2f8d788&e=b246dc1610__;!!PDiH4ENfjr2_Jw!DoncHhCsUV0mz93QI82nPaIL_VE9WnEOoBFsnHAkpzqGhJyPQGqKQnZbDRsWUnWQNtjR1UGO3922To_9Fg69ZRqBg8DzuYqETg$)

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 (who works with individuals who are struggling with stress), discuss this. This is a replay of the webinar held on Tuesday 12 March 2024.

[Action for Happiness Webinar: Inner Safety and Sleep - with Dr Nerina Ramlakhan](https://urldefense.com/v3/__https%3A/actionforhappiness.us3.list-manage.com/track/click?u=38ea3e7c0a12909b5f17eb1ed&id=d11a8f03bd&e=a0d0bb6dff__;!!PDiH4ENfjr2_Jw!ErRdZxF0Gj_MFVCAyDjdBKT8BhLevnFbm6P3vyk4LJtv1oNJhV2PRYa-7XVDcWIafDAVVAan9Nw5HgqC0btx9povxLH6zvZ1klI$)

27 March 2024 – Online via Zoom, 7pm

Join sleep expert Dr Nerina to discover how inner safety is the key to sleeping well and learn new ways to help you feel safer and calmer.

[Action for Happiness Webinar (webinar replay): How To Have A Good Day - with Dan Goleman](https://urldefense.com/v3/__https%3A/clicks.eventbrite.com/f/a/D_Uks4LB5mH5NukLY_bNKg%2A%2AA/AAQxAQA%2A/RgRnyxCqP0QraHR0cHM6Ly93d3cueW91dHViZS5jb20vd2F0Y2g_dj1qelJTUFVYM2dKc1cDc3BjQgpl4ird6WV9O2CoUiJqdWxpZS5idXR0ZXJ3b3J0aEBtYW5jaGVzdGVyLmFjLnVrWAQAAAAA__;fn5-!!PDiH4ENfjr2_Jw!BKx-UIbiCRXq50jHg9R8gPKt8mMrkwPMnM8dFyXNtfGZanknhqWEbDMrmIvSwSimH2ScwE5tiQE3_7pI6V9NnPTlLkkBVxomt-2D9A$)

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.

[Staff Benefits – Staff Association](https://documents.manchester.ac.uk/protected/display.aspx?DocID=71383) and [UMSA Membership Form (office.com)](https://forms.office.com/Pages/ResponsePage.aspx?id=B8tSwU5hu0qBivA1z6kad1ko04R2JSVPkWHoBpF-r3lUNkNYQlRUSFMySkdDREdZOUxQN1pZVUFFUi4u&origin=Invitation&channel=1)

We organise lots of exciting events and trips such as:

* Discounted theatre tickets in the stalls e.g. Aladdin £19 / Disney on Ice £30 / Blackpool Illuminations and Fireworks £8. (coach return). Christmas at Chatsworth House / Tatton Park Flower Show / Alton Towers / Warner Bros Studio Tour / Manchester City & United Football Club Tour and [The Brit Fest Cheshire](https://thebritfest.co.uk/) to name a few.
* You also have access to a designated lounge for members in the Simon Building, with comfortable chairs, a dining kitchen area, pool table, darts board and TV.

You can access these benefits for £2 per month (taken directly out of your salary) – please find the link for further information or email me directly sarah.wilkinson-2@manchester.ac.uk or UMSA@manchester.ac.uk

[Keep Britain Tidy launches Great British Spring Clean across the nation | Keep Britain Tidy](https://www.keepbritaintidy.org/news/keep-britain-tidy-launches-great-british-spring-clean-across-nation)

#LitterHeroes up and down the country are being encouraged to make a pledge on Keep Britain Tidy’s website, [**www.keepbritaintidy.org**](http://www.keepbritaintidy.org/), to pick a bag - or more - of rubbish during the campaign, which runs from 15th to 31st March, 2024.

Back for its ninth year, the Great British Spring Clean is the nation’s biggest mass-action environmental campaign.  The Great British Spring Clean and [Great Big School Clean](https://www.keepbritaintidy.org/get-involved/support-our-campaigns/great-british-spring-clean/pledge-to-pick/school) 2024 will take place from 15 - 31 March, and you can [pledge to pick up a bag of litter](https://www.keepbritaintidy.org/get-involved/support-our-campaigns/great-british-spring-clean/pledge-to-pick) – or more.

**Starting to think about the Easter holidays**

There is lots of free or low-cost activities happening in and around Manchester during the Easter holidays that start the end of March. Have a look through some ideas below:

* [Easter Egg hunts with the National Trust](https://www.nationaltrust.org.uk/visit/whats-on/easter-egg-hunts)
* [Easter holiday fun at the Bridgewater Hall](https://www.rhs.org.uk/gardens/bridgewater/whats-on/easter-at-bridgewater?sv_campaign_id=78888&sv_tax1=affiliate&sv_tax2=323607&sv_tax3=Skimlinks&sv_tax4=manchestereveningnews.co.uk&sv_affiliate_id=78888&awc=2273_1710421091_fd292cae40b40863f1b34ba9f28f1fec)

[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 28 2024, 11:30 AM.
* Apr 11 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.

[Happiful’s *The Uplift* Weekly Magazine (20/03/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxMDkzMjQzMXxqZ0hlVWMzWklkOTlRWENKWk5WRGU5bVRsWUJJUjBmb0pXR05laG51TGZTOU1VQUFidGkxZ0xodTVtVzFoa3ZQQjJINFFVY2lTTVoyY3F1SVB6X0JTMDduaXhlU3JZMnU0b19DZ2xDVTVFMk5SUWtzNEtOOVg2eFd6WXVDY0UzNnVDTjdFQTRuRkZGeWljejYwUnYyUnZlT1VOV21rbkZnVmd2cVJGc0JldWpUbG9YMDY2QkdoWUtBbzJxa0FZTE9RR1hUNnRJclpwLUlBM2FOb2ZweEtFQkVsM2NYdE9KNlZxSGliMWJkYjFZV2VmaEd5ZHBkNFE0TTJjMEVjYWsxMl9hNjJhaUJWd0RQa1BCdXg0N3BSMzRtOE8weWtpOXp1UExLNUZ1WTVTbFVTMXZNUDZoMXdjdTN0N0ZyRFNnbTNzQ29LdWdKVFRManymaY0usGQUONYXwYLqB4xCnKc8ai99DHjk3oT0Abking%3D%3D)

4 stories that offer hope and inspiration in hard times:

* Milk & mocha.
* Daily glimmers.
* Finnish habits.
* Library cards.

[Happiful’s *The Uplift* Weekly Magazine (09/03/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxMDkzMjQzMXxqZ0hlVWMzWklkOTlRWENKWk5WRGU5bVRsWUJJUjBmb0pXR05laG51TGZTOU1VQUFidGkxZ0xodTVtVzFoa3ZQQjJINFFVY2lTTVoyY3F1SVB6X0JTMDduaXhlU3JZMnU0b19DZ2xDVTVFMk5SUWtzNEtOOVg2eFd6WXVDY0UzNnVDTjdFQTRuRkZGeWljejYwUnYyUnZlT1VOV21rbkZnVmd2cVJGc0JldWpUbG9YMDY2QkdoWUtBbzJxa0FZTE9RR1hUNnRJclpwLUlBM2FOb2ZweEtFQkVsM2NYdE9KNlZxSGliMWJkYjFZV2VmaEd5ZHBkNFE0TTJjMEVjYWsxMl9hNjJhaUJWd0RQa1BCdXg0N3BSMzRtOE8weWtpOXp1UExLNUZ1WTVTbFVTMXZNUDZoMXdjdTN0N0ZyRFNnbTNzQ29LdWdKVFRManymaY0usGQUONYXwYLqB4xCnKc8ai99DHjk3oT0Abking%3D%3D)

10 feel-good songs for an uplifting spring:

* Spring songs.
* Sick day.
* Parental burnout.
* Nine stretches.

[Happiful Magazine, Issue 84](https://urldefense.com/v3/__https%3A/click.happiful.com/ls/click?upn=u001.28Gc7YwOWu-2BFSW5prfJw8z84HOPc7-2FJ2hMcXT1Bj1WEXGHLooPShhQsJfN4qAcn-2Bo-2FvgyKs0eY34uqe8SgPCwQHB4acpQXzgNx3-2FCr284JwDO85WbnQ05AhFef8VuxkidAZNw-2Flcm-2BxA-2B-2BlLMD9EY7wmmf-2B06ycb-2FJWW7G64oV36qDi0Lx3TnpSh-2B6Znl7tR_6KE_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPaiLHaaR-2BTvBdU84OoC8-2BX5HqMpSAw8y1mJ1GEnRUXh9I05rLftzYfo3JjDyXQ1T643uXq0YGtePUKa1rXsgwl1zypMeVWQtKu1SeVNqcNsNCb5K1Vqv9hM1-2FRC40RNzMX8Ti-2FsnV6OmJaY1n3dXBCrLjnKTLJ2SEjGcSIw5Q0Ih3l3BAU3MZ62Pgsn1Hq6dyekdJA7LM84Lyk-2BWpxFMpPygZtJQDuip9-2Bmd9UWkoLzUg5da-2Btg-2B9x1G-2BFweN6oPfQWT4G0hsK6pCpCOPqOat6JKYrhHd-2FOrPWuv0Xv-2FJ497RoWfYSiBTIrxBhYAmYlosAGqQCOhamn3OXjt1zrGDzwoLFNEzZibdyYTBwUUkgV2lhQEkIfsdqyzzMOK9KozT0ymaHY8-2ByVtSZBahp0Ux6fFtwOLlYw1FeTVlYjHcYQrxlGIVhI3pXllEMMPAarsQVc1uGbsyiaLzalxA30DgkJX7yQZeE7wJuQ9q7BBs66dVNee0hNqp1nHoEq2FV-2Fsd4mNUFPcTGxF4ZL9LtcM7B2Wfra12oUqrQKRU1Q7MVyz9cvC6MHsD1vVmmeO3Yh1qBjfH0X893PFFID74ib-2FW1ub2h-2BEOI2l3rBdCVRZB9EdxTw7nvrBUHou0eUQAWWgHsXqSMfK-2BCNwCL5mqe8CyBhr-2BzS8f7w5K3gAB7B4CYp6j4pqnprCp8epXR7SedjLWPr5lZYiDk17TYc-2FFHeZe7TnU-2Fh1RqVvPgvzr5HNvlu18uHjbtLNXkx2pVwBTx4IdCC-2FTt7mkOeonJpkLg0rKzc-2Bu8atwh2qgCsDfhBvvQMd3kILWhm-2BF8DMMJ-2FgrHJ6NlvGF1ztQZS-2BrwwigQuKODOLqjPbnxZjceK-2BgaTPQreMe-2ByrV-2Bz6HsU8fH22UyDxBAKtqYFTMvXJALeXefQmpC30y-2BREYDkqgViIZy6mvU-2BC-2FEYoSyyhxexrSiUJerzjcojsktL5GJ3N4vN4bhwNaE-2BbtW3DndAcg5ZALKKdIumdfpiCchqdpfPpziz2Uuob5J5so9Cyk9rY-2FGSmGrSWzNOx4iZE7p5HmAtfCZSK-2B4iZyJQngNhml42HPfzv1j6kmI-3D__;!!PDiH4ENfjr2_Jw!AdPVFSLcrVphoaWAZgkvfEAEf7OJtMDQQtLb-wyaU6KQuHSVmTR4dd7Zkzs1p3pPjlfv8xrxkKFZ6EkkDoYxUtpa_OvQGA$)

Learn something new this month and open your mind to fascinating features and life-enhancing advice with issue 84. You can look forward to reading:

* How the inner worlds of others can put our own in perspective.
* What is it that draws so many people to true crime?
* How to savour memories without building up clutter.
* Is ‘trickle down therapy’ helping or hindering us?
* Tips for reigniting your artistic spark.
* Discover the Happiful Poetry Prize 2024 winners and runners-up.

[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**

* [Roll out the red carpet for our songsters! (16/03/2024)](https://view.email.rspb.org.uk/?qs=c501d32930598fe5a778d665f629e1ff806ca2d97313c507b8cf0aee1ee9d3c0e8488cc78cc8089da21396b0b2efee14fa0945ebf5c8ad1a145a7a005d55201b8cc74a170ebdebfc8ad94647de2907d44fd551ee5aad6c24)

**Other relevant newsletters:**

[Wood Street Mission Update, March 2024](https://mailchi.mp/ca48a70a1511/whats-going-on-at-wood-street-mission-12796699?e=df13e613b9)

[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, 18/03/2024](https://documents.manchester.ac.uk/display.aspx?DocID=72246)