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Staff Wellbeing Champion Bulletin 14th March 2024

Purple Wave 26th May 10K or 1/2 Marathon

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. For More information please [click here](#)

Active Manchester Membership

Group Exercise & the Fitness gym offers all year round at the Armitage centre & Wellbeing Studios. Get the feel-good factor through exercise and movement Join up [here](#)

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

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. [Mr Kipling story sharing](#). We thank Michelle for sharing her story about this very important topic.

Campaigns

Endometriosis Action Month, March 2024

[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 Month 2024 is focused towards raising vital awareness of the [common symptoms](#) of Endometriosis. Improving 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](#) host regular free webinars, the next one is Thursday 14th March (today!) 19:00 – 20:00pm discussing how to make the most out of your GP appointment when discussing Endometriosis, [find out more about the webinars and register here](#).

[The Endometriosis Foundation](#) also have lots of helpful information on their webpages and host regular webinars, the next one is Thursday 14th March (Today!) 18:30 – 19:30 discussing 'Empowering patients with Endometriosis'. [Find out more about the webinars and register here.](#)

Debt Awareness Week: 18th – 24th March

StepChange Debt Charity 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 with FinWELL, R;pple Suicide Prevention Charity and Mental Health First Aid England.

April will mark the collaboration 'Financial Wellbeing Month' between [FinWELL Training Ltd](#), [R;pple Suicide Prevention Charity](#) and [Mental Health First Aid England](#). 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. [Find out more and register here](#).

Reminder: 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.

Events

Manchester Museum, 'Send a Smile', 19th – 26th March, Global homelessness postcard project: Decorate a postcard and make someone smile! This installation celebrates the power of connection and creativity in difficult times through postcards from arts and homelessness projects across the globe. [Find out more about the project and how to get involved here](#).

Manchester Museum, Introductory 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. [find out more and book here](#).

Still Parents Project: Still Parents is the Whitworth's award-winning programme to support parents who have experienced the loss of a baby in pregnancy or just after birth. Explore your experiences of baby loss through art with the help and guidance of an artist alongside support from the Manchester Sands charity. Next session: Sunday 12 May 2024, 2-4pm, FREE, booking is essential. [Find out more about this programme and book onto a workshop here.](#)

Friends of Whitworth Sunday Concerts: [Friends of the Whitworth](#) 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](#) perform in the South Gallery, overlooking Whitworth Park. Each concert will last around 45 minutes. Next concert: Sunday 24th March. [Find out more here.](#)

Stone Flowers Refugee Music Collective Manchester film screening with Q&A: Thursday 28th March, 6pm. £5 per ticket: Music Action International and Stone Flowers present a special screening of the award-winning film Stone Flowers – songs of hope and defiance. [Find out more and book here.](#)

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](#)

[Easter holiday fun at the Bridgewater Hall](#)

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