**Humanities Social, Wellbeing, EDI, Social Responsibility and
Environmental Sustainability News, 05 April 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.

**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](https://livemanchesterac-my.sharepoint.com/personal/julie_butterworth_manchester_ac_uk/Documents/Compliance/Health%20%26%20Safety/FoHSWAG/News/2024/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.), [World Autism Month](https://www.autismspeaks.org/world-autism-awareness-day)

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)

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/)

17 April [World Haemophilia Day](https://wfh.org/world-hemophilia-day/)

22-28 April [MS Awareness Week](https://www.mssociety.org.uk/get-involved/ms-awareness-week)

28 April [National BSL Day](https://bda.org.uk/national-bsl-day-2023/)

[Action For Happiness Wellbeing Calendar: Active April](https://actionforhappiness.org/sites/default/files/Apr%202024.jpg)

Let's find ways to get moving and stay active and healthy.

[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.

[World Bipolar Day – Saturday 30th March 2024](https://www.bipolaruk.org/bipolar-awareness-day)

A day to encourage understanding and awareness about what bipolar is – and isn't – and to eliminate social stigma and discrimination. Bipolar is a severe mental illness that impacts and causes changes in a person's energy, mood and the ability to perform everyday activities, affecting over 1 million people in the UK.

Left untreated it can lead to issues such as drug and alcohol misuse, damaged relationships and suicidal thoughts and attempts - the risk of suicide in those with bipolar is as much as 20 times greater than the general population, with as many as half of those with the condition attempting suicide at least once.

* [Bipolar UK](https://www.linkedin.com/company/bipolaruk/) are hosting a week-long series of events between Tuesday 26th March and Tuesday 2nd April: <https://lnkd.in/eQgUZrEJ>.
* Visit <https://lnkd.in/dcxCEs7Z> for a free 20-minute e-learning course which will help you understand what bipolar is and how you can support someone who is living with the condition.
* At <https://lnkd.in/d2gJT-w3> [Mind](https://www.linkedin.com/company/mind_2/) have provided tips on supporting someone with bipolar, including advice on supporting yourself.
* At <https://lnkd.in/dJG679Ka> [YoungMinds](https://www.linkedin.com/company/youngminds/) have some useful information on bipolar, including advice on how to talk to your GP about your mental health.

[Transgender Day of Visibility](https://www.staffnet.manchester.ac.uk/news/display/?id=31143)

Transgender Day of Visibility is on Sunday 31 March.

[World Autism Acceptance Week](https://www.staffnet.manchester.ac.uk/news/display/?id=31157)

Celebrating World Autism Acceptance Week (Tuesday, 2 April until Friday, 8 April)

**Autism Awareness Week: 2nd – 8th April**

Please find below information and resources shared by Catherine Stull on the MS Teams networks:

* Research and academic / clinical collab at UoM FBMH: <http://www.autism.manchester.ac.uk/>.
* 'Cafe Autistique' 11th April: <https://www.eventbrite.co.uk/e/cafe-autistique-11th-april-2024-tickets-863050947617>.
* National Autistic Society: <https://www.autism.org.uk/>.
* Greater Manchester based charity: <https://i-am-autism.org.uk/>.
* Great Minds Together / Autism Central run 1 hour online info / support sessions for parents and carers: <https://greatmindstogether.co.uk/autism-central>.
* In-person event for parents / carers (in Stockport) <https://www.eventbrite.com/e/parent-carer-wellbeing-craft-session-tickets-866330536957?aff=erelexpmlt>.
* Greater Manchester Autism Consortium (GMAC) events page have free parent seminars around sensory needs, anxiety and autism in general. They are part of the NAS above Manchester has its own branch: [Events | gmac (autismgm.org.uk)](https://www.autismgm.org.uk/events).

[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/) 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.

[Call for Focus Group / Interview Participants](https://edicaucus.ac.uk/covid-study/)

We are now recruiting participants for the online focus groups or interviews. Are you currently working in – or have ever worked in – the UK’s research & innovation ecosystem. Researchers, technicians, educators, administrators, managers – in small or large, public or private/higher education settings. If so, we invite you to take part in research aimed at informing the improvement or creation of more inclusive and better enabling workspaces. These sessions, via Zoom, will concentrate on four specific themes, but will be focused on moving beyond the abstract theory and putting it into the physical reality.

The four themes are:

* Age Diversity in the Workplace
* Gender Inclusivity
* Support for Mental Health and Well-being
* Safety and Health Measures in the Workplace

[April is Stress Awareness Month – how are your employees feeling?](https://content.britsafe.org/media/auqf2k4b/bwt-managing-work-related-stress-sam.pdf)

Many of the leading drivers of stress at work are the same as those behind reduced performance, job dissatisfaction and ultimately why people quit.  Effective stress management equals improved morale for your people and bottom-line performance.  Employers also have a legal duty of care to provide a safe working environment for their people, which includes managing stress.

To support you in promoting Stress Awareness Month within your organisation, Britsafe are pleased to share with you our introductory guide for employers on Managing Stress in the Workplace.

The guide will help you consider whether your current approach meets the minimum legal duty of care in identifying and managing stress in your business. Furthermore, it will help you to understand some of the drivers of stress and their impact on your people and business performance.

[The Ollie Foundation Events](https://www.eventbrite.com/o/the-ollie-foundation-30471012386)

The OLLIE Foundation is a charity dedicated to delivering suicide awareness, intervention and prevention training by empowering professionals and young adults in their own communities to lead suicide prevention activities. It is widely accepted in society that with appropriate support and education, suicide can be prevented.

* Thu, 18 Apr 2024 18:30 - 20:30 – [Talk Safe: Suicide Awareness Talk from The Ollie Foundation](https://www.eventbrite.com/e/talk-safe-tickets-406151388737?aff=ebdsoporgprofile&keep_tld=1)
* Sat, 20 Apr 2024 09:00 - 10:30 – [Teens and Screens: Help Your Teen to Stop Scrolling and Start Sleeping](https://www.eventbrite.com/e/teens-and-screens-help-your-teen-to-stop-scrolling-and-start-sleeping-tickets-852195779517?aff=ebdsoporgprofile&keep_tld=1)

[Neurodiversity at Work (from Everymind At Work)](https://everymindatwork.com/resource/neurodiversity-at-work-resources/)

To be truly neuro-inclusive in the workplace, employers need to increase the awareness and knowledge of neurodiversity for all employees and appreciate the individuality of neurodiverse conditions so that they can provide adequate support. This is a good place to start.

As [#NeurodiversityCelebrationWeek](https://www.linkedin.com/feed/hashtag/?keywords=neurodiversitycelebrationweek&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A7176842566456213505) comes to a close, let's carry forward the momentum of awareness, understanding, and support for [#neurodiversity](https://www.linkedin.com/feed/hashtag/?keywords=neurodiversity&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A7176842566456213505) in our workplaces and communities. By embracing inclusivity, providing necessary accommodations, fostering continuous learning, and improving communication practices, we not only create environments where everyone can thrive but also champion diversity as a strength. Let's continue this journey of acceptance and empowerment beyond this week, making every day a celebration of neurodiversity and the unique talents and perspectives it brings to our world.

[Great Minds Don’t Think Alike – Celebrating Neurodiversity: Taking a strengths-based approach in the workplace‍](https://www.youtube.com/watch?v=WOA78pHn8uQ)

To mark this year’s Neurodiversity Celebration Week, Unmind was joined by special guest speaker Dr Tiffany James on Wednesday 20 to discuss:

* The value of neurodiversity in the workplace.
* Practical tips for managers on creating neuro-inclusive teams.
* Advice for neurodiverse employees about leaning into their strengths and flourishing at work.

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

[Elliott Rae](https://www.linkedin.com/in/elliott-rae-a3a469144/?lipi=urn%3Ali%3Apage%3Aevents_index_about%3Bc8f0b492-9de6-4948-ae3f-00a930c67875) had 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. This is a webinar replay of the LinkedIn Live Event that took place on Monday 25 March 2024.

[Watch the recording: Overcoming Imposter Syndrome – a Thriving from the Start webinar](https://urldefense.com/v3/__https%3A/mindforwardalliance.us18.list-manage.com/track/click?u=87ae24b151beb8c508593537f&id=46cfddacfa&e=4af3e413d3__;!!PDiH4ENfjr2_Jw!C0vbVfUYwkoTTt0a_qOPjUxuSEWlTZMTIladdaKOTPesQIMcGDnQJ86trjMUwXR5_TGBLBPRGxGQ7qgs7tY8GWLSQcplRmjNGe_S$)

This insightful webinar on Monday 18th March 2024, explored what imposter syndrome is, the

impact it has on the working lives of young professionals - now and into their future career and gave advice for how to overcome it.

[Building Your Accessibility Capability: In-house Skills vs External Suppliers](https://youtu.be/yA-AIXzk05M)

What are your options when you're building and enhancing your organisation's accessibility capability? This free webinar shared the thoughts of experienced accessibility leaders from Deque, Skyscanner, the Ministry of Justice UK and Hargreaves Lansdown and help you assess the pros and cons of different approaches.

You can also watch the full discussion AbilityNet's Mark Walker had with Matthew Luken from Deque about building your accessibility capability [here](https://youtu.be/NW8SgkJlNOo).

[Bone density tests at the Sugden Centre](https://www.staffnet.manchester.ac.uk/news/display/?id=31150)

Book your appointment for Monday 15 April 2024.

[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.

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

* Thursday 11 April, 6-8pm – Local Artist Print Launch
* Saturday 13 April, 11am - 12pm – NCHS: Meditation in Nature, Stress Awareness Month
* Saturday 13 April, 1-3pm – NCHS: Feel Good Kids Art Club
* Saturday 20 April, 12 - 4pm – Everyday Art School presents: Record Store Day – Vi4YL Screening

[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.

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

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

* 26 Nov 2023 - 25 Aug 2024 (free, drop-in) – Pride Tours: Join us for our regular Pride Tours of Manchester Museum - our Visitor Team will take you on a journey through the museum, bringing new voices to the collections.
* 12 Apr 2024, 11:00 am - 1:00 pm (free, drop-in) – Make your own amulet.
* 16 Apr 2024, 11:00 am - 2:00 pm (free, booking required) – Art of Collections: Drawing workshops for culture vultures. Collaboration with artist and Culture Champion Yvonne Noworyta in this series of drawing workshops for the curious, aged 50 and over.

[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.

[Henpicked’s Lunch and Learn (webinar replay): How to manage PMS](https://henpicked.net/menopause-hub/how-to-manage-pms/)

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 discussed this at their last Lunch & Learn, which took place on Tuesday 26 March 2024.

[Action for Happiness Forthcoming Webinar: Happier Life Lessons – with Simon Mundie](https://urldefense.com/v3/__https%3A/actionforhappiness.us3.list-manage.com/track/click?u=38ea3e7c0a12909b5f17eb1ed&id=e3f24be5e3&e=a0d0bb6dff__;!!PDiH4ENfjr2_Jw!FiWFAtIUGpeCIT7KD3clRxIMLjXO3fIBSqvMkIsvV0uWtSnPeHJMNZJ2L6MBY_UyKJ3_Ml8cDCkYFv3pzq_jZvPHgHGAF7rIQZE$)

16 April 2024 - Online via Zoom, 7pm UK time

Join Simon Mundie to learn life lessons for happier living and discover how you can experience more 'flow' and feel more content and whole.

[Action for Happiness Webinar (webinar replay): Inner Safety and Sleep – with Dr Nerina Ramlakhan](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 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. This is a replay of the webinar held on Wednesday 27 March 2024.

[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:

* Apr 11 2024, 11:30 AM.

[Happiful’s](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxMTEwNTIyNnxGY2M2V3dad3htYlJoMUdEdDVOM28zUEZIaXQtNUtaVmU2aEFNOXdlU1E3cUlUcVhkdXhjeGxFLURwS3dxbFVFb2dYckdaUlhadVpRSnhHdmN5SmRuNTBkNkhNZ0F5TkY2NGVDUlRJVDdEMU1fTW5HX0xsMFNXMVpObDdtR2ZBM1hBMjU1TF9mbFRsWGhaTDBOeTd4RGxfM0xvZkxzb0xNdS1xcUQzSmVPbTk4YW5sZ2lsdzYxT1hQMWVsanhqQ2p0djd3ak5oMXZfU1M1RHNGYjRmOGZrNW1FVDRhM1pwazM2ZUlLMW9SVURJZ1lZR3c1ajMxVWRfWllzSDRxZzBNZ1Y3dFVvcjE5eXdwVE9xdjNKZ2lhcXBocTRBYUUzYWg4TWVlcUVPVERZNmJOSkFfZHd4LUZWVXVNdk8zTFcyLUE2a3l0RTFCY19GcXyfCddk7jFCT5BVlgPCp5ZAQEtktOm-PEcCHFHG7-xfWA%3D%3D) *[The Uplift](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxMTEwNTIyNnxGY2M2V3dad3htYlJoMUdEdDVOM28zUEZIaXQtNUtaVmU2aEFNOXdlU1E3cUlUcVhkdXhjeGxFLURwS3dxbFVFb2dYckdaUlhadVpRSnhHdmN5SmRuNTBkNkhNZ0F5TkY2NGVDUlRJVDdEMU1fTW5HX0xsMFNXMVpObDdtR2ZBM1hBMjU1TF9mbFRsWGhaTDBOeTd4RGxfM0xvZkxzb0xNdS1xcUQzSmVPbTk4YW5sZ2lsdzYxT1hQMWVsanhqQ2p0djd3ak5oMXZfU1M1RHNGYjRmOGZrNW1FVDRhM1pwazM2ZUlLMW9SVURJZ1lZR3c1ajMxVWRfWllzSDRxZzBNZ1Y3dFVvcjE5eXdwVE9xdjNKZ2lhcXBocTRBYUUzYWg4TWVlcUVPVERZNmJOSkFfZHd4LUZWVXVNdk8zTFcyLUE2a3l0RTFCY19GcXyfCddk7jFCT5BVlgPCp5ZAQEtktOm-PEcCHFHG7-xfWA%3D%3D)* [Weekly Magazine (22/03/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxMTEwNTIyNnxGY2M2V3dad3htYlJoMUdEdDVOM28zUEZIaXQtNUtaVmU2aEFNOXdlU1E3cUlUcVhkdXhjeGxFLURwS3dxbFVFb2dYckdaUlhadVpRSnhHdmN5SmRuNTBkNkhNZ0F5TkY2NGVDUlRJVDdEMU1fTW5HX0xsMFNXMVpObDdtR2ZBM1hBMjU1TF9mbFRsWGhaTDBOeTd4RGxfM0xvZkxzb0xNdS1xcUQzSmVPbTk4YW5sZ2lsdzYxT1hQMWVsanhqQ2p0djd3ak5oMXZfU1M1RHNGYjRmOGZrNW1FVDRhM1pwazM2ZUlLMW9SVURJZ1lZR3c1ajMxVWRfWllzSDRxZzBNZ1Y3dFVvcjE5eXdwVE9xdjNKZ2lhcXBocTRBYUUzYWg4TWVlcUVPVERZNmJOSkFfZHd4LUZWVXVNdk8zTFcyLUE2a3l0RTFCY19GcXyfCddk7jFCT5BVlgPCp5ZAQEtktOm-PEcCHFHG7-xfWA%3D%3D)

How to manage anxiety about anxiety:

* Anxiety Anxiety.
* Find Yourself.
* Get Involved.
* Deadline Tips.

[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.

[Give your view on Greater Manchester's priorities for nature recovery](https://mailchi.mp/greatermanchester-ca/lnrsmar24-12799482?e=f80d40a87e)

Help us shape Greater Manchester's plan for nature by answering our survey.

**RSPB Notes on Nature**

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

[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

[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. **Special Offer** – UoM staff can receive a 50% discount on any ticket purchases. Please use code XUOMSTAFF at checkout.

[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.

[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.

**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 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.

[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.

**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)

[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.

**Other relevant newsletters:**

[Cyclescheme Newsletter, 25 March 2024](https://link.myschemes.co.uk/u/gm.php?prm=qvpkfTJiX7_142365079_6169236_29399&_esuh=_11_348020efd7a3f00cde303c096cb43d9271d70d8399d184b34878e3a562a8cd7f)

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

[Office for Social Responsibility Civic Engagement Newsletter, March 2024](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=M7oDU1MzE4MlM5MjQxOjYyREU2OUYwNjc1MUM1NjZFRjZGNDVCRkUzODYwMTZB-&CC=&p=0)

[Manchester City of Literature Newsletter, March 2024](https://mailchi.mp/02e9c5e88a88/manchesters-march-literary-delights-just-for-you?e=274dc46a02)