**Humanities Social, Wellbeing, EDI, Social Responsibility and
Environmental Sustainability News, 19 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)

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.

[Fostering wellbeing at our University – have your say](https://www.staffnet.manchester.ac.uk/news/display/?id=31234)

Our wellbeing commitment launches 17/04/2024 alongside our staff wellbeing survey. The survey will remain open until Wednesday, 8 May.

[EDI Directorate ‘Let's Talk’ Presents ‘Let’s Talk About Race’ with Gary Younge](https://www.ticketsource.co.uk/the-university-of-manchester-edi/t-xmjpkpv)

 Coupland Building 3 – Theatre A, Coupland Street, M15 6FH

 Thu 23rd May 2024 12:00PM

Our guest speaker will be Gary Younge, an award-winning author, broadcaster and a Professor of Sociology at the University of Manchester.

Formerly a columnist at The Guardian he is an editorial board member of the Nation magazine, the Alfred Knobler Fellow for Type Media and winner of the 2023 Orwell Prize for Journalism.

**Black Maternal Health Week Art Installation**

There's currently a gorgeous installation marking Black Maternal Health Week (11-17 April 2024) in the Jean McFarlane atrium. It has been jointly curated with the incredible @holdingherspace community.  Come along to view artwork, listen to stories via our interactive QR codes, and show support to this fantastic community-based organisation. No booking required, just come along when you can. We hope to see you there over the next week or so.

[Disabled Staff Network Presents: Exploring Internalised Ableism: Insights from a registered Blind AuDHD Rhino (Jamie Shields)](https://www.youtube.com/watch?v=FrK9X6iKegw)

Drawing from his personal experiences as a registered blind person with AuDHD, Jamie engages with the Neurodivergent Network and Disabled Staff Network at the University of Manchester to shed light on how internalised ableism impacts individuals and communities. Discover actionable steps to challenge preconceptions, foster inclusivity and cultivate understanding in our shared spaces.

This talk welcomes members, allies, and anyone interested in gaining insights into neurodivergence and the diverse lived experiences of neurodivergent and disabled individuals.

[Book Club meeting](https://www.staffnet.manchester.ac.uk/news/display/?id=31225)

Join our next Book Club meeting on Friday, 26 April 2024 between 12:30pm and 1:30pm. You don't even need to have finished the book (although there will be spoilers!).

This month’s book is Devil's Breath by Jill Johnson. We will also recap The Satsuma Complex by Bob Mortimer.

[Everymind At Work Presents: The Wellbeing Provisions That Are Failing Employees](https://my.demio.com/ref/vYVqabukaAnjNEZ0?utm_campaign=2024%20Demand%20Gen%20Activity&utm_medium=email&_hsenc=p2ANqtz-92-izDP1h8CxPzZqvuSLoESffsZFnk3D22E_WHkqSNIuimkALcYQyCImbjJMftgpK3dcKR2nIxz9N2j-u4Mfv_EbJcLNhPUEF8qAIzKEco6Xwo6pA&_hsmi=302358322&utm_content=302358322&utm_source=hs_email)

Wednesday 1 May 2024 @ 1:00PM BST

In this panel-led session, Paul McGregor will be joined by 2 special guests to uncover the wellbeing programmes with the biggest impact (and the ones that've missed the mark).

[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.

[HSE’s Working Minds ebulletin: April 2024](https://content.govdelivery.com/accounts/UKHSE/bulletins/392d9c1)

Make Stress Awareness Month the month you make it routine to prevent stress and support mental health at work - and encourage others too.

Find out more about embedding Working Minds principles in your workplace at our [campaign website](https://workright.campaign.gov.uk/campaigns/working-minds/?utm_source=govdelivery&utm_medium=email&utm_campaign=working-minds&utm_term=intro&utm_content=wm-2-apr-24).

[Stress Awareness Month: Technology is Contributing to Employee Burnout (LinkedIn)](https://www.linkedin.com/pulse/stress-awareness-month-technology-contributing-employee-burnout-j6ghc/)

According to [Calm’s 2024 Voice of the Workplace Report](https://business.calm.com/resources/guides/2024-voice-of-the-workplace-report/?utm_source=linkedin&utm_medium=newsletter&utm_campaign=linkedin-newsletter), technology is creating employee stress. Artificial intelligence (AI) is only part of the story. Calm’s 2024 Voice of the Workplace Report is based on a survey of 4,000+ workers in the US, UK, Germany, and India; analysis of Calm usage patterns by 4 million+ Calm subscribers, and an Arizent/EBN survey of 150+ HR leaders conducted on behalf of Calm.

[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.

* 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).
* Fri 26 Apr 2024, 16:30 - 18:00 and Wed 8 May 2024, 9:30 - 11:00 – [Zentangle](https://www.eventbrite.com/e/zentangle-tickets-161617216445?aff=ebdsoporgprofile&keep_tld=1) – fortnightly mindful drawing workshops provide 90 minutes of calm where participants can enjoy, regardless of artistic ability, creating a unique and beautiful piece of art.

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

* Saturday 20 April, 12:00 - 16:00 – Everyday Art School presents: Record Store Day – Vi4YL Screening
* Thur 9 May, 18:00 - 20:00 – Seasonal Preview: Celebrating the openings of the Whitworth's exhibitions of John Lyons, Ayo Akingbade, Shirley Craven and Everyday Art School.
* Sun 12 May 2024, 14:00 - 16:00 – Still Parents, May Workshop: Free creative workshops for those who have experienced the loss of a baby in pregnancy or just after birth.

[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.
* 6 Jan 2024 -6 Jul 2024 (free, register your interest) – Saturday Club: Society and Change. Are you aged 13-16? Are you interested in creatively exploring how we can work together towards a fairer and more sustainable future?
* 27 Apr 2024, 12:00 pm -1:00 pm (free, booking required) – My Grandma’s Magic Recipes: Interactive book reading with Ella Phillips. Embark on a captivating journey with author Ella Phillips in a multi-sensory workshop that blends storytelling, interactive fun, and creativity to spark your imagination for Spring!
* 7 May 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: Exploring the impact of menopause and neurodiversity](https://www.eventbrite.co.uk/e/exploring-the-impact-of-menopause-and-neurodiversity-tickets-870595944907)

Tue, 23 Apr 2024 10:00 - 11:00

Register today to hear about the Bournemouth University research to understand more about menopause's impact on autistic individuals.

[Henpicked’s Lunch and Learn (webinar replay): Take control of your menopause journey](https://henpicked.net/menopause-hub/wp-content/uploads/2024/04/henpicked-take-control-of-your-menopause-Nigel-Denby.mp4)

As part of our Lunch & Learn series of webinars, here’s Nigel Denby of Harley Street at Home. Menopause is part of every woman’s life, yet a legacy of poor information and communication still leaves many of us wondering what’s happening and what we can do to navigate this major transition in our life.

We’ll be exploring this topic and what we can all do to feel in control of our menopause journey. Listen in for expert advice and top tips. This is a replay of the webinar held on Tuesday 9 April 2024.

[Action for Happiness Forthcoming (webinar replay): Happier Life Lessons – with Simon Mundie](https://youtu.be/xClLA4nG5nc)

Join Simon Mundie to learn life lessons for happier living and discover how you can experience more 'flow' and feel more content and whole. This is a replay of the webinar held on Tuesday 16th April 2024.

[Action for Happiness Webinar: Life Hacks for Happiness - with Dr Radha Modgil](https://www.eventbrite.co.uk/e/life-hacks-for-happiness-with-dr-radha-modgil-tickets-862993606107?aff=oddtdtcreator)

Wed, 24 Apr 2024, 19:00 - 20:00

Join wellbeing expert Dr Radha to learn her top "life hacks" for staying mentally and emotionally well and improving your wellbeing.

[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:

* Thur 25 Apr 2024, 11:30 AM.

[Basic Bicycle Maintenance](https://beeactive.tfgm.com/cycling/courses-and-bike-maintenance/)

This training is for you if you would like to learn how to look after your bike and carry out simple maintenance.  The basic maintenance course is provided at the subsidised cost of £10, thanks to TFGM. You will learn:

* About the parts of your bike and what they do
* What to check before you ride
* How to adjust the saddle, handlebars, brakes and gears
* How to mend punctures

[Happiful’s *The Uplift* Weekly Magazine (12/04/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxMjkxNjAzM3xNUUZ2a09Od29xTTN2Mm1pdThEV204aVZMZUJ4YXQzRS1uQWRBVlRyTVNyck1HbEtfd3JQLWhvOEJvbmpVUzd3T0RGc3ktVWo1OHlrYWYzclRMODBUNWxkWVo3U3NrRFFuOVpuMlZwWEstTlRZSTRCN01oQkF0NGt6dFc5WDJaWmNtRUFSeGtPVVhxOEZXbE90TmR3cDFUX19PMml4QVgzb25MZHd3T2FfSGZTcWRRdnF4QjM4anpoZHB0b0tWUS1NVG42U2lHc0x4dXRuVzladWcyOHhyQ2pyc1Q1SzdIWHBVTXRYTkFhZFBfYktVTlZKMkhtdXByR1pnRTJVSzlWOVBFampZT2NpZDE1ZTIzbW53TkFsUGtPZDlkeFVITm5FVTVaMXBvMHIyTmNPUVJoREU0clhjN0NnMWxmblRIa0Q2ZXY1T2NtT0VxYnzbCm5YHEtwhwcEFlvzmfZe3GLPLUKRD5p0XyyhJN0obQ%3D%3D)

Are you worried about being ordinary?

* Facing Fears
* Social Anxiety
* Diet Talk
* Set Boundaries

[Happiful’s The Uplift Weekly Magazine (05/04/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxMjMxMDYxOXw0X2hyVW1DNnF1RTc4S0c5ZkNFSTJhWXFUUTlmQXNOT1hrdkhZXzFMRUpENUYwZWQ3V0lDWmE2cVFpS09jd3lZQkJuSDBvb25sZV9JWkp4NDZsbU1aM281TWJDX2lmVS04NmgwMzR6MFhSckhXUTdkZ1FHYV92UlBtSWxKRHhFaUxVQXRXVFpZMWhsaXlQRW91cnk2eXVzSGxPVEhySWNUcHQ3V2xFUGt5VUJXcFJVUkFMb2V2RWMyYlZPM3JLaHdRUEdMMGltSzVMTl9VUGNDQkNndkt5T2xoMHFnekRoSmFvMXVxVm9xUnNBU2FMMHBIUk11VWQwSTd5SlJlakdBWUJIQmFwaVJScFVwZ2hwQ0g4RzdrdVphVnhyNkt0UzhFc29Ea0J6amZ2T2VxTWpEWFNRS0JDbmhraEc4SXp1MVRFYkE5WHBTbWNjbHyeoKj0KTOekyejfjOWy1HrEZMLnz5R4OAhA4H6AScskQ%3D%3D)

How to spot high-functioning anxiety and what to do about it:

* Hay Fever
* High-Functioning Anxiety
* Eldest Daughter
* Poetry Prize

[Happiful Magazine, Issue 85](https://urldefense.com/v3/__https%3A/click.happiful.com/ls/click?upn=u001.28Gc7YwOWu-2BFSW5prfJw8z84HOPc7-2FJ2hMcXT1Bj1WHk4gzzrCjkXf3eXYNVRbVU-2BljwPAzB59ugHk2g-2BX3UrTQmbd1Tak1zkC8MDlxWg-2BPmhZOonWL6s4HWAmlx6BYxEtbzPd3Vw2kua8HKcFGa2ERBHk4F28-2FWCfA0mwZkijN5e9ND8iXOXjtFV9wXWGUD9Ffz_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPaiLHaaR-2BTvBdU84OoC8-2BX5HqMpSAw8y1mJ1GEnRUXh9I05rLftzYfo3JjDyXQ1T643uXq0YGtePUKa1rXsgwl1zypMeVWQtKu1SeVNqcNsNCb5K1Vqv9hM1-2FRC40RNzMV5ic6Sqt7cca7JM-2B8DkQyF1YX4-2FosT1pUYnNcD0c1FEu6CDD25czU0aa4QTq0RQYSBsh5ZJX4jq2W98BRMH78d9mm03leihzXYOuSr5CEB0lfXrMnWJz1XAyZOy7JG6w0OJ78GAzbTtuaC12CoWis3fIv7oRrFAvzaxTdJvf1mk7FpkqQJs8BRGKGf5d3-2FpSQqhmS1m1msQboPhugn-2FfuFayD-2BwrCRoisfBzZMKQroxaA6c4syVkhanaB2uRO9FdKk5oLMl6voBpkOUtm9MS4cHjJVutNCUpxXSaYZP6IgEtP2dLNATxz2K1aaxueP1CvIPS-2BxRglDhPSwkNkSGb1TypQsvm6UVqAxfV8K-2Fr4nL5mQS4n2COwjN9SB5bafKPAFI6hc3KSi2pEflYatfV0kul6vCbkDeeyqeqdiEdYy4buZmz-2FC7LgK7SBx-2BMAN2rGAar-2BYZ-2FaXj5Dj9VYvxr5O4ot8bHkafuQd8KOymoTCd0gPCGtb50lkubgsRNx-2FmmXGgtAv3Jv1u7rmwDgQ8BrOY96X0FPA6A7SI73zrzxrDlOCdp-2BbIyWDcVBlsZ-2Fl-2BCS6WvgFSHHUNW802SRoRsMNZaTMUV7Hc3ex0voIdCpU9mX38jAWAMf7MVktzrNQ1zxws7SFwg3igTlfev4DET-2F2YxxPkKne92edUt6W-2ByM11HkdqPAr5rY1ibiFMMeMf7qal0BP-2Fn-2BAFkSYs3-2FP5t8VaX36yYgQncUMDFs-2FIUJ4U-2B5-2FvT2sDplV-2FnosL7JLtvQ2OnUTDRzZrZ79iD373A-2FIqhT5vmNQ-2B-2FR3W1ZNdNgfhAg7RoKIpFW2No5LsxIiTP19dkAmFQ-2F1Vm1zcAvTrEsDDrGomAMd-2BGUHtj1ysPJIgrfHNCjVFq3PChObEKNk4uCrxJx23UGhYm7hXfsn9sDBEEvkcI73rnPe7S2Gsp1xYRd7zfp0k6Kmo8vgFcE-2BwZ0-3D__;!!PDiH4ENfjr2_Jw!AJsa_qf8rZpnyFjlpeO2jJqGt30VJMLTEGlpF8MgVf2oPnA4VFphdVDxixQ1inUyNefWupI8FwHNOZIPfOin-WwiHfPYgQ$)

Discover fresh thinking and practical steps to making positive change in your life, with issue 85. This month, we’re exploring a huge range of fascinating topics, including:

* What can we learn from the Japanese concept of ‘shikata ga nai’?
* Discover recipes from the ‘blue zone’ for longer life
* How the act of walking can become deeply healing
* What to do when you’re in ‘threat mode’
* Why it’s never too late to discover who you are
* What is ‘parentification’ and how can we stop doing it?

[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.

[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 6th June, 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:**

[Manchester Libraries – Manchester City Council, April 2024](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/392d985)

[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)

[Sustainable Futures Monthly Newsletter, April 2024](https://mailchi.mp/898ed2e19ddc/the-latest-updates-in-research-calls-news-items-events-and-ongoing-activities-across-sustainable-futures-6721602?e=6f183721c1)