**Humanities Social, Wellbeing, EDI, Social Responsibility and
Environmental Sustainability News, 03 May 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.

**May celebrates:** [National Walking Month](https://www.livingstreets.org.uk/get-involved/national-walking-month/), [Stroke Awareness / Action on Stroke Month](https://www.stroke.org.uk/get-involved/stroke-awareness-month), [Bladder Cancer Awareness](https://fightbladdercancer.co.uk/get-involved/bladder-cancer-awareness-month), [Skin Cancer Awareness](https://www.skincancer.org/get-involved/skin-cancer-awareness-month/)

6-12 May [National Thrombosis Week 2024](https://www.thrombosisuk.org/national-thrombosis-week.php#:~:text=Thrombosis%20are%20happy%20to%20announce,and%2012th%20of%20May%202024.)

6-12 May [Sun Awareness Week](https://www.bad.org.uk/sun-awareness-week-2024/)

6-12 May [Deaf Awareness Week](https://www.ndcs.org.uk/deaf-awareness-week/)

8 May [National Day for Staff Networks](https://www.ticketsource.co.uk/the-university-of-manchester-edi/staff-network-day-lecture/e-lderqk)

12 May [Fibromyalgia Awareness Day](https://www.awarenessdays.com/awareness-days-calendar/world-fibromyalgia-awareness-day-2024/#:~:text=May%2012,invisible%20and%20debilitating%20chronic%20condition.)

13-19 May [Black Inclusion Week](https://blackinclusionweek.org/)

13-19 May [Dementia Action Week](https://www.alzheimers.org.uk/get-involved/dementia-action-week#:~:text=Dementia%20Action%20Week%20is%20Alzheimer%27s,run%20from%2015%2D21%20May.)

13-19 May [Mental Health Awareness Week](https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week#:~:text=The%20theme%20for%20Mental%20Health%20Awareness%20Week%20in%202023%20is%20Anxiety.) (theme: “Movement: Moving more for our mental health”)

[Action For Happiness Wellbeing Calendar: Meaningful May](https://actionforhappiness.org/sites/default/files/May%202024.pdf)

There are lots of ways to live with purpose, even in difficult times.  So, this month let's focus on the things that make life meaningful. Our calendar is full of little actions that make life feel bigger. Give it a try and share it with others too.

[Deaf Awareness Week: building inclusive communities for all](https://www.staffnet.manchester.ac.uk/news/display/?id=31312)

Deaf Awareness Week runs from 6 to 12 May 2024.

[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.

[Lesbian Visibility Day](https://www.staffnet.manchester.ac.uk/news/display/?id=31280)

Celebrating Lesbian Visibility Day. Lesbian Visibility Day takes place on April 26th every year as part of [Lesbian Visibility Week](https://www.lesbianvisibilityweek.com/#:~:text=For%20Lesbian%20Visibility%20Week%202024,every%20country%20around%20the%20world.) which starts on 22nd April and runs through to the 28th April. Lesbian Visibility Day (and Visibility Week) is a time to celebrate progress and to raise awareness and visibility of lesbian women and non-binary people.  In 2024, the theme for Lesbian Visibility Week is ‘celebrating the power of sisterhood’ and aims to uplift Lesbian women and non-binary people all over the world, from every field, generation and in every country.

[A new resource to support colleague and student wellbeing](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=31303)

Library and staff wellbeing colleagues have worked together to curate a resource to support key aspects of staff and student wellbeing.

[Tips for effective meetings](https://www.staffnet.manchester.ac.uk/news/display/?id=31222)

We’ve created a short five step meetings guide to support individuals, teams, and leaders with scheduling, planning and conducting meetings.

[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) (webinar replay)

To recap, Claire Burgess (Head of Health & Wellbeing at Unipart Group) and Justine Pernice (EDI Specialist & Group Diversity, Inclusion & Wellbeing Manager at Aldermore Bank) shared valuable advice on wellbeing programmes that have led to a positive impact. This is a replay of the webinar held on Wednesday 1 May 2024.

[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.

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

* 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.
* Fri 17 May 2024, 10:00 - 12:30 - [Menopause Yoga and Meditation](%EF%83%98%09https%3A/www.eventbrite.co.uk/e/menopause-morning-retreat-awaken-to-spring-tickets-884266132807?aff=oddtdtcreator).

[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.

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

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

* 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?
* 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: Hot flushes and alternatives to HRT](https://us02web.zoom.us/webinar/register/WN_BVRiCQ9WT5uyGGa3C_FEYQ%22%20%5Cl%20%22/registration)

Tues, May 7, 2024 12:15 PM

Struggling with hot flushes but don't want to take HRT, or can't take HRT? Do you want to know about the latest developments and what else is available to help you? Join us for our FREE Lunch & Learn webinar where Henpicked’s Deborah Garlick and Dr Clare Spencer of My Menopause Centre will be discussing exactly this!

[Action for Happiness Forthcoming Webinar: Everyday Mindfulness](https://actionforhappiness.org/everyday-mindfulness)

Wed, 8 May 2024 19:00 - 20:00

At this special event, the legendary "father of modern mindfulness" Jon Kabat-Zinn will help us reconnect with how to cultivate moment-to-moment awareness – the essential life skill which helps us pay deeper attention to our mind, body and heart. Rather than seeing mindfulness as an occasional practice, Jon will help us recognise that life itself is our meditation practice. And you can learn to make this the way you actually live your everyday life.

[Action for Happiness (webinar replay): Life Hacks for Happiness - with Dr Radha Modgil](https://urldefense.com/v3/__https%3A/youtu.be/hiI05R68_Qw__;!!PDiH4ENfjr2_Jw!HhEh6zNjmK5H6Y_za1XwwbFzMhf6aGdfVFjCk0K1PhM2wetnwuOluOou_MCWSzEu3zezxQEF7dqGJkx328NqK6h4LZ_ogmZgJY1TtA$)

Join wellbeing expert Dr Radha to learn her top "life hacks" for staying mentally and emotionally well and improving your wellbeing. This is a replay of the webinar held on Wednesday 24th April 2024.

[GM Walking Festival](https://gmwalking.co.uk/festival/)

Be part of the Greater Manchester Walking Festival every May.

[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 09 May 2024, 11:30 AM.

[Transport for Greater Manchester: Learn To Ride Or Fix Your Bike](https://beeactive.tfgm.com/cycling/courses-and-bike-maintenance/)

Cheaper than the car, faster than your feet: **we’ve opened up cycling courses** to more people living or working in Greater Manchester.

Learn for the first time. Build your confidence. Drive safely around cyclists. Whatever you’re looking to learn, we’ve got a course to fit.

[Happiful’s](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNDczMDQyOXxCOEk0QjJ6Wl9NNDg5M2h4dFlpcmlLdUZhYWFWOGM1aWJiLUVnTnZDRXY1ODlIR0pJb1BMTzlPTUtkbkdTU2hPa1dtMGs3RnZqZkp4Tkk1VFA1Z0RDeUdNekxfWWRfM3FKb1J6Q3dZWVhBZHZraGtubVExQzVsX3hVQy1fUEY5VVZLVHNWUmZtQjF1MDNZWUJzZFZ6YWY3UkZiUXVneG9XNElwbE5Zbjg2YmhENFNhaHA1RHJmZi1YQ0JUU3o2RlVvMjM2U0NJbW1JMUw5RmxiMlAzbzV2WThka0V6UXlaelpGRWVfaWRIMXQwMzJneWMtazRSOURjSjlxT19GR2NLQW9jQklMNG1LSFVuYjdiX1Brc1Z6SUppQkdrTUtSOV9TejhGZGxyNDZTcDhWNHVaTlRmWGtWUGU0OUdIbGRFc0REclY1ZWpiRTZKd3yPhKT12AsPorbageOL7JmdA9mdXAk5s3MPDp562SrmNg%3D%3D) *[The Uplift](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNDczMDQyOXxCOEk0QjJ6Wl9NNDg5M2h4dFlpcmlLdUZhYWFWOGM1aWJiLUVnTnZDRXY1ODlIR0pJb1BMTzlPTUtkbkdTU2hPa1dtMGs3RnZqZkp4Tkk1VFA1Z0RDeUdNekxfWWRfM3FKb1J6Q3dZWVhBZHZraGtubVExQzVsX3hVQy1fUEY5VVZLVHNWUmZtQjF1MDNZWUJzZFZ6YWY3UkZiUXVneG9XNElwbE5Zbjg2YmhENFNhaHA1RHJmZi1YQ0JUU3o2RlVvMjM2U0NJbW1JMUw5RmxiMlAzbzV2WThka0V6UXlaelpGRWVfaWRIMXQwMzJneWMtazRSOURjSjlxT19GR2NLQW9jQklMNG1LSFVuYjdiX1Brc1Z6SUppQkdrTUtSOV9TejhGZGxyNDZTcDhWNHVaTlRmWGtWUGU0OUdIbGRFc0REclY1ZWpiRTZKd3yPhKT12AsPorbageOL7JmdA9mdXAk5s3MPDp562SrmNg%3D%3D)* [Weekly Magazine (03/05/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNDczMDQyOXxCOEk0QjJ6Wl9NNDg5M2h4dFlpcmlLdUZhYWFWOGM1aWJiLUVnTnZDRXY1ODlIR0pJb1BMTzlPTUtkbkdTU2hPa1dtMGs3RnZqZkp4Tkk1VFA1Z0RDeUdNekxfWWRfM3FKb1J6Q3dZWVhBZHZraGtubVExQzVsX3hVQy1fUEY5VVZLVHNWUmZtQjF1MDNZWUJzZFZ6YWY3UkZiUXVneG9XNElwbE5Zbjg2YmhENFNhaHA1RHJmZi1YQ0JUU3o2RlVvMjM2U0NJbW1JMUw5RmxiMlAzbzV2WThka0V6UXlaelpGRWVfaWRIMXQwMzJneWMtazRSOURjSjlxT19GR2NLQW9jQklMNG1LSFVuYjdiX1Brc1Z6SUppQkdrTUtSOV9TejhGZGxyNDZTcDhWNHVaTlRmWGtWUGU0OUdIbGRFc0REclY1ZWpiRTZKd3yPhKT12AsPorbageOL7JmdA9mdXAk5s3MPDp562SrmNg%3D%3D)

How to halt anxious thoughts at work:

* Workplace Anxiety
* No Mow May
* Join Us
* Exploring Grief

[Happiful’s The Uplift Weekly Magazine (26/04/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNDEyNTYzM3wxWEs2Y1V3QjRFWHNsdVhkSnFxSkRmeC15OTVQVmJOMnlQeVgtanFvT0R0Zks4SlRIWW9WSG9ITWRKNkliRklzMkY0ZXlNamJVcUNjdDNIWHVWbWppdEw2eU56cHBCdTZJQU9KQm1VNUMzUUczaUZSVkF3MVVHLUNiOW0xTHpOVTVOSDBnaTBKLUFNTFdZcTlDeDB5eTY1NHBxbXpBaU85bXlLeXJ5REFEbUw4WENEWjkwSk15dGRCM3dVZ3RaenI4aUZOWTJyR0lxYTV2Q3VLaENMRWQ5Z3dRZTJtUU43NVN3TkRjSTVHOTYzT3BmcDBZcFRJQjZpb3hVdmdHV0hyUVktcGh4SlRMTmtzaEt6T0I1M1BTZ2pLZm02b2x3ekxocU1GZUxDNW4tdWRvdGs0Z3dqY3g1cUMtVW5jclowZm93TWlGNC1uN1RoT3xveJkcnQ1RIt4gpg4ZQE5HS-Z2vVtQDHG1qCP1yoTiwg%3D%3D)

30 springtime affirmations:

* Spring Affirmations
* Manage Worry
* Good Advice
* Wild Workouts

[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.

09 May 2024 – 12:30 to 16:30

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)

* Thursday 30/05/2024 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/)

Staff sessions are as follows – booking is essential:

* Friday 03 - 31 May, 13:00 - 13:45 (weekly one-off workshops) – Mindfulness Meditation.
* Friday 31 May, 09:30 - 10:30 – Managing Acute and Ongoing Stress

**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, May 2024](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/399cd03)

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

[Sustainable Futures Monthly Newsletter, May 2024](https://mailchi.mp/777e55995e4e/the-latest-updates-in-research-calls-news-items-events-and-ongoing-activities-across-sustainable-futures-6724586?e=6f183721c1)

[Your April MHFA England Newsletter](https://elinkeu.clickdimensions.com/m/1/60201469/p1-b24120-1bb2d74dd8a84bf0b6cfbb1b361c8646/5/280/af391912-bd49-4d74-8f2b-90cb278738bc)