**Humanities Social, Wellbeing, EDI, Social Responsibility and
Environmental Sustainability News, 17 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/)

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”)

13-19 May [Salt Awareness Week](https://www.actiononsalt.org.uk/awareness/salt-awareness-week-2024/)

16 May [Global Accessibility Awareness Day](https://accessibility.day/)

20-26 May [Action for Brain Injury Week](https://www.headway.org.uk/news-and-campaigns/news/2024/abi-week-2024-a-life-re-written/#:~:text=Action%20for%20Brain%20Injury%20Week,%3A%20A%20life%20re%2Dwritten.)

20-26 May [Epilepsy Awareness Week](https://nationaltoday.com/epilepsy-awareness-week/)

21 May [World Meditation Day](https://www.holidaycalendar.io/holiday/world-meditation-day#:~:text=World%20Meditation%20Day%20%2D%20May%2021%2C%202024)

22 May Manchester Arena Attack Anniversary

30 May [World MS Day](https://worldmsday.org/) (theme: diagnosis)

31 May [World No Tobacco Day 2023: We need food, not tobacco](https://www.who.int/campaigns/world-no-tobacco-day/2024)

[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.

[Religious awareness days this May and June](https://www.staffnet.manchester.ac.uk/news/display/?id=31312)

Observing religious celebrations this May and June.

[Mental Health Awareness Week: Monday 13 to Sunday 19 May 2024](https://www.staffnet.manchester.ac.uk/news/display/?id=31343)

This year’s theme is 'movement: moving more for our mental health'.

[Mental Health Crisis Helplines](https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/)

If you need to talk right now, there are many helplines staffed by trained people ready to listen. They won't judge you and could help you make sense of what you're feeling.

Many listening services let you talk for as long as you need. This page lists some options to try.

[Manchester Mind](https://www.manchestermind.org/)

We are Manchester Mind. We're here to support better mental health for everyone in Manchester. We have been doing this for over 30 years.

[If It's Okay: Tackling Shame About Mental Health](https://www.mind.org.uk/news-campaigns/campaigns/if-it-s-okay/)

Together, we can tackle the negative impact that shame has on those of us with mental illness.

[Workplace Movement: Move more for employee mental health (webinar replay)](https://www.linkedin.com/events/workplacemovement-movemoreforem7191428111110950913/theater/)

As Mental Health Foundation, Mental Health Awareness Week - 𝘔𝘰𝘷𝘦𝘮𝘦𝘯𝘵: 𝘔𝘰𝘷𝘪𝘯𝘨 𝘮𝘰𝘳𝘦 𝘧𝘰𝘳 𝘰𝘶𝘳 𝘮𝘦𝘯𝘵𝘢𝘭 𝘩𝘦𝘢𝘭𝘵𝘩 approaches, on Monday, 8th May start your day off with a refreshing walk whilst tuning in for an insightful discussion with Tony Eames, Total Active Hub's Founder & CEO and his special guest, Ryan Hopkins, bestselling wellbeing author.

They'll chat about the benefits of workplace physical movement and the huge impact it can have on both employee wellbeing and businesses, as well as talking about their own experiences of improving mental health through movement.

[Mental Health and Menopause](https://media.licdn.com/dms/image/D4E22AQGKynpeRZOCgg/feedshare-shrink_1280/0/1715073291335?e=1718841600&v=beta&t=kBoY8_mPtO4AbUqDxfn8dOtEjOcjziMPu9i07t5fmSk)

Changes in hormones during menopause can impact mental health as well as physical health. Hormonal changes could lead to feelings of anxiety, stress or even depression.

This Mental Health Awareness Week we'd like to share some advice for promoting mental wellness during menopause.

[Mental Health Awareness Month: Improving Mental Well-being, One Step at a Time](https://www.linkedin.com/pulse/mental-health-awareness-month-improving-well-being-one-step-time-yuiac/)

This Mental Health Awareness Month, Calm recommends encouraging your employees to explore ways to improve their mental well-being.

[Tips For Moving More For Your Mental Health](https://www.mentalhealth.org.uk/sites/default/files/2024-04/MHF_Movement_Tips_2pp_A4.pdf)

Movement is important for your mental health. It can increase your energy, reduce stress and anxiety, and boost your self-esteem. Read our tips to help you get moving more for your mental health.

[Business Disability Forum Mental Health Toolkit](https://businessdisabilityforum.org.uk/knowledge-hub/toolkits/mental-health-toolkit/?utm_source=hootsuite&utm_medium=linkedin_organic&utm_term=&utm_content=MHTK_free_resources_MentalHealthAwarenessWeek&utm_campaign=Resources+24)

Mental Health Awareness Week is an opportunity to think about your organisation's mental health initiatives and to check on colleagues. Our Mental Health Toolkit includes a number of free resources that are open to all.

They will give you guidance on how to support employees' mental health, how to spot someone may be in mental distress, how to manage serious situations and more.

[Off The Top Of Your Head](https://podcasts.apple.com/gb/podcast/off-the-top-of-your-head-podcast/id1483926913)

Understanding about mental health and wellbeing in the workplace is changing. Join MHFA England’s chief executive, Simon Blake, and his guests as they shine a light on creating healthier workplaces and their impact on our wider communities.

This is the Off the top of your head podcast. A podcast all about mental health and wellbeing in the workplace and beyond. \*\* Content warning: This podcast may contain references to poor mental health, suicide, self-harm, abuse, and other mental health factors \*\*

[How to help someone with OCD | Mind](https://youtu.be/lbm1hc4-X8Q)

Obsessive-compulsive disorder can be really difficult to live with. Here are some helpful tips to try if you're supporting a family member or friend with OCD.

[Autism and Suicide Awareness Training](https://www.zerosuicidealliance.com/autism-suicide-training)

This course has been developed for anyone to take the training, but we particularly recommend you take the training if you are part of the autistic community or work with autistic people. This course is recommended for people aged 16 or over.

[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.

[R;pple Suicide Prevention Charity](https://www.ripplesuicideprevention.com/)

This week is Mental Health Awareness Week, but in schools, colleges and universities across the country, it's another week in exam season filled with pressure and the stress that comes with it.

We wanted to shine a light on how parents, teachers and friends can support young people with their mental health during this extra busy time. Please share this post with your network and help us amplify the resources available.

Resources / Support: <https://www.ripplesuicideprevention.com/resources/support>

Information for Parents: <https://www.ripplesuicideprevention.com/solutions/parents>;

Information for Educators: <https://www.ripplesuicideprevention.com/solutions/educators>;

For friends and family: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/for-friends-family/>;

For a mental health guide: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/>

[Working in Academia – Deaf BSL User's Experiences (YouTube)](https://www.youtube.com/watch?v=BE06c5v8Scc)

Made to celebrate Deaf Awareness Week this video is a discussion led by Paul Marks-Jones, Lead EDI

Partner at the University of Manchester and academics, Dr Emma Ferguson-Coleman, Dr Katie Rogers and Dr Celia Hughes. The BSL translator is Samantha Vanterpool.

[EDI Blog: Staff Networks](https://blogs.manchester.ac.uk/edi/)

May is staff networks month in our [Diversity Calendar](https://documents.manchester.ac.uk/DocuInfo.aspx?DocID=72020). We have three brilliant EDI Blog posts which explain what staff network groups are, what benefits they might bring to individuals and to the entire organisation as well as give examples of successful staff network group activity.

[Equality, Diversity and Inclusion Conference 2024](https://www.ticketsource.co.uk/the-university-of-manchester-edi/equality-diversity-inclusion-conference/e-boqpzg)

The EDI Directorate will be hosting their annual Conference on Wednesday 26th June at Crawford House.   This year, the Conference will focus on the Bi-Centenary Strapline: Building Communities Since 1824. Our keynote speaker will be Nusrat Ahmed, South Asia Gallery Curator at Manchester Museum. There will also be a series of interesting workshops to choose from.

**Empty Nest Network**

We are pleased to announce a Teams Channel has been created for this under our existing ‘Parents & Carers Peer Support’ Provision. If you would like to join the Teams channel, please click here: [Empty Nesters](https://teams.microsoft.com/l/channel/19%3A2a25e4a9093846d89ac6b2f99a8c7e75%40thread.tacv2/Empty%2520Nesters?groupId=fdbaf0d3-3262-4919-aae8-e3c596618210&tenantId=c152cb07-614e-4abb-818a-f035cfa91a77)

[Active Bystander](https://www.staffnet.manchester.ac.uk/news/display/?id=31282)

How to safely intervene when witnessing harassment or discrimination.

[Guide to Being an Ally to Transgender and Nonbinary Young People](https://www.thetrevorproject.org/resources/guide/a-guide-to-being-an-ally-to-transgender-and-nonbinary-youth/)

This Guide to Being an Ally to Transgender and Nonbinary Young People is an introductory educational resource that covers a wide range of topics and best practices on how to support transgender and nonbinary people.

The Trevor Project are here to help begin your education on the basics of gender identity and expression. You’ll be able to better support the trans and nonbinary folks in your life and help to create a safer, kinder, more accepting world.

[Staff With Cancer Do Not Think Benefits Meet Their Needs](https://employeebenefits.co.uk/77-of-staff-with-cancer-do-not-think-benefits-meet-their-needs/)

77% of staff with cancer do not think benefits meet their needs. It's a really useful read if you are living with cancer or supporting someone with cancer.

[Reframe Cancer](https://teams.microsoft.com/l/message/19%3AB9qu2HUhRnKihcXuuD9JXQb_KNDVcUufaOqXsJ8ThLU1%40thread.tacv2/1715185354831?tenantId=c152cb07-614e-4abb-818a-f035cfa91a77&groupId=5427a8b3-6db0-44f8-be34-39c81a79ce36&parentMessageId=1715185294134&teamName=UOM-POD-Wellbeing-Champions&channelName=General&createdTime=1715185354831)

Free cancer information and resources for employers to help support employees impacted by cancer.

[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)

Thu 23rd May 2024, 12:00pm – Zochonis Building, Lecture Theatre B

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.

[Focus group for the University of Manchester Chaplaincy Project](https://www.youtube.com/watch?v=pXsU9f6U1Dc)

Omolade Allen in FBMH has secured funding to carry out a multifaith project which will help to shape The University of Manchester Multifaith Strategy as well as to serve as a resource going forward on Multifaith provision. This project will be a University wide project and also includes Faith Leaders from the wider Greater Manchester community.

The project involves a series of focus groups for staff, students and wider Manchester Multifaith Leaders. Please follow [this link to book on to the focus groups](https://www.qualtrics.manchester.ac.uk/jfe/form/SV_54LXG19vVq6kfNc).

**Manchester Active – FREE events**

Manchester Active, in partnership with Better UK, are hosting a series of FREE sports taster day for individuals with Special Educational Needs and Disabilities (SEND) and their families.

The first of these events takes place at Denmark Road Sports Centre on Friday 31 May 2024,
10am – 1pm.

[Examples of sports to expect](https://urldefense.com/v3/__https%3A/www.youtube.com/watch?v=oTBV-cPq72s__;!!PDiH4ENfjr2_Jw!GQcZi_unl492R-8W9Az2cnfHffpPZUpCqQITPPg7mz0YzGO5cICVP9CzqzHjXY6ikGZ-jpufzb44EoYJTelDzjJSESKFMA$): rugby, cycling, cricket, tennis, athletics, netball and much more. Activities are suitable for all abilities including wheelchair users.

Come along, have some fun, and discover the joy of sport and physical activity together. No booking required, just turn up and get involved!

For any additional information please contact Rebecca Kemp: Email: r.kemp@mcractive.com

[Join the Wellbeing Choir](https://www.sport.manchester.ac.uk/2024/01/16/come-and-join-the-wellbeing-choir/)

Starting Wednesday 8th May - 24th July 2024, 1.00-2.00pm (12-week block for £25 for Staff and Students)

Venue: Wellbeing Studio G.65, Simon Building

We have an amazing choir master [Dan Mcdwyer](https://www.danmcdwyer.com/) to start the ball rolling. Dan is very experienced and will bring to the choir great songs and teach harmonies, and even if you can’t sing a note, you will be pleasantly surprised how wonderful it all sound.

[Sackville Gardens Volunteers!](https://www.eventbrite.com/e/sackville-gardens-volunteers-tickets-743443518577?aff=erellivmlt&keep_tld=1)

Wednesday 5 June 2024, 10am-12pm

Volunteers meeting every first Wednesday to keep Alan clean! Are you ready to roll up your sleeves and make a difference in Sackville Gardens, a vital space for Manchester's LGBTQ+ community? Manchester Pride invites you to join our volunteer team as we clean and restore this incredible park, including the Alan Turing memorial, and show our support for LGBTQ+ history.

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

* Fri 23 May 2024, 5:00-7:00pm – Creative Menopause: Create and Debate

[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://manage.kmail-lists.com/subscriptions/web-view?a=UXLTcK&c=01GSX0TG770580KD2253SW5Q7D&k=37fc225d3988f0fbdbb612bf07b618df&m=01HWZK7MFFDYJGJB7D2AWVHZM8&r=3iqwiVNs)

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

* 22 May, 6-9 pm (free, booking required) – Africa Night At The Museum. A celebration of Africa, where history, culture, and creativity converge, curated by Cultureville.
* 25 May, 11am - 6pm (free, drop-in) – Africa Day At The Museum. Africa Day is all about unity, pride and heritage, so join us in paying tribute to the richness of African culture.
* 28-31 May, 12-4pm (free, drop-in) – Comic Creations. Create your own comic as part of National Share-a-Story Month.
* 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?

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

Friday 24 May and Friday 7 June, 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.

[What’s On At Brontë Parsonage Museum](https://urldefense.com/v3/__https%3A/bronte.us16.list-manage.com/track/click?u=3e20febd7b2207577c4f28403&id=c38346149b&e=8d984ae743__;!!PDiH4ENfjr2_Jw!FPeMYeqpLIBS0RZkyYg6PUO-7VSsJVQUfLcLsSlEh35xT4QJZgF5-T62BRxjjyItwqBtiiPbHoDTSvDbc6LFaubjOBUjl0iXNXHy9ms$)

From 1 May until 30 September, the Brontë Parsonage Museum will be open Wednesday to Monday, from 10am 'til 5pm. And there's now another reason to make the most of our summer opening times, a recent study by Historic England has shown a link between heritage and improved mental health. Wandering the cobbled lanes up to the Parsonage and taking in the atmosphere in each room, it's easy to see why.

[What is Pausitivity?](https://www.pausitivity.co.uk/)

Two women with ONE simple aim – to make the world #KnowYourMenopause.

[#KnowYourMenopause Poster](https://www.pausitivity.co.uk/wp-content/uploads/2020/11/KYM-Poster-English.jpg)

We are also incredibly proud to announce we now have an [“Accessible Poster](https://youtu.be/O4Akg9OGqNY)” in video format reaching those with learning disabilities to #KnowYourMenopause. Please NOTE: This video uses signs, speech and symbols. It is not B.S.L. (British Sign Language).

[It’s time to talk about menopause awareness for autistic people](https://socialcare.today/2024/05/13/its-time-to-talk-about-menopause-awareness-for-autistic-people/)

To stand a chance of helping disabled women through the menopause, healthcare professionals need to provide better support. Lindsey Allen and Dr Louise Newson talk us through the path to a more inclusive future.

[Henpicked’s Forthcoming Lunch and Learn: Menopause, movement, and exercise](https://us02web.zoom.us/webinar/register/WN_9YcUsVKNTKyjKTYN7wvIEQ)

Tuesday 21 May 2024, 12:15pm

Join Henpicked's Deborah Garlick and Sally Bolton, a Women's Health Coach and Physical Trainer specialising in health and fitness for menopause.  Discover the importance of movement and exercise during menopause and how they positively impact mental health.

[Henpicked’s Lunch and Learn (webinar replay): Hot flushes and alternatives to HRT](https://henpicked.net/menopause-hub/hot-flushes-and-alternatives-to-hrt/)

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? Henpicked’s Deborah Garlick and Dr Clare Spencer of My Menopause Centre will be discussing exactly this! This is a recording of a webinar that took place on Tuesday 7th May 2024.

[Celebrate some of the incredible women and non-binary people from the North West](https://factoryinternational.org/whats-on/wow-manchester-/the-hope-brigade-at-selfridges/)

As part of WOW Manchester, step outside of Aviva Studios and visit Selfridges Exchange Square for a very special Manchester edition of WOW's photography series.

The photos celebrate women and non-binary people from the North West profiling incredible leaders, activists and experts.

Visit Selfridges from 13-27 May to explore the exhibition and learn more about each portrait.

WOW Manchester, the first ever edition of WOW Festival in Manchester, takes place at Aviva Studios from 24-26 May.

[Action for Happiness Forthcoming Webinar: How To Spread Kindness](https://actionforhappiness.org/how-spread-kindness)

Tuesday 21 May 2024, 19:00-20:00

At this special event, **Chris Anderson**will share how we can reimagine generosity and spread more kindness in our lives and our world. As the renowned head of **TED**, he's seen first-hand the positive traits that lie deep inside us and their incredible potential to spread.

[Action for Happiness (webinar replay): Everyday Mindfulness](https://youtu.be/JJwpgdNH4pI)

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. This is a recording of a webinar that took place on Wednesday 8 May 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 23 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/MTcxNTU5NDQzNXwtSVlMVFFuMWVDVjBHLTkxRktnX3V3SnVtQ3AyblpmR24tRWZCZHRDMVJoZVdnM3RVenFSMk9FN0dBSUJYaVlwSk9fQjZkOW9fcVZ0cDlqTk9rTkFSZE94cUlPQ2tYYkIzWEx0dmtoeVNtUDlsQ3NJalg5WEFpMFFUbzUtTlZudC1nQ0lGNXBCNlZvcE9KZUFuekl6dXc3STBXSE9NcklsNm1ZZ2lTMWt6U0piWGlDMG8ySWd6WDlUU3lkX3N6VXhtVy0zZkxSc2xYOVJoY0F2c2xNbVJQNTNGZEVsWGwwN2VlenkyZy1Kd2VzdTFoTDA0ZFM2VnFBcER0X0ZUd2ZEWlA0aVNBck9ZNExabFB0cUs5UHp0UjR5NGE5RkxIeTBtRHJlVUgwSnBEMDBhRnpwZzZqaVBKOXhHYkNWbkhDcWZlaHJyOFUtLVctNXwoPkhEl7a5T5u58vDVEmNchndsAbpeOZPFdu7dirZTXA%3D%3D) *[The Uplift](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNTU5NDQzNXwtSVlMVFFuMWVDVjBHLTkxRktnX3V3SnVtQ3AyblpmR24tRWZCZHRDMVJoZVdnM3RVenFSMk9FN0dBSUJYaVlwSk9fQjZkOW9fcVZ0cDlqTk9rTkFSZE94cUlPQ2tYYkIzWEx0dmtoeVNtUDlsQ3NJalg5WEFpMFFUbzUtTlZudC1nQ0lGNXBCNlZvcE9KZUFuekl6dXc3STBXSE9NcklsNm1ZZ2lTMWt6U0piWGlDMG8ySWd6WDlUU3lkX3N6VXhtVy0zZkxSc2xYOVJoY0F2c2xNbVJQNTNGZEVsWGwwN2VlenkyZy1Kd2VzdTFoTDA0ZFM2VnFBcER0X0ZUd2ZEWlA0aVNBck9ZNExabFB0cUs5UHp0UjR5NGE5RkxIeTBtRHJlVUgwSnBEMDBhRnpwZzZqaVBKOXhHYkNWbkhDcWZlaHJyOFUtLVctNXwoPkhEl7a5T5u58vDVEmNchndsAbpeOZPFdu7dirZTXA%3D%3D)* [Weekly Magazine (13/05/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNTU5NDQzNXwtSVlMVFFuMWVDVjBHLTkxRktnX3V3SnVtQ3AyblpmR24tRWZCZHRDMVJoZVdnM3RVenFSMk9FN0dBSUJYaVlwSk9fQjZkOW9fcVZ0cDlqTk9rTkFSZE94cUlPQ2tYYkIzWEx0dmtoeVNtUDlsQ3NJalg5WEFpMFFUbzUtTlZudC1nQ0lGNXBCNlZvcE9KZUFuekl6dXc3STBXSE9NcklsNm1ZZ2lTMWt6U0piWGlDMG8ySWd6WDlUU3lkX3N6VXhtVy0zZkxSc2xYOVJoY0F2c2xNbVJQNTNGZEVsWGwwN2VlenkyZy1Kd2VzdTFoTDA0ZFM2VnFBcER0X0ZUd2ZEWlA0aVNBck9ZNExabFB0cUs5UHp0UjR5NGE5RkxIeTBtRHJlVUgwSnBEMDBhRnpwZzZqaVBKOXhHYkNWbkhDcWZlaHJyOFUtLVctNXwoPkhEl7a5T5u58vDVEmNchndsAbpeOZPFdu7dirZTXA%3D%3D)

Mental Health Awareness Week – 5 myths about exercise, debunked.

[Happiful’s](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNTMzNTIzNnxpcEpxWGk1Ml9wQng1WF9YWngyU0xSRlVmWmtscU1mQ3RfNjlrMGUwWkNvbi1WT3BILUFyUTJGdzVyZUVBM0dPQURIZHZwYmpIZWg5cFRPMU81WnUydmpONlBEYXRwdWJlMXhWZE56ME1fdHFtS2RfbnI5Q2ZublVSYlNDU3hrbmgyMjV3ckRRaGl0ZHE1cGZIMV9QNV9YbXFMcWVIWkh1T3dKRHkxcmVUZGVsMG5vNjQ5RFo0a25QMlVVT1B0bVJQcWpMMWRNMU5YTFRadkx3SWZiaVBsSnRwUV9XOHdhVW4wZzczaTFkaE5WRnpwZWV3Mnk2cWM0NHMyUDJTV2hwU2lQT3kxNWlneDZ5bXlLcGl6bEUyYWVxbUg0Y2FHajFkbmVLUmZ4SVlUS1Z4dU9ZOUtSbS1LZWQ0X3hMbHVIUGJoNDVTbnNJRW5LS3w-sSbQsEA-jGhgw7IjuHkKNo1v-Xn7G1M6_jNncc13Yg%3D%3D) *[The Uplift](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNTMzNTIzNnxpcEpxWGk1Ml9wQng1WF9YWngyU0xSRlVmWmtscU1mQ3RfNjlrMGUwWkNvbi1WT3BILUFyUTJGdzVyZUVBM0dPQURIZHZwYmpIZWg5cFRPMU81WnUydmpONlBEYXRwdWJlMXhWZE56ME1fdHFtS2RfbnI5Q2ZublVSYlNDU3hrbmgyMjV3ckRRaGl0ZHE1cGZIMV9QNV9YbXFMcWVIWkh1T3dKRHkxcmVUZGVsMG5vNjQ5RFo0a25QMlVVT1B0bVJQcWpMMWRNMU5YTFRadkx3SWZiaVBsSnRwUV9XOHdhVW4wZzczaTFkaE5WRnpwZWV3Mnk2cWM0NHMyUDJTV2hwU2lQT3kxNWlneDZ5bXlLcGl6bEUyYWVxbUg0Y2FHajFkbmVLUmZ4SVlUS1Z4dU9ZOUtSbS1LZWQ0X3hMbHVIUGJoNDVTbnNJRW5LS3w-sSbQsEA-jGhgw7IjuHkKNo1v-Xn7G1M6_jNncc13Yg%3D%3D)* [Weekly Magazine (10/05/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNTMzNTIzNnxpcEpxWGk1Ml9wQng1WF9YWngyU0xSRlVmWmtscU1mQ3RfNjlrMGUwWkNvbi1WT3BILUFyUTJGdzVyZUVBM0dPQURIZHZwYmpIZWg5cFRPMU81WnUydmpONlBEYXRwdWJlMXhWZE56ME1fdHFtS2RfbnI5Q2ZublVSYlNDU3hrbmgyMjV3ckRRaGl0ZHE1cGZIMV9QNV9YbXFMcWVIWkh1T3dKRHkxcmVUZGVsMG5vNjQ5RFo0a25QMlVVT1B0bVJQcWpMMWRNMU5YTFRadkx3SWZiaVBsSnRwUV9XOHdhVW4wZzczaTFkaE5WRnpwZWV3Mnk2cWM0NHMyUDJTV2hwU2lQT3kxNWlneDZ5bXlLcGl6bEUyYWVxbUg0Y2FHajFkbmVLUmZ4SVlUS1Z4dU9ZOUtSbS1LZWQ0X3hMbHVIUGJoNDVTbnNJRW5LS3w-sSbQsEA-jGhgw7IjuHkKNo1v-Xn7G1M6_jNncc13Yg%3D%3D)

4 anti-anxiety herbs you can grow now:

* Anti-Anxiety.
* Take A Breath.
* Dream Interpretations.
* Clear Mind.

[Happiful’s](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNTA3Nzk5NnxhQlM0U2lzXzhhMFZNR0tVbGNaMnlFWnJoNXV3UmZMR3hIQWFIalJoUU5Rc2NvZEJNbGtOZ3Mza25fekxHNUFRaXdwZWZoSXg1bzJ1M21YTGFlcUhpQnVEWDgyanFaQWdEMGtsSjFQcU9JTzdFOUgzbFQ3aHU3QzVqa3hWbWg3SzRNay1SemFad1IyRXBYVFVxNWtMTktkRWpMREpDLU56RWNWR05yVlFqNlF4YzBBV0J3WUw1TVBoS3Q5Ul8yXzVhUnJYclk0bk5YZ3JKTmctbkJ5U1ZJUnRNcWp6M2NfZkhxMVlYRmtWV3oxVGk4akRVb2JPREtRNUQtLTc2cjNKTnhsbVEzRDNaRkFvOGx1dmd1Q1J6TVNWVzBaeUdjdTdHSndwT3ljRlBZMnloOVB4Z0hOcFRDY2dfeTQ0M0Y2SWFTemFrS0RLclgwZXzW4BjGrrkkx6BG6fQNEgfmlJR40AMxkF4vkB4k5l7PsA%3D%3D) *[The Uplift](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNTA3Nzk5NnxhQlM0U2lzXzhhMFZNR0tVbGNaMnlFWnJoNXV3UmZMR3hIQWFIalJoUU5Rc2NvZEJNbGtOZ3Mza25fekxHNUFRaXdwZWZoSXg1bzJ1M21YTGFlcUhpQnVEWDgyanFaQWdEMGtsSjFQcU9JTzdFOUgzbFQ3aHU3QzVqa3hWbWg3SzRNay1SemFad1IyRXBYVFVxNWtMTktkRWpMREpDLU56RWNWR05yVlFqNlF4YzBBV0J3WUw1TVBoS3Q5Ul8yXzVhUnJYclk0bk5YZ3JKTmctbkJ5U1ZJUnRNcWp6M2NfZkhxMVlYRmtWV3oxVGk4akRVb2JPREtRNUQtLTc2cjNKTnhsbVEzRDNaRkFvOGx1dmd1Q1J6TVNWVzBaeUdjdTdHSndwT3ljRlBZMnloOVB4Z0hOcFRDY2dfeTQ0M0Y2SWFTemFrS0RLclgwZXzW4BjGrrkkx6BG6fQNEgfmlJR40AMxkF4vkB4k5l7PsA%3D%3D)* [Weekly Magazine (07/05/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNTA3Nzk5NnxhQlM0U2lzXzhhMFZNR0tVbGNaMnlFWnJoNXV3UmZMR3hIQWFIalJoUU5Rc2NvZEJNbGtOZ3Mza25fekxHNUFRaXdwZWZoSXg1bzJ1M21YTGFlcUhpQnVEWDgyanFaQWdEMGtsSjFQcU9JTzdFOUgzbFQ3aHU3QzVqa3hWbWg3SzRNay1SemFad1IyRXBYVFVxNWtMTktkRWpMREpDLU56RWNWR05yVlFqNlF4YzBBV0J3WUw1TVBoS3Q5Ul8yXzVhUnJYclk0bk5YZ3JKTmctbkJ5U1ZJUnRNcWp6M2NfZkhxMVlYRmtWV3oxVGk4akRVb2JPREtRNUQtLTc2cjNKTnhsbVEzRDNaRkFvOGx1dmd1Q1J6TVNWVzBaeUdjdTdHSndwT3ljRlBZMnloOVB4Z0hOcFRDY2dfeTQ0M0Y2SWFTemFrS0RLclgwZXzW4BjGrrkkx6BG6fQNEgfmlJR40AMxkF4vkB4k5l7PsA%3D%3D)

We need to talk about maternal mental health:

* Postpartum Psychosis.
* IVF Impact.
* Postnatal Rage.
* Supporting Mothers.

[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.

30 May 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)

* Thursday 30th May 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 2024, 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

**Wellbeing 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)

[Climate Network Newsletter, 13 May 2024](https://documents.manchester.ac.uk/display.aspx?DocID=72553)