

From: Maizy Jenner
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Subject: Staff Wellbeing Champion Bulletin Thursday 11th April 2024

Message for Staff Wellbeing Champions (please remove this top message before forwarding onto colleagues)

Hello all,

I hope you are well.

We would love to hear how Wellbeing Champions have found the FinWell, MHFA and R;pple Financial Wellbeing Month webinars. There are webinars still to book onto which you can [find here](#). Please send your feedback on the webinars to wellbeing@manchester.ac.uk.

We are still looking for volunteers to help support the Colleague Wellbeing Team at the [Universally Manchester Bicentenary Festival](#) on the 6th or 7th June, please email wellbeing@manchester.ac.uk if you are able to offer some time.

Finally, if you would like to discuss hosting activities during our Colleague Wellbeing Month in June, please contact us at wellbeing@manchester.ac.uk

Have a good few weeks 😊

Best wishes,
The Wellbeing Team

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Campaigns

Reminder: April marks the collaborative 'Financial Wellbeing Month' between [FinWELL Training Ltd](#), [R;pple Suicide Prevention Charity](#) and [Mental Health First Aid England](#). There are still webinars to register for, [find out more here](#).

Events

Menopause and Men: Male Allyship in Action virtual workshop, Tuesday 16th April, 10:00 – 11:00.

The Faculty of Humanities are inviting colleagues to join the upcoming '[Menopause and Men: Male Allyship in Action](#)'. The workshop aims to raise awareness of the menopause among men, but all colleagues are invited and will no doubt find the session useful, regardless of gender.

Delivered by Henpicked: Menopause in the Workplace and Matt Balfour, founder of Let's Go Wellbeing (Mental Health First Aid · Employee Engagement · Employee Wellness · Workplace Coaching). Sign up to receive the Teams link via this Microsoft Form: <https://forms.office.com/e/FqwakWvfxu>

UoM Neurodivergent Wellbeing Webinar, Wednesday 24th April, 12:30 – 13:30pm

We marked Neurodiversity Celebration Week 18th – 24th March and we are very pleased to be inviting Liz Mulhall Brewer, Business Psychologist and Neurodiversity Coach, to deliver a webinar discussing neurodivergent wellbeing. She will explore different neurodivergent experiences including co-occurrence of mental health conditions, stress and burnout causes and implications, adjustments and strategies that can support neurodivergent wellbeing and mental health at work.

This session is open to [all staff](#) and we encourage everyone to attend and learn more about this important topic. [Register for this webinar here](#).

Last Chance to sign up - PurpleWave Great Manchester Run Sunday 26th May 2024: there is still time to sign up to the PurpleWave Great Manchester Run 10km and Half Marathon events this year with [UoM Sport](#). There

are reduced rates for our bicentenary year and it's a great opportunity to get involved, meet new people and take steps to boosting you physical activity. [Find out more and register here.](#)

Opportunity

Menopause Research: Honor Moss, Final year Biomedical Sciences student at The University of Manchester.

“I have undertaken a project that focuses on the link between menopause and the onset of depression. As part of this project, I have developed an online resource that aims to explore this topic, which is often overlooked or misunderstood. I would really value your insights and thoughts on the topic and project.

I am looking for anyone aged 40-65; your participation would involve watching three short informational videos and completing two brief surveys (one before the videos and one after). All data is anonymous and confidentially handled!

At the end of the second survey, you can enter into a draw for a £50 Love2shop voucher! To enter, you will be asked for an email address. This contact information will be used for the purpose of contacting the winner and for no other reason. Your survey responses are not linked to the email address, should you want to enter into the draw, ensuring the privacy of responses.

Thank you in advance should you wish to participate, it is really important to raise awareness about these topics that many women struggle with alone.

To access the resource, please [click here](#). It is recommended to access the resource on your computer, but you can scan the QR code below with your phone if that is more accessible for you.”



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[Staff wellbeing](#) | [StaffNet](#) | [The University of Manchester](#)

Location map can be accessed via this link [map](#).

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