

From: Maizy Jenner
Sent: 23 May 2024 12:21
Subject: Staff Wellbeing Champion Network Bulletin Thursday 23rd May

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

Hello all,

I hope you are well.

A couple of points for information below:

1. This week's bulletin is a big 1: the launch of Colleague Wellbeing Month and detail about the Universally Manchester Festival wellbeing sessions across 6th and 7th June. We would really appreciate if you can spread the word far and wide – the Universally Manchester Festival can go even wider than colleagues, tell your friends and family to come along!
2. I have moved our schedule around slightly with regards to our next Staff Wellbeing Champions Network meeting. Please note our next network meeting will take place next Wednesday 29th May 11:00 – 11:45. I appreciate this meeting is occurring during a typical school half-term week, however the meeting will be recorded and made available to you if you are unable to attend.

Many thanks for all your continued support.

Best wishes,
The Wellbeing Team

Staff Wellbeing Champion Bulletin Thursday 23rd May 2024

Universally Manchester Festival Wellbeing Sessions 6th and 7th June.

The Colleague Wellbeing Team will play a significant part in the [Universally Manchester Festival](#) and will be hosting a wide range of activities focused towards wellbeing in the 'Bloom' tent on Gilbert square. We have partnered with fantastic speakers and session holders and the best part... it is open to all! Invite your colleagues, friends, and family! Find out more below and get booking!

- Thursday 6th June, 11:30am – 13:30am (in-person): 'Give it a Go' session: A truly unique wellbeing event offering a fun exploration of health and relaxation activities – all under one roof. No booking required, turn up on the day. [Find out more.](#)
- Thursday 6th June, 14:00 – 15:00 (in-person): Let's Talk About Menopause: In conversation with Dr Zoe Hodson. Zoe joined us back in January and had fantastic feedback and we have invited her back in to continue the Menopause conversation. [Book here:](#)

- Thursday 6th June, 15:30 – 16:30 (in-person): Our very own Head of Colleague Wellbeing Helen Brewis will be talking all things sleep, helping you with tips and advice to help you focus on getting better sleep. [Book here](#):
- Friday 7th June, 10:00 – 11:00 (in-person): State of Mind Sport are a charity that use the power of sport to promote positive mental health. Join 2 previous rugby league players who will discuss mental fitness and share their own personal stories. [Book here](#):
- Friday 7th June, 11:15 – 12:15 (in-person): Financial Coach May Fairweather will provide lots of helpful insights and questions to ask both yourself and others so we can all start taking steps to better supporting ourselves financially. [Book here](#)

Colleague Wellbeing Month June 2024

Our focus for the upcoming Colleague Wellbeing Programme is 'Wellbeing for All': the programme offers a wide range of activity that we hope offers something for everyone. We know dedicating time towards our wellbeing can be difficult, but making time for just one activity can make a real difference to your wellbeing.

Help us spread the word about Colleague Wellbeing Month: invite a colleague to an activity or tell them to take a look at the programme. This encourages people to get involved and take some important time for their wellbeing in the workplace.

- [Read the full Colleague Wellbeing Month Staffnet article here.](#)
- [Discover the full programme here.](#)

Colleague Wellbeing Month: Wellbeing for All



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

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

Colleague Wellbeing are at the Universally Manchester Festival! Follow this link to see what talks and sessions we are hosting and get booking before they are full! [Universally Manchester Festival](#)



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