

**From:** Gail Heathcote-milner  
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## **Staff Wellbeing Champion Bulletin Thursday 23<sup>rd</sup> May 2024**

### **Universally Manchester Festival Wellbeing Sessions 6<sup>th</sup> and 7<sup>th</sup> 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 6<sup>th</sup> 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 6<sup>th</sup> 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 6<sup>th</sup> 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 7<sup>th</sup> 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 7<sup>th</sup> 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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## UMSA

University of Manchester Staff Association

