**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Environmental Sustainability News, 31 May 2024**

[Employee Assistance Programme: Health Hero](https://www.staffnet.manchester.ac.uk/news/display/?id=30128)

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/)

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

**June celebrates:** [Tourettes Awareness Month](https://www.tourettes-action.org.uk/178-tourettes-awareness-month-2024.html), [Men’s Health Month](https://menshealthmonth.org/), [PTSD Awareness Month](https://www.ptsduk.org/ptsdawarenessmonth/#:~:text=When%20is%20PTSD%20Awareness%20month,June%20being%20PTSD%20Awareness%20Day.)

3-9 June [Volunteers’ Week](https://volunteersweek.org/)

7 June [Tourettes Awareness Day](https://www.tourettes-action.org.uk/178-tourettes-awareness-month-2024.html)

9 June [TM (Transverse Myelitis) Awareness Day](https://www.myelitis.org.uk/tm-awareness-day.html)

10-16 June [National Blood Week](https://www.nhsbt.nhs.uk/how-you-can-help/get-involved/download-digital-materials/national-blood-week-2024/)

10-16 June [Carers Week](https://www.carersweek.org/about-carers-week/latest-news/posts-folder/2024-1/february/carers-week-2024-s-theme-has-been-launched/#:~:text=Yet%2C%20many%20carers%20feel%20their,employers%2C%20communities%2C%20and%20businesses.) (Theme: 'Putting Carers on the Map')

10-16 June [Diabetes Awareness week](https://www.diabetes.org.uk/diabetes-week)

10-16 June [Men’s Health Awareness Week](https://menshealthmonth.org/)

14 June [World Blood Donor Day 2023](https://www.who.int/campaigns/world-blood-donor-day)

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

Let’s look for what’s good.

[Choir 200: Celebrating The Songs Of Manchester](https://universallymanchester.com/event/choir-200-celebrating-the-songs-of-manchester/)

Thursday, 6 June 2024, 1-2pm at Alan Gilbert Square / Green

Join Choir 200, a music ensemble blended together from choirs from across The University of Manchester – to hit the high notes with a special selection of the city’s favourite music. This unique choir will include representatives from across the University’s staff and student communities and invites you to find your voice in celebration of the University’s 200th birthday.

[Colleague Wellbeing Month: Wellbeing for All this June](https://www.staffnet.manchester.ac.uk/news/display/?id=31386)

Discover the full programme of events and activities.

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

Observing religious celebrations this May and June.

[International Day against Homophobia, Transphobia and Biphobia](https://www.staffnet.manchester.ac.uk/news/display/?id=31365)

Celebrating International Day against Homophobia, Transphobia and Biphobia (IDAHOBIT).

[Download SafeZone to Stay Safe on Campus](https://www.staffnet.manchester.ac.uk/news/display/?id=31363)

In an emergency, every second counts. SafeZone is free to download and use – and quickly puts you in touch with on campus first aiders, security, or emergency response teams.

[Our Wellbeing Commitment](https://documents.manchester.ac.uk/protected/display.aspx?DocID=72384)

This employee wellbeing commitment sets out our vision for wellbeing, how we will achieve this and measure our progress. It has been informed by colleague focus groups, attendance at meetings, feedback during workshops and 1-2-1 meetings, as well as looking at our 2022 Staff Survey results, best practice, research and externally benchmarking our current approach.

In the development of our commitment, we have been mindful of the challenges that colleagues have raised with us in relation to workload and wellbeing and we recognise that fully embedding our commitment will take time. The commitment provides the framework to guide our action and work towards our colleagues consistently experiencing good days at work.

[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.

[Carers Week (10-16 June 2024)](https://www.carersweek.org/about-carers-week/latest-news/posts-folder/2024-1/february/carers-week-2024-s-theme-has-been-launched/#:~:text=Yet%2C%20many%20carers%20feel%20their,employers%2C%20communities%2C%20and%20businesses.)

Join Manchester Museum's, Student Engagement Coordinator, Naomi Kashiwagi. Origami, to learn more about the amazing art of paper folding. You will learn to make a wonderful creation as part of a mindful and fun activity, that starts with just a square sheet of paper!

Places are limited to 25 so book early to avoid disappointment. Light refreshments will be provided.

There are two separate events, but you only need to book one:

12th June: [https://www.ticketsource.co.uk/the-university-of-manchester-edi/carers-week- origami-class-12th-june/e-qljqam](https://www.ticketsource.co.uk/the-university-of-manchester-edi/carers-week-%09%09%09origami-class-12th-june/e-qljqam)

13th June: [https://www.ticketsource.co.uk/the-university-of-manchester-edi/carers-week- origami-class-13th-june/e-objmby](https://www.ticketsource.co.uk/the-university-of-manchester-edi/carers-week-%09%09%09origami-class-13th-june/e-objmby)

[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).

[Top Tips for Tackling Employee Burnout](https://app.goodpractice.net/#/manchester-tfl/s/3y68zw80o6)

A little stress can be a great motivator. But too much of it, combined with excessive work demands and personal life stressors, can lead us to burn out. The World Health Organization describes burnout as a syndrome “resulting from chronic workplace stress that has not been successfully managed”.

[The Compassionate Colleague](https://app.goodpractice.net/#/manchester-tfl/s/vbzdt4bdng)

When you’re under pressure at work, it can be all too easy to develop tunnel vision and ignore what’s going on around you. Regardless of how stressed you may find yourself, it’s important to remain compassionate and remember the people you work with. Making time for your colleagues, to ask how they’re doing or even just grab a cup of coffee, can have significant benefits for their mental health and general wellbeing.

**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:/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](mailto:r.kemp@mcractive.com)

[Football tournament to celebrate Euro 2024 and raise money for charity](https://www.staffnet.manchester.ac.uk/news/display/?id=31405)

Lace up your boots and get involved in a staff and student mixed-gender 7-aside tournament.

**Book club**

Next meeting Friday 31st May 12:30-1:30pm. You don't even need to have finished the book (although there will be spoilers!).

This month’s book is ‘The Nix’ by Nathan Hill. We will also recap ‘Devil's Breath’ by Jill Johnson.

Contact [fiona.lynch@manchester.ac.uk](mailto:fiona.lynch@manchester.ac.uk) if you would like the Zoom link.

[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), 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.

[MHF - MHAW Movement - Report 2024 (mentalhealth.org.uk)](https://www.mentalhealth.org.uk/sites/default/files/2024-05/MHF%20-%20MHAW%20Movement%20-%20Report%202024.pdf)

The Mental Health Foundation recently undertook a mixed methodology study across the UK and spoke to a range of people to help us develop a more detailed understanding of the barriers to physical activity for people more at risk of poor mental health.

[From punishment to nourishment: How can we change our relationship with exercise? from Happiful (webinar replay)](https://urldefense.com/v3/__https:/www.youtube.com/watch?v=QRA2CPihjOA__;!!PDiH4ENfjr2_Jw!CJGm01918Syi228xsHKaBV0S6iR6lQ6nSFOKVQ3_rEA6gRO5kdDJir6f7QenyxyVLzq2jM6s9-8AwCD_PrdZ4hOrWiGo06UU$)

The theme for this year's Mental Health Awareness Week (13th - 19th May 2024) was 'Movement: moving more for our mental health' but what can we do if we have a difficult relationship with exercise? Here we explore why exercise isn't always as easy as we want and what steps are needed to improve our relationship with exercise. Host Kat Nicholls is joined by therapist Dr Danielle Mills and life coach John Kay to unpack the complexities around movement and mental health. This is a recording of the webinar that took place on Friday 17 May 2024

[The Women’s Wellness Show](https://podcasts.apple.com/gb/podcast/why-we-need-to-exercise-for-womens-health-with-dr/id1694937196?i=1000649093744)

Why we need to exercise for women’s health with Dr Clare Fernandes.

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

Thursday 16 May 2024 marked the 13th Global Accessibility Awareness Day (GAAD), and it doesn’t need to end there. Please join us to continue to spread awareness. The purpose of GAAD is to get everyone talking, thinking and learning about digital access / inclusion and people with different disabilities.

[Accessible Social Quick Guides](https://www.accessible-social.com/quick-guide)

Accessible Social is a free resource and education hub that shares best practices for creating accessible and inclusive social media content. Here is a brief list of reasons why accessibility matters as well as basic best practices for creating accessible social media content. Each best practice is linked to a section of the website that gives a more robust overview of the respective practice, so you're ready when you want to come back and learn more.

[Business Disability Forum’s User’s Guide to Video Conferencing Apps](https://ow.ly/OaKP50RjZ15)

Most of us use video conferencing apps for remote and hybrid meetings. But are you informed on their accessibility features?

Our free user's guide to video conferencing apps provides an in-depth analysis of 5 major platforms, so you can choose the best one based on the needs of your meeting participants and the requirements of your organisation.

This guide is part of our Disability Essentials range of resources, which is free and open to all.

Access the Disability Essentials range: <https://ow.ly/qZtL50RjZ14>

[Business Disability Forum’s Technology Toolkit](https://businessdisabilityforum.org.uk/knowledge-hub/toolkits/technology-toolkit/?utm_source=hootsuite&utm_medium=facebook_organic&utm_term=&utm_content=lucysblog_160524&utm_campaign=TechToolkit24)

Technology can be a vital tool for disabled employees, customers, clients and service users – but

only if it’s used in an inclusive way. Our Technology Toolkit, available for everyone, is full of practical advice and tips on how technology can improve disability inclusion in your organisation.

[Mental Health Support](https://www.linkedin.com/posts/mhfaengland_mentalhealthsupport-activity-7198004511175573504-o9za/?utm_source=share&utm_medium=member_ios)

There are many events happening in the UK and globally at the moment that can impact our mental health. If you, or someone you know, need support the following organisations can help: Hub of Hope, Young Minds, Samaritans, Shout, and Mind.

[R;pple Suicide Prevention Mental Health and Suicide First Aid Resources](https://online.fliphtml5.com/yyzyb/rfdi/#p=6)

Some resources that assist with a wide range of mental health conditions (2024 edition).

[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.

[MHFA England Free Mental Health Resources](https://mhfaengland.org/mhfa-centre/resources/)

A selection of free mental health resources for your workplace, school or community, including toolkits, guidance, posters, and more.

To check on your own and others' mental health, take a look at our [My Whole Self MOT](https://mhfaengland.org/my-whole-self/resources/My-Whole-Self-MOT-check-in.pdf).

If you want to find out more about how to manage stress, head to the [Address Your Stress toolkit](https://mhfaengland.org/mhfa-centre/resources/resource/?id=48b51c37-3ca5-e811-8147-e0071b668081).

[The Life Jacket Suicide Prevention Training Workshop](https://static1.squarespace.com/static/645e9a982ba6f45c7a8a5f21/t/6644fc956bb622096a37783e/1715797152820/TheLifeJacket_TrainingWorkshop_v1.0.pdf)

Today we're sharing a suicide prevention training workshop that can be run independently by employers for their teams.

It's free and it's open source. So we're more than happy for people to use it in its entirety or take parts of it to support their own training.

It's also version 1.0 – which means we'll take on feedback, adapt it and evolve it. Any thoughts are welcome.

Finally, please install [Ripple Suicide Prevention Charity](https://www.linkedin.com/company/ripple-suicide-prevention-charity/?lipi=urn%3Ali%3Apage%3Ad_flagship3_detail_base%3BaH9vlR86TeC9yMq24gB4UQ%3D%3D)'s interceptive tool. It saves lives.

[Resources from PAPYRUS – prevention of young suicide](https://www.papyrus-uk.org/help-and-advice-resources/)

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Suicide is the biggest killer of people aged 35 and under in the UK. We believe that many suicides are preventable.

From coping techniques to conversation starters, distraction techniques and dealing with anxiety, we have a broad range of help and advice resources for you to access.

[Become Charity](https://becomecharity.org.uk/)

Helping children in care and young care leavers get the support they need. We provide advice and support, influence policy and practice, help guide the lives of young people in care and care leavers, enable them to achieve their education aspirations and train professionals that work with young people.

[What is the Hidden Disabilities Sunflower?](https://hdsunflower.com/)

The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a

disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.

[Leading with Empathy (by Kerry Tonks from Simila)](https://simpila.com/leading-with-empathy/)

So, what is ‘empathy’ and why is it a necessity for a Leader to learn and maintain? In the oxford dictionary ‘empathy’ is described as the ability to understand another person’s feelings and experience. So, we know what it is, but how do we do it, can we learn how to be more empathic? And why is it the foundation for a thriving Team.

[4 ways to turn workplace happiness into a competitive advantage](https://bigthink.com/business/4-ways-to-turn-workplace-happiness-into-a-competitive-advantage/)

Leaders who generate workplace happiness also create significant competitive advantages.

New research suggests the debate should be reframed from reward-focused happiness to purpose-driven happiness.

When we connect what we are doing at work with why we are doing it, we become a lot happier.

[Mental Health Awareness Month: What is World Meditation Day? (by Calm)](https://www.linkedin.com/pulse/mental-health-awareness-month-what-world-meditation-day-calm-com-zyhvc/)

World Meditation Day is May 21st. Learn about what it is, why it's important, ways to participate, and more.

[Happy World Meditation Day to you! (from Shamash at Learning Mindfulness)](https://www.shamashalidina.com/)

Here's 2 gifts for you to thank you for being in our mindfulness community here:

1. A recording of this morning live Daily Mindfulness Club Session, including Qigong. [Watch here. [mindful.ontraport.net]](https://urldefense.com/v3/__https:/mindful.ontraport.net/c/s/v6I/AruK/6/m5u/pnq/6AYkqm/znMTQcQXjk/P/P/P__;!!PDiH4ENfjr2_Jw!HZf-noTWDno7PSZWCJoRs1MirUJtXqVYUNX8iw2_qdo63yRIKC-omSpWpx43DexqNQ0-BKNXjeRL4e_3hC7bOAM1TksIMef1KAa540kO$)
2. A [blog post giving tips [mindful.ontraport.net]](https://urldefense.com/v3/__https:/mindful.ontraport.net/c/s/v6I/AruK/s/mrP/pnq/6AYkqm/6l5HCYV0iG/P/P/P__;!!PDiH4ENfjr2_Jw!HZf-noTWDno7PSZWCJoRs1MirUJtXqVYUNX8iw2_qdo63yRIKC-omSpWpx43DexqNQ0-BKNXjeRL4e_3hC7bOAM1TksIMef1KDuYYeJe$) for practising meditation on World Meditation Day.

[20 Effective and Simple Grounding Techniques for Anxiety](https://calmerry.com/blog/anxiety/simple-grounding-techniques-for-anxiety/)

Grounding techniques are used to help individuals stay connected to the present moment and alleviate symptoms of anxiety, stress, dissociation, or overwhelming emotions. These techniques can help individuals feel more centered, calm, and in control. There are various grounding techniques, but they generally involve focusing attention on sensory experiences or engaging in activities that help bring awareness to the present moment.

[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)

* Thursday 6 June, 12-1pm – Professor Gary Younge and Professor Sook-Kyung Lee In

Conversation.

[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.

[June 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:

* 28-31 May, 12-4pm (free, drop-in) – Comic Creations. Create your own comic as part of National Share-a-Story Month.
* 5 June 2024 -1 Jun 2025 (free, drop-in) – Wild. Our bold new exhibition looks at how we can go 'wild' to tackle the climate and biodiversity crisis.
* 14 Jun 2024, 10:30am-3:00pm (free, drop-in) – Finds ID. Come along to a finds day to learn more about your discovery and hand it in for recording with the Portable Antiquities Scheme.
* 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 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.

[Henpicked’s Forthcoming Lunch and Learn: Good Bone Health For Life](https://urldefense.com/v3/__https:/henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=7d5683ebd5&e=b246dc1610__;!!PDiH4ENfjr2_Jw!Fxajgo2gKcQtnCfqaIzJqB6Tai5zFunb4cBEGHJXClN1KZ2uPjtr-exEYXDJu5Bqeo6tTEzzf6yQ1Gxdc3cZwIc8O8hGyTgg6g$)

4 June 2024, 12:15 - 12:45pm

Do you know the impact the menopause has on your bone health? Do you know how this could affect you? Join us to hear more and what you can do to improve your bone health for life!

Join us for our FREE Lunch & Learn webinar where Henpicked’s Deborah Garlick and Kat Bright, Co-Founder of The Health Boost, will be discussing exactly this!

[Henpicked’s Forthcoming Webinar: Menstruation, Menstrual Health, and Employment Law](https://www.eventbrite.co.uk/e/menstruation-menstrual-health-and-employment-law-tickets-909333439797)

Date: 5 June, 10am-11am

Back by popular demand! Join us for an expert discussion on navigating the complexities of Menstruation, Menstrual Health, and Employment Law in the UK Workplace. Led by UK's experts including Jog Hundle, Employment Law Partner at Mills & Reeve LLP, Deborah Garlick, and Sally Leech. This event aims to empower leaders, HR professionals, and D&I specialists to foster inclusive environments and mitigate risks.

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

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. This is a recording of a webinar that took place on Tuesday 21 May 2024.

[Action for Happiness Forthcoming Webinar: Happiness After Adversity](https://www.eventbrite.co.uk/e/happiness-after-adversity-with-karen-guggenheim-tickets-893639258077?aff=oddtdtcreator)

Wednesday 5 June 2024, 19:00-20:00

At this special event, Karen Guggenheim will share her inspiring story of rebuilding happiness after the sudden and tragic death of her husband a decade ago. Karen will explain how she overcame her grief and embarked on a transformative journey of healing and growth, which led to her becoming co-founder of the incredible World Happiness Summit.

[Action for Happiness (webinar replay): How To Spread Kindness](https://youtu.be/mvZ4ZPPvGTs)

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. This is a recording of a webinar that took place on Tuesday 21 May 2024.

[What’s On At Brontë Parsonage Museum](https://urldefense.com/v3/__https:/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.

[We’re Repairing and Reusing](https://www.manchesterclimate.com/zerocarbon/repair-and-reuse)

Our city is stepping up to tackle climate change - by repairing and reusing instead of throwing away.

Manchester's In Our Nature programme has contributed to this goal by helping community groups gain new skills.

But we can all be a part of the change – find out how here.

[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: Thursday 6 June 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 Magazine, Issue 86](https://read.happiful.com/9c08ac10-cd9b-4511-953b-34bcc4e2c73f/read?utm_source=newsletter&utm_medium=email&utm_campaign=2024_week_20)

Packed with uplifting, practical, and fascinating features – plus our print-exclusive journaling pages – every issue is designed to meet you where you are on your wellbeing journey.

[Happiful’s](https://cdn.mc-weblink.sg-mktg.) *[The Uplift](https://cdn.mc-weblink.sg-mktg.)* [Weekly Magazine (24/05/2024)](https://cdn.mc-weblink.sg-mktg.)

5 tips for dealing with embarrassment:

* Beat Blushing.
* 30 Questions.
* Supporting Forests.
* Mindful Moments.

**RSPB Notes On Nature**

* [Get ready to meet our avian athletes! – 25/05/2024](https://view.email.rspb.org.uk/?qs=6a07a01824c3e43db25ad229e4d25c6dff76a5880396757693123023701c1391bc200cdfabed493fef36b064d5de2339a459147c77c754e236c560eecd6095de6b3983b90c3b3fadc9ee9f1ebca6cfc1348a683dc46a3b5c)
* [Discover the secrets of birds – 24/05/2024](https://view.email.rspb.org.uk/?qs=9bb422c95b6e0ac44955f307a5ea0ba44d7d1599ce989eb7881ef3886f5457fabbd3fc45af2564ba6c004ae5b4454f919ffc1157dd3bb963535bd705a514cea87eb38f094a564ef1928d6f6c2f19beaf7d229aa92e0b9554)
* [Who's hiding in our hedgerows? – 11/05/2024](https://view.email.rspb.org.uk/?qs=8797ed8559cd9f91ab640173792167fe9678917caf922858dd7e6a3387d93fa287d42669040b132bb30d0e40345e9b1a0a194931d23a7d404ef249c75650b407e3a52a8e0df07cb10be1b28f7095deb11b888224c9c0b5aa)
* [Rare bird breeds in Yorkshire reeds! – 26/04/2024](https://view.email.rspb.org.uk/?qs=3b53aa7e2572862baa1b56858ffa4d1c4a659e374a9e120fbe8418fd964743640daac568d4bcfa1a5afe4ab2bf2a95633145d9d4798ca76feb1dc78b3d770b286c9787a0541f24e1deb99489ad09a9500ac5046916bb4c43)

[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](mailto:sarah.wilkinson-2@manchester.ac.uk) or [UMSA@manchester.ac.uk](mailto: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.

20 June 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)

* Wednesday 26 June 2024 10:00-13:00, Counselling and Mental Health Service 5th Floor Crawford House, Room 5.1.

1. **‘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 31 May – Friday 14 June, 13:00 - 13:45 (weekly one-off workshops) – Mindfulness Meditation.
* Friday 31 May, 09:30 - 10:30 – Managing Acute and Ongoing Stress.
* Thursday 6 June, 12:00 - 13:30 – A Compassionate Approach to Low Mood.
* Wednesday 12 June, 13:00 - 14:00 – 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)

**Other relevant newsletters:**

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

[Climate Network Newsletter, 27 May 2024](https://documents.manchester.ac.uk/display.aspx?DocID=72652)

[Greater Manchester Green City Newsletter, May 2024](https://mailchi.mp/greatermanchester-ca/gcr-jan24-12804318?e=f80d40a87e)

Social [Responsibility](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=MRfDU1MzE4MlM0MzQxOkMyNDA1RjFDRjAzQUIwRTkyQTNENjFCMkU5RUQxMUYz-&CC=&p=0) Newsletter, May 2024