**Humanities Social, Wellbeing, EDI, Social Responsibility and
Environmental Sustainability News, 14 June 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.

**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.)

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 [Loneliness Awareness Week](https://www.marmaladetrust.org/law?gad_source=1&gclid=CjwKCAjw65-zBhBkEiwAjrqRMHcY0E-Hk1_T7P4KJrjQsrjRoAM-Qp7ZFyZ6c7wvB8m3EnMpUhmwsRoCinEQAvD_BwE) (Theme: ‘Random Acts of Connection’)

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 2024](https://www.who.int/campaigns/world-blood-donor-day/2024)
 (Theme: 20 years of celebrating giving – thank you blood donors!)

17-23 June [Learning Disability Week](https://www.mencap.org.uk/learningdisabilityweek)
 (Theme: ‘Do you see me? – all about being seen, heard and valued

17-23 June [Cervical Screening Awareness Week](https://www.macmillan.org.uk/cancer-awareness/cervical-screening-awareness-week)

18 June [Autistic Pride Day](https://en.wikipedia.org/wiki/Autistic_Pride_Day)

21 June [Global MND Awareness Day](https://www.mndassociation.org/about-us/who-we-are/raising-awareness)

27 June [International PTSD Awareness Day](https://www.ptsduk.org/ptsdawarenessmonth/%22%20%5Cl%20%22%3A~%3Atext%3DWhen%20is%20PTSD%20Awareness%20month%2CJune%20being%20PTSD%20Awareness%20Day.)

24-30 June [Deafblind Awareness Week](https://deafblind.org.uk/deafblind-awareness-week-2024/#:~:text=24%20%2D%2030%20June&text=Throughout%20the%20week%20we%20will,of%20sight%20and%20hearing%20loss.)

24-30 June [Glaucoma Awareness Week](https://glaucoma.uk/glaucoma-awareness-week/)

24-30 June [World Wellbeing Week](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwik-4DwrLCGAxVSR0EAHWoaBuMQFnoECB0QAw&url=https%3A%2F%2Fwww.matesinmind.org%2Ftraining-and-resources%2Fworld-wellbeing-week-24-30-june-2024%23%3A~%3Atext%3DHere%2520at%2520Mates%2520in%2520Mind%2CWorld%2520Wellbeing%2520Week%2520each%2520year.&usg=AOvVaw3yXlqHEKilMK69b4c2LvdV&opi=89978449)

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

Let’s look for what’s good – you can explore the theme of Joyful June by watching a short video introduction, downloading our calendar of daily actions and find links to our expert webinars.

[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.

**Active Travel Breakfast**

Join us for our **Active Travel Breakfast event on Wednesday 19 June!** The aim of the event to encourage staff to use active travel to get to campus (walking, wheeling, cycling, running), and then congregate with colleagues over breakfast. Current and new active travellers all welcome. We have a number of colleagues offering led rides and runs to campus from a variety of locations (see booking form for details). You could even get public transport or drive for some of the journey and have a go at walking, wheeling, cycling or running the rest.

**When:** Wednesday 19 June 2024, 8:15-9:30am

**Where:** Café 65, AMBS ground floor

**Who**: All University staff (pre-registration essential)

**What**: Travel actively to campus and meet with colleagues over a free coffee and pastry (or alternative – you can choose from a selection of items at the café, including vegan and gluten free options). We will be holding a raffle prize draw for attendees with prizes, as well as some giveaways.  We will have a bike mechanic to give free check-ups on your bike, and more to come!

**How:** Complete the registration form here – <https://forms.office.com/e/v9sbuYba1M>

**Why:**There are lots of well documented benefits of active travel including positive impacts on mental and physical health, and improved air quality and carbon reduction. This links into University wellbeing and environmental sustainability priorities.

[Diabetes Week 2024 – 1—16 June 2024](https://www.diabetes.org.uk/diabetes-week)

Diabetes Week is a week to make some noise, raise awareness and shout about the things that matter to people with diabetes, shining a light on what it’s like to live with day in, day out.  This year, we want to talk about the health checks you need when you have diabetes.

Some helpful links:

Diabetes UK: <https://www.diabetes.org.uk/>

NHS Diabetes Prevention Programme (NHS DPP): <https://www.england.nhs.uk/diabetes/diabetes-prevention/>

Prediabetes: <https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/prediabetes>

Ethnicity and Type 2 Diabetes: <https://www.diabetes.org.uk/diabetes-the-basics/types-of-diabetes/type-2/diabetes-ethnicity>

[1824 Acts of Kindness](https://www.staffnet.manchester.ac.uk/news/display/?id=31421)

Embrace Kindness: Join our Bicentenary "1824 Acts of Kindness" Campaign!

[Let's talk equality, diversity and inclusion](https://www.staffnet.manchester.ac.uk/news/display/?id=31429)

In conversation initiative to encourage open and honest discussion across equality, diversity and inclusion.

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

Observing religious celebrations this May and June.

[Pride this June](https://www.staffnet.manchester.ac.uk/news/display/?id=31415)

Celebrate our LGBT+ community this June.

[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.

[Let's talk: Being a disabled postgraduate research student](https://youtu.be/WfAGYfAxfTs?si=Azobu691P-HRWKSH)

We are proud to share new episodes of our in-conversation initiative led by our Academic EDI Lead for Disability, Professor Jackie Carter.

This conversation between Professor Jackie Carter, Professor Colette Fagan, Vice-President for Research, and Laura Howard, Postgraduate Researcher (PGR), discussed the positive and challenging experiences Laura has faced as a disabled PGR at the University.

**Get involved**

‘Let’s talk’ encourages members of our diverse University community to have an open and honest discussion about topics right across EDI. If you would like to be involved with this project please contact Steph Danson via equalityanddiversity@manchester.ac.uk.

There is also more information at the following link: [Let's talk equality, diversity and inclusion](https://www.staffnet.manchester.ac.uk/news/display/?id=31056).

[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).

**Empty Nest Network**

We asked for your opinion a few digests back on establishing an Empty Nesters 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)

**Book club**

Next meeting is Friday 28th June 12:30-1:30pm. You don't even need to have finished the book (although there will be spoilers!).

This month’s book is No Country for Old Men by Cormac McCarthy. We will also recap The Nix by Nathan Hill.

Contact 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.

[The Healthy Workplace Report (2023) – A Survey of Mental Health & Well-being Promotion in Irish Firms](https://lnkd.in/eZMxCGJp)

Shared by Dean O’Reilly, EDI Manager, The Healthy Workplace Report (2023) demonstrates that 1 in 5 Irish firms are challenged by mental health-related absenteeism.

[Mental Health At Work (From Mind)](https://www.mind.org.uk/workplace/mental-health-at-work/)

Looking after your wellbeing when you're at work is so important. Read our tips on burnout, working remotely, and looking after your staff.

[Suicide – creating ripples of hope | Steve Phillip | TEDxUWE](https://www.youtube.com/redirect?event=video_description&redir_token=QUFFLUhqbHN3eWVqN0J2TFFwQUZDa09yNEtXcTY0MVQwUXxBQ3Jtc0trTkllNjlKQWtsWTNwNnNSSnZtNHFpUU9qX21rTTJ6WFh0MjFlZzdtbmdtYXdRSF9VeFZUektZYTQzVy1aM181cDBFOFl3ck9SZ3RJSi1nSzY4SUR4ZV9oaVdNM1RYc05rVE4tRXNrMEE2S1RlVTlhRQ&q=https%3A%2F%2Fwww.ted.com%2Ftedx&v=0Leo2u9GXDw)

Steve Phillip was a successful leadership & sales coach and corporate speaker, when, in December 2019, he received a call that would change his life forever; his 34-year-old son, Jordan, had taken his own life. Within 12 months of this life-changing experience, Steve established The Jordan Legacy CIC to provide hope to people who are feeling suicidal, by engaging all those who share his ambition to move toward a ‘Zero Suicide Society’.

This talk was given at a TEDx event using the TED conference format but independently organized by a local community.

[We Need To Share Our Stories – Men's Health Week 2024 (from Men’s Health Forum)](https://www.menshealthforum.org.uk/mhw)

Men don't talk, we're told. So, for Men's Health Week 2024, we're encouraging men to share their stories. Let's talk prostates (and everything else Men's Health!) #MENSHEALTHWEEK.

[Men’s Health Week 2024: More men seeking mental health support](https://mhfaengland.org/mhfa-centre/blog/mens-health-week-2024-more-men-seeking-mental-health-support/?utm_source=linkedin&utm_medium=organic-social&utm_campaign=80percentwp&utm_content=Mens-Health-Week-2024_Contentnativeimage_Mental-health-knowledge-for-managers_Jun-10-2024)

Men’s Health Week (10-16 June 2024) is an annual awareness week designed to give men access to the information and services they need to live healthier, longer, and more fulfilling lives. At MHFA England®, we campaign for mental health to be treated equally to physical health in the workplace and beyond.

To discuss the importance of openness around men’s mental health and organisations building a supportive workplace culture, we are joined by Matthew Alexander, Information and Security Officer and a member of our Advisory Committee.

[From punishment to nourishment: How can we change our relationship with exercise?](https://youtu.be/QRA2CPihjOA)

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 Happiful 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 a webinar that took place on Friday 17th May 2024.

[Action for Happiness Forthcoming Webinar: Finding Balance with Vishvapani](https://actionforhappiness.org/finding-balance)

Tuesday, 18 June 2024, 19:00-20:00 (optional donation)

At this special event, meditation teacher and Buddhist writer Vishvapani will explore how we can cultivate mindfulness and expand this to support other helpful habits, including making wise choices, responding to difficult situations and living more ethically.

[Action for Happiness (webinar replay): Happiness After Adversity](https://youtu.be/bClNMlUDX3M)

At this special event, Karen Guggenheim shares her inspiring story of rebuilding happiness after the sudden and tragic death of her husband a decade ago. Karen explains 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. This is a recording of a webinar that took place

[Henpicked’s Forthcoming Webinar: Menopause and Dementia](https://us02web.zoom.us/webinar/register/WN_4QDUqJvzR4OoyU0hMRZv_Q#/registration)

Thursday 20 June 2024, 12:15 PM

We frequently hear women say ‘I thought I had dementia’ when going through the menopause. But do you know what causes this? Do you know whether HRT helps and what the research says?

Join us for our FREE Lunch & Learn webinar where Henpicked’s Deborah Garlick and Dr Clare Spencer of My Menopause Centre will be discussing exactly this!

[Henpicked’s Lunch and Learn (webinar replay): Good Bone Health For Life](https://urldefense.com/v3/__https%3A/henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=7d5683ebd5&e=b246dc1610__;!!PDiH4ENfjr2_Jw!Fxajgo2gKcQtnCfqaIzJqB6Tai5zFunb4cBEGHJXClN1KZ2uPjtr-exEYXDJu5Bqeo6tTEzzf6yQ1Gxdc3cZwIc8O8hGyTgg6g$)

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 with Henpicked’s Deborah Garlick and Kat Bright, Co-Founder of The Health Boost, who will be discussing exactly this! This is a recording of a webinar that took place on Tuesday 4th June 2024.

[Henpicked’s Webinar (replay): Menstruation, Menstrual Health, and Employment Law](https://urldefense.com/v3/__https%3A/menopauseintheworkplace.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=fbe9887447&e=b246dc1610__;!!PDiH4ENfjr2_Jw!BnMaf6iFHQAJ7pdG24uw8l3Bs7kPaEF5ju_iCRz_G_d8T-yOZ81c8nmga22AfxbyHVjkKIs6cS8Yjscd_9p7jwJxz1zhoL_8YsOH$)

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. This is a recording of a webinar that took place on Wednesday 5th June 2024.

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

Wednesday 3 July 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 20 June 2024, 16:00-20:00 – Gallery of Sanctuary: Refugee Week Celebrations at the Whitworth.
* Thursday 20 June 2024, 17:45-18:45 – Natural Cultural Health Service (NCHS): Meditation in Nature, Summer Solstice.
* Sunday 23 June 2024, 14:00-16:00 – Still Parents: June Workshop.

[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 June:

* 14 June 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.
* 15 June 2024, 2:00pm-3:30pm (free, booking required) – Wild Talks: Art, nature, place and belonging. A conversation with Mike Murawski and Esme Ward
* 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?
* 14 May – 31 Aug 2024, 3:15-3:35pm – Wild in the museum. Tours with the Visitor Team.
* 5 June 2024 -1 June 2025 (free, booking required) - Our new exhibition***Wild*** explores our relationship with the natural world and looks at how people across the globe are creating, rebuilding and repairing connections with nature.

[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.

[Manchester Library of Things](https://mcrlot.com/)

Your local community shed: full of things you need, but don’t want to buy.

To give an update, we’ve got around 250 items donated or bought to stock the library and we’ve been busy PAT testing, cleaning, sorting and listing (as well as some really dull jobs like checking product recall websites!). We’re about halfway through with the majority of the PAT testing complete. All taking longer than we’d like but we’re getting there!

There are a few items that we are still looking for so if you have any of the these things and would like to donate it to the library please let us know: <https://mailchi.mp/b6d826a311a5/online-information-events-9368753?e=823b21f329>

Finally, if you are keen to volunteer to either help get the items listed or to help run the library once we’re up and running (to check items out, test and check items being returned) then please do get in touch – info@mcrlot.com

[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 20 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’s](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNzc1NDQ0MnxQUGRpd3hCXzdqR3A0dVdQM29oVWFzbzkwX0pXc21Pc2ZmMDV1SjZVc0Q2Zm1fVzlGOThKMXYwOTVCOHRvdDgxQUpvM2lBQWUzeFlSVlktVG9nd3NhVEdkanYwLUF5MmhaSW56dDdYemYzT2Iycm9vaVJOTUw3Zm1BNUJrTDZ3cU1rVXZTYmY0VEZyY0k2bEwxeGFOYVg5VmlPODdYUll2OHlpelhZdjBZLVJaUVFOSG5MTGlMdHhMcDVnQ21PYjlaR0JZSjJQWUNMcGpCUnB3Vm5rSnFHYnJFVXdHZ1NkSm02VXBMbWxCVFo4REVkNm1zdW1TQktSd2FhMVR3ZG9uZU9YYm5iMXdNVkxRN0lGcW9nS01aY25xOEdXUzZMLTIwQjZqaGtGQ0xVY1pndGcxazlaMGRpSlRUb0M2UkhiQXZlM2NndmRDNVdwRny04dVfTvZRzXwO2eh9FCRcqU2aKjketV2K9U3Bv23s0w%3D%3D) *[The Uplift](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNzc1NDQ0MnxQUGRpd3hCXzdqR3A0dVdQM29oVWFzbzkwX0pXc21Pc2ZmMDV1SjZVc0Q2Zm1fVzlGOThKMXYwOTVCOHRvdDgxQUpvM2lBQWUzeFlSVlktVG9nd3NhVEdkanYwLUF5MmhaSW56dDdYemYzT2Iycm9vaVJOTUw3Zm1BNUJrTDZ3cU1rVXZTYmY0VEZyY0k2bEwxeGFOYVg5VmlPODdYUll2OHlpelhZdjBZLVJaUVFOSG5MTGlMdHhMcDVnQ21PYjlaR0JZSjJQWUNMcGpCUnB3Vm5rSnFHYnJFVXdHZ1NkSm02VXBMbWxCVFo4REVkNm1zdW1TQktSd2FhMVR3ZG9uZU9YYm5iMXdNVkxRN0lGcW9nS01aY25xOEdXUzZMLTIwQjZqaGtGQ0xVY1pndGcxazlaMGRpSlRUb0M2UkhiQXZlM2NndmRDNVdwRny04dVfTvZRzXwO2eh9FCRcqU2aKjketV2K9U3Bv23s0w%3D%3D)* [Weekly Magazine (07/06/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNzc1NDQ0MnxQUGRpd3hCXzdqR3A0dVdQM29oVWFzbzkwX0pXc21Pc2ZmMDV1SjZVc0Q2Zm1fVzlGOThKMXYwOTVCOHRvdDgxQUpvM2lBQWUzeFlSVlktVG9nd3NhVEdkanYwLUF5MmhaSW56dDdYemYzT2Iycm9vaVJOTUw3Zm1BNUJrTDZ3cU1rVXZTYmY0VEZyY0k2bEwxeGFOYVg5VmlPODdYUll2OHlpelhZdjBZLVJaUVFOSG5MTGlMdHhMcDVnQ21PYjlaR0JZSjJQWUNMcGpCUnB3Vm5rSnFHYnJFVXdHZ1NkSm02VXBMbWxCVFo4REVkNm1zdW1TQktSd2FhMVR3ZG9uZU9YYm5iMXdNVkxRN0lGcW9nS01aY25xOEdXUzZMLTIwQjZqaGtGQ0xVY1pndGcxazlaMGRpSlRUb0M2UkhiQXZlM2NndmRDNVdwRny04dVfTvZRzXwO2eh9FCRcqU2aKjketV2K9U3Bv23s0w%3D%3D)

Do you experience second-hand stress?

* Second-Hand Stress
* Menopause Recommendations
* Feelings Wheel
* Therapy Chickens

[Happiful’s](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNzE0OTY0MnxWSkJQMHRMTTN2VW9GaG53c2JRN0ZYbkJvc0dyS0I5WmN2cEtvX2VaWE1vR3NTZUxWa1hKOHI1VXdaZkRMMk9KTXJkdTFMTllrMjZ1djA5SFhuRjRQYkxIdDdEalMyZ2w1ZTA1V1JOaFRhWjhJR1BpTlJxYTJrOG04QWZXRWtxQUpQYnhLXzJJUjFqVEI0QWtVMW9GNWk1b1ZhYWZ1S0FNZ0FvYmVrWjhzRHlkQlNza283UEQ3bWYxZHc5TzJvMWdEdkVEWWNyU2tFcXJfWUVISEZ3NEYxR0pHdnlOcFJiUWxVXzlmaEtQbkgwcGtOVHFKSjZRcE9UbmFZZXhfVGpBYUlHMlJ4QWliZEVuS2UwRTRjUTc3OFZMVWJVNnZrS3hsSkNfaWJNT3hnQTJLR3pUSjAydFJSbnN0cFI1MFlEZElKVVNobGZYcXBVVnzz_6K_7QKSvUEoR0bi-GJoW9PeoQQlQXvUbppAM_karA%3D%3D) *[The Uplift](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNzE0OTY0MnxWSkJQMHRMTTN2VW9GaG53c2JRN0ZYbkJvc0dyS0I5WmN2cEtvX2VaWE1vR3NTZUxWa1hKOHI1VXdaZkRMMk9KTXJkdTFMTllrMjZ1djA5SFhuRjRQYkxIdDdEalMyZ2w1ZTA1V1JOaFRhWjhJR1BpTlJxYTJrOG04QWZXRWtxQUpQYnhLXzJJUjFqVEI0QWtVMW9GNWk1b1ZhYWZ1S0FNZ0FvYmVrWjhzRHlkQlNza283UEQ3bWYxZHc5TzJvMWdEdkVEWWNyU2tFcXJfWUVISEZ3NEYxR0pHdnlOcFJiUWxVXzlmaEtQbkgwcGtOVHFKSjZRcE9UbmFZZXhfVGpBYUlHMlJ4QWliZEVuS2UwRTRjUTc3OFZMVWJVNnZrS3hsSkNfaWJNT3hnQTJLR3pUSjAydFJSbnN0cFI1MFlEZElKVVNobGZYcXBVVnzz_6K_7QKSvUEoR0bi-GJoW9PeoQQlQXvUbppAM_karA%3D%3D)* [Weekly Magazine (31/05/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxNzE0OTY0MnxWSkJQMHRMTTN2VW9GaG53c2JRN0ZYbkJvc0dyS0I5WmN2cEtvX2VaWE1vR3NTZUxWa1hKOHI1VXdaZkRMMk9KTXJkdTFMTllrMjZ1djA5SFhuRjRQYkxIdDdEalMyZ2w1ZTA1V1JOaFRhWjhJR1BpTlJxYTJrOG04QWZXRWtxQUpQYnhLXzJJUjFqVEI0QWtVMW9GNWk1b1ZhYWZ1S0FNZ0FvYmVrWjhzRHlkQlNza283UEQ3bWYxZHc5TzJvMWdEdkVEWWNyU2tFcXJfWUVISEZ3NEYxR0pHdnlOcFJiUWxVXzlmaEtQbkgwcGtOVHFKSjZRcE9UbmFZZXhfVGpBYUlHMlJ4QWliZEVuS2UwRTRjUTc3OFZMVWJVNnZrS3hsSkNfaWJNT3hnQTJLR3pUSjAydFJSbnN0cFI1MFlEZElKVVNobGZYcXBVVnzz_6K_7QKSvUEoR0bi-GJoW9PeoQQlQXvUbppAM_karA%3D%3D)

6 unusual self-care ideas:

* Unusual Self-Care
* Hydration Hacks
* Shape Happiful
* 100 Destressors

[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.

**RSPB Notes On Nature**

* [Watch live! Inside the Swift nest box (08/06/1970)](https://view.email.rspb.org.uk/?qs=a91588c8be70237e09e09373bf4f2340a14daa6f923578a0c9cd76ed77217b93d968dae94d981cd3b9f76516ed6ec025600885aacf13ce33c0f6cb273ff99c81ee327675fcf22216e34480f968b8a5c8d34a387020dd72db)

[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.

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 not currently places available but you can add your name to the wailing list [here](https://app.manchester.ac.uk/training/profile.aspx?unitid=9845&parentId=4):

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 14, Tuesday 18 and Friday 28 June, 13:00-13:45 (one-off workshops) – Mindfulness Meditation.
* Thursday 20 June, 13:00-14:30 – Challenging Unhelpful Thinking Habits.
* Monday 24 June, 13:00-14:00 – Breathwork for Resilience and Self-Support.
* Wednesday 26 June, 13:00-14:30 – Anxiety.

**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’. There are currently no dates scheduled but you can add your name to the waiting list 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, 11 June 2024](https://documents.manchester.ac.uk/display.aspx?DocID=72772)

[Sustainable Futures Monthly Newsletter, June 2024](https://mailchi.mp/c857450490fc/the-latest-updates-in-research-calls-news-items-events-and-ongoing-activities-across-sustainable-futures-6741776?e=6f183721c1)

[Manchester City Council Libraries News, June 2024](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/39f2ddf)

[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