**Humanities Social, Wellbeing, EDI, Social Responsibility and
Environmental Sustainability News, 12 July 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.

**July celebrates:** [Sarcoma Awareness](https://sarcoma.org.uk/sarcoma-awareness-month/), [Disability Pride Month](https://www.inclusiveemployers.co.uk/awareness-day/disability-pride-month/?cn-reloaded=1)

1-7 July [Dyspraxia Week](https://dyspraxiafoundation.org.uk/news-and-events/dyspraxia-week) (2024 theme: My goal, my way)

24 July [Samaritans Awareness Day](https://www.samaritans.org/support-us/campaign/talk-us/?gad=1&gclid=Cj0KCQjwzdOlBhCNARIsAPMwjbyso7-DXXA0pwoLgPrwpDw90lgybdypOf8eHJQc2nvSgFiHSVERZfEaAuWWEALw_wcB)

25 July [National Schizophrenia Awareness Day](https://www.awarenessdays.com/awareness-days-calendar/national-schizophrenia-awareness-day-2024/#:~:text=July%2024,with%20a%20diagnosis%20of%20schizophrenia.)

28 July [World Hepatitis Day](https://www.worldhepatitisday.org/campaign/world-hepatitis-day-2024/)

[Action For Happiness Wellbeing Calendar: Jump Back Up July](https://actionforhappiness.org/sites/default/files/Jul%202024.pdf)

How can we build resilience, even in challenging times? Let's find ways to bounce back!

Vanessa King, Head of Psychology at Action for Happiness, shares her top tips for Jump Back Up July, based on the key of Resilience finding ways to bounce back, one of the 10 Keys for Happier Living. Visit: <https://youtu.be/ar_fMKTKZoA>

For more on Resilience visit: [https://actionforhappiness.org/10-keys](https://www.youtube.com/redirect?event=video_description&redir_token=QUFFLUhqbGh4ajJrV1Y3MVNEQm95NFV4ZDVWY2VfMlg0Z3xBQ3Jtc0tsMkxjemNnZUdDN2ZmRDdrMEtmVFhzaFROR2w0QmhEa3d1anNhRGtVTk8tMEE4NENHdnluZlBtcHE4VHg4QU5wY2N0eG0zd1NtV3V4QTNUa2tZT3dfdXp4ay1pbS1DSk5SWWVoQUJPYmtvYlFURGRlZw&q=https%3A%2F%2Factionforhappiness.org%2F10-keys&v=ar_fMKTKZoA)

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

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

[Religious awareness days this July and August](https://www.staffnet.manchester.ac.uk/news/display/?id=31535)

Observing religious celebrations and traditions in July and August.

[Workplace Wellbeing Training Programme](https://www.staffnet.manchester.ac.uk/news/display/?id=31526)

Spaces Available on the Workplace Wellbeing Training Programme for Line Managers. We have courses running until December 2024. Please note there are limited spaces available, please register promptly to secure a space.

[Wellbeing summer events for staff and students](https://www.staffnet.manchester.ac.uk/news/display/?id=31498)

The Counselling and Mental Health Service are running a series of mindfulness and breathworks

sessions this summer.

[Relax with nature on campus](https://www.youtube.com/watch?v=skLzqZ0JirI)

Check out this short video showing the beauty of our campus during the Spring season.

[Alcohol Awareness Week 1st – 7th July](https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1)

It is currently Alcohol Awareness Week and the theme this year is focused towards ‘understanding alcohol harm’: encouraging us all to talk about the ways in which alcohol harm affects us, and how this ripples out to our families, friends, communities, and broader society.

[Let's talk: Our Disabled Staff Network, with Dr Hamied Haroon](https://www.staffnet.manchester.ac.uk/news/display/?id=31508)

In conversation initiative to encourage open and honest discussion across equality, diversity and inclusion. This conversation between our President and Vice-Chancellor, Professor Dame Nancy Rothwell and Dr Hamied Haroon, Research Fellow in the Faculty of Biology, Medicine and Health, discussing our disabled staff network and the experiences of disabled staff at the University.

[Data and Research Month](https://www.staffnet.manchester.ac.uk/news/display/?id=31560)

Sign up for our EDI Data and Research Session this July.

[Gypsy, Roma and Traveller History Month](https://www.gypsy-traveller.org/grthm/)

Every June since 2008, people from across the UK have celebrated Gypsy, Roma and Traveller History Month (GRTHM). Through celebration, education and raising awareness, Gypsy, Roma and Traveller History Month helps to tackle prejudice, change the story, and amplify the voices of Gypsies, Roma and Travellers in wider society.

Here you can find all of the different resources we've put together over the years to help organisations, schools and individuals get involved and celebrate GRTHM.

[Hidden Disabilities Sunflower](https://bit.ly/3JVe0b7?trk=public_post-text)

Disability Pride Month occurs in July to amplify the voices and visibility of disabled people in all aspects of their lives. It is an important time to celebrate individuality and to highlight the importance of making our society more inclusive and accessible.

[The Sunflower Conversations](https://conversations.hiddendisabilitiesstore.com/)

The Sunflower Conversations are where we explore hidden disabilities through the prism of the Hidden Disabilities Sunflower. In a world where it can be hard to feel like your story matters, we want to give you a space to share your experience. Whether you or someone you care about wears the Sunflower lanyard, we hope that by giving voice to these experiences, we can empower others and encourage more people to support people with invisible disabilities.

[Employee Wellbeing Check-Ins (from Every Mind At Work)](https://everymindatwork.com/wp-content/uploads/2024/03/Wellbeing-check-ins.pdf)

According to recent research, 70% of people say that their managers have a greater impact on their mental health than their doctor or therapist. With that in mind, it’s important that managers foster a culture of care within their teams and regularly provide wellbeing check-ins with their employees on a 1:1 basis.

[Feeling ‘Safe and Understood’: The Power of Communities for LGBTQIA+ Young People](https://beewellprogramme.org/feeling-safe-and-understood-the-power-of-communities-for-lgbtqia-young-people/)

BeeProud is a project which has built on #BeeWell findings and explored the experiences of

LGBTQIA+\* young people aged 16-19 living in Greater Manchester. Young LGBTQIA+ people from Greater Manchester responded to a questionnaire asking them questions about their identity, their local area, their experiences of education, and other things. In this blog, we share some initial findings from the project around the power of communities.

[Embracing Neurodiversity at Work: Addressing The Unasked Questions](https://urldefense.com/v3/__https%3A/event.webinarjam.com/t/click/04vzghy5hlgi1pt7x5tlkt9xir__;!!PDiH4ENfjr2_Jw!GIiUEqmJHx6p1OefQhem7tFUHk0sD20ddHCfh5VIsBwf4eT7vfet8_ZAxxtYvDCaXlQiDh8nrVnGh_cBkhNUU3GVu4YjnDf9pcrVTkD2u3A$)

Hosted by Meeta Sahni, Flo Weber-Zuanigh. Webinar replay from Wednesday 12 June 2024.

[How to Empower your Leaders through Neurodiversity Coaching](https://lexxic.com/event/value-of-neurodiversity-coaching-webinar?utm_id=Coaching%20event%20sign%20up%20button&utm_campaign=Monthly%20Newsletters&utm_medium=email&_hsenc=p2ANqtz-9LVTT56tN5RZgFrXyo1t80FfM86lXsjiBnXl1fVvLR9_U-7GAg1MYjFXLhDRqInz8o6cK23E4inV2XJKs7hAMO5i_w3plfPltuu_cwjUvITufAFbU&_hsmi=90512897&utm_content=90512897&utm_source=hs_email)

Thursday 18 July 2024, 12:00-13:30

Join us for a panel discussion, as we dive into Neurodiversity Coaching and how this can empower leaders at your organisation.

Coaching neurodivergent clients who are in senior management, or leadership positions, can maximise their personal and professional potential within their role.

[Do you know how to access the support that is available for you?](https://rnibenews.org.uk/cr/AQjI5A0QrYthGM3Yw7sByRp3q9_vZ6kLuHUtA1kipMlHvJB7M9zPSSDDH68X6bo)

At RNIB we offer practical and emotional support to help you live confidently and independently with sight loss. Whether you’re just coming to terms with a diagnosis, are supporting a family member with sight loss or have been living with an eye condition for some time, having someone who understands what you’re going through can make a huge difference.

This email provides a glimpse into a few of the free services we provide and the support available.

['Preventing Workplace Harassment' webinar](https://urldefense.com/v3/__https%3A/oz261.keap-link009.com/v2/click/084726bbbd7f000b5381ab84d297d012/eJyNj0ELgkAQhf_LnCWztTW9iUQsmoeoc4gOtKS7yzYJJf731opOBV3nfe8b3gCEqlIkGkhA3xc8AA8s1tJIVJRpRVX9DBlfxQsPWqnOG6uvBpLhW_WTT9dgHgbcA7oZdMh-l2a5KDfHQpS5Q01l3Yt_PIwt5-HHs96mooBx_CnGTtK6d-4LJGSvOA1qpBtFB9s6_kRkLonv97JDPat158cRi4NVGHHXroxB1byX53h7OcYHhcZegQ%3D%3D__;!!PDiH4ENfjr2_Jw!CSk0H5wiYQCxUvRClk95rNmonNDepHW-9bYa0zf55u41_41d3HqQGD4KU3qlbn-0VhIbsHzbPx0-wHhKrdlQ7n4bbF0LmwoE$)

Feel better prepared to take steps to ensure compliance with the new legislation.

[Ripple Suicide Prevention Mental Health and Suicide First Aid Resources, 2024 Edition](https://online.fliphtml5.com/yyzyb/rfdi/)

This resource is packed full of mental health and suicide prevention services who carry out fantastic work to support others. The document is free to download, please take a look, store it safely, and share it with your loved ones.

[EHRC Consultation: technical guidance on sexual harassment and harassment at work](https://www.equalityhumanrights.com/guidance/consultation-technical-guidance-sexual-harassment-and-harassment-work?utm_source=Twitter&utm_medium=social&utm_campaign=Orlo)

Really useful guidance published by the Equality and Human Rights Commission outlining what 'reasonable steps' should look like for different types of employers in relation to the Worker Protection Amendment, and how organisations can become compliant with the new preventative duty.

[Book club](https://www.staffnet.manchester.ac.uk/news/display/?id=31532)

Next meeting is on Friday 26th July, 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 Yield by Tara June Winch. We will also recap No Country for Old Men by Cormac McCarthy.

Why not head over to our [Viva Engage](https://web.yammer.com/main/groups/eyJfdHlwZSI6Ikdyb3VwIiwiaWQiOiI1NzU0NzAxNDE0NCJ9/all) (Yammer) group for more reading inspiration!

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.

[Action for Happiness Forthcoming Webinar: Self-Care In Hard Times with Dr Kristin Neff](https://urldefense.com/v3/__https%3A/actionforhappiness.us3.list-manage.com/track/click?u=38ea3e7c0a12909b5f17eb1ed&id=4113a4375d&e=a0d0bb6dff__;!!PDiH4ENfjr2_Jw!Bg-FrcKWimjogQhOfGjZYL11etmf-RDpYELmr6i43vjGber6FR2iW3cLuelNvmlDfCdwE6C3m0926jic7-3TaYf0RMrbFhHT5XQ$)

Tuesday, 23 July 2024, 19:00-20:00

At this special live event Dr Kristin Neff will share how we can make helpful changes to build our resilience and cope better in hard times - not because we’re selfish, but because we genuinely care about ourselves as well as others. She will also focus on the benefits of being part of a wider community of people learning and helping each other to do this.

[Action for Happiness Webinar Replay: Creating Happier Workplaces with Henry Stewart](https://urldefense.com/v3/__https%3A/www.youtube.com/watch?v=CODnTnub_XU__;!!PDiH4ENfjr2_Jw!FZ9xgK1NDUy9IskmHXR4jjReF9mmB7pTBIeSzESvE1YUk_Ht0uLHIbyl7GPp0v2M6RaKFkKaG6mg3k8NjJSQDvZfWNeoUXXTuYZBZw$)

At this special event, Henry Stewart will reveal his refreshing ideas to create a happier workplace and make your work feel more joyful and fulfilling. He explained the secrets of great workplaces and how to help people feel good about their work. This is a recording of a webinar that took place on Tuesday 9th July 2024.

[Henpicked’s Lunch and Learn (webinar replay): Living With Endometriosis](https://henpicked.net/menopause-hub/living-with-endometriosis/)

We all may have heard the word “endometriosis”. But what does it feel like to live with it? What

advice might help? How can people be best supported? Join us for our FREE Lunch & Learn webinar where Henpicked’s Sally Leech and Vickie Williams will be discussing exactly this! This is a recording of a webinar that took place on Tuesday 2nd July 2024.

[Events at The Whitworth](https://www.eventbrite.co.uk/o/the-whitworth-6805885025)

* Sunday 14 July 2024, 14:00-16:00 – Still Parents: July 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://www.museum.manchester.ac.uk/whats-on/)

Here's what we've got planned in June:

* 20 July 2024, 11am-4pm (free, drop-in) – Nepal Day. Come along to our first-ever event celebrating Nepali culture, heritage and arts. Enjoy a temporary exhibition of everyday objects showcasing Nepal’s cultural, regional and religious diversity, as well as a series of performances, family-friendly activities, a photo exhibition, and more.
* 24-28 July 2024 (free, drop-in) – Family Tai Chi: Five Animals. No matter whether you’re a little mouse or a giant giraffe, come and discover your inner animal in one of our family tai chi taster sessions. Inspired by our new exhibition, Wild, these hour-long sessions will feature movements inspired by five animals, led by our wonderful tai chi instructor Feixia Yu.
* 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.
* 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.

[What’s on at Central Library](https://librarylive.co.uk/)

From film nights and gigs to author readings and talks, Library Live features a real assortment of events, blending the traditional with the unconventional. With big open doors, lots of free events and many different spaces to explore, Library Live is for everyone.

[Join our iNaturalist campus project: Biodversity On Campus](https://blogs.manchester.ac.uk/bmh-sr/2024/02/01/3469/)

We have now created a University biodiversity project on Naturalist, a free, easy to use app where users can record and identify various plant and animal species.

The app allows you to upload photos of the wildlife (including garden plants/trees) you see and to discover the types of wildlife you are observing. You can also explore sightings that others in the community have uploaded, helping them to verify any species they observed.

Join our campus project on the iNaturalist app (google play, app store or access via the web) to take your observations anytime, anywhere you are. We have also created a how-to guide, full of useful tips and diagrams to help you navigate the app and get started recording your observations.

[Manchester Day is back on Saturday 27 July.](https://lnkd.in/eaS2cDNf?trk=public_post-text)

Join us for a day of free family fun in the city centre. Inspired by an international summer of sport, expect pop-up performances, astounding acrobatics and have-a-go activities.

[‘If Stones Could Talk’: A Historical Walking Tour of Manchester's Stone](https://www.eventbrite.co.uk/e/if-stones-could-talk-a-historical-walking-tour-of-manchesters-stone-tickets-710310787687)

A two-hour walking tour on the history of Manchester from another angle. Come with us to explore the stone and brick that makes up the city! A fee is applicable.

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

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.

[Save the Date – Cycle To Work Day is Coming!](https://link.myschemes.co.uk/u/gm.php?prm=qvpkfTJiX7_142365079_6294292_52659&_esuh=_11_81fffc8a19771f77f641ebe027070591c7f8e6f90da2cc28b5297069b592bfda)

Cycle to Work Day is back on Thursday 1st August 2024. Join the movement and let's ride together.

[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 18 July 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 The Uplift Weekly Magazine (04/07/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcyMDA4NzI0OHxzOFhrN1ppVERlRGpreUY0cUMxbU1uQ24wY2VIUUlRSzNMdWNfMDZXSnlPYXZTaW9iZ0ZlMkFGeHN4ejZWQzllTlRjTU5lRlF1R1Bjb3p0bDdXS1BuM0FNOFZBLVZveHI2UWc4c0FtX2RTNnI0Z3ZrX1R3Rm1CM2V6RS1fR1RBZ3Qxa0FwZGRWNEhZam5QeUcyd2oyejlaS29yX3VhVHJfRGxweXphTVBKLVVuNTVYMGVtOTEyQ1JrVUxaVFJWejBPVHl1Um1fekt3UEt5SlZJVmpyNmNqY1lfdW5rb3JWUlJYaWJZUXRqUENkX0Z6UTk5M000YWRSTXdzcmVnd25rX19QY2RfSTViUUkwWW5vQUR2MFNvTFJQS1Fvakw2cmJOVFVfcWpXcDhDaExNYXBlOXRrTnM1cVMtR1R6VHRNdkpaRlJTSGQxaV90WHw3YoMmVpW1HEFOEo9288VkHmwkYPSdVbZQzaMM_PbR6g%3D%3D)

Need An Uplifting Break from the News?

* Deferred Happiness.
* Soothing Repetition.
* Micro Naps.
* Running Perks

[Happiful’s The Uplift Weekly Magazine (28/06/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcxOTU2ODg0MHxST2l5WGhWcC00M205aXhUYWlWNEJvSmNUVWRnYkVPNTNhWjhxU1kzM1U4NzdiWGRTSDBYS2NlT2dEcHNwTk8ycVlnank5ckdJMkg5aTBxeFNrTk1yUDZnb1RQS0VLQTlNNFlCXzZYeDRTd2RPUmNtOUZlcWRGc2JJdi1GWGJqS0lxb0FtQjEwZkFmNDBxOEl2TC01dDJULVpOLUxTWlA0aVNENklYX2xkMl94NU9uWHJlVGJfQVpjV3pBbzRQaHdKd29nOG8tWnlZaTlJek9NbjY1YWZxWDUwUnhISGt0YXRHLW50QTlHTjFZRmJ1VEl6VU9zc2wwT1RyS0I1LXAxZzZoSG5PbWVmWDZ4cWRXSnB0bW5FdVVWVjU3RHR3ZVRfMUhyQzAyX1diZDdWakx5aUNYYVJlek4weHZmUlZlQzVmTkVLbE9xTjNQR3xGu3C59lbKzNAdL-yKXN7A_-eTNjR6-xwLE4RbkxVl1A%3D%3D)

5 ways to deal with weather whiplash

* Weather Whiplash.
* Cosy Cardio.
* Coming Soon.
* Live Mindfully.

**RSPB Notes On Nature**

* [What nature needs from the new UK Government (06/07/2024)](https://view.email.rspb.org.uk/?qs=95d6ba40f7b50bd5b99a3cca518c9be445b105944208d202fb715a6424a3892ad87f13328b02c51cb276e05a72d266c783d4a296b8356815feee3f3794a2036d91adc14be4306afe3e7c7043803b8b42ea8d7dd067adce12)
* [Celebrate the Swifts’ summer tour (22/06/1970)](https://view.email.rspb.org.uk/?qs=b9f90417c9338111ad5e3a93c12e916b6cd8be6a34d38787b5e70869709df541ee4d3a4d87218e2b2f67deac653d6a72fd8c2f197dd7266703b7bbd405378eb2ef891efe7a5c4acc6664010c533393bdcef0f48a4c2fe423)

[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.

Friday 19 July 2024 – 10:00 to 14:00

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.

**Other relevant newsletters:**

[Health Hero Newsletter, July 2024](https://wellbeing.hub.healthhero.com/page/july-2024) (This month, we're offering guidance for bereaved parents, tips on smart shopping, hepatitis awareness, and advice on making informed choices about alcohol.)

[Climate Network Newsletter, 5 July 2024](https://documents.manchester.ac.uk/display.aspx?DocID=72917)

[Climate Network Newsletter, 24 June 2024](https://documents.manchester.ac.uk/display.aspx?DocID=72851)

[Social Responsibility Newsletter, July 2024](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=M0QDU1MzE4MlM1MzQxOkM4MUVBMEJERjlENTZBRTFBOEQ0NzI5RjdGMEI2QUJF-&CC=&p=0)