**Humanities Social, Wellbeing, EDI, Social Responsibility and
Environmental Sustainability News, 26 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)

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/)

**August celebrates:** [Women in Translation Month](https://www.womenintranslation.org/)

1 August [Cycle to Work Day](https://www.cyclescheme.co.uk/cycletoworkday)

[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)

[Action for Happiness Wellbeing Calendar: Altruistic August](https://actionforhappiness.org/sites/default/files/Aug%202024.jpg)

Let's create a wave of kindness to spread around the world.

[Fostering wellbeing at our University – the results](https://www.staffnet.manchester.ac.uk/news/display/?id=31620)

We are pleased to share the results of our Wellbeing Survey.

[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.

[South Asian History Month](https://www.staffnet.manchester.ac.uk/news/display/?id=31600)

Celebrating South Asian culture.

[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.

**Catch Up On Wellbeing Webinars**

* Diabetes Awareness Webinar with Diabetes UK (hosted 13/06/2024): [Watch Here.](https://vimeo.com/user212599190/diabetesawareness?ts=0&share=copy)
* Neurodivergent Wellbeing Webinar, Liz Mulhall-Brewer, Neurodiversity Coach: [Watch Here](https://vimeo.com/939118399/70563f9b6c)
* Dealing with Overwhelm, Heather Beach, Healthy Work Company: [Watch Here](https://vimeo.com/user212599190/dealing-w)

[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.

**AllOut Teams Space**

Over in LGBTQ+ land, we’ve set up a Teams space for members of AllOut. If anyone is a member of AllOut, and would like to join the Teams space, email matt.sanderson@manchester.ac.uk

[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.

[Henpicked’s Forthcoming Lunch & Learn: Menopause and Mindset](https://us02web.zoom.us/webinar/register/WN_F3Qc2KfkR9aNJAdVpXJPZA#/registration)

Thursday 8 August 2024, 12:15 pm

What do you think and feel about the menopause? Do you know that your mindset can affect how you experience this life-stage? You might be surprised what a difference it can make. Join our FREE Lunch & Learn where Henpicked’s Deborah Garlick and Silv Greenfield will be discussing exactly this.

[Action for Happiness Forthcoming Webinar: Build a Happier Life, with Arthur Brooks](https://www.eventbrite.co.uk/e/build-a-happier-life-with-arthur-brooks-tickets-946271773347?aff=oddtdtcreator)

Tuesday 10 September 2024, 19:00-20:00

At this special event, you can join renowned expert and author Professor Arthur Brooks to learn how to build a happier life, no matter how challenging your circumstances. Combining his decades of experience studying happiness, he'll share tips to manage your emotions, turn difficulties into opportunities for growth, improve your relationships and find a deeper sense of satisfaction and inner peace.

[Action for Happiness Webinar Replay: Self-Care In Hard Times with Dr Kristin Neff](https://urldefense.com/v3/__https%3A/youtu.be/0B_nKJUTeH8__;!!PDiH4ENfjr2_Jw!Fdr5oFo5QUlFhBSrlojFyGYOGIovh4nrtyaJmslry-7XbNmIU51vexdP1w80ulW4RR5cy0oSP3XX-hnilIMqRuGm58kPIgKbTx36ag$)

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. This is a recording of a webinar that took place on Tuesday 23 July 2024.

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

* Thursday 22 August, 18:00-20:30 Queer Hope + Joy at The Whitworth!

[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:

* 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 2024](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 1 August 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 88](https://urldefense.com/v3/__https%3A/click.happiful.com/ls/click?upn=u001.28Gc7YwOWu-2BFSW5prfJw8z84HOPc7-2FJ2hMcXT1Bj1WEzu-2BOAr-2FI4ZmMCTKcibeKpqxUYIEA0dovqxEPpy-2Bz1h2u2uJxq2G8Cl2RvmMbKOow-2FT6siSHzmasoQrIjReJAyi2GKyIXc2ibyADG6e4Tyd5BVEue3AkYF-2Bn6t5ElXYPXPSNUnCVyLaxRqCki8bpQAbb_B_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPaiLHaaR-2BTvBdU84OoC8-2BX5HqMpSAw8y1mJ1GEnRUXh9I05rLftzYfo3JjDyXQ1T643uXq0YGtePUKa1rXsgwl1zypMeVWQtKu1SeVNqcNsNCb5K1Vqv9hM1-2FRC40RNzMUipcB-2B5lPNUfcGJvH7G5SPwANTQVm1hK417jy9MRG7FvxM8keRUwBbc38oPgr8rO1Wpt8kWnhWZyGakKDpwc9Dloz72-2BtYKp1JFoJKB-2FvWPP-2FIFy2j0hNG5a8bMpKdu6plNC9iuuk6MkmjA1IhrIqRtJnk5xoTIBYZo9p-2FAiCvSZijjMTZHm-2F7nhvaZPEUlDSWGK6kjFgh8V4U-2BKVEfk-2BhNmva7VYrKeJPm14ZkYTIcetWam1hY1BPvvVlsI50DWLucBzMfDQDtWqqC9YrXZErOG2RlorDjG5GTFCGcinDuHywl9tQJDbkVoJ85EmFBoe01tC8L7FMCkwvutRMvX1VwDQ9RYLUeXM9hiS3oMYR0mfNy-2FTuAJO9ncPyA-2Ffv-2FBBL9FLSg5PvZU3RcacmJW64jFAKdbsCiVg1VN6k8rVp-2F01GrApuZ143ACBSw2c1JZN39FFgIQU1mp-2FL-2BKy6iwg-2B63uXmDIuz6Z2XL2z44XDv0xERkuxhrrs-2Btn5MDI2mq1vrdZwil1TekR6YEu2kRuC-2BeYirN005d1mQ-2FUK4C7ewB4O9MIEYHoiSas6-2Fk9TA-2BZTX58LUWn8YT1Vuopc2KfdruPykmQP8zR70Wx-2BigxTTpjMr0XrA0mwFJxdko1q1WDHke66nWUTe4ursgnInlVb5qkuM900Dz1ldu-2FJheXzNLXGgIjfw-2Fw24rFPdvCnJ3G-2F0KtkamaEN98aPazSQGYBWTl2PjZqfm-2B9sRkOCRopTjYQIaPcw2iKUxMImogWFXLRyPMAEMtntmmjs81nmGpDkVb9Es-2BmNWhNSyJHtgcdPWVtbKN-2F9FlnpliY82kriR1cBLMjgLklsagfCyiQZ55xHpSgz2-2B5QcaUVFsnEWzQO-2F-2FuXeB7TGnnbQSeamFEHy01IyyDPQ6QERPNY0nxm3Vzz7tKHRvABITEGAkmVfj7YzgGHPpuFhaAKP4v1j-2Fbu3U-3D__;!!PDiH4ENfjr2_Jw!AUwfX7in6ddNYO_l3nfoERc9cb-AbXu7TYcT09T9PC6NUXHhjQybID6BKmwcwyiunlF85WV6otSt6AGmusLuCB7j269QSA$)

Are you forever curious about the world around us, and keen to understand the fascinating ways our minds work? Now’s your chance to learn something new. In this issue, we’ve got a full spectrum of fascinating, informative, and empowering features, including:

* How to spot the **different types of gaslighting**
* 10 steps for **creating a more open mind**
* The actor **Jill Halfpenny on her grief story**
* **Why music takes us back**, and how to use this tool
* Tips for **starting the day better with chronic illness**
* How to let go of **anxiety around ageing**

[Happiful’s The Uplift Weekly Magazine (12/07/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcyMDA4NzI0OHxzOFhrN1ppVERlRGpreUY0cUMxbU1uQ24wY2VIUUlRSzNMdWNfMDZXSnlPYXZTaW9iZ0ZlMkFGeHN4ejZWQzllTlRjTU5lRlF1R1Bjb3p0bDdXS1BuM0FNOFZBLVZveHI2UWc4c0FtX2RTNnI0Z3ZrX1R3Rm1CM2V6RS1fR1RBZ3Qxa0FwZGRWNEhZam5QeUcyd2oyejlaS29yX3VhVHJfRGxweXphTVBKLVVuNTVYMGVtOTEyQ1JrVUxaVFJWejBPVHl1Um1fekt3UEt5SlZJVmpyNmNqY1lfdW5rb3JWUlJYaWJZUXRqUENkX0Z6UTk5M000YWRSTXdzcmVnd25rX19QY2RfSTViUUkwWW5vQUR2MFNvTFJQS1Fvakw2cmJOVFVfcWpXcDhDaExNYXBlOXRrTnM1cVMtR1R6VHRNdkpaRlJTSGQxaV90WHw3YoMmVpW1HEFOEo9288VkHmwkYPSdVbZQzaMM_PbR6g%3D%3D)

The 6 pillars of work life balance:

* Six Pillars
* Sober Curiosity
* Better Commutes
* Decluttering Memories

**RSPB Notes On Nature**

* [What nature needs from the new UK Government (20/07/2024)](https://view.email.rspb.org.uk/?qs=0327ac67c9677f558188b8015303d421c3485efe24e9b71c90f3a62938486fcf7f81e08bbfb89d493ee34f7ea40630db3c9822caa5c3e8973fc84e577207f8c2b72e5bdf3ebb2ae76d4e14b708a96f2b40fac19ca4d28886)

[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.

Thursday 22 August 2024 – 12:30 pm

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:**

[Dementia Friends Newsletter, July 2024](https://email.alzheimers.org.uk/cr/AQix6xUQl9IMGPH6xyHTGKee3s8FlSJ4niLx9rpoyzUMdqgFduqpDSFU_62zlg)

[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)

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

[Women @ Manchester Newsletter, Summer 2024](https://sway.cloud.microsoft/F6ovJnX1GTYILRim?ref=email)

[Manchester City Council – Loads To Do Newsletter, Summer 2024](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/3aa7ca0)