**Humanities Social, Wellbeing, EDI, Social Responsibility and
Environmental Sustainability News, 23 August 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.

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

23 August [International Day for the Remembrance of the Slave Trade and its Abolition](https://www.unesco.org/en/days/slave-trade-remembrance)

25-29 August [World Water Week](https://www.worldwaterweek.org/) (theme: Bridging Borders: Water for a Peaceful and Sustainable Future)

**September celebrates:** [Childhood Cancer Awareness](https://www.cclg.org.uk/ccam/about#:~:text=This%20September%2C%20you%20can%20learn,and%20young%20people%20with%20cancer.), [Blood Cancer Awareness](https://lymphoma-action.org.uk/lets-talk-lymphoma-september), [Gynaecological Cancer Awareness](https://www.jostrust.org.uk/get-involved/campaign/gynaecological-cancer-awareness-month#:~:text=1st%20%2D%2030th%20September%202023,cancer%20and%20other%20gynaecological%20cancers.), [Thyroid Cancer Awareness](https://www.thyca.org/how-to-help/awareness/september/#:~:text=Thyroid%20Cancer%20Awareness%20Month%20is,the%20whole%20month%20of%20September.), [Urological Cancer Awareness](https://www.theurologyfoundation.org/get-involved/urology-awareness-month), [International FASD Awareness](https://fasdunited.org/), [Sleeptember](https://thesleepcharity.org.uk/get-involved/awareness-events/), [Organic September](https://www.soilassociation.org/certification/marketing-organic/organic-september/),

2-8 September [Know Your Numbers Week](https://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week/)

5 September [International Day of Charity](https://www.un.org/en/observances/charity-day)

[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.

[Action for Happiness Wellbeing Calendar: Self-Care September](https://actionforhappiness.org/sites/default/files/Sep%202024.jpg)

Self-care isn't selfish. It's essential.

[Celebrating Manchester Pride](https://www.staffnet.manchester.ac.uk/news/display/?id=31654)

Celebrate inclusivity and LGBTQ+ rights this August.

**Manchester LGBTQ+ Walking Trail**

Follow the updated version of the trail by local Playwright & Tour Guide, Chris Hoyle, featuring new stops and stories that reveal more of the city’s fascinating queer life.

Info 👉 [https://t.co/hVBfwOZpdR [t.co]](https://urldefense.com/v3/__https%3A/t.co/hVBfwOZpdR__;!!PDiH4ENfjr2_Jw!DHAkGPgcGAIbFBRwEV5KpEdSmchr4fKOllZLCqig8Jt4KkAzT_TYXELI3swQ-wDh3qqU4S2iikKQjWyFK8E-RMxH2t-iQhut9-2V9aA$)

Map 👉 [https://t.co/1RQi7jZIF1 [t.co]](https://urldefense.com/v3/__https%3A/t.co/1RQi7jZIF1__;!!PDiH4ENfjr2_Jw!DHAkGPgcGAIbFBRwEV5KpEdSmchr4fKOllZLCqig8Jt4KkAzT_TYXELI3swQ-wDh3qqU4S2iikKQjWyFK8E-RMxH2t-iQhutl-qTRKU$)

[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.

[Diversity Champions Programme: applications open](https://www.staffnet.manchester.ac.uk/news/display/?id=31668)

Following another successful cohort in 2023/24, the Equality, Diversity and Inclusion Directorate are delighted to open recruitment for the next cohort of the Diversity Champions programme with Be What You See Consultancy Ltd.

[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.

[Equality, Diversity and Inclusion Blog](https://blogs.manchester.ac.uk/edi/)

This month, our Diversity Calendar focuses on Diversity in Sport. Therefore, on our EDI Blog we have a great two-part essay about sexism in football written by Emma Shiels. The first part - 'Who is football for? History of Women and Football' – discusses the history of women in football, while the second part – ‘The beautiful game, the ugly truth: my struggle with misogyny in football' – talks about sexism in football today and how we could try to tackle it.

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

Friday, 30 August 2024, 12.30-1.30pm

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.

[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.

[August Highlights at Manchester Museum](https://www.museum.manchester.ac.uk/whats-on/)

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

* 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 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.

[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.

[RNLI: Float to Live](https://rnli.org/safety/float)

Would you know what to do if you got into difficulty in the water? Float by following these five

simple steps – it could save your life.

[Henpicked’s Preparing for World Menopause Day](https://mailchi.mp/menopauseintheworkplace/menstruationemploymentlaw-5june-2083288?e=b246dc1610)

Top tips for celebrating at work.

[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.

[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.

[‘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 (MCRLOT) Opens](https://mcrlot.com/)

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

[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 29 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.

[Transport for Greater Manchester: Help while travelling](https://tfgm.com/accessibility/help)

There are lots of tools and tips to help you travel safely across Greater Manchester have a look at our sections below for more information.

[Happiful Magazine – Issue 89](https://urldefense.com/v3/__https%3A/click.happiful.com/ls/click?upn=u001.28Gc7YwOWu-2BFSW5prfJw8z84HOPc7-2FJ2hMcXT1Bj1WEQGoLHFEuJEgMl0cDBg2dBKD3RirfoiCyacKI9QpIIvmr1kKzYkSW9Bj0uLUexBUa6-2B7z5HHKS6yqNyU2m5-2BJIkrtbtrQiVMYkVxGjlF4GstMWoEr8lMkKhsg9A7GrZiMfTFTZiy1QjMpz4zKHrGVdNpICMGsraE7FeYWz5Mgnvg-3D-3DUskP_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPaiLHaaR-2BTvBdU84OoC8-2BX5HqMpSAw8y1mJ1GEnRUXh9I05rLftzYfo3JjDyXQ1T643uXq0YGtePUKa1rXsgwl1zypMeVWQtKu1SeVNqcNsNCb5K1Vqv9hM1-2FRC40RNzMUKyF-2FNATuQoHCk4Hsy-2BAoq2IkSk9LvMA4h9Wef4WJVwW0rnKUgLOKpkQoYMGTA-2BwBSsi8InHhb9l1wYt6TX9IeQg3bOW3voplBDqBySDTdnGieNozWHHggIqa-2BxjfBjVhPptkwDpqxXhHvrbtJi2a3aG-2Fc9ZfYRUWoY8lDQry1rJ7BVUck3Ke6jhpObxnkbjE0OTEioNxqkp6Iuj8TeoMcgBgxcknXMvpADrQmLTivHe1jXITdfZ1hRir-2FyX7orv-2BOaFGhNkzHrbmIxzJaOs9gHetVDZ9EfmdR-2FqyMJyywqBKJjx38LKP0mn8wwsfxVwAU-2BXymYrZbXBOSvYxoHamA9wrG7G-2BZ-2BpH9ocUlfbSe7iG2JnHd810oxtykeoase-2BpbdWqzJ1tdy0wVdj1xxdj0d-2B282pOiXlc6MZUCN-2FmznU-2Bb8o6sC0x3hqk40WkcmWmjUtdY0D5MkNEfY8-2B3z0JNPABzcOxIbbUNxsO536Pyctgmd9WU-2FrUgS0Cm5332saEqRG8X1fPht6AFC4xcgF8MpMPVUfF7oWxMw9s93XnYe-2FwoCwUuD6vK3L-2BBInGvcTOrN4IKEyrzIswTiKJUganTwaA3yKuVPlEeQDFq4Kcyv9wf7wQF5WbZEHzABFMxq8PepN1sl9Cy3zoDTwJ8JZ0jk42-2F-2But6xWT9cyyf4rr580d-2BVORfbaRbKqxZWazDVmc7ueHCOdPAKc2y2so1VDG0chKEsg6EFx81aQS6ovMw1Js5WkVtDg75z1cIuTmTsjYhtUadlDi7JdirdfVg87-2FxXKwyjhcpmgE-2FRWAp57x2DxW2UjUVMCaqOqV-2FApz1DxZOzjmd0wklTWy-2FgSkWkrPCUq-2Fi8sTqtWBtb-2Fp-2BFoW9VHkI2iFAVfwsf23RpHp95aJXI0rZBZ6BeQvWA7LO-2FdtvPIHcdSkzD-2FgEmHEjLdNgEfqVVtc6KpiRp8cSgqKfGnQ-3D__;!!PDiH4ENfjr2_Jw!FNJjYKV2BRQmXKUfy9ZzjbDo8JnLOHUy8NTxlCH-wdlhk6JT_XqpyHTCHpcmD20ku8lOktE-Q7vwLaKrXs-nuu-yOit19g$)

 Whether you’re craving a lifestyle change or want to switch off with some empowering and practical guidance, we’ve got you covered with issue 89. This time, we’re bringing you a fascinating range of features, including:

* What is hurry sickness? And how do we cure it?
* We explore how gardens can help us grow through grief
* Tips for getting through a stressful time at work
* The 7 types of rest and how to get them all
* 8 life lessons learned at 60
* We look at why more women are choosing to solo parent

[Happiful’s The Uplift Weekly Magazine (20/08/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcyMzE5NzYzNnxhX0RQcnVjeDI3MFdIWEtrSm0xS3FnNjh6SUwzZnktb0FmV1RPNm5Ba1NZLWlZRTlRZ0NqRkhjNE8tTWRaTDN6cXJrVFBTUlQ5TVZMSzdnMVU5OXkzWUtfX0p6ZHl3T3VlNnB3dUlQMlpoSkR1SWhxTjh5bHdQb216R200MEV2Q1lKWW5OOTk5OENQR29mLXlDQUhnRDJ4WVBwYkQxeXU1MjdJUHkxYUR0TDZtelR5REFmVTVzN2FYRG56VXJaSHFaakpFRXpmV0tuTm9vbjR5eEdEQkh3N2VrbVNVSlJIVVZuS1E3aFBDUHJTWWwxWW9FSTJoVjh2WU1VWm5adGdpcmxuZktHN3ZzSEJjd0RFWERzSENRcmRWUEFzbVFPYlhSSUFtN0stcFB1amxPLWxHSXFMbkY4TlhMUEcyMm9QYlVXTW0wTlBKem01Vny66giEQdyRJ0ZiNWSK26HP80kK78VG8aj5m2yCc0Wb2w%3D%3D)

Our agony aunt answers your questions. This month, the question is: How can I stop overthinking everything?

[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.

**Other relevant newsletters:**

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

[Health Hero Newsletter, August 2024](https://wellbeing.hub.healthhero.com/page/august-2024) This month we explore neurodiversity at work, the value of CSR, breastfeeding for working mothers and sun safety.

[Climate Network Newsletter, 19 August 2024](https://documents.manchester.ac.uk/display.aspx?DocID=73211)

[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)