**Humanities Social, Wellbeing, EDI, Social Responsibility and
Environmental Sustainability News, 20 September 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.

**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/),

9 -22 September [Fairtrade Fortnight](https://www.fairtrade.org.uk/get-involved/current-campaigns/fairtrade-fortnight/)

23 September [International Day of Sign Languages](https://www.un.org/en/observances/sign-languages-day)

23-29 September [National Eye Health Week](https://www.visionmatters.org.uk/)

18 September [National Fitness Day](https://www.nationalfitnessday.com/get-involved/)

23-27 September [ICON Week](https://iconcope.org/icon-week-2024/)

23-29 September [UK National Inclusion Week](https://www.inclusiveemployers.co.uk/national-inclusion-week/)

27 September [World’s Biggest Coffee Morning](https://coffee.macmillan.org.uk/)

29 September [World Heart Day](https://world-heart-federation.org/world-heart-day/about-whd/world-heart-day-2023/)

**October celebrates:** [Breast Cancer Awareness](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjV0_2P2_qBAxVzVUEAHcfICOEQFnoECDIQAQ&url=https%3A%2F%2Fbreastcancernow.org%2Fget-involved%2Fbreast-cancer-awareness-month&usg=AOvVaw2kSWaX-Kx4whUsDZJcmtDF&opi=89978449), [ADHD Awareness Month](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjE27Ok2_qBAxX5g_0HHYi6ArQQFnoECA0QAQ&url=https%3A%2F%2Fwww.adhdawarenessmonth.org%2F&usg=AOvVaw1txcHc2dhJ0gZC3etsrLAh&opi=89978449), [Blindness Awareness Month](https://nationaltoday.com/blindness-awareness-month/), [Black History Month](https://www.blackhistorymonth.org.uk/), [Sober October](https://www.gosober.org.uk/)

[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.

[Action for Happiness Wellbeing Calendar: Optimistic October](https://actionforhappiness.org/sites/default/files/Oct%202024.jpg)

Actions to help you focus on what really matters.

[National Eye Health Week reminds us to make regular eye tests a priority](https://www.visionmatters.org.uk/)

National Eye Health Week, which takes place from 23 to 29 September this year, will raise awareness of the importance of good eye health and regular eye tests for all.

Regular eye tests are an important health check for your eyes and helps protect the vision you have. It is important to have an eye test at least every two years – or more frequently if you are advised to do so by your optician.

[Eye Examinations for DSE Users](http://www.occhealth.manchester.ac.uk/wellbeing/health-safety/)

The new process for eye tests for DSE users is for staff to have a sight test at a registered optician of their choice. To claim back the cost of eyesight test staff need to obtain a receipt from their optician and claim this back through the University’s expenses system. If the optician advises that spectacles are required specifically for DSE use, staff should get this in writing and claim this back through the expenses system (subject to a maximum amount; currently £90).

[Free eye tests and contact lens fittings available at University clinic](https://www.staffnet.manchester.ac.uk/news/display/?id=29688)

Free eye examinations, contact lens checks and fittings, and appointments for children can be made in our specialist Optometry Clinic.

[Colleague wellbeing support](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=31698)

Access a range of free wellbeing and mental health support.

[World Suicide Prevention Day](https://www.staffnet.manchester.ac.uk/news/display/?id=31741)

Raising awareness of suicide and supporting those affected by it.

[What’s on in September?](https://www.staffnet.manchester.ac.uk/news/display/?id=31723)

Welcome to September’s edition of ‘What’s on?’. Here you will find everything you can get involved in for free each month, ranging from cultural, extracurricular and celebratory events and activities.

[Winter MMR vaccination drop-ins for colleagues and students](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=31717)

Vaccinations are available from Wednesday, 11 September to Wednesday, 2 October

[Observing religious awareness days in October and November](https://www.staffnet.manchester.ac.uk/news/display/?id=31761)

Upcoming religious celebrations this autumn.

[Get ready for Cycle September](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=31729)

As part of our ongoing commitment to sustainability, we are encouraging colleagues to register for Cycle September to be in with a chance to win prizes and help the University top the leaderboards!

[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.

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

September is Inclusive Curriculum month in the EDI [Diversity Calendar](https://documents.manchester.ac.uk/DocuInfo.aspx?DocID=72020). Inclusive education means each of our students has the opportunity to succeed here at Manchester. Recognising that all students are entitled to experience learning that respects diversity, enables participation, removes barriers, anticipates and considers a variety of learning needs.

There is also a new EDI blog post about our new digital accessibility training:

[Book club – September meeting](https://www.staffnet.manchester.ac.uk/news/display/?id=31739)

Next meeting Friday, 27 September, 12.30-1.30pm and will cover The Invisible Women’s Club by Helen Paris and The Yield by Tara June Winch.

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.

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

Here's what we've got planned:

* 8 Jun 2024 - 26 Apr 2025, 14:00-15:30 (free, booking required) – Wild Talks.
* 4 Sep - 11 Dec 2024, 12:00-12:50 (free, booking required) – Introductory tai chi qigong sessions aimed at people aged 50+.
* 24 Sep 2024, 15:00-16:00 (free, booking required) - Tea on the Terrace: Egyptology Travel and Colonialism.
* 25 Sep 2024, 13:30-15:00 (free, booking required) – Student Climate Café.
* 28 Sep 2024, 15:00-17:00 (free, booking required) – Travellers in the Golden Realm book launch with Lubaaba Al-Azami.
* 28 Sep 2024, 11:00-12:30 (free, booking required) – Wild Walks with Manchester Museum and Grass Routes Movement.
* 25 Sep 2024, 18:00-20:30 (free, drop-in) – Wild Researchers Night.
* 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.

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

* Thursday 3 October 2024, 18:00-20:00 (free, booking required) – Autumn Preview. You are invited to celebrate the opening of Barbara Walker: Being Here and the Whitworth's autumn programme.

[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.

[Henpicked Forthcoming Free Webinar: Menstruation, Menstrual Health and Employment Law](https://www.eventbrite.co.uk/e/menstruation-menstrual-health-and-employment-law-tickets-1003453916677?aff=oddtdtcreator)

Tuesday 1 October 2024, 11:00-12:00

Back by popular demand, what every employer needs to know about menstruation, menstrual health and employment law.

[Henpicked Lunch & Learn: Tackling prolapse and incontinence (webinar replay)](https://henpicked.net/menopause-hub/wp-content/uploads/2024/09/tackling-prolapse-and-incontinence.mp4)

As part of our Lunch & Learn series here’s Dr Surya Gupta-Wright of [My Menopause Centre](https://www.mymenopausecentre.com/). Are you aware of how prolapse and incontinence can impact your daily life and well-being? Do you know the best strategies to manage these conditions effectively, especially in a work environment? Expert information here. This is a recording of a webinar that took place on 10/09/2024.

[Action for Happiness Forthcoming Webinar: Inner Freedom with Dr Emma Seppälä](https://actionforhappiness.org/inner-freedom)

Tuesday, 24 September 2024, 19:00-20:00 (optional donation)

At this special event, psychologist Dr Emma Seppälä will explain how you can reclaim your full *psychological sovereignty*to live a free, happy, and authentic life. It's a new and radical message, made for this age of suffering and confusion.

Emma will explore how we undermine ourselves with self-destructive beliefs and tendencies. And she'll provide share fresh, science-backed ways to help you break out of these unhelpful patterns.

[Action for Happiness Webinar Replay: Build a Happier Life, with Arthur Brooks](https://youtu.be/nGjVRgIM0xM)

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. This conversation with Dr Mark Williamson was recorded at a live Action for Happiness event on 10 Sep 2024.

[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 26 September 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 90](https://urldefense.com/v3/__https%3A/click.happiful.com/ls/click?upn=u001.28Gc7YwOWu-2BFSW5prfJw8z84HOPc7-2FJ2hMcXT1Bj1WEsj4kbTjA8zmpeLAV01DyGlpvSWK8roJEkh5F-2FOav3hjbWyUeBo3W8rwKCVO1kqPb4MU0DhGRoy-2FNWIfaFHEmD2l7Pfla5Fgj58CmhNdxEVuZ1IQu5EGdSMJmQbIz-2BuSpEkhNhtZcqjVJMrQOuEkw-2BtzvJ-2BgPI3hqyibj0HdeQZQ-3D-3DXR2q_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPaiLHaaR-2BTvBdU84OoC8-2BX5HqMpSAw8y1mJ1GEnRUXh9I05rLftzYfo3JjDyXQ1T643uXq0YGtePUKa1rXsgwl1zypMeVWQtKu1SeVNqcNsNCb5K1Vqv9hM1-2FRC40RNzMXSEQFSgHrYkrr4SuoiUWhSDoQU0RlDRXNPPrdogObmpsrWJ42KYXqhDA6tf2QIWV3SVEjhhiyPE7KLx5djvoSFvWrJqdhWDGO8AH7WQF25elVfE-2FZUQOTAKuWUqD-2Bd-2FBEBno5RpX2hSOYqwSblBBZC598irJ6w-2B36lX0gKVsSYKy3ESXcCBCP-2BVVyXLPVaBUuD063f4BDSlI-2F71jl4tPWv0lN1w3ihrO4odcVTpzZh2-2FrNhPG9tZQ48koShQu2rp1LXsYtkxmmxVZ-2FikB8076TDS81QkGfrHPFxWhLDisLMK1aI1Bll4tkWgI82Vi4YKdvI5PcQENo0UBopArYGJ6BnMhq0z9gOEX0rIAd1JaNeljWWUNupyxsNYa1IZ-2BNhkonnuMYrr8bmA0lXxIIPSZJ1yoLuiy8goUR7CwHQaKMOVYfxNjGhVk9ypZYKdzHah3P8STz2YuGD9DDk0zYIK6gYM4HfTj-2FuR3EsFbtg9UXt5TkgiYgdvP-2B-2F0SCG5FqGrdSt0kQXlMeaKzrK-2BirisGdA5CYBW82JmvTviZOGkKQIVp2pXQn1uDym6JXe-2BkCMh4pebzz7uirW19teg3O2fpjOtzwdFHveu5HpStMO7DyEhjJPXVYrVKis4t5BMMiGiQ2UaJV0tBgihiFIAKqppbWlG3ZFJuavDgPtNdnS5tMYXKteEh5gUZQqeW-2BR8mt07tjiWDsJEUhgojjTgeMKnSx82ZFb2b9g1oFQUZGwScixO2koHvEWPpkExdDiPmsHMykjZkwLpLF3Xk-2BnV9oXcQw0ZSahetB4NqwS97DvESlCt-2B0KyfNzzsloez6TMWOPojb4b-2FB2FWDfme5utdunx5T4HrIJEI-2FbF-2FJAviCAAw7aet6QLU7ECmEoTcNmjrQqPmTXd084o9vOVXfVBdFWweRWnkbLjw4XGvQp6l1fvxq-2BVkJwwEDz-2FyuR65Q-2FGvlDaU-3D__;!!PDiH4ENfjr2_Jw!EAXOF2fvy_wYM0to81wfSFwCDjS7hQZgI_QoAseyXUk9dCYc6c9ZoRIQvDp3Sec-1PriaDiEKNPRySviBAb5kV1IHMRT3Q$)

* What can the Welsh concept of ‘hiraeth’ teach us about homesickness?
* How to overcome a ‘fear of switching off’
* Tips for adopting a more flexible mindset
* The Happiful Poetry Prize returns, and you’re invited to take part
* How to help kids overcome school anxiety
* We explore the emotional impact of hair loss

[Happiful’s The Uplift Weekly Magazine (30/08/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcyMzE5NzYzNnxhX0RQcnVjeDI3MFdIWEtrSm0xS3FnNjh6SUwzZnktb0FmV1RPNm5Ba1NZLWlZRTlRZ0NqRkhjNE8tTWRaTDN6cXJrVFBTUlQ5TVZMSzdnMVU5OXkzWUtfX0p6ZHl3T3VlNnB3dUlQMlpoSkR1SWhxTjh5bHdQb216R200MEV2Q1lKWW5OOTk5OENQR29mLXlDQUhnRDJ4WVBwYkQxeXU1MjdJUHkxYUR0TDZtelR5REFmVTVzN2FYRG56VXJaSHFaakpFRXpmV0tuTm9vbjR5eEdEQkh3N2VrbVNVSlJIVVZuS1E3aFBDUHJTWWwxWW9FSTJoVjh2WU1VWm5adGdpcmxuZktHN3ZzSEJjd0RFWERzSENRcmRWUEFzbVFPYlhSSUFtN0stcFB1amxPLWxHSXFMbkY4TlhMUEcyMm9QYlVXTW0wTlBKem01Vny66giEQdyRJ0ZiNWSK26HP80kK78VG8aj5m2yCc0Wb2w%3D%3D)

* Breathing Techniques
* Underconsumption Core
* Grief & Guilt
* Sleep Better

[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:**