

Humanities Wellbeing Bids 2024 / 2025

Entry Guidelines

Who can enter?

Bids will be open to any member of Humanities University PS and Academic staff (including PGRs).

What applications will be successful?

Applications will be looked upon favourably in relation to inclusivity, support for vulnerable groups and cross School and Faculty participation.

Award categories:

The activity needs to be linked to any of the University's Six Ways to Wellbeing. These are:

- Connect: [Make contact with the people around you.](#)
- Be Active: [Discover an activity you enjoy. Being active makes you feel good.](#)
- Take Notice: [Be aware of the world around you.](#)
- Learn and Discover: [Make time to try something new.](#)
- Give: [Do something for a friend, colleague or stranger.](#)
- Be healthy: [Look after yourself. Make healthy choices.](#)

Taking care of our body and mind is always important, but even more so now, during these challenging times. Further information on the University's Six Ways to Wellbeing can be found at the following link:

[Six ways to wellbeing | Staff wellbeing | StaffNet | The University of Manchester](#)

How much can I bid for?

It is anticipated that the range of bid can be as little as £50 or more for larger projects.

Are there any expectations of me if I am successful?

Where appropriate, you will be asked to document your activity with photographs and provide a short write-up of your activity on completion, in order that it might be included in the Humanities eNews, or other communication channels.