

**From:** Maizy Jenner  
**Sent:** 23 September 2024 07:50  
**Subject:** Staff Wellbeing Champion Bulletin 23rd September 2024

## **Staff Wellbeing Champion Bulletin Monday 23<sup>rd</sup> September**

### **Internal Events**

**Language Café is back!** The first session of the year will be held Wednesday 25<sup>th</sup> September, 12pm – 2pm, Lime Café, Sam Alex Building lower ground floor. Sessions will be held on the last Wednesday of each month going forward so keep an eye out on our [Instagram](#) for updates.

*As a reminder, Language is a relaxed space for anyone who speaks or is learning a language, including English, to come along and practice their speaking and listening skills with fellow learners. Staff and students are all welcome. There's no obligation to stay for the full session as people are free to come and go any time during the event. There will also have vouchers for a free drink or snack which you can get from the Lime Café to enjoy while you chat!*

**Counselling and Mental Health Service FREE sessions for staff: [View the full programme here](#)**



### **External events**

**Endometriosis UK Free Webinar: Endometriosis and Mindful Practical Cycle Awareness - 10th October, 12pm-1pm. [Find out more and register here.](#)**

**Cruse Bereavement Support: Free Online Compassionate Communities - Greif Training:** Cruse are working in partnership with Co-op to deliver a bespoke one-hour training workshop on death, grief and bereavement. The session will discuss:

- Understanding why people grieve differently.
- Explore the impact of grief.
- Increased compassion and confidence.
- Learn how to support others in grief.

There are webinars running until 5<sup>th</sup> November, [find out more and register for a session here.](#)

### **Whitworth Art Gallery: Creative Menopause Events:**

- 17<sup>th</sup> October: this after work event 5-7pm is an opportunity to have a Q&A with health and creative professionals discussing the menopause. [Find out more and book your place here.](#)
- 18<sup>th</sup> October: this event is a drop in event from 1-4pm with chance to have a go at getting creative and asking questions about the menopause. [Find out more and register for a place here.](#)

### **Article to read and share**

World Suicide Prevention Day: Catch up on the World Suicide Prevention Day article [here.](#)

### **New resource alert!**

The new UoM Eco-Booklet for 2024-25 '[Eco for All](#)' is now available to view. Some of the new features included this year are:

- The Manchester Library of Things Borrowing scheme
- Paint donations
- Lab goods for reuse
- Disposable vape recycling
- Digital clean-up tips
- Food growing projects e.g. at The Firs
- Jogging buddies

A very big thank you to Harriet Bickley for sharing this booklet with us 😊

Maizy Jenner She/Her

**Wellbeing Manager (For Staff)**

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

Location map can be accessed via this link [map](#).

**Have you completed an act of kindness recently? Be part of the ‘1824 Acts of Kindness’ Campaign, performing simple acts to spread kindness throughout our communities. Add to our wall here: [UoM 1824 Acts of Kindness Campaign \(padlet.com\)](#)**



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