

From: UMSA <UMSA@manchester.ac.uk>
Sent: Monday, September 23, 2024 11:43 AM
Subject: Wellbeing Champs Bulletin

Hi UMSA Members,
Here are some events / activities you may be interested in.

Staff Wellbeing Champion Bulletin Monday 23rd September

Internal Events

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Free event to celebrate World Reflexology Week, 2024

Wednesday 16th October, 13:00-14:00 at the Wellbeing Studios, Simon Building, G66
More information [Click here](#)

Active Manchester 24-25

New additions to our October 1st semester group exercise sessions, plus great value for money with our annual membership 60+ classes a week and gym all for as little as £2.50 a week.
More information [Click here](#)

Yoga & Gong bath day

Our next Yoga & Gong bath day will be held on the 30th November.
For more information [Click here](#)

Active Travel

Free breakfast to encourage Staff to walk, wheel, cycle or run to campus. 16th October 8.15 – 9.30am at Café 65, AMBS Ground floor. For mor information and to book [Click here](#)

Language Café is back! The first session of the year will be held Wednesday 25th 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 5th November, [find out more and register for a session here.](#)

Whitworth Art Gallery: Creative Menopause Events:

- 17th 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.](#)
- 18th 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 😊

Any questions please get in touch.

Many thanks