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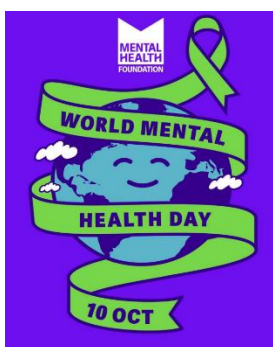
Sent: Friday, October 4, 2024, 5:05 PM

Subject: Staff Wellbeing Champion Bulletin Friday 4th October

Staff Wellbeing Champion Bulletin Thursday 19th September

Internal Events

- **World Mental Health Day Webinar Thursday 10th October, 10:00 – 11:00: change of date.** Due to availability, this webinar has been moved to Thursday 31st October, 10:00 – 11:00. We apologise for any inconvenience this date change may cause. [Please continue to register here.](#)



World Mental Health Day Run opportunity

Join us for a run for World Mental Health Day Thursday 10th October 12:30. Meet outside the entrance to Humanities Bridgeford Street and join Jade and colleagues for a friendly 20-30 minute run out to Mayfield Park and back. Any questions? jade.fawcett@manchester.ac.uk SEED Wellbeing Champion

Menopause Awareness Month Events

[Read the full article here](#)

- **Thursday, 17th October , Menopause Meditation Session, 13:15 – 14:00, in-person:** This session will be led by Anita Banerji, an experienced mindfulness teacher at the University of Manchester. [Find out more and book your place](#)
- **Friday, 18th October, Whitworth Art Gallery: Creative Menopause Event, 13:00 - 16.00:** An afternoon of menopause inspired creativity and discussion. Brooke Foulger (P&OD Policy Manager) at the University will be available to share information about menopause support in the workplace. [Find out more and book your place](#)
- **Thursday, 24th October, Menopause and HRT Talk and Q&A with Dr. Shalina Khunger, The Female Health Clinic, 11:00 – 12:00, Online event.** [Find out more and book your place here.](#)
- **Thursday, 21st November, Maureen Anderson and Dr. Zoe Hodson: “Our Menopause” Film Screening, Menopause Discussion with Q&A at Oddfellowes Board Room.** Hybrid Option available, two sessions at 10.30 – 11.30 and 13.00 -14.00. [Find out more and book your place here.](#)

University of Manchester Sport

- **Active Travel Event:** 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 more information and to book [Click here](#)
- **Free event to celebrate World Reflexology Week:** Wednesday 16th October, 13:00-14:00 at the Wellbeing Studios, Simon Building, G66. More information [Click here](#)
- **Active Manchester 2024-25:** New additions to group exercise sessions, plus great value for money with the 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, Saturday 30th November:** find out more about the next Yoga & Gong bath day [Click here](#)

On-campus student-led health screening clinics, free and open to all staff and students

As part of the pharmacy undergraduate curriculum, Year 3 pharmacy students are running health screening clinics on campus. The health screening check will involve measuring your blood pressure, height and weight. These measurements are then used to find out your heart age using an NHS evidence-based tool and your diabetes risk using the Diabetes UK 'Know Your Risk' tool (students will assess suitability for entering your data into these tools). The students will then go through these outcomes with you.

There is no need to book – just pop over to G.66 Wellbeing Rooms, Simon Building on any of the dates below for semester 1:

Semester 1: 2024

- Week 2 – Wed 2nd Oct 1.30-3.30pm
- Week 3 – Wed 9th Oct 1.30-3.30pm
- Week 7 – Wed 6th Nov 1.30-3.30pm
- Week 8 – Wed 13th Nov 1.30-3.30pm

Please contact Harsha or Sarah (Co-leads for MPharm Prescribing Skills) via email if you have any questions (harsha.parmar@manchester.ac.uk or sarah.knighton@manchester.ac.uk).