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Subject: WellBeing Updates

Staff Wellbeing Champion Bulletin Wednesday 16th October 2024

Complete our Menstrual Health Survey: The University is collaborating with [the Equality, Diversity & Inclusion Caucus \(EDICa\)](#), a three-year research project aimed at supporting employers to embed EDI practices within the research and innovation sector.

As part of this collaboration, EDICa are running an anonymous survey for colleagues at the University to complete. The survey aims to assess how the University is currently doing in terms of menstrual health and peri/menopause support. It includes questions on experiences of managing periods, problematic menstruation, and peri/menopause in the workplace. The survey closes 30th October.

- [Complete the survey here](#)
- [Find out more about the survey here.](#)

Internal Events

Massage offer

Yuriy Panas Masseur – will be offering a massage service at the Wellbeing treatment rooms G.62 every Friday starting 18th October. Yuriy is qualified in Sport, Swedish and Deep tissue massage – Staff prices 30 min £20.00 45 min - £30.00 60 min- £35.00 and 90 min- £60.00

To book your appointment call 07897420711

Yoga & Gong bath- last call for the early bird offer

Early bird offer ends 1st November. Come and join us for this lovely day of relaxation and meet like minded people on the 30th November.

For more information [Click here](#)

Free Lane swimming with MOVE with Sporticipate

We have a great offer starting this week for the 1st semester with a free lane swim at the Aquatics. You must sign up on sums to these weekly session – Lanes 1, 2, 3 and 4 on

Wednesdays (x4 25m lanes), and lanes 3-4 on Thursdays (x2 50m lanes) at the Manchester Aquatics Centre.

Time and dates: 20:00 – 21:00 every Wednesday and 12:00 – 13:00 every Thursday.

To Book your weekly session [click here](#) Please note you must be able to swim in deep water.

Language Café is back and is now fortnightly! Wednesday 16th and Wednesday 30th October, 12:00-14:00 at 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 Café 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. There will also be vouchers for a free drink or snack.

World Mental Health Day Webinar Thursday 31st October, 10:00 – 11:00:

[Please continue to register here.](#)

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 here.](#)
- **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 here.](#)
- **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.](#)

External Events

- Join a free breast cancer awareness month webinar with Coppafeel: October marks Breast Cancer Awareness Month (BCAM). The webinars aim is to:
 1. Educate people on the signs of breast cancer.
 2. Encourage people to check their chests.
 3. Empower them to seek medical advice if they notice anything unusual.

Dates, time and registration links below:

[Tuesday 22nd October 13:00 – 14:00](#)

[Tuesday 29th October 13:00 – 14:00](#)

- **GM menopause café:** Join a virtual cafe to share your menopause experiences and listen to other experiences with curiosity and support. [1.00pm to 2.00pm, Friday 18 October, 2024, via MS Teams](#)
- **NHS Greater Manchester wellbeing workshops: An introduction to perimenopause and menopause, in partnership with NHS Stockport NHS Foundation Trust:** An introductory session to the perimenopause and menopause journey, what you need to look out for, and what you may want to pay attention to. [2.30pm to 3.30pm, Friday 18 October, 2024, via MS Teams](#)
- **Menopause and mental health, in partnership with Manchester Mind:** This workshop will focus on why stress is harder to manage at this time of life and outline why mindfulness and relaxation techniques might help. [9.30am to 11am, Wednesday 6 November, 2024, via MS Teams](#)

Any questions please get in touch.