**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Environmental Sustainability News, 18 October 2024**

[Employee Assistance Programme: Health Hero](https://www.staffnet.manchester.ac.uk/news/display/?id=30128)

HealthHero are a specialist external provider of staff wellbeing and mental health support services. Support is free and anonymous.

Call 0800 358 5997 or +44 141 271 7555 (landline alternative for international and / or mobile use) to speak to an advisor.

Lines are open 24 hours a day, 7 days a week, 365 days a year – you’ll always be able to speak to someone confidentially who can help.

[Report and Support](https://www.reportandsupport.manchester.ac.uk/)

If you or someone you know has experienced or witnessed any form of bullying, harassment, discrimination, gender-based violence, hate or micro-aggressions, or have a safeguarding concern, you can report it anonymously or get support from a trained advisor.

**October celebrates:** [Breast Cancer Awareness](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjV0_2P2_qBAxVzVUEAHcfICOEQFnoECDIQAQ&url=https%3A%2F%2Fbreastcancernow.org%2Fget-involved%2Fbreast-cancer-awareness-month&usg=AOvVaw2kSWaX-Kx4whUsDZJcmtDF&opi=89978449), [ADHD Awareness Month](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjE27Ok2_qBAxX5g_0HHYi6ArQQFnoECA0QAQ&url=https%3A%2F%2Fwww.adhdawarenessmonth.org%2F&usg=AOvVaw1txcHc2dhJ0gZC3etsrLAh&opi=89978449), [Blindness Awareness Month](https://nationaltoday.com/blindness-awareness-month/), [Black History Month](https://www.blackhistorymonth.org.uk/), [Sober October](https://www.gosober.org.uk/), Menopause Awareness Month

14-20 October [National Braille Week](https://www.awarenessdays.com/awareness-days-calendar/national-braille-week-2024/#:~:text=National%20Braille%20Week%202024%20is%20a%20week%20dedicated%20to%20celebrating,blind%20and%20visually%20impaired%20people.)

18 October [World Menopause Day](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjV-MGt2vqBAxUkhf0HHZE-A4EQFnoECA4QAw&url=https%3A%2F%2Fwww.nhsemployers.org%2Fnews%2Fworld-menopause-day-18-october-2023%23%3A~%3Atext%3DWorld%2520Menopause%2520Day%2520is%2520held%2Cwellbeing%2520for%2520those%2520experiencing%2520menopause.&usg=AOvVaw20lsluTFodlxaykss5HbhT&opi=89978449)

22 October [International Stammering Awareness Day (ISAD)](https://www.isastutter.org/what-we-do/isad) / [Stuttering (hiddendisabilitiesstore.com)](https://hiddendisabilitiesstore.com/insights/post/stuttering?utm_source=all&utm_medium=email%2C+web&utm_campaign=Pop+Up+Stuttering&utm_id=Pop+Up&dm_i=6QT9,Q1RY,407KJS,387G1,1)

27 October [Pension Tracing Day](https://nationalpensiontracingday.co.uk/)

[Action for Happiness Wellbeing Calendar: Optimistic October](https://actionforhappiness.org/sites/default/files/Oct%202024.jpg)

Actions to help you focus on what really matters.

[Colleague wellbeing support](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=31698)

Access a range of free wellbeing and mental health support.

[Black History Month](https://www.staffnet.manchester.ac.uk/news/display/?id=31802)

This October, colleagues across the University will have the opportunity to recognise and celebrate Black History Month at a variety of events. The theme this year is Reclaiming Narratives which serves as an invitation for us this Bicentenary year to acknowledge our past, present and future.

As a part of this, the EDI Team has helped to organise some events focusing on different aspects of history such as economic, personal stories and from a University perspective.

[EDI Leadership Programmes](https://www.staffnet.manchester.ac.uk/equality-diversity-inclusion/training/leadership-programmes/)

Three of the EDI Leadership Programmes are currently accepting applicants: Aurora, 100 Black Women Professors Now and Stellar HE. To find out more, including records of the recent information sessions, please visit [the Leadership Programmes page on StaffNet](https://www.staffnet.manchester.ac.uk/equality-diversity-inclusion/training/leadership-programmes/).

[Updating EDI Data In My View](https://www.staffnet.manchester.ac.uk/people-and-od/current-staff/pay-conditions/myview/)

EDI data is collected via MyView. This helps to inform our Equality Information Report, Social Inclusion Dashboard and Pay Gap Report. This in turn helps to inform the University about the effectiveness of some of its services, policies and processes that support staff and students.

To make sure our data is as accurate as possible, we need all staff to update their personal information on My View. After you’ve completed yours, make sure to tell your colleagues too!

[Parents, Carers & Guardians Network Family-Science October Half-Term](https://www.eventbrite.co.uk/e/parents-carers-guardians-network-family-science-october-half-term-tickets-1045086360437?utm_experiment=test_share_listing&aff=ebdsshios)

Friday 25 October 2024, 10:00-16:00 in the Maker Space, Nancy Rothwell Building (FSE)

In-person hands-on educational science fun activity for families – kids take home designs!

**Bereavement and Grief Support Network**

The EDI Directorate has received a couple of queries from colleagues around setting up a Bereavement and Grief Support Network. We have created [a questionnaire](https://forms.office.com/Pages/ResponsePage.aspx?id=B8tSwU5hu0qBivA1z6kad5PKDkwtBkVCorW0UvSBzoFUNDRUTE9BQzI5MUI2WDdUS0tVNlRLUU8zQy4u) to understand if there is a wider interest for the creation of such a network. We also welcome suggestions for how the network could be run.

[Observing religious awareness days in October and November](https://www.staffnet.manchester.ac.uk/news/display/?id=31761)

Upcoming religious celebrations this autumn.

[World Mental Health Day Webinar – Thursday 31 October 2024](https://www.staffnet.manchester.ac.uk/news/display/?id=31809)

Sign up for the World Mental Health Day webinar (moved from 10 October).

[HSE eBulletin – World Mental Health Day, 10 October 2024](https://content.govdelivery.com/accounts/UKHSE/bulletins/3ba7a4a)

The Working Minds campaign has all the resources you need to make a change. You can get started in your own workplace, and you can share the resources to help others to thrive.

[5 Ways to Support Employee Mental Health, Productivity, and Business Performance (from Calm on LinkedIn)](https://www.linkedin.com/pulse/5-ways-support-employee-mental-health-productivity-business-performance-z6tvc/)

Mental health conditions can take a toll on productivity and business performance. Organizations can take steps to support employee well-being and the bottom line.

[Complete the Menstrual Health Survey](https://www.staffnet.manchester.ac.uk/news/display/?id=31862)

The University is collaborating with [the Equality, Diversity & Inclusion Caucus (EDICa)](https://edicaucus.ac.uk/), 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.

[Menopause Awareness Month events](https://www.staffnet.manchester.ac.uk/news/display/?id=31846)

October marks Menopause Awareness Month, including World Menopause Day on Friday 18 October.  The theme for World Menopause Day 2024 is Menopause Hormone Therapy, known in the UK as Hormone Replacement Therapy (HRT). HRT is a treatment used to help menopause symptoms and replaces the hormones oestrogen and progesterone, which fall to low levels as individuals approach the menopause.

The University will be hosting a series of events that are open to anyone experiencing menopause or related symptoms due to hormonal changes. We recognise that menopause affects trans and non-binary colleagues, as well as those who don't identify as women.

**Join a free breast cancer awareness month webinar with Coppafeel**

October marks Breast Cancer Awareness Month (BCAM). The webinar’s 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](https://us02web.zoom.us/webinar/register/WN_JTErdP3VRkuF6MtHNwmRWg)
* [Tuesday 29th October 13:00 – 14:00](https://us02web.zoom.us/webinar/register/WN_JTErdP3VRkuF6MtHNwmRWg)

**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. To book your appointment call 07897420711

Staff prices: 30 min £20.00

45 min £30.00

60 min £35.00

90 min £60.00

[Yoga & Gong bath – last call for the early bird offer](https://www.sport.manchester.ac.uk/2024/09/20/yoga-gong-bath-day-2/)

Early bird offer ends 1st November. Come and join us for this lovely day of relaxation and meet like-minded people on Saturday 30 November 2024.

[Move with Sporticipate – Learn to Swim](https://manchesterstudentsunion.com/events/id/7952-sporticipate-learn-to-swim/10574)

Open to Staff & Student of the University of Manchester, we will be running 8 x week course for the complete beginner at the Aquatics.

Usual cost £48.00 but Sporticipate have subsidised 50%, which is a great deal at £24.00.

Monday – 20:00-20:45

Wednesday – 14:00-14:45

**UoM Women’s Speaking Club – Empower Your Voice**

Women@manchester will be holding its first Women’s Speaking Club on Thursday 3rd October 2024, with more workshops to follow. This is a space to grow, share, and have fun together. We are excited to see you there!  If you have any questions, please feel free to reach out to us directly at [womensnetwork@manchester.ac.uk](mailto:womensnetwork@manchester.ac.uk).

**On Campus Student-Led Health Screening Clinics**

As part of the pharmacy undergraduate curriculum, Year 3 pharmacy students will be running health screening clinics on campus. These clinics are free and open to all staff and students.

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.

The health screening clinics will run 1:30pm-3:30pm on the dates specified below. There is no need to book – just pop over to G.66 Wellbeing Rooms, Simon Building on any of the dates below:

**Semester 1: 2024**

Week 7 – Wed 6th Nov 13:30-15:30

Week 8 – Wed 13th Nov 13:30-15:30

Please contact Harsha or Sarah (Co-leads for MPharm Prescribing Skills) via email if you have any questions ([harsha.parmar@manchester.ac.uk](mailto:harsha.parmar@manchester.ac.uk?utm_source=FbmhAnnouncements&utm_campaign=FbmhAnnouncements&utm_medium=daily_digest) or [sarah.knighton@manchester.ac.uk](http://sarah.knighton@manchester.ac.uk/?utm_source=FbmhAnnouncements&utm_campaign=FbmhAnnouncements&utm_medium=daily_digest)).

[Workplace Wellbeing Training Programme](https://www.staffnet.manchester.ac.uk/news/display/?id=31526)

Spaces available on the Workplace Wellbeing Training Programme for Line Managers. We have

courses running until December 2024. Please note there are limited spaces available, please register promptly to secure a space.

[Counselling and Mental Health Service FREE sessions for staff](https://www.counsellingservice.manchester.ac.uk/workshops/)

The Counselling and Mental Health Service are running a series of free sessions for staff – view the full programme here.

[Safety app goes live across Manchester](https://urldefense.com/v3/__https:/lnks.gd/l/eyJhbGciOiJIUzI1NiIsInR5cCI6IkpXVCJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vd3d3Lm1hbmNoZXN0ZXIuZ292LnVrL25ld3MvYXJ0aWNsZS85NTI5L2dhbWVfY2hhbmdpbmdfc2FmZXR5X2FwcF90b19sYXVuY2hfaW5fbWFuY2hlc3Rlcj91dG1fY29udGVudD0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fbmFtZT0mdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSZ1dG1fdGVybT0iLCJidWxsZXRpbl9pZCI6IjIwMjQwOTI3LjEwMzUyODEifQ.RHywAZR7Ow1LNg3qau7jEkrnRcAf3SIb08zRlO4Xc40/s/2383084771/br/249927179156-l__;!!PDiH4ENfjr2_Jw!GkjDpY6s4hRLKimrNc5Q4KnH5TDStpF0-iuxx6NHrI5GfftBAI5lUMiKdWgsM0_yh7KohsNGMQCHE9ZGxp0HuvU90aPO4uhbdLmz2jIOuhVNF3HVpNGj$)

For too many people the journey home after a night out can be the unwanted source of fear or anxiety. That is why in Manchester the WalkSafe App has now gone live – a game-changing way to help people get home, highlight safe routes of travel, or get assistance should they need it.

Free to download and use this app is just another way in which the Council is working to make the city, following on from the [successful implementation of the Women's Night Time Safety Charter](https://urldefense.com/v3/__https:/lnks.gd/l/eyJhbGciOiJIUzI1NiIsInR5cCI6IkpXVCJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vd3d3Lm1hbmNoZXN0ZXIuZ292LnVrL2luZm8vMTAwMDA0L3RoZV9jb3VuY2lsX2FuZF9kZW1vY3JhY3kvODQxNi93b21lbnNfbmlnaHQtdGltZV9zYWZldHlfY2hhcnRlcj91dG1fY29udGVudD0mdXRtX21lZGl1bT1lbWFpbCZ1dG1fbmFtZT0mdXRtX3NvdXJjZT1nb3ZkZWxpdmVyeSZ1dG1fdGVybT0iLCJidWxsZXRpbl9pZCI6IjIwMjQwOTI3LjEwMzUyODEifQ.4F1YtfFAXDSJgBRGkep-8M58VJhRe2YKMA3dJhhpsLQ/s/2383084771/br/249927179156-l__;!!PDiH4ENfjr2_Jw!GkjDpY6s4hRLKimrNc5Q4KnH5TDStpF0-iuxx6NHrI5GfftBAI5lUMiKdWgsM0_yh7KohsNGMQCHE9ZGxp0HuvU90aPO4uhbdLmz2jIOuhVNFx6DQGnF$).

**Language Café is back and is now fortnightly!**

Wednesday 16th and Wednesday 30th October 2024

12:00-14:00 at Lime Café, Sam Alex Building lower ground floor

Sessions are now being held every 2 weeks on a Wednesday, so keep an eye out on our [Instagram](https://instagram.com/uomsalcstudents/) 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. 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 be vouchers for a free drink or snack which you can get from the Lime Café to enjoy while you chat!*

[Cruse Bereavement Support: Free Online Compassionate Communities – Grief Training](https://www.cruse.org.uk/online-community-grief-training/)

Cruse are working in partnership with Co-op to deliver a bespoke one-hour training workshop on

death, grief and bereavement (running until 5th November 2024). 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.

[Travel to Refuge - Women’s Aid (womensaid.org.uk)](https://www.womensaid.org.uk/what-we-do/supporting-our-members/travel-to-refuge/)

Rail to Refuge, set up in April 2020, provides free rail travel for survivors of abuse (women, children and men).

Road to Refuge, launched by National Express in 2023, is a similar initiative.

[The Manchester Christmas Dinner – volunteers needed](https://www.staffnet.manchester.ac.uk/news/display/?id=31800)

Volunteers needed to get involved in The Manchester Christmas Dinner Steering Group.

**Book club – October meeting**

Next meeting Friday 25th October, 12:30-1:30. You don't even need to have finished the book (although there will be spoilers!).

This month’s book is Butter by Asako Yuzuki. We will also recap The Invisible Women’s Club by Helen Paris.

Why not head over to our [Viva Engage](https://web.yammer.com/main/groups/eyJfdHlwZSI6Ikdyb3VwIiwiaWQiOiI1NzU0NzAxNDE0NCJ9/all) (Yammer) group for more reading inspiration!

Contact [fiona.lynch@manchester.ac.uk](mailto:fiona.lynch@manchester.ac.uk) if you would like the Zoom link.

[What’s On at Jodrell Bank](https://www.jodrellbank.net/visit/whats-on/)

Jodrell Bank is situated in the heart of Cheshire. It’s a stunning green site surrounded by farmland

and with an abundance of wildlife. There are four Pavilions to discover, alongside a range of outdoor exhibits and pathways to explore. You’ll also find two cafés and a gift shop.

[October Highlights at Manchester Museum](https://manage.kmail-lists.com/subscriptions/web-view?a=UXLTcK&c=01GSX0TG770580KD2253SW5Q7D&k=37fc225d3988f0fbdbb612bf07b618df&m=01J928G3PBP0WPD2DP92ZW5D6C&r=3nVKn3ag)

Diwali is one of the undoubted highlights of the Museum calendar – a joyous celebration full of vibrancy, colour and life. Last year, our Main Hall was transformed into a bouncing dancefloor so we can’t wait to see what this year has in store. Check out what else is happening at Manchester Museum in October.

[Events at The Whitworth](https://www.eventbrite.co.uk/o/the-whitworth-6805885025)

* Friday 18 October 2024, 11:00-12:00 (free, booking required) – NCHS: Meditation in Nature – World Menopause Day
* Friday 18 October 2024, 13:00-16:00 (free, booking required) – Creative Menopause: World Menopause Day 2024.
* Sunday 20 October 2024, 13:30-16:00 (free, booking required) – Still Parents October Workshop.
* Thursday 24 October 2024, 18:00-20:00 (free, booking required) – Gathering of Strangers: Why Museums Matter.

[What’s on at Central Library](https://librarylive.co.uk/)

From film nights and gigs to author readings and talks, Library Live features a real assortment of

events, blending the traditional with the unconventional. With big open doors, lots of free events and many different spaces to explore, Library Live is for everyone.

[Literary Magic at Manchester Libraries](https://urldefense.com/v3/__https:/lnks.gd/l/eyJhbGciOiJIUzI1NiIsInR5cCI6IkpXVCJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDAsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vbWFuY2hlc3RlcmxpdGVyYXR1cmVmZXN0aXZhbC5jby51ay8_dXRtX2NvbnRlbnQ9JnV0bV9tZWRpdW09ZW1haWwmdXRtX25hbWU9JnV0bV9zb3VyY2U9Z292ZGVsaXZlcnkmdXRtX3Rlcm09IiwiYnVsbGV0aW5faWQiOiIyMDI0MTAwNC4xMzg0NjUxIn0.M8kSlDuFFBf3_41SHMvUoN1-I1G5My5M-vHv_KU_fOk/s/2383084771/br/250399259057-l__;!!PDiH4ENfjr2_Jw!C2R1ZRN4EtZ8P1s7ASOKzTuQIzfVgPpbJoBV4tOdau4PgjSopW3H2BFfu7rFRBXTmirGRrj8RsNyMSdwCkPLXKhEW51Z8JFyysY1-mvnacf59RHX_rKF$)

Manchester Literature Festival returns this autumn 4 – 20 October 2024, with a programme of events to inspire, move and challenge.

[Museum of Illusions Manchester (moimanchester.com)](https://moimanchester.com/)

A massive hit with more than 50 locations across 25 countries, Museum of Illusions has selected Manchester as its first UK site and opens its doors in the city centre on Friday, September 27. With exhibits ranging from holograms and optical tricks to full-scale illusion rooms and playful mirror displays, the attraction represents a first for the city.

[Henpicked’s Preparing for World Menopause Day](https://mailchi.mp/menopauseintheworkplace/menstruationemploymentlaw-5june-2083288?e=b246dc1610)

Friday 18th October 2024 - top tips for celebrating at work.

[Celebrate Menopause Awareness Month with Free Webinars from Henpicked!](https://mailchi.mp/a54886787cbc/lunchlearn-13405343?e=b246dc1610)

While we talk about menopause every day, we believe this year is set to be the most exciting yet for raising awareness and taking it further and wider than ever before.

As always, we're passionate about helping women thrive during menopause, and this month we've put together an amazing series of Lunch & Learns just for you! With a packed programme, there's truly something for everyone.

And don't forget, our sessions are always FREE—no paywall, just expert advice and top tips to help you on your journey.

[Henpicked Lunch and Learn Webinar Replay: HRT](https://henpicked.net/menopause-hub/hrt-faqs/)

What does HRT do? What are the benefits of HRT? Is HRT safe? Can HRT cause cancer? Your questions answered. Henpicked’s Deborah Garlick and Dr Clare Spencer of [My Menopause Centre](https://www.mymenopausecentre.com/) will be discussing exactly this! This conversation was recorded at a live event on 14 October 2024.

[Action for Happiness Forthcoming Webinar: The Power of Kindness at Work – Graham Allcott](https://www.eventbrite.co.uk/e/the-power-of-kindness-at-work-graham-allcott-tickets-1021571025437?aff=oddtdtcreator)

Tuesday 29 Oct 2024, 19:00-20:00

Join author and entrepreneur Graham Allcott and learn how you can harness the ‘superpower’ of kindness to transform your work and life.

[Action for Happiness Webinar Replay: Mindset & Relationships with David Robson](https://youtu.be/-DkA-OXZoF8)

At this event, science writer [David Robson](https://davidrobson.me/) will share ground-breaking research on how our mindset shapes every aspect of our lives, revealing how your brain holds the keys to unlocking a better you. This conversation was recorded at a live Action for Happiness event on 15 October 2024.

[Manchester Science Festival](https://tracking.wordfly.com/view?sid=MTEyNl8xMjcxN183MjAyNTlfNzE0Mg&utm_source=wordfly&utm_medium=email&utm_campaign=MPN%3AMSFProgrammeAnnouncement_11.09.24&utm_content=version_A&sourceNumber=52319)

**Friday 18 – Sunday 27 October 2024**

The Manchester Science Festival programme is finally here. Get ready to explore the extremes of nature, human capability and creativity across 10 days of WOW moments.

[Join our iNaturalist campus project: Biodversity On Campus](https://blogs.manchester.ac.uk/bmh-sr/2024/02/01/3469/)

We have now created a University biodiversity project on Naturalist, a free, easy to use app where users can record and identify various plant and animal species.

The app allows you to upload photos of the wildlife (including garden plants/trees) you see and to discover the types of wildlife you are observing. You can also explore sightings that others in the community have uploaded, helping them to verify any species they observed.

Join our campus project on the iNaturalist app (google play, app store or access via the web) to take your observations anytime, anywhere you are. We have also created a how-to guide, full of useful tips and diagrams to help you navigate the app and get started recording your observations.

[‘If Stones Could Talk’: A Historical Walking Tour of Manchester's Stone](https://www.eventbrite.co.uk/e/if-stones-could-talk-a-historical-walking-tour-of-manchesters-stone-tickets-710310787687)

A two-hour walking tour on the history of Manchester from another angle. Come with us to explore the stone and brick that makes up the city! A fee is applicable.

[Salford Walking Festival 2024](https://www.visitsalford.info/media/0fmdblzw/salford-walking-festival-2024.pdf)

Over 40 autumn walks in Salford – exciting walks for all abilities.

[Manchester Library of Things (MCRLOT) Opens](https://mcrlot.com/)

Your local community shed: full of things you need, but don’t want to buy. Plus, volunteering opportunities available.

[We’re Repairing and Reusing](https://www.manchesterclimate.com/zerocarbon/repair-and-reuse)

Our city is stepping up to tackle climate change – by repairing and reusing instead of throwing away.

[Cyclescheme Open Webinar – join us to find out all things Cyclescheme](https://blackhawknetwork.zoom.us/webinar/register/WN_Hdj1cKFkTUaaXbOaRr9mTg#/registration)

Perhaps you’ve heard about the cycle to work scheme and you’d like to find out more about it

before you apply? Every month we host this live webinar covering the basics of Cyclescheme and the many benefits of cycling to work. The next webinar is on **Thursday 24 October 2024, 11:30 am**.

[Transport for Greater Manchester: Learn To Ride Or Fix Your Bike](https://beeactive.tfgm.com/cycling/courses-and-bike-maintenance/)

Cheaper than the car, faster than your feet: we’ve opened up cycling courses to more people living

or working in Greater Manchester. Learn for the first time. Build your confidence. Drive safely around cyclists. Whatever you’re looking to learn, we’ve got a course to fit.

[Transport for Greater Manchester: Help while travelling](https://tfgm.com/accessibility/help)

There are lots of tools and tips to help you travel safely across Greater Manchester have a look at our sections below for more information.

[Seasoned pro or fresh newbie, you are personally invited to enter the Happiful Poetry Prize 2025](https://happiful.com/poetry-prize?utm_source=happiful_newsletter&utm_medium=email&utm_campaign=2024_week_37_pp)

Launched in the autumn of 2023, the aim of the prize was to celebrate mental health and wellbeing writing of the highest standard. In our first year, we received more than 400 entries of outstanding quality – many of which were from writers who were new to poetry, some of whom sent us the first poem they had ever written.

Now, we're back again. We’re looking for poems that explore the topic of mental health and wellbeing in unique, engaging, and empowering ways. The competition is free to enter, and no prior experience is necessary; the only thing we require is a passion for writing. The deadline for entries is 23:59 on Monday 18 November 2024.

The best writers are great readers, so use our poetry prize hub to discover interviews with previous winners and runners-up, plus tips for getting started.

[Happiful Magazine – Issue 90](https://urldefense.com/v3/__https:/click.happiful.com/ls/click?upn=u001.28Gc7YwOWu-2BFSW5prfJw8z84HOPc7-2FJ2hMcXT1Bj1WEsj4kbTjA8zmpeLAV01DyGlpvSWK8roJEkh5F-2FOav3hjbWyUeBo3W8rwKCVO1kqPb4MU0DhGRoy-2FNWIfaFHEmD2l7Pfla5Fgj58CmhNdxEVuZ1IQu5EGdSMJmQbIz-2BuSpEkhNhtZcqjVJMrQOuEkw-2BtzvJ-2BgPI3hqyibj0HdeQZQ-3D-3DXR2q_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPaiLHaaR-2BTvBdU84OoC8-2BX5HqMpSAw8y1mJ1GEnRUXh9I05rLftzYfo3JjDyXQ1T643uXq0YGtePUKa1rXsgwl1zypMeVWQtKu1SeVNqcNsNCb5K1Vqv9hM1-2FRC40RNzMXSEQFSgHrYkrr4SuoiUWhSDoQU0RlDRXNPPrdogObmpsrWJ42KYXqhDA6tf2QIWV3SVEjhhiyPE7KLx5djvoSFvWrJqdhWDGO8AH7WQF25elVfE-2FZUQOTAKuWUqD-2Bd-2FBEBno5RpX2hSOYqwSblBBZC598irJ6w-2B36lX0gKVsSYKy3ESXcCBCP-2BVVyXLPVaBUuD063f4BDSlI-2F71jl4tPWv0lN1w3ihrO4odcVTpzZh2-2FrNhPG9tZQ48koShQu2rp1LXsYtkxmmxVZ-2FikB8076TDS81QkGfrHPFxWhLDisLMK1aI1Bll4tkWgI82Vi4YKdvI5PcQENo0UBopArYGJ6BnMhq0z9gOEX0rIAd1JaNeljWWUNupyxsNYa1IZ-2BNhkonnuMYrr8bmA0lXxIIPSZJ1yoLuiy8goUR7CwHQaKMOVYfxNjGhVk9ypZYKdzHah3P8STz2YuGD9DDk0zYIK6gYM4HfTj-2FuR3EsFbtg9UXt5TkgiYgdvP-2B-2F0SCG5FqGrdSt0kQXlMeaKzrK-2BirisGdA5CYBW82JmvTviZOGkKQIVp2pXQn1uDym6JXe-2BkCMh4pebzz7uirW19teg3O2fpjOtzwdFHveu5HpStMO7DyEhjJPXVYrVKis4t5BMMiGiQ2UaJV0tBgihiFIAKqppbWlG3ZFJuavDgPtNdnS5tMYXKteEh5gUZQqeW-2BR8mt07tjiWDsJEUhgojjTgeMKnSx82ZFb2b9g1oFQUZGwScixO2koHvEWPpkExdDiPmsHMykjZkwLpLF3Xk-2BnV9oXcQw0ZSahetB4NqwS97DvESlCt-2B0KyfNzzsloez6TMWOPojb4b-2FB2FWDfme5utdunx5T4HrIJEI-2FbF-2FJAviCAAw7aet6QLU7ECmEoTcNmjrQqPmTXd084o9vOVXfVBdFWweRWnkbLjw4XGvQp6l1fvxq-2BVkJwwEDz-2FyuR65Q-2FGvlDaU-3D__;!!PDiH4ENfjr2_Jw!EAXOF2fvy_wYM0to81wfSFwCDjS7hQZgI_QoAseyXUk9dCYc6c9ZoRIQvDp3Sec-1PriaDiEKNPRySviBAb5kV1IHMRT3Q$)

* What can the Welsh concept of ‘hiraeth’ teach us about homesickness?
* How to overcome a ‘fear of switching off’
* Tips for adopting a more flexible mindset
* The Happiful Poetry Prize returns, and you’re invited to take part
* How to help kids overcome school anxiety
* We explore the emotional impact of hair loss

[Happiful’s The Uplift Weekly Magazine (08/10/2024)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTcyODM4MTY1MXx5dmZQaDgtQ2o3R21pM2dCRFRtNWNJOERVY1FXbTh5aXAxaEFpRnk5Tm9vamhtb0N2Z0xNTVpLU2hCd2xkNnVWdDFPSjZVSzgzSWt0dEtVY0FFdzJSV3AzM1FWVU1nUjhpSE55YnZ5RTN1V3U2UWlORHBxXzhqbG1aMXU1X1JPMHRyUDlBRmFlbDBIWEVVTFd3R1FvWGJ5dDRtU3BQNzdIYWlDam5IUm9yc3ZyeVlISEhOVXdsWldLb1VKOHRwT3dEMXBaTkE3SnlrRmlDbDl3dnNFbjB6N1hfcnJGWmR1ZmJSeHRhVC1jajhFNmpleXVxWUhFTGpDVVdPTTZ2YUhlU1FjUHU3SDk1dHlvSUtxa0lxSVRFd25tRXZFTVRJWTQzRWkydUp0dDVpdEhEMXYwSXdPbnJEbWhIQkdMQVZUeEw2ZWttQVI5bHI1UHz8qYYIilnXNuiHmIlYH3TSm_iWfzWJpcTpsZO69oUzcg==)

8 ways to stimulate your vagus nerve:

* Vagus Nerve
* Depression Symptoms
* Plant Power
* Book Clubs

[Have a growing space and friends or neighbours who want to grow together?](https://orlo.uk/DMJKX)

Growing Manchester can help groups and organisations already involved in food growing and gardening. As well as those that want to start.

They offer free support to set up a community food-growing project and workshops on practical growing skills. As well as site assessments, advice on soil conditions and soil contamination.

They can even help groups to engage the wider community, get volunteers and apply for funding.

It’s run by [Sow the City](https://www.linkedin.com/company/sow-the-city/) and supports 150 food growing projects across Manchester. There are projects of all sizes across the city – from groups of neighbours greening alleyways to large-scale market gardens, growing food for sale and hospitals growing food for patients.

Applications are open now. You’ll need at least five people, permission from the landowner to grow fruit and vegetables and to be in the Manchester City Council area.

**RSPB Notes on Nature**

* [It's World Migratory Bird Day!](https://view.email.rspb.org.uk/?vawpToken=IW2VDSUB4FGUPJWHXSM6ASGRZA.40143) (12/10/2024)

[Staff Benefits – Staff Association](https://documents.manchester.ac.uk/protected/display.aspx?DocID=71383) and [UMSA Membership Form (office.com)](https://forms.office.com/Pages/ResponsePage.aspx?id=B8tSwU5hu0qBivA1z6kad1ko04R2JSVPkWHoBpF-r3lUNkNYQlRUSFMySkdDREdZOUxQN1pZVUFFUi4u&origin=Invitation&channel=1)

We organise lots of exciting events and trips such as:

* Discounted theatre tickets in the stalls e.g. Aladdin £19 / Disney on Ice £30 / Blackpool Illuminations and Fireworks £8. (coach return). Christmas at Chatsworth House / Tatton Park Flower Show / Alton Towers / Warner Bros Studio Tour / Manchester City & United Football Club Tour and [The Brit Fest Cheshire](https://thebritfest.co.uk/) to name a few.
* You also have access to a designated lounge for members in the Simon Building, with comfortable chairs, a dining kitchen area, pool table, darts board and TV.

You can access these benefits for £2 per month (taken directly out of your salary) – please find the link for further information or email me directly [sarah.wilkinson-2@manchester.ac.uk](mailto:sarah.wilkinson-2@manchester.ac.uk) or [UMSA@manchester.ac.uk](mailto:UMSA@manchester.ac.uk)

[Events at Blackwell’s Manchester](https://www.eventbrite.co.uk/o/blackwells-manchester-11315868456)

Blackwell's Bookshop has been serving the needs of academics, students, and book lovers since   
1879. **Special Offer** – UoM staff can receive a 50% discount on any ticket purchases. Please use code XUOMSTAFF at checkout.

[Hobbycraft Workshops](https://classbento.co.uk/hobbycraft/home)

Join us in store or online to learn new crafts and try your hand at fun techniques.

**Other relevant newsletters:**

[Manchester China Institute – Autumn 2024](https://urldefense.com/v3/__https:/www.eventbrite.com/o/18473445210__;!!PDiH4ENfjr2_Jw!FrfNmyWg5Um4Ajj20NDlqs5RMpdH4EK8QM-Zq2gUVPuDFCCvE_2NnRQwus2bNkLLqk8jSo1LrSQX5wAHjTo9W2VDls8bj7qmoxbfgJY$)

[Health Hero – October 2024](https://wellbeing.hub.healthhero.com/page/october-2024)

[Climate Network Newsletter – 14 October 2024](https://documents.manchester.ac.uk/display.aspx?DocID=74262)

[Love Food, Hate Waste – September 2024](https://mailchi.mp/22ba097ecfe5/hello-from-love-food-hate-waste-13242?e=3de440c03b)

[GM Green City Newsletter – September 2024](https://mailchi.mp/greatermanchester-ca/lnrsmar24-12817756?e=f80d40a87e)

[Manchester City Council News Stories](https://www.manchester.gov.uk/news)

[October in Manchester: Welcome the start of the spooky season](https://gchs-zcmp.campaign-view.eu/ua/viewinbrowser?od=3z3735d9a3754dd28ce91058335d0cf536&rd=1fe75a60644c030&sd=1fe75a60644b68d&n=11699e4bf86163d&mrd=1fe75a60644b67b&m=1)

[Your DE&I Business and Lifestyle Brief – October 2024](https://69cb9.r.sp1-brevo.net/mk/mr/sh/SMJz09SDriOHUnHkHUZToIVZpGeB/2RFT3Lpa0Ieu)

[Sustainable Futures Monthly Newsletter – October 2024](https://urldefense.com/v3/__https:/mailchi.mp/manchester/sustainablefuturessept-6743390?e=6f183721c1__;!!PDiH4ENfjr2_Jw!H6KZgk67e2-afSqzmGxK1EmdKKIuem_ESKr3lzJ18TYS5RefKBxVY11i7rMfPXxTpaiE-FWA9hlg5_K_wIZrCntZ4Vhlh17YXBeWef2F8_DRP0Eh$)

[RNIB News – October 2024](https://rnibenews.org.uk/cr/AQjI5A0QzPpjGM3Yw7sBtBOriQtpHKzi3aiNh1gWYPquxr-pyNGvPeri7iyi7lY)

[Scope Newsletter – October 2024](https://email.scope.org.uk/cr/AQiR1hQQkPFPGODahmfOZU3llFWJfRlQaEf-doCzLGyTJ2t8XUGFaI_p_G-Ceg)