**Humanities Social, Wellbeing, EDI, Social Responsibility and   
Environmental Sustainability News, 1 November 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.

**November celebrates:** [Lung Cancer Awareness](https://www.macmillan.org.uk/cancer-awareness/lung-cancer-awareness-month), [Pancreatic Cancer Awareness](https://www.pancreaticcancer.org.uk/get-involved/find-an-event/pcam#:~:text=November%20is%20Pancreatic%20Cancer%20Awareness,improved%20enormously%20for%20most%20cancers.), [Mouth Cancer Action Month](https://www.mouthcancerfoundation.org/mouth-cancer-action-month/), [Movember](https://uk.movember.com/support-us?gclid=CjwKCAjwvrOpBhBdEiwAR58-3G72htlsmWvFoIr7NpemmhDX4fgHtnhZ-ivfor4j4SRe4uWhOjtsORoCKHIQAvD_BwE), [Islamophobia Awareness Month](https://www.islamophobia-awareness.org/), [Men’s Health Awareness Month](https://www.matesinmind.org/training-and-resources/men-s-health-awareness-month-2024), [World Vegan Month](https://www.vegansociety.com/get-involved/world-vegan-month)

1 November [World Vegan Day](https://www.vegansociety.com/get-involved/world-vegan-month)

4-8 November [International Stress Awareness Week](https://isma.org.uk/isma-international-stress-awareness-week#:~:text=30%20October%20%E2%80%93%203%20November%202023,on%201st%20November%202023.)

4–8 November [Talk Money Week (MAPS)](https://maps.org.uk/en/our-work/talk-money-week)

6 November [National Stress Awareness Day](https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/#:~:text=2%20November%202023,and%20strategies%20to%20address%20it.)

[Action for Happiness Wellbeing Calendar: New Ways November](https://actionforhappiness.org/sites/default/files/Nov%202024.pdf)

This month, we're encouraging you to try something new!

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

Access a range of free wellbeing and mental health support.

[“Our Menopause” Film Screening, Menopause Discussion with Q&A](https://app.manchester.ac.uk/public/Login.aspx?PageRequest=/training/profile.aspx&Query=unitid%3d10558%26parentId%3d4&action=timeout)

Thursday, 21 November 2024: 2 sessions at 10:30-11:30 and 13:00-14:00 at Oddfellowes Board Room (Hybrid Option available)

Join Dr Zoe Hodson and Maureen Anderson for a lively menopause discussion, sharing their expertise on menopause and ways of supporting self and others through the transition and beyond. During this event, we are honoured to host one of the first screenings in Manchester of ‘Our Menopause’ which is a bold and heart-warming look at the untold story of Black women’s menopause experience in the UK. Featuring a Q&A after the screening.

[Our Histories, Our Stories (a Black History Month event)](https://www.ticketsource.co.uk/the-university-of-manchester-edi/our-histories-our-stories/e-qyoxky)

Uni Place\_3.204, Manchester, M13 9PL

Wednesday 13th November 2024, 14:00-15:00

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.

This is an opportunity to hear the works of colleagues and community writers about their lived experiences, covering grief and renewal, the confidence poem, Windrush and more.

[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/).

[Movember November 2024 – Spot a Bro that's feeling low!](https://uk.movember.com/men-s-health/spot-the-signs)

Spot The Signs – do you have a friend who's been avoiding social situations? Gone MIA on social media? Getting easily frustrated? Or just generally acting out of character?

It may be a sign they are struggling. Changes in behaviour can be a sign of poor mental health. If you spot a friend whose behaviour is out of character, that’s your sign to check in with them.

[Prevent Breast Cancer Awareness Health Webinar](https://www.staffnet.manchester.ac.uk/news/display/?id=31941)

Sign up for Breast Cancer Awareness Webinar on Monday 25 November 2024, 12:00 to 13:00.

**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.

[Dharmic Cultures Network: University Diwali Guidance](https://www.staffnet.manchester.ac.uk/news/display/?id=31903)

Please find the link to a new guidance for Diwali 2024, which was developed by the EDI team with input from the network. We encourage you to share this with colleagues.  If you have any feedback, please email us.

If you know of anyone who is interested in joining the network, then please ask them to contact us via email:  [uom-dcn@manchester.ac.uk](mailto:uom-dcn@manchester.ac.uk). Or they can request to join the Microsoft Teams channel by selecting this link: [UOM-EDI-DharmicNetwork | General | Microsoft Teams](https://teams.microsoft.com/l/team/19%3A9xbwZgiJ7d9VAJ4wtT11n-YHAP7R5eCLc39PoBPGSA01%40thread.tacv2/conversations?groupId=c6dde5d1-15ba-4abe-8b21-f978e9807193&tenantId=c152cb07-614e-4abb-818a-f035cfa91a77)

[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.

[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.

[Men’s Health Forum](https://www.menshealthforum.org.uk/about-us)

Ambition: All men and boys – particularly those in the most disadvantaged areas and communities - will have the information, services and treatments they need to live healthier, longer and more fulfilling lives. The Men's Health Forum is a charity supporting men's health in England, Wales and Scotland. Donate, sign up for news or order some of our man manuals from the online shop.

Contact [julie.butterworth@manchester.ac.uk](mailto:julie.butterworth@manchester.ac.uk) if you would like to borrow a copy of ‘The Man Manual’.

[November's Wellbeing Webinars From Everymind At Work](https://everymindatwork-20108236.hs-sites.com/novembers-wellbeing-events%E2%9C%A8?ecid=ACsprvs9uqsthXFNWjmUe9mrSicboQUR5z9TzUqvWNpkYEKoDtveBt3Xgz_OSzJxtymYyKrotx4U&utm_campaign=2024%20Demand%20Gen%20Activity&utm_medium=email&_hsenc=p2ANqtz-_lSZ40VP5ZY96mw4dZZS01JJoUaWqhJ7CB9GHbZydY7MtVUPaeiZpv_MziiXo2Ij4FG-eYSWO9sLZbAIPlVXZaBcA3gC_w8pBoySYQsk1PDYUI4G4&_hsmi=331720323&utm_content=331720323&utm_source=hs_email)

From engaging men in traditionally hard-to-reach roles to setting your wellbeing strategy up for 2025. This month's webinars are packed with actionable tips, real-world examples, and inspiring stories that will empower you to create a more supportive, impactful workplace.

[Let's Lift The Curfew Demands Change On Women's Safety At Night](https://www.thisgirlcan.co.uk/news/lets-lift-curfew-demands-change-womens-safety-night)

Over 100 defiant organised runs take place around the country as our new research finds that almost three-quarters of women change their behaviour when getting active outdoors in winter.

Brought to you by [This Girl Can](https://www.thisgirlcan.co.uk/). “Women come in all shapes and sizes and all levels of ability. It doesn’t matter if you’re rubbish or an expert. The brilliant thing is you’re a woman and you’re doing something.”

**Get Vaccinated. Get Winter Strong.**

This campaign encourages audiences to get the vaccinations they’re eligible for, so they’re better able to defend themselves against viruses this winter. Pregnant women and children can get vaccinated against flu from 1st September. Pregnant women will also be encouraged to have their RSV vaccine from week 28 of pregnancy, the whooping cough vaccine between 20 and 32 weeks, and Covid-19 from 3rd October.

[Stay Well This Winter – Get Your Winter Vaccinations](https://gmintegratedcare.org.uk/winter-vaccinations/)

The NHS is offering free vaccines to those most at risk of being unwell if they catch flu, Covid and respiratory syncytial virus (RSV).

[Seasonal Advice from the NHS: A reminder to take Vitamin D.](https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/)

Government advice is that everyone should consider taking a daily vitamin D supplement during the autumn and winter.

[Financial Wellbeing at Work: Supporting your Team​​​​​​​ (free webinar)](https://event.webinarjam.com/register/143/04vzghy1)

Wednesday 13 November 2024, 12:00 PM

Following on from ‘Talk Money Week’ (4–8 November – see above), we know how hard it can be to talk about money and to find ways to support your team with their financial wellbeing.

​​​​​​​Economic challenges and financial wellbeing show no signs of lessening for employees everywhere. As we approach the end of the year, many are feeling the pressure even more. But as employers, we have the unique opportunity to support our teams in navigating these (beyond just the pay packet).

[ADHD Month & Your Stories Shared: Translating Awareness into Action](https://urldefense.com/v3/__https:/d2-Qkp04.eu1.hubspotlinks.com/Ctc/W*113/d2-Qkp04/VVKkly85gPbPW5msyVv6SRNNjW3NdgT55mxZctN56dXgq5kBVqW50kH_H6lZ3lRW475RJ78G5TjWVgh7nX3pDfHHW6pCZsf908ZrXW6XTdcm7sm3NLW6QZnZS62294cW5NqYZT8tlTK2W1Q2zb08NS7lQW3c98TP4_3BwLW7t9R8d4qtfF5N29dVQfT2JWQW49Ztxw6V2gplN3TmLkwf7RbSW1DP8s74N1hgmW81G67r2cqPwVN5NmF4crVXSRW5lV6Fv2TCnNkW4wJLSv8qp2bVW9kbLs14VlBzHW8mkVvQ4dx9GvW87cmzB5dJqMjW2zCrH26PbhvrN60WD1N_gPgSW4pPX1n4zC8xrW2v4G1Q6xGC8sW802Kdr3ZhGp0W5BBfxd8T1-yZW1cvw7n6mbYxyW2BDZzh7l95h4W30BZkm33PWFsVr0lFT4MDtVxW1-XllF7ZYNt7V8w5pd9cj6QFd2c0ld04__;Kw!!PDiH4ENfjr2_Jw!D1ONgLMMVriWGT4D87WyVxOZc6sAzrlj3wyA0fcoznChr-U7cUj2xsZxHGgHR_QAerGI6S4nDgdrwJeDzaSveBLiVhpNzXL4Y9Zcwg5z$)

October is all about raising awareness, breaking down misconceptions, and celebrating the incredible strengths of neurodivergent individuals, in particular those with ADHD. This year’s theme, *"Awareness is Key!"*, encourages us to move beyond understanding to taking meaningful action in creating more inclusive environments for all. This is a recording of a live webinar on Wednesday 23rd October 2024 brought to you by Business Disability Forum and Lexxic. Please note, this recording will be available for 2 weeks following the event date.

**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)).

[The University of Manchester & Hirecracker: Walk for Veterans](https://www.eventbrite.co.uk/e/the-university-of-manchester-hirecracker-walk-for-veterans-tickets-1044387229317)

Saturday 9 November 2024, 10:00-14:30

Join us for Heroes Walk – a 10-mile charity walk raising funds for [Help for Heroes](https://www.linkedin.com/company/help-for-heroes/) in honour of UK Armed Forces veterans! This year is particularly meaningful as the University of Manchester has recently partnered with [Hirecracker](https://www.linkedin.com/company/hirecracker/).

If you can’t attend but would still like to support please visit: [The University of Manchester and Hirecracker Walk for Veterans Fundraising for Help for Heroes](https://www.justgiving.com/page/uom-hirecracker-walkforveterans?utm_medium=fundraising&utm_content=page%2Fuom-hirecracker-walkforveterans&utm_source=copyLink&utm_campaign=pfp-share)

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

Wednesday 13th and Wednesday 27th November 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!*

[No More Losses: Suicide Prevention & The Workplace – Guide from Champion Health](https://championhealth.co.uk/insights/guides/no-more-losses-suicide-prevention-and-the-workplace/)

Our latest research on suicide prevention and self-harm reveals the alarming prevalence of suicidal thoughts among employees, highlighting how frequently our people are experiencing such thoughts.

Using exclusive data from the Champion Health platform, this new guide looks at the crucial steps organisations can take to support employee mental health and [prevent losses](https://www.mentalhealth.org.uk/our-work/public-engagement/suicide-prevention).

This guide includes insights from incredible voices in the mental health space – from [R;pple Suicide Prevention](https://www.ripplesuicideprevention.com/), to [The Jordan Legacy](https://thejordanlegacy.com/) and [Campaign Against Living Miserably](https://www.thecalmzone.net/). It also features real-life stories of suicide bereavement and supporting suicidal loved ones.

[Upcoming Events from The OLLIE Foundation](https://www.eventbrite.co.uk/o/the-ollie-foundation-30471012386)

The OLLIE Foundation is a charity dedicated to delivering suicide awareness, intervention and prevention training by empowering professionals and young adults in their own communities to lead suicide prevention activities. It is widely accepted in society that with appropriate support and education, suicide can be prevented.

[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.

[Mind’s Attitudes to mental illness: 2023 summary report](https://www.mind.org.uk/about-us/our-strategy/tackling-mental-health-stigma/attitudes-to-mental-illness-2023/?utm_source=linkedin&utm_medium=social&utm_campaign=stigmareport)

The Attitudes to Mental Illness research is designed to give a comprehensive and detailed account of mental health stigma in England and allow us to track it over time. At Mind, we’ll use the findings to inform our campaigns, advice and strategy, and to reignite the conversation about stigma in England.

[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.

**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 and students at 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 (2) – Empower Your Voice**

Thursday 7th November 2024, 12:00-14:00 in Kilburn TH 1.3

Following on from our inaugural Speaking Club session on Thursday the 3rd October, we have recently managed to secure some faculty funding. A condition of this funding is for us to provide some detailed information about the impact, ambition and practice of these sessions. We have kindly been asked to monitor information from our attendees – such as grade, role and department. We have also reviewed the feedback we received from the previous session and will send through an agenda, soon.

If you have any questions, please feel free to reach out to us directly at [womensnetwork@manchester.ac.uk](mailto:womensnetwork@manchester.ac.uk).

**Book club – November meeting**

Next meeting Friday 29th November 12:30-1:30pm. You don't even need to have finished the book (although there will be spoilers!).

Two books this month! Lost Property by Helen Paris and Orbital by Samantha Harvey.

We will also recap Butter by Asako Yukuki.

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 in November?](https://www.staffnet.manchester.ac.uk/news/display/?id=31951)

Welcome to November’s edition of ‘What’s on?’. Here you will find everything you can get involved in for free each month, ranging from cultural, extracurricular and celebratory events and activities.

[November Highlights at Manchester Museum](https://manage.kmail-lists.com/subscriptions/web-view?a=UXLTcK&c=01J9KFRA209PWJGAPW0TS9R0TK&k=a35a554c1d2561ff819f45ed33a94dd6&m=01JBH7EJ6WG7ADB3N0HCWNSRV6&r=3q47z58G)

Venture into a world of sublime soundscapes and stunning visuals, discover your next favourite book or dream about a future full of trees. November is full of opportunities to stop and take in the beauty of the natural world, no matter how you want to do it.

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

* Thursday 7 November 2024, 18:00-20:00 (from £3) – Linden Archives Book Launch. Stuart Linden Rhodes has produced a NEW photobook of the queer 1990’s titled simply Linden Archives.
* Thursday 14 November 2024, 18:00-20:00 – Jakkai Siributr: There’s No Place. Launch event and talk by acclaimed Thai artist Jakkai Siributr on his first UK exhibition.
* Saturday 16 November 2024, 10:00-12:00 and 14:00-16:00 – Jakkai Siributr: There’s no Place workshops.

[Celebrating Music and Drama in our 200th Year](https://www.staffnet.manchester.ac.uk/news/display/?id=31947)

A special night of classical performance as part of our bicentennial celebrations hosted at the Martin Harris Centre - with many more events to come at the heart of our campus.

[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.

[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.

[Menopause in the Workplace: HRT – Friend or Foe? (Webinar Replay)](https://urldefense.com/v3/__https:/event.webinarjam.com/t/click/mgl1ntkvsqlco1a0mxfr9hg0i4__;!!PDiH4ENfjr2_Jw!HPxJcA7tn8eUjlltxp9x-ysPgflhYcFlpz4gbdjT6kTTykSJvbClLb4M_kR-8OTui2UfbE2FA2DO7IPDD3IsGm3tANRFD_0Quxn4lKRqe5c$)

World Menopause Day was on the 18th October, and the Menopause being ever prevalent in the media and the workplace, it couldn’t be more timely to host a workshop on this most important topic. ​​​​​​​You may have seen the recent Panorama programme on ‘The Menopause Industry’, or heard Nick Ferrari discussing Menopause in the workplace on LBC, so what more can we be doing as employers to support our employees on this?

This week, Meeta is joined by Jeanette Forder, who is the Founder and CEO of Phoenix Wellness Coaching, a company specialising in helping individuals and organisations to thrive together through menopause. Join them for a dynamic discussion on the support available to working women experiencing menopause. This conversation was recorded at a live event on 22 October 2024.

[November's Lunch & Learns from Henpicked](https://mailchi.mp/6edb0c12c2cc/lunchlearn-13405556?e=273aa74c10)

We are 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.

The Henpicked Menopause Hub is packed with articles, Podcasts and the recordings of all our past Lunch & Learns.  [Check it out here](https://henpicked.net/menopause-hub/). We hope you find them as valuable as ever.

[Henpicked’s Forthcoming Webinar: The Truth About Period Products](https://us02web.zoom.us/webinar/register/WN_azrp2qp7SnqLo7aNbyIIdw#/registration)

6 November 2024, 12:15-12:45

What’s really in the period products you use? How do they impact your health and the planet? And what are the best options available today?

Join us for an eye-opening session with Henpicked's Deborah Garlick and Mooncup’s Emily Smith, covering everything you need to know to make informed, modern choices for your cycle, the menopause transition, and beyond.

[Henpicked’s Webinar Replay – Menopause and Cancer](https://henpicked.net/menopause-hub/menopause-cancer/)

Can natural approaches help after a menopause and cancer diagnosis? The experience can be devastating, but what steps can you take to support your recovery and get back to good health?

Join our FREE Lunch & Learn session with Antonia de Gier of Hormone Health and Henpicked's Deborah Garlick, as we focus on practical, natural ways to regain strength and improve wellbeing. This conversation was recorded at a live event on 22 October 2024.

[Action for Happiness Forthcoming Webinar – Authentic Happiness with Stephanie Harrison](https://actionforhappiness.org/authentic-happiness)

Wednesday 13 November 2024, 19:00-20:00

At this live event, bestselling author Stephanie Harrison will share her uplifting new approach to happiness. Building on extensive research, she’ll explore some of the most common happiness-related challenges, from confidence and self-compassion through to relationships and purpose.

[Action for Happiness Webinar Replay: 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)

Join author and entrepreneur Graham Allcott and learn how you can harness the ‘superpower’ of kindness to transform your work and life. This conversation was recorded at a live Action for Happiness event on 29 October 2024.

[In Stitches / Crochet Hearts For The Christie](https://www.staffnet.manchester.ac.uk/community/societiesandclubs/in-stitches/)

In Stitches is The University of Manchester knitting, stitching, crocheting and general crafting group. The group meets weekly on a Wednesday in-person in Benugo Cafe, Simon Building (or the UMSA room in the Wellbeing Rooms on the ground floor of Simon Building if the cafe is busy). The meetings are very informal – drop in any time between 12noon and 2pm, bring your lunch and your current project and have a natter, seek / offer help with projects, perhaps get involved with a charity project and generally get to know new people and develop new skills.

Suzanne Raw (SMS) has approached 'In Stitches' on behalf of The Christie Hospital to see if they can make some hearts for their bereavement boxes. Hearts should be made in pairs, approx 4x4cm in size (colour does not matter). This will be an on-going project, but they are in desperate need at the moment as there are none in the box.

Diane Bennett is happy to be a collection point!  A YouTube tutorial has been shared to help with this task: <https://youtu.be/w9CXXsu6YSA>

[Northern Vegan Festival (Manchester) 2024](https://www.veganeventsuk.co.uk/product/northern-vegan-festival-manchester-2024/)

23 November 2024, 10:30-16:30

Fees applicable – standard entry: £5.00 / VIP entry: £15.00

The Northern Vegan Festival is coming to Sugden Sports Centre, 114 Grosvenor St, Manchester M1 7HL.

[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.

**Oxford Road Commute Cycle**

Are you a cyclist? – the monthly Bike Breakfast meeting (1st Wednesday of the month) is a chance to catch up with other like-minded colleagues on all things cycling from routes, weekend escapes, mechanical items and latest clothing bargains that work. The Beehive café is our venue for Wed 6th November 8-9am and more details are on Facebook at <https://www.facebook.com/groups/umbug/>

[Cycle Smart, Live Smarter: Building Sustainable Cities on Two Wheels?](https://events.manchester.ac.uk/event/event:r10l-m2evl551-k0q88/cycle-smart-live-smarter-building-sustainable-cities-on-two-wheels)

Wednesday 6 November 2024, 11:00-14:00 (free, no need to book)

Join us for a fun-filled day of cycling activities and bike-themed giveaways. Discover how cycling can transform our cities and lives. Learn about the benefits of cycling and bike-sharing and get familiar with Manchester’s active travel plan. Let’s build sustainable cities on two wheels!

Bike Maintenance Workshop (1:00pm -2:00pm) Learn essential bike maintenance skills in this hands-on session. Perfect for cyclists of all levels!

[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 7 November 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 91](https://read.happiful.com/9d3e4cb5-e931-4fef-9f95-962f99147db3/read?utm_source=happiful_newsletter&utm_medium=email&utm_campaign=2024_week_42)

This month, we’re helping you discover a new point of view as we bring you a truly thought-provoking range of features, including:

* What is digital rage, and how can we avoid it?
* We ask whether horoscopes help or hinder our wellbeing
* The truth about little white lies
* How to succeed at work as an introvert
* Learn about the double empathy theory and how it impacts autistic people
* Could fantasy role-playing games support our mental health?
* Are online allergy tests worth it? We’ve got the answers
* How to make your own dopamine menu

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

* What do I do when work isn’t working anymore?
* Visit our World Mental Health Day hub
* Delve into our guide to practical and emotional support when not working
* Learn about reasonable workplace adjustments for mental health
* Watch our exclusive WMHD video guide to a confident return to work

[Happiful’s The Uplift Weekly Magazine (25/10/2024)](https://cdn.mc-weblink.sg-mktg._1LymvtA==)

* Tackle FOSO
* 40 Microjoys
* Poetry Prize
* Digital Rage

[Staff Benefits – Staff Association](https://www.staffnet.manchester.ac.uk/community/societiesandclubs/umsa/)

The University of Manchester Staff Association (UMSA) is the social club for all members of staff (whether part-time or full time).

* Discounted theatre tickets in the stalls, Blackpool illuminations and fireworks, Christmas at Chatsworth House, Tatton Park Flower Show, Alton Towers, Warner Bros Studio Tour, Manchester City and United Football Club Tours and The Brit Fest Cheshire 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).

[Manchester City Council, Christmas 2024 – Accessibility (post from LinkedIn)](https://orlo.uk/VZ6Q5)

Manchester's Christmas Markets open next week! We make the markets accessible so that everyone can enjoy the festive fun by offering:

* SEND ice skating sessions
* Accessible toilets and changing rooms
* Rest spaces
* Signposted priority seating
* Sensory rooms in our MOBILOO station

[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.

**RSPB Notes on Nature**

[Why are birds of prey being illegally killed?](https://view.email.rspb.org.uk/?vawpToken=MU22HVQZN2WUXBIMY5TKPG6QOI.40144) (26/10/2024)

**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 – November 2024:](https://wellbeing.hub.healthhero.com/page/november-2024) explore our resources on type 1 diabetes, testicular cancer, becoming a new dad, and cold-water therapy to manage your health and wellbeing effectively as the winter months approach

[City of Trees Events](https://www.cityoftrees.org.uk/events/?utm_source=City+of+Trees+News&utm_campaign=2df0cdf41c-EMAIL_CAMPAIGN_2024_10_17_12_21&utm_medium=email&utm_term=0_-2df0cdf41c-%5BLIST_EMAIL_ID%5D&mc_cid=2df0cdf41c&mc_eid=37982b27eb)

[Caribbean & African Health Network – October 2024 (Black History Month Awards Gala Special)](https://portal.cahn.org.uk/civicrm/mailing/view?reset=1&id=473&cid=9408&cs=69e30279626fd2b11945751af72d359c_1729820316_168)

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

[Social Responsibility Newsletter – October 2024](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=MjLDU1MzE4MlMxNDQxOjg3MEJEM0NENEJEMkM3NkZCNzcwRDA1M0Y1NjEwOEEy-&CC=&p=0)

[GM Green City – News and Events](https://gmgreencity.com/news-and-events/)

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

[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$)

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

[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)