

From: Maizy Jenner <maizy.jenner@manchester.ac.uk>
Sent: 01 November 2024 17:01
Subject: Staff Wellbeing Champion Bulletin 1st November 2024

Staff Wellbeing Champion Bulletin Friday 1st November 2024.

Reminder: Complete our Menstrual Health Survey: The University is collaborating with [the Equality, Diversity & Inclusion Caucus \(EDICa\)](#), and are running an anonymous survey aiming 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 Wednesday 6th November.**

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

Our final menopause-related event of the year: 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.](#)

UoM Men's Health and Mental Health Month Events:

Tuesday 19th November, 12:00 – 12:45: FBMH International Men's Day Event 2024, Empowering Men's Health: Awareness, Action, and Advocacy webinar, with guest speaker We Are Wellbeing founder and director Andy Romero-Birkbeck.

Andy will be discussing this year's theme of 'positive male role models', alongside workplace wellbeing.

[Find out more and register here](#)

Wednesday 20th November, 13:00 – 14:00, UK Men's Shed's Association Information Webinar: Tell me more about a 'Men's Shed'.

'Connection, conversation and creation - that's what joining a Men's Shed is all about'

Delivered by UK Men's Shed Northwest Community Manager and local Manchester Men's Sheds Ambassadors, this webinar will take you through what a Men's Shed is, the benefits, how to access your local Men's Shed and finally some discussion around what is involved if you want to start up your own Men's Shed' in your local community.

[Find out more and register here.](#)

Tuesday 26th November 13:30 – 14:30, Testicular Cancer Awareness Talk with the Oddballs Foundation, in-person.

Hosted by the Oddballs Foundation Manchester Ambassador Laura Crowley, join this session to discuss testicular cancer.

Check Yourself Guides will be available to take away with you.

Tea, coffee and cake refreshments will be provided at this event.

[Find out more and register here.](#)

**People and EDI Directorate Staff Wellbeing Champions Macmillan Coffee Morning
Wednesday 27th November in G029, Ground Floor Main Library – 10am to 1pm.**

Come along for a coffee and a chat and help raise some money for a worthy cause. Thank you for your support.

Women@Manchester Network Autumn Newsletter

Please find the [Women@Manchester](#) Autumn newsletter attached to this bulletin email. The network is open to all colleagues who are women from across all parts of The University of Manchester, and in all roles. We are committed to non-binary and trans inclusion across the University and within the Women@Manchester Staff Network. If you would like to join the Network, please [contact our Team](#).

The Manchester Christmas Dinner 2024 – how to get involved and give back to your community this year.

The [Christmas Dinner](#) is an annual Christmas Day dinner and get together for care leavers aged between 18 and 25, where they are served by university colleagues and other volunteers. The University has been involved for several years, and last year many of our colleagues volunteered and donated gifts to help ensure Christmas Day was memorable for care leavers who might otherwise be on their own during the festive period. You can watch a video from last year [here](#).

Information on how you can get involved is available here: [Help make Christmas special for a local care leaver | StaffNet | The University of Manchester](#)

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[Staff wellbeing | StaffNet | The University of Manchester](#)

Location map can be accessed via this link [map](#).