**Humanities Summary of Wellbeing News & Events**

**10 January 2025**

[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.

**January celebrates:** [Dry January](https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january), [Love Your Liver Month](https://britishlivertrust.org.uk/love-your-liver-month/), [Veganuary](https://veganuary.com/), [Red January](http://join.redjanuary.com/EMDUK)

3 January [International Mind-Body Wellness Day](https://nationaltoday.com/international-mind-body-wellness-day/)

4 January [World Braille Day](https://www.un.org/en/observances/braille-day)

19 January [World Religion Day](https://www.bbc.co.uk/teach/world-religion-day-teaching-resources/zs6fsk7)

20 January [Brew / Blue Monday](https://www.samaritans.org/support-us/campaign/brew-monday/) ([Samaritans](https://www.samaritans.org/))

20-26 January [Big Energy Saving Week](https://www.citizensadvice.org.uk/about-us/our-work/our-campaigns/awareness-raising-campaigns/besw/)

21 January [National Hugging Day](https://nationalhuggingday.wordpress.com/)

21-25 January [Cervical Cancer Prevention Week](https://www.healthwatch.co.uk/event/2025-01-21/cervical-cancer-prevention-week)

30 January [Stroke Prevention Day](https://www.stroke.org.uk/stroke-prevention-day#:~:text=Stroke%20Prevention%20Day%202025%20will,do%20to%20reduce%20your%20risk.)

[Action for Happiness Wellbeing Calendar: Happier January](https://actionforhappiness.org/sites/default/files/Jan%202025.jpg)

Let's start the new year happier.

[Benenden Health's 2025 Health and Wellbeing Calendar](https://www.benenden.co.uk/media/10170/2025-employer-calendar.pdf?campaign_code=WEBSITE&benenden_campaign=1)

This calendar provides you with a template to effectively plan for a happy and engaged workforce, for the year ahead. Key health and wellbeing dates have been highlighted throughout, with practical hints and tips on how to incorporate these into your workplace and include your workforce.

[Innerfit Culture Calendar 2025](file:///\\nask.man.ac.uk\home$\Downloads\Innerfit-Culture-Calendar-2025.pdf)

Key awareness days to add to the diary.

[SuperWellness Wellbeing Calendar 2025](https://mcusercontent.com/2fff550a46902da26a7ac3840/files/2a988d66-019f-87b6-b1f1-5489ea9f2072/SuperWellness_Calendar_2025.pdf?utm_source=2025+Wellbeing+Calendar&utm_campaign=WELLBEING_CALENDAR_2025&utm_medium=email&utm_term=0_d1cc1a952f-fb48c0a278-%5BLIST_EMAIL_ID%5D&mc_cid=cc4ddfc451&mc_eid=d0fdae3254)

We hope this edition of the calendar inspires you and helps guide your planning for a successful 2025.

[Medicash Wellbeing Calendar 2025](https://healthatworkcentre.org.uk/wp-content/uploads/2024/11/Wellbeing-Cal-2025-FINAL.pdf)

Below you will find a comprehensive guide to key dates dedicated to mental, physical, and emotional health throughout the year.

[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.

[Do one thing for your wellbeing this January](https://www.staffnet.manchester.ac.uk/news/display/?id=32158)

Take part in our free programme of events for our ‘Starting Well in 2025 Campaign’ this January.

[Free Headspace Subscriptions Extended to Staff](https://www.staffnet.manchester.ac.uk/wellbeing/news/display/?id=32112)

Free Access to a range of wellbeing support.

[Staff Wellbeing Champion Refresher](https://app.manchester.ac.uk/training/profile.aspx?unitid=10548&parentId=4)

Staff Wellbeing Champion Refresher online session, next Wednesday 15th January 09:30-11:00 (suitable for champions 1 year+ in the role) join us for an update and new year refresh for your champion role.

[Bone Density Tests at the Sports Centre](https://www.staffnet.manchester.ac.uk/news/display/?id=32181)

Book your appointment for Tuesday 4 February 2025.

[Exclusive January dining offer for staff](https://www.staffnet.manchester.ac.uk/news/display/?id=32174)

Staff will be able to enjoy 33% off the main menu at Manchester Museum and Whitworth Cafe from Monday to Friday.

[Free month of exercise classes!](https://documents.manchester.ac.uk/display.aspx?DocID=75062)

Our UoM Sport Team are offering a full month of free exercise classes to try out from 6th – 31st January. Please view the interactive [Sport Classes Schedule](https://documents.manchester.ac.uk/display.aspx?DocID=75062) to find out what’s on and book your place.

[Better Health Corporate Memberships](https://documents.manchester.ac.uk/protected/display.aspx?DocID=60670)

There is a new gym membership offer, Better Health Corporate Memberships, available to University of Manchester staff. This covers the Aquatics Centre, Sugden Sports centre and other MCRactive centres.

**Upcoming Accessible Exercise Classes**

**Sporticipate Mobilates (online):** A gentle, accessible seated Mobilates class that focuses on the key principles or Pilates including alignments, breathing, focus and moving with control. The class aims to help ease your aches and pains, enable you to move more freely and give you confidence to show what you CAN do and how you can exercise safely.

* [14th January, 12:00 - 12:30](https://manchesterstudentsunion.com/events/products/11744)
* [21st  January, 12:00 - 12:30](https://manchesterstudentsunion.com/events/products/11745)

**Sporticipate Tai Chi for all (in-person and** **online):** Tai Chi for all – including seated option. This session is a gentle mind body practice adapted to be safe for anyone to practice, its accessible and effective, and shown to help with many chronic health conditions. The aim is to provide an opportunity to improve physical, mental and emotional balance, and health-promoting resilience and fitness, without strain. Participants are encouraged to remain seated throughout if needed, or to sit down at any time during the class.

* [20th January, 13:00 - 13:45 - in-person, G.66 Wellbeing Rooms, Simon Building](https://manchesterstudentsunion.com/events/products/11739).
* [20th January, 13:00 - 13:45 - online](https://manchesterstudentsunion.com/events/products/11741).
* [27th January, 13:00 - 13:45 - in-person, G.66 Wellbeing Rooms, Simon Building](https://manchesterstudentsunion.com/events/products/12140).
* [27th January, 13:00 - 13:45 - online](https://manchesterstudentsunion.com/events/products/12141).

[How to Support Good Wellbeing and Manage Stress Through Nutrition and Lifestyle Medicine Webinar](https://app.manchester.ac.uk/training/profile.aspx?unitid=10692&parentId=183&returnId=183&returntxt=Return+To+Search&returnQs=%3fterm%3dwell199%26org%3d0%26typeId%3d2)

Tuesday 14/01/2025, 11:00 - 12:00 (online)

Delivered by Nutritional Therapist Fiona Hutchison, Fiona will discuss what stress actually is, how it can affect our health and what nutrition and lifestyle medicine you can implement to help manage stress effectively going forward.

**New Year Swap Shop and Bake Sale**

Wednesday 15th January 2025, 11am-2pm, University Place, The Atrium

You can buy a bake, swap any unwanted holiday gifts or buy an item for £3 (items must be as new). All proceeds will go to the Cost-of-Living Support Fund and any leftover items will be donated to charity. All staff and students welcome, so please pass on this event to anyone you think maybe interested.

Contact: Jennifer Enobakhare (email: [careers.info@manchester.ac.uk](mailto:careers.info@manchester.ac.uk))

[Samaritans Webinar: Challenging Myths About Suicide](https://app.manchester.ac.uk/training/profile.aspx?unitid=10704&parentId=183&returnId=183&returntxt=Return%20To%20Search&returnQs=%3fterm%3dwell200%26org%3d0%26typeId%3d2)

Thursday 23rd January, 11:00-12:00

The Samaritans will be joining us to deliver a webinar focused on challenging myths about suicide. Talking about suicide is difficult, however it is a subject that we cannot ignore with the continued increase in suicide deaths in the UK year on year.

**Beauty Bee January Offers**

To help you all get back into the swing of things here are some offers for you that will be available in January.  Beauty Bee is in the Simon Building, Ground floor in the Wellbeing area on Wednesdays. Abby will also be starting Thursdays at the beginning of February due to popular demand. Please text, WhatsApp, call, FB or email me to book in.

07876 032125, [abby.crowhurst@outlook.com](mailto:abby.crowhurst@outlook.com)

* Gel nails £15 usually £28.50
* 30-minute treat time facial £20 usually £35
* Eyebrow shape £5 usually £10
* Eyebrow shape and tint £10 usually £19
* Lip wax £5 usually £9
* Under arm wax £8 usually £12
* Half leg wax £12 usually £22
* Back massage £20 usually £28

**Health Check Clinic**

Tuesday 4th February, 11:00-13:30

Whitworth Committee Rooms D and F, Ground Floor, Whitworth Building

Our Occupational Health team will be running a FREE pop-up Health Check Clinic. You do not need to book a health check slot; you can just turn up. All staff are welcome.

[On Campus Student-Led Health Screening Clinics](https://apps.bmh.manchester.ac.uk/applications/anon/announcement.aspx?Id=774b56ab-385a-4301-b2ea-dadf047e19b4)

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 2:  2025**

Week 2 – Wed 5th Feb 1.30-3.30pm

Week 5 – Wed 26th Feb 1.30-3.30pm

Week 8 – Wed 19th March 1.30-3.30pm

Week 9 – Wed 26th March 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](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)).

**Book club – January Meeting**

Next meeting **Friday 31 January 2025, 12:30-1:30pm**. You don't even need to have finished the book (although there will be spoilers!).

For the new year our book will be **Four Seasons in Japan by Nick Bradley**. We will also share our recommendations from any additional reading we managed to do over the festive period.

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.

[Equality, Diversity and Inclusion blog | Philip Harrison: Finding a Faith Community](https://blogs.manchester.ac.uk/edi/2025/01/06/philip-harrison-finding-a-faith-community/)

Philip Harrison shares his insightful guidance on finding a faith community and draws from his experience as a university chaplain to offer three key pieces of advice for students and staff seeking a faith community.

[January Highlights at Manchester Museum](https://manage.kmail-lists.com/subscriptions/web-view?a=UXLTcK&c=01J9KFRA209PWJGAPW0TS9R0TK&k=a35a554c1d2561ff819f45ed33a94dd6&m=01JFJCNFTJ9EQA9D63MS0PEK7S&r=01JGACYNPZTRFXYMHMC26ATVEP)

Who said January was a quiet month? We’re planning another party here at the Museum and you’re all invited to join us in welcoming the year of the snake.

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

* Sunday 26 January 2025, 13:00-16:00 – Still Care January Workshop - Photography (for Health Care Workers). Free art workshop for midwives and other health care workers who support those experiencing baby loss.
* Thursday 30 January 2025, 18:00-20:00 and 14:00-16:00 – The Whitworth Presents: Gary Younge and Sook-Kyung Lee In Conversation.

[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.

[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.

[Lunch & Learns from Henpicked](https://henpicked.net/)

The Henpicked [Menopause Hub](https://henpicked.net/menopause-hub/) is packed with articles, podcasts and the recordings of all our past Lunch & Learns.  The last few from 2024 can be found below:

* [Festive feasting without the guilt!](https://henpicked.net/menopause-hub/wp-content/uploads/2024/12/Festive-feasting.mp4) (17/12/2024)

Here’s Nigel Denby of [Harley Street at Home](https://www.harleystathome.com/) with expert tips on enjoying delicious meals without the worry of weight gain. In this session, we dived into what you need to know to stay balanced and what practical steps you can take. Here are Nigel’s top strategies for mindful, guilt-free feasting!

* [Strong bones, strong future – what you need to know](https://henpicked.net/menopause-hub/wp-content/uploads/2024/12/bone-health-Dr-Bill-Robertson-smith-henpicked.mp4) (03/12/2024)

Here’s Henpicked’s Deborah Garlick and Dr Bill Robertson-Smith, a dedicated Women’s Bone Health Researcher, Campaigner, and Senior Surgical Care Practitioner in Sarcoma and Arthroplasty (NHS). Half of women over 50 will experience a fracture, yet bone changes start much earlier, often unnoticed. But there’s so much we can do now to stay stronger for longer. In this session, we cover essential insights on bone health and practical steps you can take.

* [Nourishing your menstrual cycle](https://henpicked.net/menopause-hub/wp-content/uploads/2024/11/Nourishing-your-menstrual-cycle.mp4) (26/11/2024)

Here is award-winning Jackie Lynch, the founder of the [WellWellWell Nutrition Clinic](https://www.well-well-well.co.uk/), who specialises in women’s health. Did you know that what you eat can significantly impact your menstrual cycle? Did you know your nutritional needs change throughout your cycle and during the menopause transition?

* [The truth about period products](https://henpicked.net/menopause-hub/wp-content/uploads/2024/11/Tre-truth-about-periods-products-mooncup-henpicked.mp4) (06/11/2024)

Here’s Emily Smith of [Mooncup](https://wearemooncup.com/). 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?

[Action for Happiness Forthcoming Webinar – How To Make This Year Happier with Prof Cassie Holmes](https://actionforhappiness.org/how-make-year-happier)

Tuesday, 14 January 2025, 19:00-20:00

At this special event Professor Cassie Holmes will explain how we can immediately improve life by changing how we perceive and invest our time. She will share new insights and tools to help you spend your time wisely, avoid distractions, create more joyful moments, build a purposeful schedule and look back without regrets.

[Action for Happiness Talks Library](https://actionforhappiness.org/talks-library)

Browse our full library of speakers for insight and inspiration on happier living.

[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.

[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 the 1st Wednesday of the month, 8.00-9.00 am and more details are on Facebook at <https://www.facebook.com/groups/umbug/>

[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 16 January 2025, 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.

[Happiful Magazine – Issue 93](https://issuu.com/happiful/docs/happiful_issue93)

This issue, get the inside story on a fascinating range of topics, including:

* The hedgehog’s dilemma: can we get close to each other without getting hurt?
* Can ‘biohacking’ really deliver on its promises of longevity?
* How to use hope to get through hard times.
* Why do some of us have a tendency to overshare?
* Discover the benefits of a sleep divorce.
* How to address perimenopause anxiety.

[Happiful’s The Uplift Weekly Magazine](https://cdn.mc-weblink.sg-mktg.) (10/01/2025)

The hedgehog dilemma:

* Hopecore.
* Doomscrolling.
* Oversharing.
* The Hedgehog Dilemma.

[Happiful’s The Uplift Weekly Magazine](https://cdn.mc-weblink.sg-mktg.) (27/12/2024)

An uplifting end to 2024:

* Team Talk.
* Most-Read.
* Popular Posts.
* Happiful Achievements.

[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).

[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**

[Big Garden Birdwatch is coming](https://view.email.rspb.org.uk/?qs=0ce01da4961ee687d4fd6a01c66c702e158285955dd4697cb50fcc702bb9e111f2cfb1a0c131bc16f4a99003cbe7a52e9b9919454c954e761d6292a25f950b7a0003e7200c902f33c1ca3e2c6e2ac4bf2c002238d1e265b9) (10/01/2025)

[Countdown to Big Garden Birdwatch 2025](https://view.email.rspb.org.uk/?qs=0c5eee4cfb6c0b3e7f6beb886c206bf2eeaa35d22e422f5118ae60a014c2bc9ecf2cc7b116a4677543444bc5dafc2916bed26364bbe0d53301ba03e955a2359828957e10d93ba0e28ea29fe6f020b811640f9a577b71312b) (04/01/2025)

**Other relevant newsletters:**

[Health Hero – January 2025:](https://wellbeing.hub.healthhero.com/page/january-2025-2)  Explore our latest resources on managing stress as a single parent, intermittent fasting, cervical cancer, and ultra-processed foods to manage your health and wellbeing effectively.

[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)

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

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