**Time To Talk Day 2025**

**Faculty of Humanities Schedule of Events**

 **Tuesday 4th February 2025**

* Wellbeing Walks: [Origins and Innovations: Historic campus tours](https://www.manchester.ac.uk/about/bicentenary/origins-and-innovations-historic-campus-tours/) – meet outside Manchester Museum Café:

**Innovations Tour (12:00-12:30)**

 The first, our Innovations Tour, celebrates 200 years of The University of Manchester’s innovations – our groundbreaking firsts and discoveries. It takes 25 minutes and tells the story of our innovators and how their pursuit of knowledge and discovery is shaping not only Manchester, but the world.

**Origins Tour (12:45-13:15)**

The 15-minute tour explores the University’s radically progressive beginnings; how barriers in higher education and wider society were broken down to establish the foundations of the UK’s first civic University.

 **Thursday 6th February 2025, 10:00-14:00**

Throughout, there will be refreshments available and colleagues around to meet and chat to. There will be quiz books and colouring sheets and board games available if you are feeling competitive! Pick up some Time To Talk Day resources, learn about wellbeing support at the University of Manchester and learn how to improve your listening skills.

You could contribute to the poster collage around this year’s theme ‘get comfortable and start talking about mental health’.

**Sessions Available:**

10:00-10:30                    Hannah Rundle introduces Time To Talk Day 2025 – face-to-face (Christie’s Bistro)

10:30-11:15                    Origami cranes with Noemie Rouault – face-to-face, drop-in (Christie’s Bistro)

10:30-11:30                    Hula hooping with Helen Dunning – face-to-face, booking required (G.66 Wellbeing Room, Simon Building) – contact Julie Butterworth or Gemma Keaveney to book a place

11:45-12:30                    Happy Jars with Nicola Somers – face-to-face, drop-in (Christie’s Bistro)

13.00-13.15                    Online meditation session with Victoria Roberts – contact Julie Butterworth or Gemma Keaveney to book a place

13.00-14.00                    Cross stitching workshop with Emily Fenlon – face-to-face, drop-in (Christie’s Bistro)

10.30-14.00                    Resources table with information, games and an opportunity to network, share experiences or just have some time to sit and think

There are other Time To Talk Day activities taking place across the University throughout the week, take a look at what’s available here: <https://documents.manchester.ac.uk/display.aspx?DocID=75198>