**Humanities Summary of Wellbeing News & Events**

**24 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)

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

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

27 January [Holocaust Memorial Day](https://www.hmd.org.uk/)

28 January [World Leprosy Day](https://www.who.int/news-room/events/detail/2024/01/28/default-calendar/world-leprosy-day-2024)

30 January [Parent Mental Health Day](https://stem4.org.uk/parentmentalhealthday/) ([Stem 4](https://stem4.org.uk/))

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

**February celebrates**: [LGBT+ History Month](https://lgbtplushistorymonth.co.uk/lgbt-history-month-2025/), [National Heart Month](https://www.bhf.org.uk/how-you-can-help/support-our-campaigns/heart-month#:~:text=Get%20ready%20for%20Heart%20Month,learnt%20lifesaving%20CPR%20with%20RevivR.), [International Boost Self Esteem Month](https://www.calmsage.com/february-international-boost-self-esteem-month/), [Macular Degeneration Awareness Month](https://www.opticalrevolution.co.uk/amd-awareness-guide/#:~:text=February%20marks%20age-related%20macular,study%20by%20Fight%20For%20Sight.) and [Raynaud’s Awareness Month](https://www.sruk.co.uk/get-involved/awareness-events/knowraynauds/)

3-7 February [Kidney Cancer Awareness Week](https://www.kcuk.org.uk/kcaw-2025/#:~:text=Kidney%20Cancer%20Awareness%20Week%3A%203rd,conversations%20that%20can%20save%20lives.)

3-9 February [Children’s Mental Health Week](https://www.childrensmentalhealthweek.org.uk/?gclid=CjwKCAiA3KefBhByEiwAi2LDHAVTfTIzQFyykCA4Qsm6TOl01PeqdrJ-pVWnbom51Yq6CWQavxInSBoC5CYQAvD_BwE), 2025 theme: Know Yourself, Grow Yourself

3-9 February [Tinnitus Week](https://tinnitus.org.uk/?gclid=Cj0KCQiA54KfBhCKARIsAJzSrdqCjo0ZTmo7AzJ1T3_8Up0LsHn0sp8A36iMRxv0DKt3uzzhiEf81RwaAtbOEALw_wcB)

4 February [World Cancer Day](https://www.worldcancerday.org/?gclid=Cj0KCQiA8aOeBhCWARIsANRFrQGOKSANbRkZC1vG6YypDTbGHXzyM4hogkpYlIoMxRwDCM9mAtqdwSIaAvcZEALw_wcB)

6 February [Time To Talk Day](https://www.mind.org.uk/get-involved/time-to-talk-day-2023/#:~:text=Time%20to%20Talk%20Day%202023,to%20talk%20about%20mental%20health.)

[Mental Health Awareness Dates 2025](https://urldefense.com/v3/__https%3A/email.cloud2.secureclick.net/c/2555?id=707371.2005.1.c291984ea7d2c2d43c961b4c4dd89350__;!!PDiH4ENfjr2_Jw!H73U9tcBGjNxy8bgcNq1YRPNJ9fvGRQL1lBw977DuUH6HEj57bfFMlp0Zj6QCo-X6Z4B436kNwZluUabWhj6aP5T8ThrvY-G5iP83F1f$)

Throughout the year MENTAL Health Charter will be campaigning and highlighting the challenges facing people living with mental illness. This poster highlights just some of the key dates and stories that we will be covering. Closer to each awareness date, we will share posters / activities you can do to get involved. Here's to an inspiring 2025, stamping out stigma!

[Holocaust Memorial Day – Monday 27 January 2025](https://www.staffnet.manchester.ac.uk/news/display/?id=32203)

Reflecting on the Holocaust.

[LGBT+ History Month 2025](https://www.staffnet.manchester.ac.uk/news/display/?id=32225)

Social Justice and the LGBT+ Journey.

[What’s on in January?](https://www.staffnet.manchester.ac.uk/news/display/?id=32189)

Welcome to January’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.

[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.

**Prevent Breast Cancer’s mobile breast awareness hub is visiting campus to talk about breast health!**

Tuesday 28th January 10:00 - 15:00, Bridgeford Street

Their friendly staff and ambassadors will share stories, answer questions, and help you feel more confident about spotting the signs and symptoms. Come by, grab a FREE brew and chat with their friendly team.

[How to Support Good Wellbeing and Manage Stress Through Nutrition and Lifestyle Medicine Webinar](https://vimeo.com/1047039977)

Catch up on the recording delivered by Nutritional Therapist Fiona Hutchison on Tuesday 14th January 2025.

[Purple Place: Not signed up yet? You might be missing out….](https://uom.rewardgateway.co.uk/SmartHub)

[Purple Place](https://www.staffnet.manchester.ac.uk/news/display/?id=32040) is our new and exclusive reward, benefits and recognition platform for university staff. Purple Place is the perfect place to start exploring how to save money at over 900 retailers, take advantage of our Cycle and Tech salary schemes, celebrate success using our selection of ecards, donate to charity through your pay, and more. Signing in is easy and secure.

[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.

**Bring Out Your Best Self with Headspace**

Practicing mindfulness isn't only about meditating. With Headspace, you can learn skills to help you take on everyday challenges — so you can feel your best, no matter what life may bring.

* [Intro to Sleep](https://urldefense.com/v3/__https%3A/links.info.headspace.com/ls/click?upn=u001.CIwloPx8RcaoHCZlhidCRI92e7yiiPVPrKLS8eaABacKpIwu2D2QWeFXXp1pIfGRP0XMxC20rK9yybVkcGOw4CdTKm57vqzWcrOCTX0O6BE-3Db1Mh_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPZ1zKUL-2BdxWTItpTq0sPbTH-2BJO1C6c3UnTGcZgAicByZbzhY9M96GusbM3YWa-2BJKORDexXwrRbO8exRNWrvs8joFx85Ld6D1Y7LHJEBJF7D-2B-2BBnyjyttbX3OE7Y6aUuUvGaQIL61muEJrP5AgdwIELpkKPtvbkoro9Xu6gN1MlPN-2FdmzIUdFMDq05ZNx9PmPNWCNl3UfSxKdnZrO5pWD71W66WbCFsuxIF2PHYKfgV8ECNiEcNvBZT3vS-2Fz1tGKrP9ByPOcj2q8IjZriXEHIOpcqzrC3qfSNekZDvp7aQ09q6EAwLrGRFiauoRfHb3KgDgITZjTnEEFma1SgnJ7neTHAHLZy-2FRQKj9R-2FTpPFqVouqHfzz-2FGsvgwq-2FERo3BV0Htd1qG1cvnjD6H-2BaF6h-2BzWnMv6DgsWYxy1R4vo-2Bx-2BudJqp2eX8i1mzibwcBZNSro-2FleZDmCTUP2yWVQgyXXMfjbxs-2BBvxYHVTwLGgIJUCfNw8GqJblyj5KH0IS25JM9SgYWIV2KfUNhttVBNaat76eUKbO4ggo-2Bp7doFR4hV4P5ftf3KiNVTtDAKBB3rjMNjbNV7K0GV-2BgDOX7GSYfYcWXG7J7jhuCm3-2FHq4pOuGFTN-2BuMCl7sn-2F8iWjm435iMcyESYYiH-2BjH-2FdcFBtbO829LprQgSVBHoz507FbY-2B05m-2Bdn2CNZlb79I7Dg73LbDqPI5M-3D__;!!PDiH4ENfjr2_Jw!D2AJ8cZ3-t8Gs5hGWfSLts7RAGxk9WHdyg3LpcCjGPLvZPXg3-66iuupWInjmL_cRQpOTP5E8iErfUiB4a4rvU6HsnD8O3Tw8xEU$)

Learn how to create the conditions for a restful sleep and wake up feeling refreshed.

* [Intro to Daily Mindfulness](https://urldefense.com/v3/__https%3A/links.info.headspace.com/ls/click?upn=u001.CIwloPx8RcaoHCZlhidCRI92e7yiiPVPrKLS8eaABafBCVCvEZpF9Xka9stnD-2ByyHUrxETeTj0ZScBSH3mfjHkViZOosA8-2FkJemaIXnS-2FKA-3DbYbB_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPZ1zKUL-2BdxWTItpTq0sPbTH-2BJO1C6c3UnTGcZgAicByZbzhY9M96GusbM3YWa-2BJKORDexXwrRbO8exRNWrvs8joFx85Ld6D1Y7LHJEBJF7D-2B-2BBnyjyttbX3OE7Y6aUuUvGaQIL61muEJrP5AgdwIELpkKPtvbkoro9Xu6gN1MlPN-2FdmzIUdFMDq05ZNx9PmPNWCNl3UfSxKdnZrO5pWD71W66WbCFsuxIF2PHYKfgV8ECNiEcNvBZT3vS-2Fz1tGKrP9ByPOcj2q8IjZriXEHIOpcqzrC3qfSNekZDvp7aQ09q6EAwLrGRFiauoRfHb3KgDgITZjTnEEFma1SgnJ7neTHAHLZy-2FRQKj9R-2FTpPFqVouqHfzz-2FGsvgwq-2FERo3BV0Htd1qG1cvnjD6H-2BaF6h-2BzWnMv6DgsWYxy1R4vo-2Bx-2BudJqp2eX8i1mzibwcBZNSro-2FleZDmCTUP2yWVQgyXXMfjbxs-2BBvxYHVTwLGgIJUCfNw8GqJblyj5KH0IS25JM9SgYWIV2KfUNhttVBNaat76eUKbO4ggo-2Bp7doFR4hV4P5ftf3KiNVTtDAKBB3rjMNjbPqp-2BsiWLbBtob-2FP01wZXlzP5lFYJ6UT9-2FxvoqGVbfMff4nL9n7s-2FB-2Bvfzo5rs4IGO2ZJ7Do4I0cWr1rXH2kMsgBLMI5OMdiktHgvDTCfPSl-2FFsCeJ75uixVrOCGMfoAW0-3D__;!!PDiH4ENfjr2_Jw!D2AJ8cZ3-t8Gs5hGWfSLts7RAGxk9WHdyg3LpcCjGPLvZPXg3-66iuupWInjmL_cRQpOTP5E8iErfUiB4a4rvU6HsnD8O-yWusvz$)

Find out how you can integrate mindfulness into everyday life.

* [Intro to Stress](https://urldefense.com/v3/__https%3A/links.info.headspace.com/ls/click?upn=u001.CIwloPx8RcaoHCZlhidCRI92e7yiiPVPrKLS8eaABadgi3bqQBJ2AYg8GQ0OIH57JqQo4Aoe0pxi9lgy6vJoBSc433jzLGGVXx1YoQNSYZ8-3DIJse_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPZ1zKUL-2BdxWTItpTq0sPbTH-2BJO1C6c3UnTGcZgAicByZbzhY9M96GusbM3YWa-2BJKORDexXwrRbO8exRNWrvs8joFx85Ld6D1Y7LHJEBJF7D-2B-2BBnyjyttbX3OE7Y6aUuUvGaQIL61muEJrP5AgdwIELpkKPtvbkoro9Xu6gN1MlPN-2FdmzIUdFMDq05ZNx9PmPNWCNl3UfSxKdnZrO5pWD71W66WbCFsuxIF2PHYKfgV8ECNiEcNvBZT3vS-2Fz1tGKrP9ByPOcj2q8IjZriXEHIOpcqzrC3qfSNekZDvp7aQ09q6EAwLrGRFiauoRfHb3KgDgITZjTnEEFma1SgnJ7neTHAHLZy-2FRQKj9R-2FTpPFqVouqHfzz-2FGsvgwq-2FERo3BV0Htd1qG1cvnjD6H-2BaF6h-2BzWnMv6DgsWYxy1R4vo-2Bx-2BudJqp2eX8i1mzibwcBZNSro-2FleZDmCTUP2yWVQgyXXMfjbxs-2BBvxYHVTwLGgIJUCfNw8GqJblyj5KH0IS25JM9SgYWIV2KfUNhttVBNaat76eUKbO4ggo-2Bp7doFR4hV4P5ftf3KiNVTtDAKBB3rjMNjbNasykyfJ8hALQE1dC7ZJVVvSA0og-2BuEw8OmrATGcaTePiyArM91VbGTH0Og5yzclBfjpzQy1975Uy1ZSHrkkCsJk-2FU-2FNPcTE2rFOxHcZJxVvuDNy2x0ljVHEPRHXLEwOE-3D__;!!PDiH4ENfjr2_Jw!D2AJ8cZ3-t8Gs5hGWfSLts7RAGxk9WHdyg3LpcCjGPLvZPXg3-66iuupWInjmL_cRQpOTP5E8iErfUiB4a4rvU6HsnD8O4RA9U6R$)

Learn how to handle life's stressors, both big and small.

[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.

[Starting Well – Active Manchester membership 5 month offer](https://www.sport.manchester.ac.uk/2024/12/18/22109/)

Available for students and staff to purchase 1 January – 14 February 2025.

Kickstart your New Year’s resolutions with our exclusive Active Manchester offer: 5 months for just £50! Start this year strong and stay active.

Our £50 offer is open to Staff and Student – valid for 5 months from the day its purchased, gives you access to 60 + classes at the Wellbeing Rooms, the Armitage centre, and the Armitage centre gym.

If you would like to be added to our Be Active mailing list and be kept up to date with our offers please subscribe [here](https://forms.office.com/e/DJLTG2VLnM?origin=lprLink).

[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 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.

* [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).

**Expressions of Interest for Humanities Purple Wave Running Group**

Hannah Cousins would like to set up a little run community for the upcoming purple wave 10k. It would just be a teams chat to get people together initially, then help with buddying people up if they'd like to run together, point them towards the many run groups already available etc. If this sounds like it would be of interest to you, please contact Hannah.

**SEED School Wellbeing Run**

Meet outside HBS at 1pm most Thursdays. All paces are welcome and sometimes there are walk breaks. Sometimes groups are split into naturally, but the run leader will always stay at the back. Contact Jade Fawcett for more information and if interested in joining the WhatsApp group.

[UMRun Staff and Students Running Groups](https://www.sport.manchester.ac.uk/sport-and-activity/activeanywhere/running-and-walking/)

Join the staff and student running group supervised by a Run England affiliated leader. These weekly sessions vary each week and cater for all abilities.

If you need the motivation to get out and run or want to join for advice on warmups or stretching why not join in with this group. You can sign up and find all the details on the [UMrun pages](https://groups.runtogether.co.uk/UMRun) of the Run Together website

If you want to start your running journey but have no idea where to start we would also like to recommend the[NHS Couch to 5K app](https://www.nhs.uk/better-health/get-active/?WT.mc_ID=SEARCH_ACTIVE&gclid=CI7Mx82dgu4CFRfvGwodEfUIAA).

**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 (05/02/2025), 8.00-9.00 am and more details are on Facebook at <https://www.facebook.com/groups/umbug/>.

[Manchester Sports Awards 2024 – Our Manchester Award](https://www.youtube.com/watch?v=5BSKPNeWIYI)

The GNW Ping Hub / Table Tennis England was awarded the Our Manchester Award at the Manchester Sports Awards 2024 in November 2024. Mel Canham attended the presentation held at the Kimpton Clock Tower Hotel to receive the award with others from Table Tennis England.

The short video they made as part of the ceremony includes everyone who took part in the Varsity Match at the Ping Hub.  This was one of the key events that has led to the success of the GNW Ping Hub.

Without the Ping Pong Parlours in ALB and EWB and all those who took part in the Varsity Match this would never have happened.  The GNW Ping Hub is now going from strength to strength.

Here’s hoping we can get the Ping Pong Parlours in ALB and EWB up and running again soon for everyone at the University and that we get to organise another Varsity match at the GNW Ping Hub soon.

[UoM Wellbeing Choir 2025](https://estore.manchester.ac.uk/product-catalogue/sport-manchester/wellbeing-choir-sport/wellbeing-choir-2025)

Starts again on Wednesday 5th February 2025, 13:05-13.55. This is a 12-week block and cost £25 for Staff and Students. If you can talk, you can sing! One of the best things you can do for your personal wellbeing is to sing with others! It improves our sense of happiness and wellbeing. Come and join us at the Wellbeing Studio G.65, Simon Building.

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

Wednesday 5th and Wednesday 19th February 2025

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!*

**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

* 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 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 if you would like the Zoom link.

[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 the Martin Harris Centre](https://www.martinharriscentre.manchester.ac.uk/whats-on/)

The Martin Harris Centre for Music and Drama is a performance space situated at the heart of The University of Manchester’s campus.

[What’s On at The Royal Northern College of Music – Music Conservatoire](https://www.rncm.ac.uk/whats-on/events/)

The RNCM is acknowledged worldwide for its exciting and innovative approach to teaching and research. Rated Gold in all areas of the 2023 Teaching Excellence Framework and No 5 for music in the 2024 QS University World Rankings, recognition includes multiple Times Higher Education and Greater China Awards, and a Global Teaching Excellence Award.

[What’s On at John Rylands Research Institute and Library](https://www.library.manchester.ac.uk/rylands/connect/whats-on/)

The John Rylands Research Institute and Library promotes research in the humanities and sciences using the astonishingly rich special collections of the University of Manchester Library.

Based in one of the finest neo-Gothic buildings in Europe and in the heart of Manchester, it is a dynamic community of world-leading researchers, curators, conservators and imaging specialists, all focused on our core mission to define the human experience over five millennia and up to the current day.

[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.

[Time To Talk Day 2025 – 6 February 2025](https://timetotalkday.co.uk/)

Time to Talk Day is the nation’s biggest mental health conversation. It’s a day for friends, families, communities and workplaces to come together to talk, listen and change lives. Time to Talk Day is taking place 6 February 2025 and is run by [Mind](https://www.mind.org.uk/) and [Rethink Mental Illness](https://www.rethink.org/), in partnership with [Co-op](https://www.coop.co.uk/) and delivered by [See Me](https://www.seemescotland.org/) with [SAMH](https://www.samh.org.uk/) (Scottish Action for Mental Health), [Inspire](https://www.inspirewellbeing.org/) and [Time to Change Wales](https://www.timetochangewales.org.uk/).

* [Talking Tips](https://timetotalkday.co.uk/tips-to-talk/?utm_source=MIND%20%28THE%20NATIONAL%20ASSOCIATION%20FOR%20MENTAL%20HEALTH%29&utm_medium=email&utm_campaign=14840721_Comms_TTTD_21-01-2025_SupporterSeries_SK_Email2&dm_i=CZC,8U369,2A7O5F,10RTN8,1)
* [Samaritans Shush Listening Tips](https://media.samaritans.org/documents/listening-tips-poster.pdf)

[Brew Monday 2025 – 20 January 2025](https://www.samaritans.org/support-us/campaign/brew-monday/downloadable-resources/)

Samaritans is reminding everyone to reach out for a cuppa and a catch-up with the people you care about. At Samaritans we know there’s no such thing as ‘Blue Monday’. We’ve said it before and we’ll say it again – feeling low isn’t just something that happens on Mondays or a random day in January. ​

There’s always time for a cuppa and a catch-up. It doesn’t matter if it’s a Monday morning or Saturday night, or if you’re drinking green tea, black coffee or orange juice. If you’re sharing a cuppa and listening, you’re doing it right!

* [Little tips for helping someone open up when something’s up](https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/little-tips/)
* [Information and support from MIND.](https://www.mind.org.uk/information-support/)

[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.

[Mental Health and Suicide Prevention Resources 2025 Edition](https://online.fliphtml5.com/yyzyb/rfdi/#p=14)

Mental Health and Suicide Prevention Resources 2025 edition (includes some signs to look out for in behaviour, emotion and speech that may indicate that someone is at risk of suicide, risk factors and questions and helping a suicidal friend), produced by R;PPLE Suicide Prevention.

[Health At Work mProve (webinar replay): Quick and healthy behaviour changes](https://urldefense.com/v3/__https%3A/daav9.r.sp1-brevo.net/mk/cl/f/sh/6rqJfgq8dIR6SwG4CaVUxkZMPcV/LhBXcZxFIw5a__;!!PDiH4ENfjr2_Jw!DhxE2hOJ2eqSerrb2onBOtp2feR6DuLsp-V4ftJOF6Khta7y5yXcLLakehOZ1GG3h0PruhX43Nei6Ghh9wFY_Df8m3CfCukFwMegYGsL86v9eQ$)

In this session, Learning and Development Officer Declan Doyle, shows you how to identify small, actionable changes that can lead to meaningful results, and create a **personalised behavior-change plan** to share with your colleagues and employees. By the end of this 30-minute webinar, you’ll have a clear roadmap to improving your and your team's health which is quick, simple, and sustainable.

This is a recording of a live webinar that took place on 09/01/2025.

[Access To Work For Employers](https://www.rfr.bz/l083c12)

This course has been designed for employers – particularly charities – to help you understand what Access to Work is, how it can help your organisation and what your responsibilities are.

[How To Adjust Your Workplace And Include Everyone](https://urldefense.com/v3/__https%3A/youtu.be/Xq5rrG94sgA__;!!PDiH4ENfjr2_Jw!CilK3YvmvE7Pey1q_9mEBXCVzfXxcEY0rNZfO9A4GkBDVmuVgRKhu1dqzE4giKUZbUgqLfPeGm9kFUiAkWagM1Fjkki7ISR6bHp7Nw$)

Part of the [Labels and Legacies: Anticipating Adjustments](https://www.eventbrite.co.uk/cc/labels-and-legacies-anticipating-adjustments-3325979) collection. Diversity and Ability CEO Atif Choudhury talks with special guest about changing workplaces so everyone is welcomed before they are adjusted. This is a recording of a live webinar that took place on 15/01/2025.

[Henpicked’s Lunch & Learn of 2025](https://mailchi.mp/d62cca8cf193/lunchlearn-13406065?e=273aa74c10)

Happy new year to you and here's to raising awareness, education and support for menopause this year, continuing our journey to change hearts and minds around the menopause and helping anyone who needs it.

We're keeping our programme of Lunch & Learns going strong this year and also introducing our latest mission – [Menstruation Friendly](https://menstruationfriendly.co.uk/) – into the mix.

These sessions are always FREE—no paywall, just expert advice and top tips to help you on your journey.

[Lunch & Learns from Henpicked](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjFxa6NtOuKAxWMVUEAHUpmLZcQFnoECAwQAQ&url=https%3A%2F%2Fhenpicked.net%2F&usg=AOvVaw32TGEGiJs0FQnqQjAyr7UH&opi=89978449)

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

[Henpicked Lunch and Learn (webinar replay): Trailblazing tips from Menopause Friendly legends!](https://henpicked.net/menopause-hub/wp-content/uploads/2025/01/Menopause-Friendly-Legends-LL.mp4)

As part of our Lunch & Learn series of webinars, here’s two inspiring winners from the [Menopause Friendly Employer Awards](https://menopausefriendly.co.uk/mfea24/): Lou Furby of Specsavers and Julie Cridland of Aster Group.

One of the biggest questions we still get is: How do you get your employer on board? In this session, we heard from these trailblazing menopause legends. Discussed their top tips on convincing stakeholders, getting the conversations started, and, most importantly, keeping them going. This is a recording of a live webinar that took place on 08/01/2025.

[Action for Happiness Forthcoming Webinar: New Ways To Be Happier with Vanessa King](https://actionforhappiness.org/new-ways-be-happier)

Wednesday 12 February 2025, 19:00-20:00

At this special event, author and psychology expert Vanessa King from Action for Happiness will explore some ideas to boost wellbeing that are emerging from the latest science.

Drawing on insights from her books and innovative work with organisations, Vanessa will share tips and guide us through some examples. She'll remind us how happiness comes from our choices and actions – so it's often more within our control than we realise.

[Action for Happiness (webinar replay) – Happier This Year with Dr Mark Wiliamson](https://youtu.be/8bke5nx6Hk4)

Professor Cassie Holmes, who was originally scheduled, had to unfortunately drop out due to being caught up with the awful fires in LA. So, Mark Williamson stepped in and led a special interactive session.  Here's the [community chat [actionforhappiness.org]](https://urldefense.com/v3/__https%3A/actionforhappiness.org/sites/default/files/2025-01/Webinar%2A20chat%2A20-%2A20Mark%2A20Williamson%2A202025.pdf__;JSUlJSU!!PDiH4ENfjr2_Jw!AvF8foj7OUGtc3ZPthSHxbzOE-cuZZjS3kkUYnqPjKpOVtuYIQ9poHYED5pIHqeKyAntrnorLSue42GdX0SQV-wspUY-Ldtryw8cgg$) full of helpful comments. This is a recording of a live webinar that took place on 14/01/2025.

[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.

[New Manchester Walks Calendar](http://www.newmanchesterwalks.com/walks-calendar/)

New Manchester Walks is the only official tour group in the North-West open to all guides, past, present and future, without fear or favour. We choose a guide for a tour based on their knowledge and capability, not on which colour badge they own. Anyone who wants to earn money hosting a quality tour to enlighten and entertain the public is welcome to work with us.

[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 30 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.

[I Love Manchester: Unique and quirky things to do in Manchester in 2025](https://ilovemanchester.com/quirky-things-to-try-manchester-2025?mc_cid=159ac2b4cc&mc_eid=f86f6b0f4f)

Discover exciting and quirky experiences in Manchester this year with our curated list of unique adventures, from immersive science exhibits to thrilling escape rooms and adrenaline-pumping indoor skydiving!

[Big Garden Birdwatch is here!](https://view.email.rspb.org.uk/?qs=11c65683df9d7737195e9a3ce9f9ec449fbd3a8d4032c11a66e01cbdfcf1462ae0c8870f9bf0fc23280666023141fd562615edf37f6f14e63ea3a30de35a71b50e927bcebb333017ce7d98ec574256145b5729088075281d)

The Big Garden Birdwatch is finally here! The weekend when hundreds of thousands of you will take an hour for the birds, to see how they’re faring on your local patch.

[Happiful Magazine – Issue 94](https://urldefense.com/v3/__https%3A/click.happiful.com/ls/click?upn=u001.28Gc7YwOWu-2BFSW5prfJw8yd3LOxr7ykvuvlz4UFY9hXrGPVzdtR4d21z8V8Sampek8JyQknCbPkoTx3dRI7qaOoCiCERcllvgjp0ECBV4xEbLOwmuWvHQGAxgaQngt-2FJG09Ia-2BPCLdIuKPUZaRGgJ5pFdItOCqA2qCeGulCLn34-3D9MOR_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPaiLHaaR-2BTvBdU84OoC8-2BX5HqMpSAw8y1mJ1GEnRUXh9I05rLftzYfo3JjDyXQ1T643uXq0YGtePUKa1rXsgwl1zypMeVWQtKu1SeVNqcNsNCb5K1Vqv9hM1-2FRC40RNzMXMGI61AdEYoJ7nNhIhbrrlJ7Eqip8EAeaDkyvIkC7atYntbAWyembkWNtv9aW0VNq39hTg28wbUtA4iln-2FZm6rZe810-2FUoMKY0wuvd0Beky9yCeChpabKiY5dJg3b1wAFzrt7gLTEW-2FGdjhrL76f1ukJ896mSLs6e31mSBLRshEFdkBSB8R05gdp81DWSMbxNRMgVDXzk1Il03WYh2kJVcPjugYS2S59KhuxaPo3fWovan7BQ0kghzyaQ94fkqg7TltsLKNTZIp2TvkRMFSkqE7C0EHgRA7JdI0rP-2FT03Ml4-2F8SVlBHnPq2VjNSJ0sHGLSC-2BW16Y-2F7Kaitx2EJlpQfOmuTN9VrEsflgQUsjg4l6vOuVEwxEFgWU5H296zdlIVEGfOi8n7PoTh8LNTIT0lpa4XdmT3SVBmt7MKSu6LI679giJdUskK5Ga-2BCQn-2BOzGKiVCqH15x00VyfSRjtsc7F6b6E8sRh9dmEzHm7WDSKrVFqbHTyd-2F-2B8UMy2hzXkGHOvn-2BowNp8zOaWfNvKwaTMJFRyPPocNSVdBaGWIQY2NeLqtz5Da5GiHARYZcHTKHEU9lsETIh6kmow08D70rL6usDdwxsfUhH0cVsFAA0gejPqbYdz1RCIOhSCHOqg7SEtjpSTcJnZFF4KLFANricLGjzXlv4VqEnWzQhNxSIkg2d8d7mb-2BnvWjPTa8S4fK6Nw0SIxhLYo49V0eEip3OFwilFsqKtUfEcnQkMag1FOjtnJNt4uafQVToTZrXbo-2FscN07M01-2BdSnNqyXYi-2BGEcQl6o9ZeNLj26FTRlCpJfbp-2Bm4-2BJSW-2FbpVOinzN1dsAN6f8T-2BoSq3AvEnvwlnNPGnNux-2Fb6aTMKG-2F3YW514UXK6NXmXi9bYtDaNn3GYW1uMPB25f36731SHyvXhVvnoEUioQSzcG6DMb8kMKixVqUv4FvJ6R4u2ZCu1o9cBJgRx4HY-3D__;!!PDiH4ENfjr2_Jw!AI1MLTXwiE2k0A6i0D882yNgEMkyTL-A0EvK5F_OYEEhd9H-AJdiK77buas9X0-SvgeqPKnziryvVXMvCPejfZB5jMzKiQ$)

As we head into a brand-new year, the latest edition of Happiful is full of expert-led features written with you in mind. In this issue, dive into the latest wellbeing-focused stories, featuring:

* Do you hide your true feelings behind a smile?
* Reverse-engineer more dopamine into your day.
* The pros and cons of hyperfixation.
* How to help a partner living with SAD.
* Making sense of micro-cheating.
* The linguistic tool that can help you express complex emotions.
* Learn to enjoy the transitional stages of life.
* Understand the phenomenon of occupational burnout.

[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).

[180 coats collected by Staff Association for Human Appeal](https://www.staffnet.manchester.ac.uk/news/display/?id=32193)

UMSA says a huge thank you to colleagues who donated coats to the Wrap Up Warm campaign.

[Thank you for supporting the 2024 Christmas Dinner](https://www.staffnet.manchester.ac.uk/news/display/?id=32204)

A huge thanks from the Christmas Dinner Steering Group to everyone that got involved to make Christmas 2024 a special one, for young care leavers from across Greater Manchester.

[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:**

[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/)