**Humanities Summary of Wellbeing News & Events**

**7 February 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.

**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/)

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.)

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)

9-15 February [Children of Alcoholics Week](https://coa.nacoa.org.uk/), #URNotAlone

9-15 February [Random Acts of Kindness Week](https://www.randomactsofkindness.org/) (Random Acts of Kindness Day: 17 February)

10 February [International Epilepsy Day](https://internationalepilepsyday.org/)

11 February [Safer Internet Day](https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2025)

10-16 February [National Apprenticeship Week – theme: Skills for Life](https://naw.appawards.co.uk/)

10-16 February [Student Volunteering Week](https://www.volunteers.manchester.ac.uk/volunteer-community-engagement/events/student-volunteering-week/)

20 February [World Day of Social Justice](https://social.desa.un.org/issues/poverty-eradication/events/world-day-of-social-justice) – 2025 Theme ‘Strengthening a Just Transition for a Sustainable Future’

[Action For Happiness Calendar: Friendly February](https://actionforhappiness.org/sites/default/files/Feb%202025.jpg)

Be friendly to others and give your relationships a boost.

[Religious awareness days this February](https://www.staffnet.manchester.ac.uk/news/display/?id=32238)

Observing religious celebrations this February.

[A healthy start to 2025: Tips for managing flu season](https://www.staffnet.manchester.ac.uk/news/display/?id=32235)

Winter illnesses are currently on the rise – please speak to your line manager if you are affected.

[What’s on in February?](https://www.staffnet.manchester.ac.uk/news/display/?id=32257)

Welcome to February’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.

[Equality, Diversity and Inclusion Calendar 2025](https://documents.manchester.ac.uk/DocuInfo.aspx?DocID=75216)

Our EDI calendar is now available, please share with colleagues.

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

Social Justice and the LGBT+ Journey.

[Make a difference every payday](https://www.staffnet.manchester.ac.uk/news/display/?id=32259)

February is Payroll Giving Month – an opportunity to shine a spotlight on the benefits of supporting good causes by donating directly from your pay.

[Health and Safety Update (30/01/2025)](https://www.staffnet.manchester.ac.uk/news/display/?id=32249)

It's important to stay informed about the latest health and safety guidelines to ensure a safe and productive environment for everyone. Below are some key updates and reminders for all colleagues.

[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.

[The University of Manchester Suicide Strategy](https://documents.manchester.ac.uk/protected/display.aspx?DocID=62028)

Our strategy has three closely aligned pillars, underpinned by a number of principles: Prevention, Intervention and Postvention.

[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.

**Mindfulness for every little (and big) thing**

Whether you're brushing your teeth, commuting to work, or getting ready for bed, there's always a way to bring mindfulness into your day. Check out these collections that can help you make everyday moments a little happier.

* [Mindfulness At Work](https://urldefense.com/v3/__https%3A/links.info.headspace.com/ls/click?upn=u001.CIwloPx8RcaoHCZlhidCRI92e7yiiPVPrKLS8eaABaemudFkb-2BSKKRe49KxKASHSfZGb0y39tkNMBhaSBCiGrGnLmHrNMPqSSwYpTuhDQU0-3DRqrz_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPZ1zKUL-2BdxWTItpTq0sPbTH-2BJO1C6c3UnTGcZgAicByZZrwZWfqE4BobUDUKzw4BnyoylbZlCmVnqXjrg44p7VYRHj17yy-2Fo3CeT-2F7r7oJTSN-2FxQ2RqtCnLotzKLhm-2BHwEEe-2F-2Fi5qlE-2BjF2o087xcsI97wQqc-2FlzYe7mzJibTnKLd9nZ9tcGwQ8iq7wVPNa-2BXo3g4zsY174Ebx2wwgbysEcx-2BgZH8AGyRDsY4u8Ni9EGfr6eAyqfzQKzquelT8Dv9V55ubc4bBEckmUxOMsteKAMhmOgoKB62-2BmG-2FHmNTXl51hc9oeWLN8DgUWRNXnoZrjoZGWCIBDcOm3RfEQ4XvAtALkG68m4yCN-2FDp2D9vAY60wGD8WPo5hrxpnwb5957kG64g0b9oNCK0jNJ1g-2FaJ1xDf-2Fy0A7XvvD8c4byIGRJhIubyWxUbhfD4aMdf02Hkay1XVil-2Ffadit8vIuW3md5VrRnr8t0oiVAfAShZrLAgbp1chbe52UJYtjHxX4ELlPGfovl0rfqV8tdcWDTJOEXR-2BuWsPavGzfPDYIxC7quyTvGwve6VkS70tnwAIUaW7YR71ekXhf2-2FDbCKvA07OkUlIKbuxvlwz08mZ-2FHTcVxTa3U6ZWPAv3VycvcOPC6-2Bbq6mZtSPdCPyL7-2BHWiiUcHOU2R4Oi8i6mZICuc6wb6mVqly9lu7KLjpjYyKHsqw8qn4-3D__;!!PDiH4ENfjr2_Jw!Co_mmt_TAwg3wx3d6KcyLK1YZWLuiaIHMv7gRMpYQMVQ3HC-JIrEdZFoz0UW8OxvMPDDhvK1Y8_NQQp_nzA5yFXTCydRtE0bmhuE$)

Learn how to bring more focus, creativity, and compassion to work.

* [Mindful Money](https://urldefense.com/v3/__https%3A/links.info.headspace.com/ls/click?upn=u001.CIwloPx8RcaoHCZlhidCRI92e7yiiPVPrKLS8eaABadlrHtTtUVIKxt5FsJUBaLkqLrrDsS7EWbnq1NkD-2B76p-2FJPS2AQ7MFeg61FRzIvYIQ-3DzuPt_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPZ1zKUL-2BdxWTItpTq0sPbTH-2BJO1C6c3UnTGcZgAicByZZrwZWfqE4BobUDUKzw4BnyoylbZlCmVnqXjrg44p7VYRHj17yy-2Fo3CeT-2F7r7oJTSN-2FxQ2RqtCnLotzKLhm-2BHwEEe-2F-2Fi5qlE-2BjF2o087xcsI97wQqc-2FlzYe7mzJibTnKLd9nZ9tcGwQ8iq7wVPNa-2BXo3g4zsY174Ebx2wwgbysEcx-2BgZH8AGyRDsY4u8Ni9EGfr6eAyqfzQKzquelT8Dv9V55ubc4bBEckmUxOMsteKAMhmOgoKB62-2BmG-2FHmNTXl51hc9oeWLN8DgUWRNXnoZrjoZGWCIBDcOm3RfEQ4XvAtALkG68m4yCN-2FDp2D9vAY60wGD8WPo5hrxpnwb5957kG64g0b9oNCK0jNJ1g-2FaJ1xDf-2Fy0A7XvvD8c4byIGRJhIubyWxUbhfD4aMdf02Hkay1XVil-2Ffadit8vIuW3md5VrRnr8t0oiVAfAShZrLAgbp1chbe52UJYtjHxX4ELlPGfovl0rfqV8tdcWDTJOEXR-2BuWsPavGzfPDYIxC7quyTvGwve6VkS70tnwAIUaW7YQB8nKAw1qAc0zs9lfGEEUVipYmdL3w8r66ZZBZStyw66vkA5baPS3GcFd5Sytm5rqXTR-2Brm2Ge12q2Tou6vj-2BfsZnwqxrswEwjYO0h8w98fBtOygF42YCvdRonwsQNbpw-3D__;!!PDiH4ENfjr2_Jw!Co_mmt_TAwg3wx3d6KcyLK1YZWLuiaIHMv7gRMpYQMVQ3HC-JIrEdZFoz0UW8OxvMPDDhvK1Y8_NQQp_nzA5yFXTCydRtMIbuYx0$)

Explore meditations and advice on financial stress, mindful spending, budgeting, and more.

* [Mindful Eating](https://urldefense.com/v3/__https%3A/links.info.headspace.com/ls/click?upn=u001.CIwloPx8RcaoHCZlhidCRI92e7yiiPVPrKLS8eaABaeYyBWFCnei36XXm0hll3XhRAHIRT0uQXES1FG6-2B8UGp-2FMzMIQ-2F8kOlUaPCB1tPfCk-3D6SzS_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPZ1zKUL-2BdxWTItpTq0sPbTH-2BJO1C6c3UnTGcZgAicByZZrwZWfqE4BobUDUKzw4BnyoylbZlCmVnqXjrg44p7VYRHj17yy-2Fo3CeT-2F7r7oJTSN-2FxQ2RqtCnLotzKLhm-2BHwEEe-2F-2Fi5qlE-2BjF2o087xcsI97wQqc-2FlzYe7mzJibTnKLd9nZ9tcGwQ8iq7wVPNa-2BXo3g4zsY174Ebx2wwgbysEcx-2BgZH8AGyRDsY4u8Ni9EGfr6eAyqfzQKzquelT8Dv9V55ubc4bBEckmUxOMsteKAMhmOgoKB62-2BmG-2FHmNTXl51hc9oeWLN8DgUWRNXnoZrjoZGWCIBDcOm3RfEQ4XvAtALkG68m4yCN-2FDp2D9vAY60wGD8WPo5hrxpnwb5957kG64g0b9oNCK0jNJ1g-2FaJ1xDf-2Fy0A7XvvD8c4byIGRJhIubyWxUbhfD4aMdf02Hkay1XVil-2Ffadit8vIuW3md5VrRnr8t0oiVAfAShZrLAgbp1chbe52UJYtjHxX4ELlPGfovl0rfqV8tdcWDTJOEXR-2BuWsPavGzfPDYIxC7quyTvGwve6VkS70tnwAIUaW7YQx-2F1NT-2B-2FdlWtDz2H4tHJ4AoT-2BiIwMEYxkOlD1twNTNyIZsjuMeZEWmfmbn4isMutu0JA8HApiJp1WZt3g-2F5Xj8SrkYrPnx9rBrClqa84oExVFclgWVQ-2FVssSC4cZ156qE-3D__;!!PDiH4ENfjr2_Jw!Co_mmt_TAwg3wx3d6KcyLK1YZWLuiaIHMv7gRMpYQMVQ3HC-JIrEdZFoz0UW8OxvMPDDhvK1Y8_NQQp_nzA5yFXTCydRtB8eplo1$)

Practice using all of your senses to stay present during every meal.

* [Live Events](https://urldefense.com/v3/__https%3A/links.info.headspace.com/ls/click?upn=u001.CIwloPx8RcaoHCZlhidCRIKW88ptl9Zy3YZOpwetzS8kn8Ws85FvhfaqbnI-2B8w-2B7LXJwWCaJJWpXX0QsntqezeuI-2FpBLXzUQgx0inms1RM8-3DWOL9_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPZ1zKUL-2BdxWTItpTq0sPbTH-2BJO1C6c3UnTGcZgAicByZZrwZWfqE4BobUDUKzw4BnyoylbZlCmVnqXjrg44p7VYRHj17yy-2Fo3CeT-2F7r7oJTSN-2FxQ2RqtCnLotzKLhm-2BHwEEe-2F-2Fi5qlE-2BjF2o087xcsI97wQqc-2FlzYe7mzJibTnKLd9nZ9tcGwQ8iq7wVPNa-2BXo3g4zsY174Ebx2wwgbysEcx-2BgZH8AGyRDsY4u8Ni9EGfr6eAyqfzQKzquelT8Dv9V55ubc4bBEckmUxOMsteKAMhmOgoKB62-2BmG-2FHmNTXl51hc9oeWLN8DgUWRNXnoZrjoZGWCIBDcOm3RfEQ4XvAtALkG68m4yCN-2FDp2D9vAY60wGD8WPo5hrxpnwb5957kG64g0b9oNCK0jNJ1g-2FaJ1xDf-2Fy0A7XvvD8c4byIGRJhIubyWxUbhfD4aMdf02Hkay1XVil-2Ffadit8vIuW3md5VrRnr8t0oiVAfAShZrLAgbp1chbe52UJYtjHxX4ELlPGfovl0rfqV8tdcWDTJOEXR-2BuWsPavGzfPDYIxC7quyTvGwve6VkS70tnwAIUaW7YQHto3HUWXRKOEIXxwSLFE81Mg5hO7em8EjH5OJHsX4-2B1RUdkk5BhoGzPQj87Gb-2B1ksN9K1XhkXNSQOzNm8tbgssjht3OymPbHaQlwxOk1-2FHjeBXkTTac65gInaFUTZqXI-3D__;!!PDiH4ENfjr2_Jw!Co_mmt_TAwg3wx3d6KcyLK1YZWLuiaIHMv7gRMpYQMVQ3HC-JIrEdZFoz0UW8OxvMPDDhvK1Y8_NQQp_nzA5yFXTCydRtHCqNjRL$)

Join the Headspace team for monthly live meditations and quarterly workshops designed to support your mental health.

[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.

**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.

**Build yourself up for the great Manchester 10k run**

Purplewave will be back again with a precursor for the big 10k in May. Why not join us for our annual spring Dash event, featuring a timed 2.5k and 5k run on the 12th March. Book [here](https://manchesterstudentsunion.com/events/id/9003-purplewave-spring-dash/12158).

For more information on the big one please click [here](https://www.sport.manchester.ac.uk/sport-and-activity/purplewave/).

[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 (05/03/2025), 8.00-9.00 am and more details are on Facebook at <https://www.facebook.com/groups/umbug/>.

[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 19th February 2025

12:00-14:00 at Benugo Café, Simon Building 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 Fabulous February Offers**

Abby of Beauty Bee is kindly extending the generous January discounts into February (see price list below). Located in the treatment room in the Simon Building, ground floor in the Wellbeing area on Wednesdays and now also on Thursdays, due to popular demand. Please text, WhatsApp, call, FB or email Abby 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

[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 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 – February Meeting**

The next meeting is Friday 28th February, 12:30-1:30pm. You don't even need to have finished the book (although there will be spoilers!).

Our next book is The Forty Rules of Love: A Novel of Rumi by Elif Shafak. We will also recap Four Seasons in Japan by Nick Bradley.

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.

[February Highlights at Manchester Museum](https://manage.kmail-lists.com/subscriptions/web-view?a=UXLTcK&c=01J9KFRA209PWJGAPW0TS9R0TK&k=a35a554c1d2561ff819f45ed33a94dd6&m=01JJS100VTQ26T4Q6XV2EGFAPC&r=01JJSKW49QC8YDPJCYFXDAYWCW)

Spend February getting in a flap about our feathered friends because we’re going totally wild about birds at the Museum. So spread your wings and try something new.

[Events at The Whitworth](https://www.whitworth.manchester.ac.uk/whats-on/events/)

From historic exhibitions to contemporary commissions, via events outdoors and in, and for families, art lovers, and friends – visit the Whitworth and discover what we do best: stage outstanding exhibitions and events in one of the most remarkable galleries in the north. Find out what’s on.

[What’s On at Jodrell Bank](https://www.jodrellbank.net/visit/whats-on/)

Jodrell Bank Centre for Engagement (JBCE) is located in the grounds surrounding the Lovell

Telescope and is a major visitor attraction in Cheshire. You can follow in the footsteps of founder

Sir Bernard Lovell, find out why Jodrell is the perfect location to explore the night sky, and enjoy a

full family day out. JBCE has a selection of cafes, a Space Dome planetarium, the Story of Jodrell

Bank permanent exhibition and numerous family events to enjoy throughout the year.

**UoM Staff Discounted Tickets**

All UoM Staff can access discount admission tickets for visits to Jodrell Bank. Tickets can be

purchased with a 15% discount. This can be done online by using the voucher code LOVELLT15.

Please note that this offer covers admission only and does not apply to car parking or add-ons

such as shows and tours. These can be purchased on the day.

**Ticket information and bookings**

All tickets purchased online are now Annual Tickets. This enables you to return to Jodrell Bank

within 12 months.

**Shop Discounts**

UoM Staff can also claim 10% discount in the Jodrell Bank Gift Shop. This can be redeemed on

presentation of your staff ID Card at the Gift Shop till.

[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)

[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.

[AbilityNet – Introduction to Accessible PDFs (webinar replay)](https://urldefense.com/v3/__https%3A/abilitynetnews.org.uk/c/AQjC5AoQoISuARiV9LThASC5xsEjh3nyWXa-xRxeXIh1WxtwHd5OErb-o-4_K8R1DW6N9Q8__;!!PDiH4ENfjr2_Jw!HUbLsQHBRkwIAKVpdnBhq_CmMyA8QtSVW_D2Q3OwbYejDzv3DyxWqj_BvxIriDjqaUakASxmrAW4KbJLkcr9-_xwc1YagOvAtw4Vgrg-pkA7$)

Creating documents such as PDFs with digital accessibility in mind will help you ensure that your content can be read and understood by as wide an audience as possible. So make sure you're getting it right, with guidance from the experts. Join Principal Accessibility Consultant at AbilityNet, James Baverstock, where he will share the basics about how to make PDFs accessible. This is a replay of the webinar that took place on 05/02/2025.

[Diversity and Ability: How to adjust your workplace and include everyone (webinar replay)](https://youtu.be/Xq5rrG94sgA)

The last episode in the series Labels and Legacies: Anticipating Adjustments. Adjustments shouldn't come first, they should be the last step. Our workplaces should be as inclusive as possible from the ground up, creating a space where individuals need not ask, but still feel safe to do so. In the session, we'll explore how we can make this the case through systemic changes to our organisations.

With an impressive background in championing diversity, as CEO of Diversity and Ability Atif Choudhury is reshaping accessibility and enablement. Maya Woodley, Associate Director of Operations and People at Diversity and Ability, brings extensive experience in operational strategy, safeguarding, and inclusive people management, making her a recognised leader in building inclusive workplace cultures. This is a recording of a live event that took place on 15/01/2025.

[Health At Work mProve in 30 forthcoming webinar: Breaking barriers and building connectionsTop of Form](https://urldefense.com/v3/__https%3A/daav9.r.sp1-brevo.net/mk/cl/f/sh/6rqJfgq8dIR6SwG4CaVUxkZMPcV/CNgfVhzd1phk__;!!PDiH4ENfjr2_Jw!D-QHwdgd152i3HtTvbv7KW_6I_xv03FdSkF2JqCVe7kYgYukCmRM1FHzPy53nrwk9lCfm2gb8YV2QSR_w2pni2F7TKaYSRdHFi4XD9ZzfHHG8Q$)

[Bottom of Form](https://urldefense.com/v3/__https%3A/daav9.r.sp1-brevo.net/mk/cl/f/sh/6rqJfgq8dIR6SwG4CaVUxkZMPcV/CNgfVhzd1phk__;!!PDiH4ENfjr2_Jw!D-QHwdgd152i3HtTvbv7KW_6I_xv03FdSkF2JqCVe7kYgYukCmRM1FHzPy53nrwk9lCfm2gb8YV2QSR_w2pni2F7TKaYSRdHFi4XD9ZzfHHG8Q$)

In this session we’ll cover:

* Why Time to Talk Day matters and why we should continue the conversation.
* The benefits of prioritising mental health at work.
* What drives open communication? Tools and resources for employers.

[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.

[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.

[Henpicked’s Forthcoming Lunch & Learn: How Being Menstruation Friendly Saves Employers Money](https://www.eventbrite.co.uk/e/how-being-menstruation-friendly-saves-employers-money-tickets-1223984102399?aff=oddtdtcreator&utm_campaign=Event+Sign+up-+12.2.25+How+being+menstruation+friendly+saves+you+money&gator_td=X42bbnKb41DpdE1MFwd4iUYQyiHIsMwOIRSEwGucZ0UX%2B%2Bg3GQFB9eOXUq90S%2FTgDKjwyxTGX6YrxDedGr%2FAKprhBDIfldhM2AOAL%2BqzLoxb%2FiaKHOUVUrWh%2FHHEiFPP3UdVkZZnZu2WCOJKDg1z6G56ki02vDTZCtjPlW0g%2FO0qhy1D5lh6ga2Sp%2BAo77Xh3W475zhr61Ao%2FdQCA0BBXcgspTDpfNS97iHnCLky4s%2Fs9c%2F3FJq9ShViejvuM9uX%2BlB%2FFupb7Rn9jSaWaEEyZVbkz9YYnMyRwHgTGckYwUr9misflcS7J2LQU6QE1wS2&utm_term=Join+our+next+free+webinar%3A+How+Being+Menstruation+Friendly+Saves+Employers+Money&utm_content=4058&utm_source=https%3A%2F%2Fe.henpicked.net%2Fmenopauseworkplacelz%2F&utm_medium=email)

Wednesday 12 February 2025, 10:00-11:00

Boost employee well-being and cut costs by creating a supportive, inclusive workplace for menstruation.

[Henpicked’s Lunch & Learn: Keeping your vagina happy through menopause (webinar replay)](https://henpicked.net/menopause-hub/keeping-your-vagina-happy-through-menopause/)

Dr Imogen Shaw of Hormone Health tackles one of the most frequently asked and often misunderstood topics around menopause: vaginal health. Whether it’s dealing with dryness, discomfort, or changes that come with menopause, this will arm you with expert advice and practical solutions to keep you feeling confident and comfortable. This is a recording of a live event that took place on 04/02/2025).

[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.

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

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

[Diabetes Education](https://getinvolved.gmintegratedcare.org.uk/en-GB/projects/education-for-your-diabetes?utm_source=Newsletter&utm_medium=Email&utm_campaign=GM%20Walking%20February%20Newsletter%20&utm_content=diabetes%20)

The NHS want to hear from people living with type 2 diabetes, their carers and families to understand what kind of education works best. They are also keen to hear from people that work in services that help and support people with diabetes.

[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 iNaturalist, a free, easy to use app (Google Play, App Store or access via the web).

The app allows users 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.

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.

[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.

[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.

[Welcome to GM Walking](https://gmwalking.co.uk/?utm_source=Newsletter&utm_medium=Email&utm_campaign=GM%20Walking%20Newsletter%20July&utm_content=GM%20Walking)

A suite of tools and resources from GM Moving to support groups and organisations to include walking and wheeling and improve the lives of their communities.

[Wheels and Walks Programme](https://www.beeactive.tfgm.com/wheels-and-walks/)

TfGM are launching Wheels and Walks, a new programme that supports people in GM to become more active by walking, wheeling, and cycling. Community groups can apply for grants which will support with delivering activities for people in their local area.

[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 13 February 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!

[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).

[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.

[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.

**Other Relevant Newsletters**

[Health Hero – February 2025:](https://wellbeing.hub.healthhero.com/page/february-2025)  Explore our latest resources on coping strategies for the LGBTIQ+ community, guide to a healthy heart, helping people manage isolation, and how to talk about mental health with your children.

[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/)

[Sustainable Futures Monthly Newsletter: February 2025](https://mailchi.mp/manchester/sustainablefuturessept-6745510?e=6f183721c1)