**Humanities Summary of Wellbeing News & Events**

**21 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/)

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’

22 February [World Encephalitis Day](https://www.encephalitis.info/world-encephalitis-day/#:~:text=World%20Encephalitis%20Day%202024%20on,or%20indirectly%20affected%20by%20encephalitis.)

27 February [Anosmia Awareness Day](https://www.anosmiaawareness.org/)

28 February [Rare Disease Day](https://www.rarediseaseday.org/)

24 February – 2 March [Eating Disorders Awareness Week](https://www.beateatingdisorders.org.uk/)

**March celebrates:** [Colorectal Cancer Awareness](https://www.ccalliance.org/about/awareness-month), [Ovarian Cancer Awareness](https://ovarian.org.uk/march-ovarian-cancer-awareness-month/), [Brain Tumour Awareness](https://www.braintumourresearch.org/info-support/brain-tumour-awareness-month), [Prostate Cancer Awareness](https://www.macmillan.org.uk/cancer-awareness/prostate-cancer-awareness-month), [Endometriosis Awareness](https://www.endometriosis-uk.org/endometriosis-action-month-2025), [Great Daffodil Appeal – Marie Curie Cancer Care](https://www.mariecurie.org.uk/daffodil), [DVT Awareness Month](https://www.tnta.co.uk/blogs/news/dvt-awareness-month#:~:text=March%20is%20DVT%20awareness%20month,risk%20factor%20associated%20with%20DVT.)

1 March [St David’s Day (Wales)](https://www.visitwales.com/info/history-heritage-and-traditions/have-happy-st-davids-day-celebration)

1 March [Self-Injury / Self-Harm Awareness Day (SIAD)](https://www.papyrus-uk.org/self-harm-and-self-injury-awareness-day/)

1 March [Zero Discrimination Day](https://www.unaids.org/en/zero-discrimination-day)

2 March [World Teen Mental Wellness Day](https://www.betterhelp.com/advice/teenagers/15-activities-to-support-your-child-on-world-teen-mental-wellness-day/)

3 March [World Birth Defects Day](https://www.worldbirthdefectsday.org/)

3 March [World Hearing Day](https://worldhearingday.org/)

6 March [World Book Day](https://www.worldbookday.com/)

[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.

[Action For Happiness Calendar: Mindful March](https://actionforhappiness.org/sites/default/files/Mar%202024.jpg)

Let's pause, breathe and notice, so we can respond more mindfully.

**Volunteers for a proposed event**

The EDI Directorate, in collaboration with the Wellbeing Team, are looking to run a panel event that focuses on neurodiversity and women. The event would be a crossover to commemorate International Women’s Day, Neurodiversity Celebration Week and Autism Awareness Day.

Panellists would be female-identifying colleagues who are willing to share their experiences around neurodiversity such as diagnosis, navigating the workplace and other topics that panellists wish to discuss. The event will be chaired by Helen Brewis, Head of Colleague Wellbeing.

Event is due to take place on Tuesday, 11 March 12 – 1pm in University Place.

In the future, we would look to do something similar for male-identifying colleagues.

If you are interested in being a volunteer, please email [equalityanddiversity@manchester.ac.uk](mailto:equalityanddiversity@manchester.ac.uk)

[EDI Blog – February 2025](https://blogs.manchester.ac.uk/edi/2025/01/31/dr-sean-pert-uk-lgbt-history-month-2025/)

February is [LGBTQ+ History Month](https://www.staffnet.manchester.ac.uk/news/display/?id=32225). This year’s theme is Activism and Social Change. The EDI blog post is by Dr. Sean Pert. Have a look and cascade!

**EDI Network Group Digest – February 2025**

The Physics LGBTQ+ Network is hosting Pride film screening to celebrate LGBTQ+ History month on Wednesday, 26 February at 4pm in the Lovell Seminar Room in the Alan Turing Building**.** Anyone can join and there will be snacks and drinks provided.

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

Observing religious celebrations this February.

[Ramadan 2025](https://www.staffnet.manchester.ac.uk/news/display/?id=32307)

Ramadan Guidance for Staff and Students.

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

Social Justice and the LGBT+ Journey.

[HIV Testing Week – Monday 10 and Sunday 16 February 2025](https://www.staffnet.manchester.ac.uk/news/display/?id=32273)

In the UK, more than 105,000 people are living with HIV. It is good for everyone to test once per year and testing is the only way to know if you are HIV positive. It’s never been easier to get a HIV test and to get a result quickly. You can get a test in person or order tests online, with free and paid-for options. Many tests will provide you with a result in a just a few minutes.

[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.

[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.

[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.

[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.

[Movement Hour 5th March – ‘Dance Like Nobody's Watching’](https://manchesterstudentsunion.com/events/id/9447-movement-hour?utm_source=https%3a%2f%2femarketing.manchester.ac.uk%2funiversityofmanchester_productionlz%2f&utm_medium=email&utm_campaign=campaign&utm_term=email&utm_content=6538&gator_td=um9Ppc%2bWA4Y06fMS973vX%2bOZ8zXBefBmiYVNLHqj2R%2fg6g1blI73LAvR%2bO4piajRcrkm9ruSwxvqij72WWUrIF9BwAxg403jGSZoVbhwU0eXSM%2fDVN6dCJY602YSWImNd7xZ2ejgkBW%2fP28rxPmxawZ4JtcIxqoMOorG8A1jN6lcZmPWt1yzIvcA8Mgyw9zx)

Inspired by Joe Wicks – he is calling on all employers across the country to give their employees an hour off work in March to move their bodies and feel the benefits of daily physical exercise.

So on Wednesday 5th March at 3-4pm in the Wellbeing Studios G.66 – Simon Building, we will be leading a free move session.

[Yoga & Gong Bath Day](https://www.sport.manchester.ac.uk/2024/09/20/yoga-gong-bath-day-2/)

Saturday 8th March 09:00 – 17:00 (please note there is a cost attached to this session)

Join for some well-deserved rest and relaxation, the day includes 3 types of Yoga, massage or Reflexology, a wonderful vegetarian / vegan lunch and a Gong Sound bath with healing sounds finale.

[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.

[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.

**Headspace in February**

[Bring your family relationships to a healthier place](https://urldefense.com/v3/__https:/links.info.headspace.com/uni/ls/click?upn=u001.CIwloPx8RcaoHCZlhidCRI92e7yiiPVPrKLS8eaABaek6xOSJvl7TbqmlriY9BgCHYZ4LOicVid-2BcN-2Bb8T8goPgoqQIZoq3Vwu0ht1Ltn137BbJSHyrpD-2B5asABxq6V3Xk74dGEFFzwWyxQVKMi5UE7MWFwxFRmp9DimzCSS7nMU7E07WK-2BKxT21ikKD4BkxxRDSoeMytazgreEXMRfEkinxOJhRyQrO-2BQC1GJxBOuWOiYh40e6vuDLl-2F1h2cntcjxXgBOBKDk0OBdGSwdygbQmepuhBxeMOKoRqpR62LX8-3DlqGm_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPZ1zKUL-2BdxWTItpTq0sPbTH-2BJO1C6c3UnTGcZgAicByZc2XyUdSYaV2IiBCfnWIG4oL6YJfe51fQFKORtFyzgiZGmiXvUrmLWAXW2yDOu5-2BGDoiWK17gA35k3drPXmgIScfG3DSXLlpKX0rrLduzWPsN9TeJe5r7OkH38V-2FUM5key8v3F22gBqAcSfjU3nVIF0KCFj25vgysY6R8KFwCrvtOLGlrHNCCbrrXduwiwy6ZAmaOwnkMwDTdpZ4A-2FYjHXfGGOYf2zRE6XkLyXshZgLLuQweOt7elxJmRpOWMWoE-2F4FVw82Kl9wldMDXAngpzJWiztD6aKoRhreZAP7W3Ezq7ML2yWBLYly46LPGt715wmI2XxgPRByEL2Qi2igBauC-2BSfWRx1aCingud0kFK4HvFSHFCWL3-2Bv6h10tO8NZD6FkN5DMlEn2IjDjwN2j-2BI0drJQsUyRja1GKLncQloSqmM4MJQAiTB7FzaxUYdK-2FfTgoiz6DKede-2FqWWPj-2B-2BrOXdcitoP8fv3QE-2FggmhMMD3OOq4a8jgErNmeAW-2BlNc0RHPQKh-2FcOdTaPfqK9-2FNEMQCXsb0CYP-2B3KAEUv-2BH8p3aObpINUHGBVIjP1mW8YAowxacDz9HqFd4DVdpTKWYYYl4AdEOK1ILyb-2FPCdrqYXargHAut7My0SxDeMdFc-2B6g2SyIoNSuAef84lLmX0mj10T3s-3D__;!!PDiH4ENfjr2_Jw!EWFEQhoI5x-cUncT2UIyQ1kEsV32Gy0Amw1YMOGnGanlN994J6PGi25P0SJCcvFk3yw25-RQ71tEe8kpzWhhyhS1k9lDW-dYiMC3$)

From immediate ones to chosen ones, family members are by our side through moments of joy to moments that can be uncomfortably tense. Our new Life Skills series is here to help you navigate and nurture these connections while still protecting your needs.

[Shine: Refresh Your Relationships](https://urldefense.com/v3/__https:/links.info.headspace.com/uni/ls/click?upn=u001.CIwloPx8RcaoHCZlhidCRI92e7yiiPVPrKLS8eaABac351MyvriEIqa3JWxFRtY4Vrh6W76Ycg5hlFI-2FYwBAZfcsB2MJYGaX418-2BZp75lly5A3xJA7-2Bzqs-2FmwgHZfMmiya4HyaTV7dKP8Gdg6Q3vbOOBeOCNV24zr4YD013MRVVdwJHJYVBTbZSWdYX8fspHCKrnCPfPsFTFVRhDQZhqg8V3HFE90C5EALBSZTmIwWOq13Nt7dGUgQsTMYSni82n3TjcJQrw-2Ftd-2Fgrr-2B90y2XIO-2FDK6Oma84CbhyeELsZg4-3DbQSb_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPZ1zKUL-2BdxWTItpTq0sPbTH-2BJO1C6c3UnTGcZgAicByZc2XyUdSYaV2IiBCfnWIG4oL6YJfe51fQFKORtFyzgiZGmiXvUrmLWAXW2yDOu5-2BGDoiWK17gA35k3drPXmgIScfG3DSXLlpKX0rrLduzWPsN9TeJe5r7OkH38V-2FUM5key8v3F22gBqAcSfjU3nVIF0KCFj25vgysY6R8KFwCrvtOLGlrHNCCbrrXduwiwy6ZAmaOwnkMwDTdpZ4A-2FYjHXfGGOYf2zRE6XkLyXshZgLLuQweOt7elxJmRpOWMWoE-2F4FVw82Kl9wldMDXAngpzJWiztD6aKoRhreZAP7W3Ezq7ML2yWBLYly46LPGt715wmI2XxgPRByEL2Qi2igBauC-2BSfWRx1aCingud0kFK4HvFSHFCWL3-2Bv6h10tO8NZD6FkN5DMlEn2IjDjwN2j-2BI0drJQsUyRja1GKLncQloSqmM4MJQAiTB7FzaxUYdK-2FfTgoiz6DKede-2FqWWPj-2B-2BrOXdcitoP8fv3QE-2FggmhMMD3OOq4a8jgErNmeAW-2BlNc0RHPQKh-2FcOdTaPfqK9-2FNEMQCVBUiQ8frCQPUiQE3rotzF-2F7h5-2FNQNHPHGMEoA7H-2FqXHz7JoyKu280P31rBSGR46uE8p1vxcFT3CngRoPO-2FL3Xd4PFLhzT4wiczr9aLVQD2NmHuSmDSftVHZDmA0PeJpzQ-3D__;!!PDiH4ENfjr2_Jw!EWFEQhoI5x-cUncT2UIyQ1kEsV32Gy0Amw1YMOGnGanlN994J6PGi25P0SJCcvFk3yw25-RQ71tEe8kpzWhhyhS1k9lDW3zMkzEy$)

Grab a journal and explore ways to give your relationships with the people you care about a little glow up.

[Sunday Scaries](https://urldefense.com/v3/__https:/links.info.headspace.com/uni/ls/click?upn=u001.CIwloPx8RcaoHCZlhidCRI92e7yiiPVPrKLS8eaABafgbsD-2BiVKakXeukjsKLjxJxeEAZv49Z-2Bx1IQAmbnegPakIZkegLd1xZpCFVqmYpzASUiWlkwSKtRD4psBPLXIDCS3zn1jylmFtPHYzQQJWp81ZadUoScRmiee91nc5cygJV3lp5q1PGE16ayiXXzwg1ZEq3HCAuV1Ve9iGambfTlQCBs990ByBxJXzpxIOQOfHHqin644s4VyLO-2FiFgSqYEVcUwytugDj-2BZLNNyP5wcVZNpLqCS1T197lZYbHoPmw-3Dsybt_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPZ1zKUL-2BdxWTItpTq0sPbTH-2BJO1C6c3UnTGcZgAicByZc2XyUdSYaV2IiBCfnWIG4oL6YJfe51fQFKORtFyzgiZGmiXvUrmLWAXW2yDOu5-2BGDoiWK17gA35k3drPXmgIScfG3DSXLlpKX0rrLduzWPsN9TeJe5r7OkH38V-2FUM5key8v3F22gBqAcSfjU3nVIF0KCFj25vgysY6R8KFwCrvtOLGlrHNCCbrrXduwiwy6ZAmaOwnkMwDTdpZ4A-2FYjHXfGGOYf2zRE6XkLyXshZgLLuQweOt7elxJmRpOWMWoE-2F4FVw82Kl9wldMDXAngpzJWiztD6aKoRhreZAP7W3Ezq7ML2yWBLYly46LPGt715wmI2XxgPRByEL2Qi2igBauC-2BSfWRx1aCingud0kFK4HvFSHFCWL3-2Bv6h10tO8NZD6FkN5DMlEn2IjDjwN2j-2BI0drJQsUyRja1GKLncQloSqmM4MJQAiTB7FzaxUYdK-2FfTgoiz6DKede-2FqWWPj-2B-2BrOXdcitoP8fv3QE-2FggmhMMD3OOq4a8jgErNmeAW-2BlNc0RHPQKh-2FcOdTaPfqK9-2FNEMQCUktuUjYCFVP8UYH-2Bi8mJyqZVsYGOI2wx5ne-2FSrNjWjix531UYoM-2FO5dC1tiR4pWoczc-2F-2B00T0snvHhY1ZpDC0ykSrMcepBju-2BKz5CywVTz2DotEp6l5Z3yLB8P71ymAqY-3D__;!!PDiH4ENfjr2_Jw!EWFEQhoI5x-cUncT2UIyQ1kEsV32Gy0Amw1YMOGnGanlN994J6PGi25P0SJCcvFk3yw25-RQ71tEe8kpzWhhyhS1k9lDW8t2t8SU$)

Reset after a heavy weekend with practical strategies in the latest episode of our Sunday Scaries podcast.

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

[Hannah Cousins](mailto:hannah.cousins@manchester.ac.uk) 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](mailto:jade.fawcett@manchester.ac.uk?subject=SEED%20School%20Wellbeing%20Run) 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 5th March 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](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

[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](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 – 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](mailto:fiona.lynch@manchester.ac.uk) if you would like the Zoom link.

[The Sunflower Coversations](https://conversations.hiddendisabilitiesstore.com/)

The Sunflower Conversations are where we explore hidden disabilities through the prism of the Hidden Disabilities Sunflower. In a world where it can be hard to feel like your story matters, we want to give you a space to share your experience. Whether you or someone you care about wears the Sunflower lanyard, we hope that by giving voice to these experiences, we can empower others and encourage more people to support people with invisible disabilities.

[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.

[Hub Of Hope](http://hubofhope.co.uk/)

The UK’s largest and most comprehensive service finder for mental health support is back, bigger and better than before. With new filters and better accessibility, it’s never been easier to find support near you. No more having to sift through countless webpages to find the help you need.

[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.

[Make Your Workplace Kinder! – 5 steps to creating kindness in the workplace](https://urldefense.com/v3/__https:/email.cloud2.secureclick.net/c/2555?id=765487.2150.1.755270c346745b9172701dd5a1d6e760__;!!PDiH4ENfjr2_Jw!EtuKW7HzolnkosYv9yKVIGo2GvGXQM9gztpWJVXlQCB-3NPtYSjre5vVBSRe-tgUIwQxEnf_Wo0yK4VwRgaRK5uiuGYfbH1rWxn44ion$)

Are you ready to transform your workplace into a space filled with kindness and positivity? Our specially crafted poster outlines five simple yet powerful steps to foster a culture of kindness in any workplace environment.

Ultimately, Random Acts of Kindness Day is a day to celebrate the beauty of humanity and to inspire individuals to cultivate kindness in their daily interactions, fostering a world where compassion and empathy thrive.

Random Acts of Kindness Week is February 9-15, 2025   
Random Acts of Kindness Day is February 17, 2025

[Health At Work mProve in 30 forthcoming (webinar replay): Breaking barriers and building connectionsTop of Form](https://urldefense.com/v3/__https:/daav9.r.sp1-brevo.net/mk/cl/f/sh/6rqJfgq8dIR6SwG4CaVUxkZMPcV/RZUlq9TmX1M2__;!!PDiH4ENfjr2_Jw!D-d07r3mvwDfz0yqIp5vjSqaHSQBmvasv4uHX9y4-Fsss0nOVqXwrRqo9YwmY9t-9YPGVVJNym3IZKVZo9mLdkhQ3w6Pi3RlcT7dnc94ytfK_w$)

[Bottom of Form](https://urldefense.com/v3/__https:/daav9.r.sp1-brevo.net/mk/cl/f/sh/6rqJfgq8dIR6SwG4CaVUxkZMPcV/RZUlq9TmX1M2__;!!PDiH4ENfjr2_Jw!D-d07r3mvwDfz0yqIp5vjSqaHSQBmvasv4uHX9y4-Fsss0nOVqXwrRqo9YwmY9t-9YPGVVJNym3IZKVZo9mLdkhQ3w6Pi3RlcT7dnc94ytfK_w$)

This is a recording of a live event that took place on 13/02/2025, which covered:

* 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.

[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’s Forthcoming Webinar: Men and menopause: what everyone needs to know](https://urldefense.com/v3/__https:/e.henpicked.net/menopauseworkplacelz/lz.aspx?p1=MSeDU4NTA0Uzg2OjQ5NDYyMjM0NkI2ODREQTc5MzZBRjAwNDIxRjBCREI5-&CC=&w=3460__;!!PDiH4ENfjr2_Jw!B61-Ishh2UEBmLfqr9sCJIMc1FRg5N-bjc0D84-NQ72G83kwagTegUY31Mkw8pTcQZ9_Dq7tF5oBtbF4hYE5bOql4yUqHeTnvVIO$)

Wednesday 26 February 2025, 10:00-11:00 am

Why do men need to know about menopause? Menopause is a topic for everyone to understand, not just for women.

In this FREE online session, we’ll explore how to make menopause an inclusive conversation, breaking down the barriers that prevent people from getting involved

[Action for Happiness Forthcoming Webinar: Caring & Sharing: International Day of Happiness with Prof Lara Aknin, Dr Radha and Dr Mark Williamson](https://actionforhappiness.org/caring-and-sharing)

Thursday 20 March 2025, 19:00-20:00 (optional donation)

How can we create a happier world together? Lasting happiness comes from caring for each other, feeling connected and being part of something bigger.  Join us for a special event to celebrate [International Day of Happiness](https://www.dayofhappiness.net/) (20 March) with this year's theme of ‘Caring and Sharing’.

[Action for Happiness (webinar replay): New Ways To Be Happier with Vanessa King](https://actionforhappiness.org/find-authentic-happiness-0)

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

Drawing on insights from her books and innovative work with organisations, Vanessa shared tips and guide us through some examples. She reminded us how happiness comes from our choices and actions – so it's often more within our control than we realise. This is a recording of a live event that took place on 12/02/2025.

[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 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 27 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:/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.

[Happiful Weekly ‘The Uplift’ (14/02/2025)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTczOTUzMDg1M3xUN0tCc0FuWHRjUkdaNDFNLUlDWW5ieVFueHNQVDluakNycG9oTzBSdGV4U2NMdUtONXZqbndndVlHU2QzT0kwNURzTzQxVVZKaDgyLVo1d0VlTnpaNUdwVHp4MUZid0N6T2dqWEgzdHl2bVBZVFpWX214V1JfejgzRUFaWjJPTTBMZm1WNXM1Y1E5eS03c3lKelJGb1Y4c202MTQ3X0FfRWQ1aHRMUHNUY2pqcDBDVy1JUUM5Rlloa3d1UUJPd2d6TlFwZG93eFRYVlBUUG5fajE0ZmMzX0x6OFVIN19zNTNKa1FqN1FfM3JyU29fZXhIY0UxZGY1NWh2c25EdER6Zkt5a1ZSTUE1UDY4b3ZJS0pKLVlVR2RwUHdOSDhEYm00ejhuOFAzS09HYk11aEhTS1ViYUZ5NWtjSTBaUFU5SjdGbE5IbWUxUE8zcnwli8BQIw1_JbOuUuhR1qHs9Q7EvjrikenW-Bj7Ig2dIg==)

How to feel less ‘meh’:

* Bore Out
* Limerance
* Complaining
* Dopamine

[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.

[Health Hero – March 2025](https://wellbeing.hub.healthhero.com/page/march-2025): This March, take a moment to check in with yourself. Whether it’s boosting your energy, improving your sleep, or staying hydrated, we’ve got practical tips to help you feel your best. We cover how to recognise the signs of autistic burnout, stay on top of hydration, manage motivation with ADHD-friendly productivity hacks, and understand the link between sleep and weight.

[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)