**Faculty of Humanities Summary of Wellbeing News & Events**

**07 March 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.

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| **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.) |
| 7 March  8 March  9 March  9-15 March  10-16 March  12 March  13 March  14 March  17 March  17-23 March  20 March  20-26 March | [Employee Appreciation Day](https://halo.com/employee-appreciation-day/#:~:text=Employee%20Appreciation%20Day%20is%20held,it%20falls%20on%20March%201st.)  [International Women’s Day](https://www.internationalwomensday.com/), [2025 Theme: Accelerate Action](https://www.internationalwomensday.com/Theme)  [National Day of Reflection (Marie Curie)](https://dayofreflection.org.uk/#:~:text=We%20are%20pleased%20to%20announce,new%20website%20with%20further%20details.)  [World Glaucoma Week](https://www.worldglaucomaweek.org/)  [Brain Awareness Week](https://dana.org/brain-awareness-week/)  [No Smoking Day](https://www.niquitin.co.uk/national-no-smoking-day/)  [University Mental Health Day](https://www.unimentalhealthday.co.uk/) and [World Kidney Day](https://www.worldkidneyday.org/)  [World Sleep Day](https://worldsleepday.org/)  [St Patrick’s Day (Ireland)](https://www.history.com/topics/st-patricks-day)  [Neurodiversity Celebration Week](https://www.neurodiversityweek.com/) and [Nutrition and Hydration Week](https://nutritionandhydrationweek.co.uk/)  [International Day of Happiness](https://www.un.org/en/observances/happiness-day) and [World Oral Health Day](https://www.worldoralhealthday.org/)  [National Complementary Therapy Week](https://www.complementaryhealthprofessionals.co.uk/national-complementary-therapy-week) |

[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)

[Religious awareness days this March and April](https://www.staffnet.manchester.ac.uk/news/display/?id=32359)

Observing religious celebrations this March and April.

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

Ramadan guidance for staff and students.

[What’s on in March?](https://www.staffnet.manchester.ac.uk/news/display/?id=32364)

Welcome to March’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.

[Women's Community Festival 2025, Central Library (by Manchester City Council Public Health Team)](https://www.eventbrite.com/e/womens-community-festival-2025-tickets-1249187997929?aff=oddtdtcreator)

Saturday 08/03/2025, 11:00 am

Join us to celebrate International Women's Day this year with hands-on workshops, discussions, music and more at Manchester Central Library.

[Where To Celebrate International Women's Day 2025 In Manchester](https://www.manchestersfinest.com/featured/where-to-celebrate-international-womens-day-2025-in-manchester/#:~:text=IWD%202025%3A%20Accelerate%20Action%20at%20Manchester%20Central%20Library&text=There%20won%27t%20be%20an,for%20a%20programme%20of%20events.)

Over a century ago, from an understated family home in Manchester, the Women’s Social and Political Union was born. Lead by Emmeline Pankhurst, from Moss Side, the Suffragettes went on to change the future of women’s rights all over the world. Now in 2025, pioneering women continue to propel the city forward. Here are the best ways to celebrate International Women’s Day 2025 in Manchester.

[mProve in 30 – How muscle and bone health support women’s workplace wellbeing](https://register.gotowebinar.com/register/5481547495832566616?source=Reminder+emails)

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Thursday 13th March 2025, 11:00-11:30 am

In this mProve in 30, delivered by Health@Work’s Wellbeing Consultant Suzanne Wootton, she will discuss how employees can support their bodies, how employers can encourage and promote female wellbeing by addressing their unique health challenges, and provide insight into how to improve muscle and bone health.

Can't attend? Make sure you still register we’ll send you a copy of the webinar afterwards so you can watch it in your own time or share it with others.

**Staff Wellbeing Workshops With Experimental Archaeology Club**

***13th March, 12:00-14:00: Venus Figurines with potter Nacho (15 spaces available)***

Join the Archaeology Department and potter Nacho in creating a clay Palaeolithic style Venus Figurine and exploring the possible motivations behind their creation.

***15th May, 12:00-14:00: Neolithic Pottery with PhD student Marta (15 spaces available)***

Join the Archaeology Department and PhD student Marta in creating handmade clay pots in the style of the Neolithic.

Please email Laura at[**uom.experimental.arch@gmail.com**](mailto:uom.experimental.arch@gmail.com) to reserve a space or for further information. Location: Mansfield Cooper Building 4.03.

[Eating Disorders Awareness Week – 4th February - 2nd March](https://edaw.beateatingdisorders.org.uk/whats-on/)

Last week wasEating Disorders Awareness Week.Each year this campaign raises awareness of these complex mental health conditions, focusing on a key theme. The theme this year was anyone can be affected by an eating disorder.

Beat Eating Disorder discussed important topics via their website and social media channels, including: eating disorders in the workplace, supporting university students, navigating Ramadan if you have an eating disorder, support for those supporting someone with an eating disorder and highlighted support communities available to those who are living with an eating disorder.

[Neurodiversity Celebration Week, 17th - 23rd March 2025](https://www.neurodiversityweek.com/_files/ugd/46eb70_e3ce426f85ca411ebf75ef1d9ce61b10.pdf)

This is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. A week of free events that are open to all are available: please sign up and share with colleagues, networks, friends and family so we can all join together in celebrating different minds!

[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.

**Employee Appreciation Day – Friday 7th March 2025**

Employee Appreciation Day presents the perfect opportunity to celebrate your colleagues for who they are and what they do. It is a great reminder of how important it is to recognise each other.

Sending a personalised eCard is a quick and easy way to celebrate your amazing colleagues, shining a spotlight on their hard work and achievements. Together, we can create a culture of appreciation!

[Click here to send an eCard on Purple Place](https://uom.rewardgateway.co.uk/SocialRecognition/sendRecognition?schemeid=a7300799-6430-4371-8313-da08519aa7c1&segmentid=2156845)

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

Saturday 8th March 2025, 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.

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[Welcome to Mindful March](https://www.manchestermind.org/events/mindful-march/)

**31 days of mindful activities to help bring awareness and calm to your daily life**

There will be lots of different suggestions over the month, some of which may feel easier than others. Don't worry if you don't manage to do every single one. We know that people's lives are busy, but hopefully most of these suggestions will be simple and straightforward. Hopefully, they'll be enjoyable as well. Ideally, we hope that over the month, you'll get an idea of how mindfulness can bring in a calm awareness and help increase your sense of wellbeing.

[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.

[World Sleep Day – 14 March 2025](https://worldsleepday.org/)

World Sleep Day (WSD) is an annual celebration of sleep and call to action on important sleep issues organized by World Sleep Day Committee of World Sleep Society.

Join the Headspace live event ‘The Power of Rest: How to Recharge Day and Night – support your body and mind with quality rest and sleep’ on Thursday 13 March 2025 – 2 sessions available.

Join the Headspace live meditation ‘Prioritising Sleep – Learn how to wind down and rest better’ on Thursday 6 March 2025, 5pm.

Can’t make the session?  Register anyway to receive a link to the recording.

Link to register for these events: [events.headspace.com/calendar/](https://events.headspace.com/calendar/)

[March Wellness Bingo From Balance: 24 Ways To Prioritize Rest For Sleep Awareness Month](https://balanceapp.com/blog/march-2025-wellness-bingo-sleep-month?lid=q3eednpjbhue)

March is Sleep Awareness Month. What better time to focus on getting better rest?

Most of us don’t get enough [quality sleep](https://balanceapp.com/blog/june-2023-sleep-bingo), whether it’s because of late-night scrolling, too much caffeine, or a racing mind that simply won’t settle. So this month’s wellness bingo is all about small habits that help you wind down and [get the rest you actually need](https://balanceapp.com/blog/why-cant-i-sleep-at-night).

[Manchester Marathon announces new finish line on Oxford Road](https://www.staffnet.manchester.ac.uk/news/display/?id=32379)

This year’s adidas Manchester Marathon is taking place on Sunday 27 April 2025 and will finish outside Whitworth Hall on Oxford Road – resulting in road closures on the date.

**Volunteering**

Organisers at the adidas Manchester Marathon are currently recruiting volunteers for a variety of roles. For more information on volunteering as a group or individually, please visit their [volunteering website](https://urldefense.com/v3/__http:/www.manchestermarathon.co.uk/volunteer-faqs__;!!PDiH4ENfjr2_Jw!E2wglRRjXxjKrvXbY5VN5SqOfs4PvyC2wez_ZU5cq9siWv5RIxzmKYYLRLZ8OgHLA_zMIwiVZzCaf7rKcnBMcqNPO3yV0TEc2Q$).

**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).

[The Abuse Of Women Runners - Implications for the violence against women and girls policy agenda.](https://blog.policy.manchester.ac.uk/posts/2024/11/the-abuse-of-women-runners-implications-for-the-violence-against-women-and-girls-policy-agenda/)

New research at The University of Manchester has found that over two-thirds of women runners across Greater Manchester and Merseyside have experienced abuse.  This has taken the form of physical and sexual assaults, verbal abuse, being followed, flashing, and harassment, with only 5% reporting it to the police.  This briefing highlights key findings, along with recommendations for policymakers and police forces.

New academic research by [Dr Caroline Miles](https://research.manchester.ac.uk/en/persons/caroline.miles) and [Professor Rosemary Broad](https://research.manchester.ac.uk/en/persons/rosemary.broad) brings together existing police data, new original survey research, and audio diaries recorded by women runners.

[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 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 Café to enjoy while you chat!*

[Have A Marvellous March With Beauty Bee](https://www.staffnet.manchester.ac.uk/news/display/?id=32350)

Abby from Beauty Bee offers a wide range of treatments, which can be booked on campus on Wednesdays at the Wellbeing Rooms.

[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 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 – March Meeting**

Next meeting Friday 28th March 2025, 12:30-1:30pm. You don't even need to have finished the book (although there will be spoilers!).

Our March book is **Things Fall Apart by Chinua Achebe**. We will also recap **The Forty Rules of Love by Elif Shafak**.

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.

[Bookbanks](https://urldefense.com/v3/__https:/www.bookbanks.co.uk/__;!!PDiH4ENfjr2_Jw!Ha0XMJjxoEuXBWZy8rCtwfp-A5DRTEguEhB9DYWVIGDGejGPI9r-bnOg0QlIlhc2J2PW0zlkkX4sdnXTU_d_c23Nl_YAZQUwrEWeKeAgeDNK4SRVUtGJqg$)

Bookbanksis a charity that brings free books to food banks across the UK, ensuring that people who might not otherwise have access to books can browse, take home, and keep them. Their pop-up book stalls, run by volunteers from the local book world, including librarians, writers, teachers, booksellers, and publishers – help not just to distribute books, but also to spark conversations, support literacy, and create community.

Right now, Bookbanks is **looking for new volunteers** at the **Ardwick site in Manchester**. If you or anyone you know might be interested, here are the details:

* **Commitment:** 2 hours per month for at least 6 months.
* **Training:** One evening session + ongoing support.
* **How to apply:** Send an email to Susana Sanchez-Gonzalez to receive an application form. Email: [susana@bookbanks.co.uk](mailto:susana@bookbanks.co.uk).

[*This Girl Can*’s New Campaign To Ensure All Women Feel They Belong](https://www.thisgirlcan.co.uk/news/our-new-campaign-ensure-all-women-feel-they-belong)

We've launched a new phase of This Girl Can to push for the change needed for women from all backgrounds to feel they belong in the world of physical activity.

[*This Girl Can*’s Research & Insights Webinar](https://forms.office.com/pages/responsepage.aspx?id=ewSqyG8WVUiQ6rirnYctHdugPKCI_RFEr8GK8p1Tl2RUMEdSMDlWOEFaME81MThNUjI3WjdEUFo0MS4u&route=shorturl)

Thursday 27th March 2025, 11am-12pm

If you provide opportunities for women and girls to get active we would like you to join our next webinar where we’ll be sharing the research and insights that are shaping the next phase of the *This Girl Can* campaign, launching later this year.

In this webinar, we will dive deep into our latest research and how we’re using it to guide our approach to engaging our women. We will update you on the resources we are developing for the sector and share our key milestones for 2025.

[Refugees at Home – Hosts Needed](https://urldefense.com/v3/__https:/refugeesathome.org/get-involved/get-involved-id-like-to-host/__;!!PDiH4ENfjr2_Jw!CimYeexbUku-v8iuvJMnqUggFkzvYjh9QbctuvPTwmVGAb8aR7pXGhalpF2M75N7wHFKZgEL-kI6xRKom7I_QkiwSiKJuf9Qa0mLFA$)

Refugees at Home is a UK charity which connects hosts with a spare room to refugees and people seeking asylum in need of a temporary home. They carefully assess each guest and host, match according to preferences, advise on hosting arrangements and preparations, and provide ongoing support to hosts throughout the placement. Each placement is different, and the length can vary from a week to several months and anything in between; hosts decide how long they would like to host for.

They are looking for new hosts in and around Manchester that are well connected and have good public transport links. This enables guests to travel to college, school, support groups or jobs, and retain their independence.

Further information and a host application form is available on their website. Email if you have any questions: [info@refugeesathome.org](mailto:info@refugeesathome.org)

If you are not in position to host, please consider sharing our appeal with your friends, family, colleagues, wider networks.

[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.

[Talking Faith in Suicide Prevention (The Ollie Foundation)](https://www.eventbrite.co.uk/e/talking-faith-in-suicide-prevention-tickets-1215251673469?aff=oddtdtcreator)

Wednesday 19th March 2025, 12:30-1:30pm

A session dedicated to exploring faith-based approaches to suicide prevention, highlighting diverse perspectives and shared experiences.

[Henpicked Menopause Hub](https://henpicked.net/menopause-hub/)

The Henpicked Menopause Hub is packed with articles, podcasts and the recordings of all our past

Lunch & Learns.

[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 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.

[The Great British Spring Clean Is Coming](https://content.govdelivery.com/accounts/UKMANCHESTER/bulletins/3d55b40)

21 March – 6 April 2025

This year’s Great British Spring Clean leaps into action on Friday 21 March 2025, as thousands of ‘litter heroes’ begin sprucing up their neighbourhoods.

[Our Manchester, Our Air: Creating a Breathable City (Asthma + Lung UK)](https://lnkd.in/eHT_N84S)

Saturday 22nd March 2025, 12:00-16:00 – Manchester Art Gallery

Join us for a creative day featuring a photography exhibition and free hands-on activities, to collectively imagine a breathable Manchester! This event is free, family-friendly and open to all.

Led by Friends of the Earth Manchester and Asthma + Lungs UK, 'Our Manchester, Our Air' addresses these questions with hands on interactives and expert discussions at Manchester Art Gallery on 22nd March. Alongside the exhibition ‘This is Life + Breath: Stories of Toxic Air’ by award-winning photographer Chris O'Donovan, [Ardwick Climate Action](https://www.linkedin.com/company/ardwick-climate-action/) and there are some challenging ways to reveal the invisible – and the damage it does.

[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.

[GM Walking Festival 2025](https://gmwalking.co.uk/festival/gm-walking-festival-2025/?utm_source=Newsletter&utm_medium=Email&utm_campaign=GM+Walking+February+Newsletter+&utm_content=resources)

The GM Walking Festival is a celebration of walking and wheeling, as part of May's National Walking Month. We have had over 100 walks and commitments to celebrate walking so far, and there is still plenty of time to get involved. Whether you plan to put on a walk for the public or your organisation, or are celebrating walking and wheeling another way, let us know!

The deadline for submitting your plans for the festival is Friday 21 March 2025.

**Support for you to join**

There is still time to apply for the GM Walking Festival Fund for support to help you host a walk for the festival and sustain walking beyond May,

Grants of £100 are available and we will be prioritising groups and organisations that have never had the fund before. **Deadline Sunday 9 March 2025.**

[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 March 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 95](https://happiful.com/read/issue-95)

This issue, make mental health a priority with these science-backed stories, including:

* How embracing ’skychology’ can give you a fresh outlook on life.
* The truth about ultra-processed foods.
* What ‘rage cleaning’ might say about your relationships.
* The power of fairy tale therapy.
* How to support a teenager who self-harms.
* Expert tips on building digital boundaries with your other half.
* Practical ways to feel safe and grounded.

[Happiful Weekly ‘The Uplift’ (28/02/2025)](https://cdn.mc-weblink.sg-mktg.com/weblink/MTc0MDQ4MTI0MXxCMXdwVjJBeklod2RzZWViWDdwdFQ1YnpmMGtmV19ObEZWcngwMTVZNWZ1Q0JZckdOX29hSmhkQnpxeWNjakNXZWtFbkxybUVGYkltelBXVUt2eE13ZjRxM08wSjAtUDNReU9Ec0V3eU9yZFJ2NlBmQ29OLVdfTFpHLXNCaFJkZWZHTTFTNGZlUXpBZi1wbVdWeTZ5ajQ1eGFVVmF1eEFSM3JHaXZpWXdvSTlfWlp0ajg0Q1kwRFVOWWRaYWlwVV8xU0RNS0VuSlpNRlUyTXVnTkNaUVFqNHlFajc0YTBhejl6U2ZSQnhocllBZC10NW1yb3BWX0h3Qkd2X3NBSGhEb19TQmExTkNXeDlwS0lJQ1l0RmR5bnhBQXl0OGg5Yzc0RG1QaTVsYU9KVmFLVTBiX0RDdk1KeUpSVVlESjRaMFJiaHBkRm8ybF95cHx23_7FDxZ4pKWEJZMAlrts41fag3SaaOY9GcUv-M7nWg==)

What is an Eccedentesiast?

* Eccedentesiast
* Plant Meditation
* Eating Disorders
* Reset

[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.

**University of Manchester Cultural Institutions & Local Partners**

[March Highlights at Manchester Museum](https://manage.kmail-lists.com/subscriptions/web-view?a=UXLTcK&c=01J9KFRA209PWJGAPW0TS9R0TK&k=a35a554c1d2561ff819f45ed33a94dd6&m=01JN6S4S1J6FEJYDZA5XNPNFNZ&r=01JN7F6026PXBM38DYDBT6EZTK)

Make March meaningful with a mix of food, friendship and belonging at your Museum. From Iftar gatherings to powerful storytelling, dive into a month of connection and culture.

[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.

[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 – 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.

[Henpicked – March 2025 Newsletter](https://e.henpicked.net/menopauseworkplacelz/lz.aspx?p1=MI3DU4NTA0Uzc4OjY3Q0JBREYxOTg2OEQ3RTYyMEY3MTk1NkQ4MTNDRkU0-&CC=&p=0)

[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/)

[The Wildlife Trust for Lancashire, Manchester and North Merseyside February's Nature Notes](https://email.lancswt.org.uk/cr/AQichhYQvZcrGL_K3Ts3ifiKcdQwx5pVL9icab_pveUi6Hv4A4AJ5bQlDE4Zwg)

[Social Responsibility Newsletter – February 2025](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=MY3DU1MzE4MlMzNTQxOjkyMjA4OUUyNTQwNzk3MDkzMjY1NkRGODk2NEYxRjYw-&CC=&p=0)

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

[March News at the Lit & Phil](https://mailchi.mp/9a97a9a352c4/new-season-10143772?e=9c40323cbf)

[March in Manchester City of Literature](https://mailchi.mp/2091fed6f84c/afuzoqn3gb?e=274dc46a02)

[RNIB Latest News and Updates (24/02/2025)](https://rnibenews.org.uk/cr/AQjI5A0QoIhoGM3Yw7sBvATznzSXlkje8NdSuG0EllyEgtM1lu4kvFUkSJZOT0E)