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

**21 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.) |
| 17-23 March20-26 March21 March22 March24-30 March24 March26 March30 March31 March | [Neurodiversity Celebration Week](https://www.neurodiversityweek.com/) and [Nutrition and Hydration Week](https://nutritionandhydrationweek.co.uk/)[National Complementary Therapy Week](https://www.complementaryhealthprofessionals.co.uk/national-complementary-therapy-week)[World Down Syndrome Day](https://www.worlddownsyndromeday.org/)[World Water Day](https://www.worldwaterday.org/)[Debt Awareness Week](https://www.stepchange.org/partner-with-us/supporting-debt-awareness-week.aspx#:~:text=Debt%20Awareness%20Week%202023%20What%20is%20Debt%20Awareness,focusing%20on%20how%20debt%20can%20happen%20to%20anyone.) (financial wellbeing)[World TB Day](https://www.stoptb.org/advocate-to-endtb/world-tb-day)[Epilepsy Action Purple Day](https://www.epilepsy.org.uk/involved/fundraising/purple-day)[World Bipolar Day](https://www.bipolaruk.org/bipolar-awareness-day) (Bipolar UK) and [Mothering Sunday](https://nationaltoday.com/mothering-sunday-in-the-uk/#:~:text=March%2019%2C%202023-,U.K.,Lent%2C%20the%20Christian%20fasting%20period.)[Trans Day of Visibility](https://www.stonewall.org.uk/about-us/blog/trans-day-visibility-global-perspective) |

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| **April celebrates:** | [Bowel Cancer Awareness](https://www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month/?gclid=Cj0KCQiAutyfBhCMARIsAMgcRJS-Uelw1dpz0x0t37QYB0C4YyS8BRfXzWvGZ9shDuRBbj6TslcliagaAi_0EALw_wcB), [Testicular Cancer Awareness](https://www.testicularcancerawarenessfoundation.org/tc-awareness-month), [Financial Wellbeing Month](https://www.financialwellbeingmonth.com/), [Stress Awareness Month](https://www.matesinmind.org/training-and-resources/stress-awareness-month-april-2025), [World Autism Acceptance Month](https://www.autism.org.uk/what-we-do/acceptance-and-awareness/world-autism-acceptance-month) |
| 2 April5 April | [World Autism Awareness Day 2025](https://whttps:/www.un.org/en/observances/autism-day#:~:text=Virtual%20Event%3A%20Wednesday%2C%202%20April%202025&text=Since%20the%20United%20Nations%20General,their%20equal%20participation%20in%20society.)[Tax Year End Day](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjOheuziJuMAxUPQUEAHaNFInAQFnoECC4QAQ&url=https%3A%2F%2Fwww.gov.uk%2Fself-assessment-tax-returns%2Fdeadlines&usg=AOvVaw0luYHdDosp-jAnwr7nEIpd&opi=89978449) (financial wellbeing) |

[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.

[Action for Happiness Calendar: Active April](https://actionforhappiness.org/sites/default/files/Apr%202024.jpg)

Let's find ways to get moving and stay active and healthy.

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

Observing religious celebrations this March and April.

[The University’s 2025 Diversity Calendar](https://www.staffnet.manchester.ac.uk/news/display/?id=32397)

Have you seen our Diversity Calendar?

[Equality, Diversity and Inclusion Blog](https://blogs.manchester.ac.uk/edi/)

The EDI Directorate have recently published several articles relating to International Women’s Day such as its radical roots, reflections on the Aurora leadership programme and the importance of intersectionality. We also have a new article exploring Autistic burnout, written by Dr Katie Twomey.

In addition, Dr Omolade Allen has written a blog for BMH Social Responsibility on [Accelerating Action for Women’s Health and Equality](https://blogs.manchester.ac.uk/bmh-sr/2025/02/26/accelerating-action-for-womens-health-and-equality/).

[‘How We Feel’ App](https://howwefeel.org/)

Colleague Recommendation from Stephanie Danson, EDI Project Officer: “The ‘How We Feel’ app includes useful tools for identifying emotions and uses AI (the AI feature is optional) to help you to process your emotions through journalling. It also includes educational videos and tools such as breathing exercises, sound pattern exercises, etc. to help you feel and move through your emotions.”

[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.

[Deliciously Sustainable: Low Carbon East Asian Lunch](https://estore.manchester.ac.uk/product-catalogue/faculty-of-humanities/hcri/low-carbon-east-asian-food/low-carbon-east-asian-food?fbclid=PAZXh0bgNhZW0CMTEAAab6TaVq26UGWJmJFvNg1pUkbbBJLXCwIfiJyWfCRfgpjK4MsxyPkzo3w44_aem_ArKFVnuMH9WoEFrHFXhQ9Q)

*Organised by the Confucius Institute and HCRI as part of the Seeds of Hope and Action project*

**Location:** Sheng Lok Centre (meet outside the shop in the foyer of University Place, Oxford Road and walk 10 minutes together to the Centre)

**Date:** Tuesday 25 March 2025

**Times:** 1.10-3PM

**Cost:** £5 (includes lunch and a drink with the meal)

Do you enjoy classic Chinese dishes like crispy duck, sweet and sour pork, or gongbao chicken? Have you ever wondered if a vegetarian could thrive in China? Join us for a unique Chinese meal experience, where you'll savour low-carbon alternatives to popular Chinese dishes. Discover new ingredients and sustainable cooking techniques while enjoying delicious food. Let’s explore sustainable eating together and enjoy a taste of China with a modern, eco-friendly twist.

[Stress Awareness Month in April](https://www.staffnet.manchester.ac.uk/news/display/?id=32437)

Access support and sign up for workshop series for Line Managers and Leaders.

[Spring Jumble Sale](https://www.staffnet.manchester.ac.uk/salc/about/news-and-events/news/display/?id=32342)

Wednesday 9th April, 10:00 – 16:00 – Samuel Alexander Building Main Entrance (North Foyer)

Call out from School of Arts, Languages and Cultures: We’re holding a jumble sale event and would love colleagues to get involved. You can drop off your contributions every weekday between 10am-4pm at the School Operations Office, Room A6, Samuel Alexander Building.

[Payroll Giving Month success](https://www.staffnet.manchester.ac.uk/news/display/?id=32395)

Now that Payroll Giving Month has come to an end, it’s time to take the opportunity to celebrate our generous colleagues who’ve chosen to support their University with donations directly through their pay.

**Invitation to Free Basketball Training for Parents & Children at UoM**

Following feedback from the Lunch & Connect, we are excited to offer free basketball training for the Parents, Carers, and Guardians Network members at UoM!

This is a great opportunity for children to meet and connect with others while parents can also expand their network in a relaxed and supportive environment.

When: Every Tuesday, 5:00-6:00 pm

Venue: Co- Op Academy, Belle Vue, M12 4BA

If you’re interested in joining, please email: kelly.burnham@manchester.ac.uk so we can add you to the group.

[Staff Active Travel Breakfast – an event to encourage staff to walk, wheel, cycle or run to campus](https://www.eventbrite.co.uk/e/staff-active-travel-breakfast-tickets-1286286640969?aff=oddtdtcreator)

**Wednesday 30 April 2025, 8:15-10:00 am - Cafe 65, Alliance Manchester Business School**

Join us for the Active Travel Breakfast on 30 Apr! Travel to campus actively, enjoy free food, and connect with colleagues. Pre-register now.

**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 (02/04/2025), 8.00-9.00 am and more details are on Facebook at <https://www.facebook.com/groups/umbug/>.

**Staff Wellbeing Workshop With Experimental Archaeology Club**

***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** to reserve a space or for further information. Location: Mansfield Cooper Building 4.03.

[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.

[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.

[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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**Active Manchester New Classes**

* Thursday 18.00 – 18.45 (Wellbeing Studios, Simon Building)

Kinisi Flow – a great movement class designed to keep you mobile and strong on

* Monday, 17:00-17:45 (Armitage Sports Centre)

Hybrid Circuits – this class is a toughie, its loosely based along the format of a [Hyrox/crossfit](https://hyrox.com/the-fitness-race/) session, so if you want to get really fit, this class is for you.

To book onto sessions click [here](https://www.sport.manchester.ac.uk/join/).

[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%3A/www.manchestermarathon.co.uk/volunteer-faqs__;!!PDiH4ENfjr2_Jw!E2wglRRjXxjKrvXbY5VN5SqOfs4PvyC2wez_ZU5cq9siWv5RIxzmKYYLRLZ8OgHLA_zMIwiVZzCaf7rKcnBMcqNPO3yV0TEc2Q$).

**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.

**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/).

**SEED School Wellbeing Run**

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

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

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

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

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

[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 2nd April 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!*

[On Campus Student-Led Health Screening Clinic – Wednesday 26th March 2025, 1:30-3:30](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 clinic 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:

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 – 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 if you would like the Zoom link.

[Have A Marvellous March and an Amazing April 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.

[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!

[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.

[The Power of Rest: How to Recharge Day and Night – webinar recording from Headspace](https://urldefense.com/v3/__https%3A/link.headspace.com/rest25__;!!PDiH4ENfjr2_Jw!ExzO_lWduEBYGMGWHFCHd5abWcNTJuBLG9mTwGNJb6dNpgRRXNOR4rHATzNx8zCtQL8c752UNBJnlqv8s45PU_p93htcBHbp$)

Support your body and mind with quality rest and sleep’ – a recording of a live event that took place on 13/03/2025. The workbook to download is here: [https://link.headspace.com/rest25-workbook [link.headspace.com]](https://urldefense.com/v3/__https%3A/link.headspace.com/rest25-workbook__;!!PDiH4ENfjr2_Jw!ExzO_lWduEBYGMGWHFCHd5abWcNTJuBLG9mTwGNJb6dNpgRRXNOR4rHATzNx8zCtQL8c752UNBJnlqv8s45PU_p93hMcQCXG$).

[Prioritising Sleep – webinar recording from Headspace](https://urldefense.com/v3/__https%3A/link.headspace.com/sleep25__;!!PDiH4ENfjr2_Jw!DKCmSw9qmJ3_7SvnAIQDQLTuA3n7CacKPF79h1pbKtzKLQkXMGH0giRl5HLRwfEPtCV8wCSBt23G-QdjZfi2jgZ9iKEM6WLX$)

Learn how to wind down and rest better – a recording of a live meditation that took place on 06/03/2025.

[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).

[*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.

[Supporting Women’s Health, Wealth & Workplace Success With Innovative Benefits (Webinar Replay)](https://urldefense.com/v3/__https%3A/go.hellobenefex.com/e/103572/ntent-non-attendees-button-cta/5wwqqt/1051129314/h/kNMX9eXLvcWHG8oRynSXmHeUhc2F0bcqvswphNKzWLo__;!!PDiH4ENfjr2_Jw!DEpGVLDEwbSYOlrQgiJ-DTV8GMTnVVW_yr9G5BNdr9l6Bgk89XaPZ4vYrk8m01xtZYQr_1PXO63Iv-8iDeBfEiPdflE5xdRJEg$)

In this webinar, Gemma Callaghan, Chief Commercial Officer at YorkTest, and Charlie Ward, Head of Sales & Marketing at James McKenzie, joined Benifexers Katie Lewis, Lead Partnerships Manager, and Laura Noyce, Partnerships Executive, to share how innovative benefits and accessible services can support, engage and empower women.  This is a replay of live event that took place on 07/03/2025.

[mProve in 30 (webinar recording): How muscle and bone health support women’s workplace wellbeing](https://urldefense.com/v3/__https%3A/daav9.r.a.d.sendibm1.com/mk/cl/f/sh/SMK1E8tHeG7uihny3IkI0mGXijJv/zi-RKz88iGSh__;!!PDiH4ENfjr2_Jw!BD-DqFSskTSKkoh7OfqxLJs7nF7HfqTaoAHFRVhzkiHHfIiPW1FjZDs5IMUTcCjr02WOmjyFWj-lZKLr_82-wBLHCWzUfIV0cICc6HCuhuFJZg$)

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In this mProve in 30, delivered by Health@Work’s Wellbeing Consultant Suzanne Wootton, she discusses 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.  This is a recording of a live event that took place on 13/03/2025.

[How to Build a Mentally Healthy Workplace: What Works? (webinar replay)](https://urldefense.com/v3/__https%3A/mindforwardalliance.us20.list-manage.com/track/click?u=1d7b799af8cf6835989ddec6c&id=3ec333ac03&e=54ec2374ec__;!!PDiH4ENfjr2_Jw!H20MrzBvymVdn4AMae8bZ89axQDSKsKOiXv8ck5yP667hm7QUhNH610Uk9YjsmkSmUeQ0Y-LW0jI9Veypb6Z9R4-TmEXeky4zoQv0ik$)

An insightful discussion with expert speakers sharing the latest research and strategies for creating a

thriving workplace. This is a recording of a live event that took place on 11/03/2025. You can download the Thriving at Work Framework here: [MindForward Alliance Thriving at Work Framework [mindforwardalliance.us20.list-manage.com]](https://urldefense.com/v3/__https%3A/mindforwardalliance.us20.list-manage.com/track/click?u=1d7b799af8cf6835989ddec6c&id=b7ab48c569&e=54ec2374ec__;!!PDiH4ENfjr2_Jw!H20MrzBvymVdn4AMae8bZ89axQDSKsKOiXv8ck5yP667hm7QUhNH610Uk9YjsmkSmUeQ0Y-LW0jI9Veypb6Z9R4-TmEXeky4lWx8QVM$).

[Refugees at Home – Hosts Needed](https://urldefense.com/v3/__https%3A/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

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.

[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.

[Henpicked’s Forthcoming Webinar: How the Employment Rights Bill Impacts Menopause and Menstruation At Work](https://urldefense.com/v3/__https%3A/e.henpicked.net/menopauseworkplacelz/lz.aspx?p1=Mo5DU4NTA0Uzk5OkVBMTFFMERGNTYzNkEyNzVEMTM0MjhBQ0UyRjIxNTND-&CC=&w=4085__;!!PDiH4ENfjr2_Jw!APgSAVW_qwQooSslFwTRmEBJOVSvNaVpizxAE1u6qzdut0Xi7hdpdwjAFUb6hmD2JjSZjXfpaeb6rXDWIN792eymptaKfoYqlvhP$)

Thursday 27 March 2025, 10:00 - 11:00 am

Join us for this essential discussion on what these changes mean for employers, how to prepare for new responsibilities, and what best practice looks like in supporting employees through menopause and menstruation.

[Henpicked’s Lunch & Learn (webinar replay): Menopause and mindset](https://henpicked.net/menopause-hub/menopause-mindset-tips/)

Join Henpicked's Deborah Garlick and Professor Mary Ann Lumsden for this insightful session as we explore this question and share practical tips to help you thrive through the menopause.

How does menopause affect your mindset and how does your mindset affect your menopause? Is there a connection between the way we think and the way we experience menopause? Join us for this fascinating. This is a recording of a live event that took place on 19/03/2025.

[Action for Happiness Forthcoming Webinar – Happiness Ripples: Making a Positive Difference](https://www.eventbrite.co.uk/e/happiness-ripples-making-a-positive-difference-with-alex-nunn-friends-tickets-1262340186479?aff=oddtdtcreator&mc_eid=a0d0bb6dff&mc_cid=b4a09efb86)

Monday 24 March 2025, 19:00 - 20:30

Want to see a happier, kinder world? You're not as alone as you think. Join the Action for Happiness Volunteer Team (Alex Nunn, Joshua French and Jess De Ayalaus) for an engaging and intimate online gathering where every small action can create a ripple of positive change. This vibrant Zoom meeting is full of interactive discussions, sharings, and meditations designed to boost your wellbeing and spark practical ideas for making a difference.

[Action for Happiness Webinar Replay: Caring & Sharing: International Day of Happiness with Prof Lara Aknin, Dr Radha and Dr Mark Williamson](https://youtu.be/QvkkBbjWIHs)

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

**World Happiness Report**

Find out more about the [World Happiness Report [worldhappiness.report]](https://urldefense.com/v3/__https%3A/worldhappiness.report__;!!PDiH4ENfjr2_Jw!A8a0dVNIPrikO8rW45TyM5RxC0P64csU0Z6VvYR143X4prGuqmakbD5as87uubGiWLQa_7kuyhmMtxtV2jldWUWGqodSkz7JBFxlKg$) and download the [2025 report here [happiness-report.s3.us-east-1.amazonaws.com]](https://urldefense.com/v3/__https%3A/happiness-report.s3.us-east-1.amazonaws.com/2025/WHR%2A25.pdf__;Kw!!PDiH4ENfjr2_Jw!A8a0dVNIPrikO8rW45TyM5RxC0P64csU0Z6VvYR143X4prGuqmakbD5as87uubGiWLQa_7kuyhmMtxtV2jldWUWGqodSkz7nq6Gzig$).

**Action for Happiness on BBC News - International Day of Happiness**

Check out this heartwarming [BBC news coverage [youtube.com]](https://urldefense.com/v3/__https%3A/www.youtube.com/watch?v=tliCjTq0pYI__;!!PDiH4ENfjr2_Jw!A8a0dVNIPrikO8rW45TyM5RxC0P64csU0Z6VvYR143X4prGuqmakbD5as87uubGiWLQa_7kuyhmMtxtV2jldWUWGqodSkz4gbMdRxg$) about the importance of kindness and how Action for Happiness is encouraging this.

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

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

[Happiful Magazine – Issue 96](https://urldefense.com/v3/__https%3A/click.happiful.com/ls/click?upn=u001.28Gc7YwOWu-2BFSW5prfJw8yd3LOxr7ykvuvlz4UFY9hUbHqbsF-2FEj6ZEzJie4zj-2F9dQAxEhbm8szKDj3dVaxAUnDJXCMJopzZq8Go8Inv1VWt7ZnFs9FzlCtjAe6t1v-2FVciJNpzG8AJ1BDISoxoAu-2FsGaxcFTp-2BjjGK4OFyTufGc-3DgVmh_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPaiLHaaR-2BTvBdU84OoC8-2BX5HqMpSAw8y1mJ1GEnRUXh9I05rLftzYfo3JjDyXQ1T643uXq0YGtePUKa1rXsgwl1zypMeVWQtKu1SeVNqcNsNCb5K1Vqv9hM1-2FRC40RNzMWsd67IQXrLb2UfejFM2IEP7bfv3UL7sDvo-2FVdxiRHYXgyAP5lr6tclWmztJRZTK4eo1DGgk4KYj9zTo9Ln9h-2BtYIMbApMYTYrHTs1rA1glHspoPl5-2FcTHxjLuHd5gTK6Iw0Py5Zz0LIpSDfW4p8SZWOdMVnTtOtBjfCPS6j1pEs9-2B3z0EUMfj4hyhYezc-2Fr6vqp-2FfPScMi4eall4e0z3otK0RbW6SAwmHSJZxjWCsUNCD6IwPOX6dfqxJnhOFihG9gjktQD8kpoJb3b8fpmRCV4gMOVKepwoh9OxikSrAoLCx3CKHx2bktdl1-2B7pGFmqbw-2FEJkQ5vpIkCMcv9iYmoiAHXFTjIeGV6WhtUqS3VneW-2BYgF3fvZwGVc8yCgRsGTobDwSXrYcxylciAAKKeVWkDQeLlVjnNxax21v4jydc3uzC4oZilQgk80o4g0UTWevlTEEhcIsGfCdJZhQhinBn8X1OCiDAkOUHAznF8DknBVynben7Phpogo3LYN8JXnYMHl8Vq1fAKs-2B9-2BznSntz-2BKUy-2B-2FsLNgpd7L8ohWR0cWwm-2BM3fmr7WZQrMlQJgkigLvMkqc0E1goGYypj1em1oVTxxVZUVFmmv3yGvepcuMvvVBcJ3lM8OOnfBA6vpdMiykX5UOssizjzNUQnC7etTRALH9rDQuDCCVjMimXsdmfzP6OBwJcSgD9GcDkpHSkHsR8QUQJ0KVG6B1zyUo-2FhVdFoFIrxwew62jTTgLae3S9p62L-2FckKc8QWnqPQKbYY8AjUkHhTRbygTashcQPeU8gdyf8EPLp-2FOBVVDlAkY6Rm3wPwouAfYeymVc-2FpfQa9xpO8EvSVwquAxb2Y4fr7leJ-2FZBV5j6lrhpzTfy9G9Yqo92YTPQM3NxsJy-2BoMsLujWOZetYjqqrm5xlTqIzAi2SXuCynY4qrUy1wQ6zWuMhW8-2FifwzStSg2t4yhihBs4TJ0-3D__;!!PDiH4ENfjr2_Jw!EW4giJvxNJMlNKYdFjr9Gfp--mEq90eQRVj-nDPVjGyOuyQ4bSQ1cq9M8qMR_XMfwDO6l6kGfSXyE2lxC5er9VR-7XpxxQ$)

This issue, make time for a little self-care with our expert-led features on wellbeing, including:

* How **joyful snacking** could improve your state of mind.
* End comparison with the help of **‘oubaitori’.**
* Uncover the healing powers of **equine therapy.**
* Plan a**journey of self-discovery** for your next getaway.
* **Stressed?** Tweaking your diet could help.
* How to mentally prepare for **marriage after divorce.**

Plus, read the stunning winning entries from the 2025 Happiful Poetry Competition.

[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.

[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 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.

[RSPB Notes on Nature, March 2025](https://view.email.rspb.org.uk/?qs=137fa70983314dba70a32712ed7ab63110705cdc0e4e759c3c6d98c0a369468f4221720ba0e4ccf7003f3fbe544b6d0456893f5e5d9fa2ed7e7a699d03cf2aa5a1488474448c4e46ee0467870ed9f4441afa159eeca45bb1)

March’s Birds of the Month: who will you see? The hills are alive with the sound of birdsong. But who sings ‘a-little-bit-of-bread-and-no-cheese’? And who is nicknamed ‘the peewit’? Discover six species you can see on the UK’s farmland now.

[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.

[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)

[Visit Manchester in March](https://gchs-zcmp.campaign-view.eu/ua/viewinbrowser?od=3z3735d9a3754dd28ce91058335d0cf536&rd=1fe75a606689fad&sd=1fe75a606688a69&n=124296dffa3dc5&mrd=1fe75a606688a57&m=1)

[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)

[Dementia Friends, March 2025](https://email.alzheimers.org.uk/cr/AQix6xUQk5kxGPH6xyELsQ22M2hYZ5ty_5szKjBLzOYR2yGNw3lG84gVcIGXrg)

[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)