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

**4 April 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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| **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) |
| 7 April  11 April  17 April  17-23 April | [World Health Day](https://www.who.int/campaigns/world-health-day/2025)  [National Board Game Day](https://whatnationaldayisit.com/day/board-game/)  [World Haemophilia Day](https://wfh.org/world-hemophilia-day/)  [National Feet Week](https://www.awarenessdays.com/awareness-days-calendar/national-feet-week-2025/#:~:text=When%20is%20National%20Feet%20Week,from%20the%2017th%20%2D23rd%20April.) |

[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.

[Hidden Disabilities Sunflower Programme](https://www.staffnet.manchester.ac.uk/news/display/?id=32447)

Recognising Hidden Disabilities with the Sunflower

[What’s on in April?](https://www.staffnet.manchester.ac.uk/news/display/?id=32481)

Welcome to April’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.

[Environmental Sustainability April Events: It’s in our Nature](https://www.manchester.ac.uk/about/social-responsibility/environmental-sustainability/get-involved/events/?page=1)

Research shows that nature is crucial for our mental and physical health. Our relationship with nature significantly contributes to good mental health and well-being. The Mental Health Foundation 2021 report ['How connecting with nature benefits our mental health'](https://www.mentalhealth.org.uk/our-work/research/nature-how-connecting-nature-benefits-our-mental-health) found that 70% of UK adults agreed being close to nature improves their mood, and 49% said being close to nature helps them to cope with [stress](https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/stress).

[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/).

[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 6 May 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.

[Stress Awareness Month Booklet – Mental Health Charter](https://urldefense.com/v3/__https:/email.cloud2.secureclick.net/c/2555?id=878445.2345.1.43669bdf9851df82ed3a06f0bdcc6008__;!!PDiH4ENfjr2_Jw!ELVawe64DJahVKWF2tExbzO9nysfdCvJdw46MnOZv4COeh7oJRIYKlGvP2_wWBu6VgXXfBXXKa_qbVeRAne-08KUUJN4TEGQlBgUz4DY$)

As we dive into April, we embark on Stress Awareness Month, a crucial time to prioritise mental health and well-being. Here at The Mental Health Charter, we understand the significance of recognizing and addressing stress in our lives, both personally and professionally.

We are convinced that by nurturing a culture of awareness, understanding, and support, we can effectively combat stress and promote a healthier, more balanced lifestyle for everyone. Let's collaborate to ensure that Stress Awareness Month 2025 becomes a catalyst for positive change.

[HSE’s Working Minds Campaign](https://urldefense.com/v3/__https:/links-1.govdelivery.com/CL0/https:*2F*2Fpress.hse.gov.uk*2F2025*2F04*2F02*2Fapril-is-stress-awareness-month-tackle-stress-in-the-workplace-with-five-steps-in-five-weeks-2*2F*3Futm_source=govdelivery*26utm_medium=email*26utm_campaign=working-minds*26utm_term=sam-1*26utm_content=digest-3-apr-25/1/01000195fbdbc034-7f3aa49b-6093-4ce5-9b98-65b6226b69f8-000000/IQKKGp_f198gnM5wZnRolvMMZ5aRC-q0JoKoUuFPTVw=399__;JSUlJSUlJSUlJSUl!!PDiH4ENfjr2_Jw!GYvM-gdRae1G4wfN-Sjmy2zXWGS3TEf_tLGogyzC8VVOrageNUUUy1Os7ZlWHEgCtvXIdBOCc1iDwXdJqPpvQP38QFOWc21K91I$)

Make April the month you make it routine to prevent stress and support mental health at work.

We're inviting employers and managers to complete the 5 steps of HSE's Working Minds campaign over the course of April and have everything you need to get started, for free.

* reach out and have conversations
* recognise the signs and causes of stress
* respond to any risks identified by agreeing action points
* reflect on the actions taken – have things improved?
* make it routine to check back in on how things are going

[Join Financial Wellbeing Month](https://urldefense.com/v3/__https:/ripl-zcmp.maillist-manage.eu/click/11493cb168f20b08/11493cb168f1fa32__;!!PDiH4ENfjr2_Jw!FOMvDEVHIyy9SHySyMT5eD2FUwTYm1t1p9nT9z8cnBif9Fjk_sKo-WtU3Cz1M8VgSdO9TGv_VnLGGcXMYornhfsM5GZr1rdjFw1aZdU$)!

*#FinancialWellbeingMonth* is a free campaign that was created to help all workplaces link and improve financial wellbeing, mental health and suicide prevention. It is brought to you by the teams at [Mental Health First Aid England](https://mhfaengland.org/), [FinWELL Training](https://www.finwell.uk/)and the [R;pple Suicide Prevention Charity](https://www.ripplesuicideprevention.com/).

[Cosy Campus Spaces Relaunch Across Campus](https://www.staffnet.manchester.ac.uk/news/display/?id=32487)

Our Cosy Campus initiative is relaunching across the University – you can find out more about it at our event on Tuesday 8 April at 4.00pm in the Alan Gilbert Learning Commons.

[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.

**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](mailto: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 – Café 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.

**Staff Wellbeing Workshop With Experimental Archaeology Club**

15th May, 12:00-14:00 (15 spaces available) – Location: Mansfield Cooper Building 4.03.

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.

[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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[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.

[Support our Purplewave fundraisers!](https://www.staffnet.manchester.ac.uk/news/display/?id=32496)

This May, the University of Manchester community will come together for the Purplewave, the University’s official entry in the AJ Bell Great Manchester 10K.

**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.

[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 16th 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!*

**Book Club – April Meeting**

Next meeting is Friday 25th April 12:30-1:30pm. You don't even need to have finished the book (although there will be spoilers!).

We have two books to choose from in April (we could not decide between them!). You can read either or both. These are **Unruly: The Ridiculous History of England's Kings and Queens by David Mitchell** and **Astral Travel by Elizabeth Baines**.

We will also recap **Things Fall Apart by Chinua Achebe**.

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.

[Have 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 2025 Event Recording Library](https://lexxic.com/ncw25-events?__hstc=201631246.22ffb124ae34fea232011e2d7addafcc.1741348447453.1742300796784.1743689312570.3&__hssc=201631246.2.1743689312570&__hsfp=243296554)

To re-watch NCW 2025’s events, scroll down and select the event to access the event recording and any useful resources that were shared during the session.

This year’s NCW was packed with inspiring stories, expert insights, and powerful conversations. Catch up on the best moments by watching our **highlights video** on social media.

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*[This Girl Can](https://urldefense.com/v3/__https:/www.thisgirlcan.co.uk/webinars__;!!PDiH4ENfjr2_Jw!CadCJdJ4-EtdLkoaoYPe5ITiszdSA9iceU3bRmaAOqOQytHN7p2dDQZdlU_cshLtpYEUw0iSMQYjF1k4G3hUziD7cwbD_0k36jFUcQkw$)*[’s Research & Insights (webinar replay)](https://urldefense.com/v3/__https:/www.thisgirlcan.co.uk/webinars__;!!PDiH4ENfjr2_Jw!CadCJdJ4-EtdLkoaoYPe5ITiszdSA9iceU3bRmaAOqOQytHN7p2dDQZdlU_cshLtpYEUw0iSMQYjF1k4G3hUziD7cwbD_0k36jFUcQkw$)

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 dove deep into our latest research and how we’re using it to guide our approach to engaging our women. We update you on the resources we are developing for the sector and share our key milestones for 2025. This is a recording of a live event that took place on 27/03/2025.

New resources: the Belonging Starts with Inclusion insight report and comms toolkit are now live on our website and can be downloaded at: [www.thisgirlcan.co.uk/startwithinclusion [thisgirlcan.co.uk]](https://urldefense.com/v3/__https:/www.thisgirlcan.co.uk/startwithinclusion__;!!PDiH4ENfjr2_Jw!CadCJdJ4-EtdLkoaoYPe5ITiszdSA9iceU3bRmaAOqOQytHN7p2dDQZdlU_cshLtpYEUw0iSMQYjF1k4G3hUziD7cwbD_0k36oTUUiwJ$).

[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.

[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 Webinar (replay): How the Employment Rights Bill Impacts Menopause and Menstruation At Work](https://urldefense.com/v3/__https:/e.henpicked.net/menopauseworkplacelz/lz.aspx?p1=My9DUwODgyMVM1MTE6RTUwMjA4NDJGRjgyMEFEQUQ0NTU0M0JENkQ1MDA3NUI*3d-&CC=&w=5194__;JQ!!PDiH4ENfjr2_Jw!D23ChP62PzRs0eXqUotqzQJcHRI-UWk4A21vHsJgdvRQY37DIixAh6Kg6LIcRrt5NfytwtXiQWaEdScTvx_0caNAM_XgEP6iC2QEVtI$)

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. This is a recording of a live event that took place on 27/03/2025.

[Action for Happiness Webinar (replay) – Happiness Ripples: Making a Positive Difference](https://urldefense.com/v3/__https:/youtu.be/kG-8ta_bl6o__;!!PDiH4ENfjr2_Jw!EtvhH1sknSF83qjqj8u0hJZ5j2_8lHOzAjHPQtbTBrPjshsNk55y4EKdEq_OCGRG8f9_Im8w_RBmJ2g-6MVvrUAxdjWFnkxPDUChjQ$)

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. This is a recording of a live event that took place on 24/03/2025.

[Action for Happiness Forthcoming Webinar: How To Find Meaning – Professor Michael Steger](https://www.eventbrite.co.uk/e/how-to-find-meaning-professor-michael-steger-tickets-1308000397399?aff=oddtdtcreator)

Monday 19 May 2025, 19:00-20:00

At a time when life feels faster, harsher and more chaotic than ever, many of us are left asking: what really matters? At this special event, renowned psychologist and researcher Professor Michael Steger will explore how we can reclaim meaning and purpose in life, even in the midst of modern chaos.

[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:/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.

[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!

[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 10 April 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, April 2025](https://view.email.rspb.org.uk/?qs=137fa70983314dba70a32712ed7ab63110705cdc0e4e759c3c6d98c0a369468f4221720ba0e4ccf7003f3fbe544b6d0456893f5e5d9fa2ed7e7a699d03cf2aa5a1488474448c4e46ee0467870ed9f4441afa159eeca45bb1)

**April’s Birds of the Month: six species to see**

Puffins are back! Take a look at our top six birds of the month for what to see now. While all are associated with the sea, half have swapped their sea legs for a life inland. Which will you see?

[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 and Local Partners**

[April Highlights at Manchester Museum](https://manage.kmail-lists.com/subscriptions/web-view?a=UXLTcK&c=01J9KFRA209PWJGAPW0TS9R0TK&k=a35a554c1d2561ff819f45ed33a94dd6&m=01JQTZWN92X0AYSK1RR61XY81E&r=01JQWAVWTVGTR54SR5AG056J6N)

Make April unforgettable with a mix of movement, culture and storytelling at Manchester Museum. Whether you're celebrating traditions, discovering new perspectives, or even running a marathon, take time to pause, connect, and explore.

[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 – April 2025](https://wellbeing.hub.healthhero.com/page/march-2025): This month, we cover how to cut food waste while saving money, spotting the signs of bowel cancer early, supporting autistic employees at work, and digital detoxing.

[Henpicked – April 2025 Newsletter](https://e.henpicked.net/menopauseworkplacelz/lz.aspx?p1=My9DUwODgyMVM1MTE6RTUwMjA4NDJGRjgyMEFEQUQ0NTU0M0JENkQ1MDA3NUI%3d-&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)

[What’s On in Manchester](https://www.visitmanchester.com/whats-on/)

[GM Green City – News and Events](https://gmgreencity.com/news-and-events/)

[The Wildlife Trust for Lancashire, Manchester and North Merseyside – What to see and do in April](https://www.lancswt.org.uk/blog/what-see-and-do-april)

[Social Responsibility Newsletter – March 2025](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=M4jDU1MzE4MlM1NTQxOkNCRUExN0VCRUUyMjI1RTA2Q0Q4OUQ1NTQyQzQ2NUFE-&CC=&p=0)

[Sustainable Futures Monthly Newsletter: April 2025](https://mailchi.mp/manchester/sustainablefuturessept-6746237?e=6f183721c1)

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

[Manchester City of Literature – March 2025](https://mailchi.mp/d4375455cdb1/8ky2yis0sx?e=274dc46a02)

[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)