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

**20 June 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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| **June celebrates:** | [Tourettes Awareness Month](https://www.tourettes-action.org.uk/178-tourettes-awareness-month-2024.html), [Men’s Health Month](https://menshealthmonth.org/), [PTSD Awareness Month](https://www.ptsduk.org/ptsdawarenessmonth/#:~:text=When%20is%20PTSD%20Awareness%20month,June%20being%20PTSD%20Awareness%20Day.) |
| 16-22 June19-24 June 21 June 23-29 June 23–29 June24-30 June 27 June30 June – 6 July  | [Learning Disability Week](https://www.mencap.org.uk/learningdisabilityweek) (Theme: ‘Do you see me?)[Cervical Screening Awareness Week](https://www.macmillan.org.uk/cancer-awareness/cervical-screening-awareness-week)[Global MND Awareness Day](https://www.mndassociation.org/about-us/who-we-are/raising-awareness)[Deafblind Awareness Week](https://deafblind.org.uk/deafblind-awareness-week-2024/#:~:text=24%20%2D%2030%20June&text=Throughout%20the%20week%20we%20will,of%20sight%20and%20hearing%20loss.)[Cancer Prevention Action Week 2025](https://www.wcrf.org/preventing-cancer/cancer-prevention-action-week/cancer-prevention-action-week-2025/)[World Wellbeing Week](https://www.matesinmind.org/training-and-resources/world-wellbeing-week-24-30-june-2025#:~:text=30%20June%202025-,World%20Wellbeing%20Week%3A%2024%2D30%20June%202025,safe%20and%20healthy%20workplace%20environment.)[International PTSD Awareness Day](https://combatstress.org.uk/ptsd-awareness-day#:~:text=PTSD%20Awareness%20Day%20(27%20June,many%20countries%2C%20including%20the%20UK.)[Glaucoma Awareness Week](https://glaucoma.uk/glaucoma-awareness-week/) |

[Action For Happiness Wellbeing Calendar – Jump Back Up July](https://actionforhappiness.org/sites/default/files/May%202024.jpg)

How can we build resilience, even in challenging times? Let's find ways to bounce back!

Vanessa King, Head of Psychology at Action for Happiness, shares her top tips for Jump Back Up July, based on the key of Resilience finding ways to bounce back, one of the 10 Keys for Happier Living. Visit: <https://youtu.be/ar_fMKTKZoA>

For more on Resilience visit: [https://actionforhappiness.org/10-keys](https://www.youtube.com/redirect?event=video_description&redir_token=QUFFLUhqbGh4ajJrV1Y3MVNEQm95NFV4ZDVWY2VfMlg0Z3xBQ3Jtc0tsMkxjemNnZUdDN2ZmRDdrMEtmVFhzaFROR2w0QmhEa3d1anNhRGtVTk8tMEE4NENHdnluZlBtcHE4VHg4QU5wY2N0eG0zd1NtV3V4QTNUa2tZT3dfdXp4ay1pbS1DSk5SWWVoQUJPYmtvYlFURGRlZw&q=https%3A%2F%2Factionforhappiness.org%2F10-keys&v=ar_fMKTKZoA)

[Pause with Purpose](https://www.staffnet.manchester.ac.uk/news/display/?id=32707)

Join a free colleague Wellbeing activity in June.

[What’s on in June?](https://www.staffnet.manchester.ac.uk/news/display/?id=32709)

Welcome to June’s edition of ‘What’s on?’. Here you will find everything you can get involved in for free each month, ranging from cultural, extracurricular and celebratory events and activities.

[Equality, Diversity and Inclusion Blog](https://blogs.manchester.ac.uk/edi/2025/06/03/ameera-jamil-why-charter-marks-matter-and-how-the-university-of-manchester-is-leading-the-way-with-emilytest/)

June is Chartermarks month in the Diversity calendar. Therefore, we have a new blog post from [Ameera Jamil](https://engage.cloud.microsoft/main/org/live.manchester.ac.uk/users/eyJfdHlwZSI6IlVzZXIiLCJpZCI6IjQ5Mzk0NTkxNDk4MjQifQ/storyline) titled [‘Why Charter Marks Matter—and How The University of Manchester is Leading the Way with EmilyTes’](https://blogs.manchester.ac.uk/edi/2025/06/03/ameera-jamil-why-charter-marks-matter-and-how-the-university-of-manchester-is-leading-the-way-with-emilytest/). This post highlights our commitment to equality, diversity, and inclusion through the EmilyTest Gender-Based Violence Charter, a significant initiative aimed at creating a safer and more supportive environment for all students. Please share and cascade.

[The Confidence Poem Animation – Launch Invite](https://www.ticketsource.co.uk/the-university-of-manchester-edi/t-rpvmpva)

Hosted by Professor Dawn Edge, Academic Lead for EDI (Race, EthnicIty, Religion and Belief)

Wednesday 25th June 2025, 12:00PM

University Place – Room 5.206 <https://www.accessable.co.uk/the-university-of-man>

Please join us for the launch of The Confidence Poem animation! This event will showcase an animation aiming to boost children's confidence, while taking culture, diversity and individuality into consideration.

[Essential safety tips during warm weather](https://www.staffnet.manchester.ac.uk/news/display/?id=32670)

As temperatures continue to remain high, it's important to be aware of a few simple safety steps to support one another.

[Measles update for summer holidays](https://www.staffnet.manchester.ac.uk/news/display/?id=32765)

Information on the latest outbreaks and what you can do

**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.

[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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**UMBUG**

Regular cyclists catch up slots for July – first Wednesday is Bike Breakfast and third Tuesday is at Lunchtime – Wednesday 2nd July, 8am-9am at The Beehive café by the North entrance to the Nancy Rothwell building and Tuesday 15th July, 12.15pm-1.45pm at the AMBS Cafe 65 – or outside if nice – (w3w ///barks.purely.handed)

Both these events are a chance to catch up with like-minded colleagues on all things cycling from routes, weekend escapes, mechanical items and latest clothing bargains that work. More details are on Facebook at [https://www.facebook.com/groups/umbug/](https://www.facebook.com/groups/umbug/?__cft__%5b0%5d=AZVGVwSRHvGcppdwLiDL9ks-EsLSPwUoA0vnnKaAZ55m_eerRkn1R0sqUDPOivHgcCFtNxuLjjVh4NMr9SPYb6UAQt0D2nmvhoN5I8lIVJ9y_Q&__tn__=q)and you don’t have to have cycled in that day to come along.

[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

**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.

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).

**Book Club – June Meeting**

Next meeting Friday 27th June 12:30-1:30pm. You don't even need to have finished the book (although there will be spoilers!).

This month’s book is **A Gentleman in Moscow by** [**Amor Towles**](https://www.goodreads.com/author/show/4536964.Amor_Towles).

We will also recap **To Kill a Mocking Bird by Harper Lee.**

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.

**2nd Life Volunteering**

We are looking for volunteers to fill in the Forms link [https://forms.office.com/e/BbycevxYhe [forms.office.com]](https://urldefense.com/v3/__https%3A/forms.office.com/e/BbycevxYhe__;!!PDiH4ENfjr2_Jw!EKeMhfkXtQVgS1ZubekpsCnozbtSRb-YvRN23favZQE3SAcxaAYQgmoBxpHV4QJQaZ1sNN-omE3VDDDblB-bdGG98Ucw5e1hWmhlO4BauBnmSUiJNR6xfg$) if they are able to help out and go around our student accommodation and collect items we can save and reuse for our Care Experienced and Estranged Students, Article 26 Sanctuary Scholars and students at the cost of living fair at Welcome Week.

Any leftovers will be donated to local homeless and domestic violence charities. Colleagues could get involved through our [3 day volunteer policy](https://www.staffnet.manchester.ac.uk/news/display/?id=31897) which could be applied for to support this initiative.

[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 Free Webinar: Menopause at Work - what the research really tells us](https://urldefense.com/v3/__https%3A/e.henpicked.net/menopauseworkplacelz/lz.aspx?p1=Mw2DU4NTA0Uzc4MTpBNzIxOUNGMEE4RDlERjI3M0NBQzNDQzkzQTgyMTlGRg*3d*3d-&CC=&w=8387__;JSU!!PDiH4ENfjr2_Jw!ARk5lPz0JQURnqhWmdDKxusCmNNMSgeLIgZZurdoTpvYmHEMd91z59mrhZpxwvMutMJFotYgO8oW-9VC7hZx0pGX3E-DJ7s39IOt$)

Wednesday 25 Jun 2025, 10:00 - 11:00

Think you've heard all the stats on menopause at work? Join us for our free webinar for evidence you can trust and insight that drives action.

After 10 years at the forefront of menopause in the workplace, we’ve seen countless headlines, figures and assumptions but which ones actually hold water? And more importantly, what do they really mean for your organisation?

[Henpicked’s Forthcoming Free Lunch and Learn: What is PMDD and how can you support it in the workplace?](https://urldefense.com/v3/__https%3A/henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=a2b6b85060&e=b246dc1610__;!!PDiH4ENfjr2_Jw!HsF26JDtWibRc8BBBWY78O7GVnbBhIplpocM_ZHpq7QnkQElAOBLLrW2tQ-htRS7pT_bwSfdRXDerh_wKBxRfOBGwkMjXjgN5g$)

Wednesday 2 July 2025, 12:15 - 12:45pm

Premenstrual Dysphoric Disorder (PMDD) affects around 1 in 20 women and people assigned female at birth but is still widely misunderstood and often misdiagnosed. So what exactly is PMDD, how does it impact people at work, and what can employers do to offer the right support?

Join us for this practical and powerful session where we’ll explore what PMDD is, the challenges it brings to mental health and working life, and the steps employers can take to build a truly supportive and inclusive environment.

[Henpicked’s Lunch and Learn (webinar replay): How does cancer affect menopause?](https://henpicked.net/menopause-hub/wp-content/uploads/2025/05/menopause-cancer-henpicked.mp4)

Cancer changes everything, including how and when you go through menopause. But how exactly, and what do you need to know to provide the right support? This is a recording of a live event that took place on 19/05/2025.

[Henpicked’s Lunch and Learn (webinar replay): How does ethnicity affect menopause and menstruation?](https://henpicked.net/menopause-hub/how-ethnicity-affects-menopause-menstruation/)

Race, ethnicity and cultural beliefs can all shape a woman’s experience of menopause and menstruation but how and what does the latest research tell us? This is a recording of a live event that took place on 07/05/2025.

[Action for Happiness Forthcoming Webinar: Letting Go, Finding Peace with Dr Fred Luskin](https://actionforhappiness.org/letting-go-finding-peace)

Wednesday 9 July 2025, 19:00-20:00 (donation optional)

At this special event, renowned forgiveness researcher and author **Dr Fred Luskin**will guide us through the transformative power of letting go. Drawing on decades of research and practical experience, Fred will show how holding on to anger, resentment and blame can trap us in cycles of suffering – and how learning to let go can free us to live with greater joy, compassion and connection.

[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 98](https://urldefense.com/v3/__https%3A/click.happiful.com/ls/click?upn=u001.28Gc7YwOWu-2BFSW5prfJw8whDOz1E8GI-2B60bOu6ShmTMkrdVmx4iQBvJ05gmB8PuXx9RjemEzAkyf79X9C-2BoNCl-2FEGVVjxN8jZtV9p3-2FW-2BcP8bqjSrEW3A8EY-2B2tRoHu29Ybg6X8jJVeWBKceHppiqyjvLhagdLTX-2F7B-2Bmgd-2B6NHxx7tzxMTIzXeEvAYmqn3TE3qA2h5ES94A1FfMTkYnoQJ52WJ1AXYI7-2F6dVMkynOo-3DH2ym_i-2BeUTmNfndN2ehp-2FCBhTUO6NebjX88TkKBdL4H-2BlTPaiLHaaR-2BTvBdU84OoC8-2BX5HqMpSAw8y1mJ1GEnRUXh9I05rLftzYfo3JjDyXQ1T643uXq0YGtePUKa1rXsgwl1zypMeVWQtKu1SeVNqcNsNCb5K1Vqv9hM1-2FRC40RNzMUEYIENgRZJIIvfkHfyNgeGC559uui7ayIn3zUfNw-2Bdv5h8qBzbf4E2Ls94DoILP9WejtgMVHVS3j36ICWCGoJ7yf6nX8Dc7Ln1wUZJt2DR1PkOazMuOxCeLLcm8bjtIyROjmGa-2BhSrEF4UvgFbih-2FlK0puRcmbAnbxo0Bl2KS4n57C3t-2FKa94jZPB4eUOVtxi7jrJPdnJMkV370-2BOEtgH6uaPMCdBYfdsGdSMhu6wGg7yb0o6SUMURmRR15N-2FCWnf5Zz0Bk4bcAEHoNJnZXPVuIV5cPRDT6CvVUURaIvxVWBBeIZfxL2PpttLMTGPOIYwFM1Sp78yi3wPRfOysZ1-2BOsaB7MMIS03u-2BQsUClluTpm2cSYWYXA6yxGd-2BC0Ce2GD1qKr3cr5bhOx9tY-2BWKeEKsntlM2baY497-2BOirJY0eKmL1dVBck7P54fvnt-2BPyXjqaXjM9vheQEWXeI0qh18pToyX0wkobgvvJ5aOjfHMJLBMfN4o8GMqK6bFQIjUFmhYfBSWbJwl5b79NI2QfA-2FTz8d4wD5fZbveO0qqGAZzrw7HnDZuY2hKLgF1geWLk61qsx54Z1fdNIUj7Yxdx0ykgQb464pBzznklWQhx2BiMzh4E-2FBWpxSPInWiVsEzUAy4cInzjEq2g9KXMBw-2F1ZsnPu0DGk5h4AiR25mevfQhyY0qF6NrRG4-2BBG-2BfmT3IXt8yj5e011AQkux-2BtZCFTv-2B8YzT-2Bo-2F-2BQ91nMUfusZi6ZuBOYVdTeAz-2FzqzYcv40wioP232V-2Fij-2BPP41W674OSnhdilwfdXoW7IARjnitRYAXLCowtlGSkeT0xiDrU7Xb-2BrMjGqKBJFf-2F-2F-2FUe54TTgRfK-2F7ITKRwC5ekoBvy7Qvoy5-2BqVVy1mYviR2Y41qKK1L2Vt4-2FCvixF3O8OomC48CsEU1__;!!PDiH4ENfjr2_Jw!G8HTMni2btRpIoLUuNtKMStShqakx_SB2ujRr7I3vGPrZuFYmiG_BXQ3mBKWBCqsSRTYb-b4bQYHWFx6OKocSFQKbNRIyg$)

Make a brew, put your phone on silent, and dive into the latest issue which includes:

* Unravelling the mental health benefits of yarn bombing.
* How to handle parents that make you walk on eggshells.
* Practical advice for those ageing without children.
* How to balance dreamscrolling with comparison.
* A guide on media literacy.
* The journaling hack that can rewrite your success story.
* Accepting when a friendship is coming to an end.

Plus, get exclusive journaling pages and puzzles to self-reflect and boost your brain.

[Happiful’s Weekly:](https://cdn.mc-weblink.sg-mktg.com/weblink/MTc0OTgwODgyOHw5dnlfSW1qTDBYQm5MRlBSRjRialpQSzlsSnRteHZ2TkF2YTJ6MS0xWTRFSDlCbldKNFdKNlA2Qnc1TW1oYUp2UXJ3TGxjNXZMem5ZMnpJai1vUUtzUlBEei1GQ0J0N0RfMHYzMEdtZUNFOW43NGRFTjRMa1lvdjNpQ2hTQWNrakpURjVGcXpXZ2FJeC1WVXRZbDJGNTJaQ1NGRGdBOThvVFVZZkVPcmt0WHQxVHpfMFNNbkhSS3UxTDZFbXRGN2dIbWZnS3dTdzhKVkx0RUlkZHNxZkxyUWpxaDNfRW84Y0xkU1VUNFZkTHdKVDdRRUpNNEliWXNMRUZtOVBtWVRkYzFNR3RIRHh2REVKN1FRMUlGQWlRVW9yMTRzRVdNcXpOWWRuQXpWUk41WnJyQTBCQ1JiQ3V0WjNtZ3c0Sm14MXQ2NUxlNXRLVnRLR3yQIMEdjGIPlgFbyYM6q1pp4L5KN82DbEoUHBmKlK0sPw%3D%3D) *[The Uplift](https://cdn.mc-weblink.sg-mktg.com/weblink/MTc0OTgwODgyOHw5dnlfSW1qTDBYQm5MRlBSRjRialpQSzlsSnRteHZ2TkF2YTJ6MS0xWTRFSDlCbldKNFdKNlA2Qnc1TW1oYUp2UXJ3TGxjNXZMem5ZMnpJai1vUUtzUlBEei1GQ0J0N0RfMHYzMEdtZUNFOW43NGRFTjRMa1lvdjNpQ2hTQWNrakpURjVGcXpXZ2FJeC1WVXRZbDJGNTJaQ1NGRGdBOThvVFVZZkVPcmt0WHQxVHpfMFNNbkhSS3UxTDZFbXRGN2dIbWZnS3dTdzhKVkx0RUlkZHNxZkxyUWpxaDNfRW84Y0xkU1VUNFZkTHdKVDdRRUpNNEliWXNMRUZtOVBtWVRkYzFNR3RIRHh2REVKN1FRMUlGQWlRVW9yMTRzRVdNcXpOWWRuQXpWUk41WnJyQTBCQ1JiQ3V0WjNtZ3c0Sm14MXQ2NUxlNXRLVnRLR3yQIMEdjGIPlgFbyYM6q1pp4L5KN82DbEoUHBmKlK0sPw%3D%3D)* [– 13 June 2025](https://cdn.mc-weblink.sg-mktg.com/weblink/MTc0OTgwODgyOHw5dnlfSW1qTDBYQm5MRlBSRjRialpQSzlsSnRteHZ2TkF2YTJ6MS0xWTRFSDlCbldKNFdKNlA2Qnc1TW1oYUp2UXJ3TGxjNXZMem5ZMnpJai1vUUtzUlBEei1GQ0J0N0RfMHYzMEdtZUNFOW43NGRFTjRMa1lvdjNpQ2hTQWNrakpURjVGcXpXZ2FJeC1WVXRZbDJGNTJaQ1NGRGdBOThvVFVZZkVPcmt0WHQxVHpfMFNNbkhSS3UxTDZFbXRGN2dIbWZnS3dTdzhKVkx0RUlkZHNxZkxyUWpxaDNfRW84Y0xkU1VUNFZkTHdKVDdRRUpNNEliWXNMRUZtOVBtWVRkYzFNR3RIRHh2REVKN1FRMUlGQWlRVW9yMTRzRVdNcXpOWWRuQXpWUk41WnJyQTBCQ1JiQ3V0WjNtZ3c0Sm14MXQ2NUxlNXRLVnRLR3yQIMEdjGIPlgFbyYM6q1pp4L5KN82DbEoUHBmKlK0sPw%3D%3D)

Our 100th issue is almost here (just a few weeks to go!) and we’re feeling excited, but also nostalgic for the journey it took to get here. To celebrate, we’ve put together a quiz to test just how well you know Happiful.

* Hypnotherapy
* Community
* Emotional Perfectionism
* Masterdating

[Happiful’s Weekly:](https://cdn.mc-weblink.sg-mktg.com/weblink/MTc0NTU3NTIzMnxQcnF3VmRGMG9TMEN5Y3JoN3BIMXkwdFBfdWJzZTdZSlJyOS1oWFFsUnhFQ3VTREdMUlhkeWRtNWJKY0xRd2hZNXBGNldBenljTV9ES1AtTTFmbEJwaVlEM29oVDhGaFpGSjIyTW5kYm5UNVdIdDNLaGhqYXZqeW1lQnhEbXBRalFfYVkwUVQxSmd0S3JVbVAtcmFoVkcyV0lqQWJEMG1mOV9IcURRTlNZMGNhMW1zSnMtdUFyVUxBWXhJbFBVaDdLeGUzaVlha3Izb2pVWUQwa2Q4RkNVT254azc0ZG5oblNBcWUzclVjcDU5WHMtbnp2R2pLN1NXS2tuU3FydmVtaHpaX1pzOHd3TU1oelMwRW4tSW04dHRsbmNTUGduam1oV0xseHV1dC1PWU5JaU5qa3ZkUkFlc1hQSlZBdWl5NHVNc0ZnUkQ1RGxJZXx7oZ3YS-KVZhdKR6B87T0B6f0NE7dFz5JQsNEcvd0iow%3D%3D) *[The Uplift](https://cdn.mc-weblink.sg-mktg.com/weblink/MTc0NTU3NTIzMnxQcnF3VmRGMG9TMEN5Y3JoN3BIMXkwdFBfdWJzZTdZSlJyOS1oWFFsUnhFQ3VTREdMUlhkeWRtNWJKY0xRd2hZNXBGNldBenljTV9ES1AtTTFmbEJwaVlEM29oVDhGaFpGSjIyTW5kYm5UNVdIdDNLaGhqYXZqeW1lQnhEbXBRalFfYVkwUVQxSmd0S3JVbVAtcmFoVkcyV0lqQWJEMG1mOV9IcURRTlNZMGNhMW1zSnMtdUFyVUxBWXhJbFBVaDdLeGUzaVlha3Izb2pVWUQwa2Q4RkNVT254azc0ZG5oblNBcWUzclVjcDU5WHMtbnp2R2pLN1NXS2tuU3FydmVtaHpaX1pzOHd3TU1oelMwRW4tSW04dHRsbmNTUGduam1oV0xseHV1dC1PWU5JaU5qa3ZkUkFlc1hQSlZBdWl5NHVNc0ZnUkQ1RGxJZXx7oZ3YS-KVZhdKR6B87T0B6f0NE7dFz5JQsNEcvd0iow%3D%3D)* [– 06 June 2025](https://cdn.mc-weblink.sg-mktg.com/weblink/MTc0NTU3NTIzMnxQcnF3VmRGMG9TMEN5Y3JoN3BIMXkwdFBfdWJzZTdZSlJyOS1oWFFsUnhFQ3VTREdMUlhkeWRtNWJKY0xRd2hZNXBGNldBenljTV9ES1AtTTFmbEJwaVlEM29oVDhGaFpGSjIyTW5kYm5UNVdIdDNLaGhqYXZqeW1lQnhEbXBRalFfYVkwUVQxSmd0S3JVbVAtcmFoVkcyV0lqQWJEMG1mOV9IcURRTlNZMGNhMW1zSnMtdUFyVUxBWXhJbFBVaDdLeGUzaVlha3Izb2pVWUQwa2Q4RkNVT254azc0ZG5oblNBcWUzclVjcDU5WHMtbnp2R2pLN1NXS2tuU3FydmVtaHpaX1pzOHd3TU1oelMwRW4tSW04dHRsbmNTUGduam1oV0xseHV1dC1PWU5JaU5qa3ZkUkFlc1hQSlZBdWl5NHVNc0ZnUkQ1RGxJZXx7oZ3YS-KVZhdKR6B87T0B6f0NE7dFz5JQsNEcvd0iow%3D%3D)

As Pride celebrations take place across the country, today we’re bringing you a collection of resources to support you and your loved ones.

* Sapiosexuality
* Shakespeare
* Trans Ally
* Late Blooming

[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.

[National Trust Sky Gardening Challenge](https://www.nationaltrust.org.uk/visit/cheshire-greater-manchester/castlefield-viaduct/sky-gardening-challenge)

Let's green Greater Manchester's Skyline together. Help nature thrive from your balcony or window box. So whether you’re a gardening novice or a planting pro – if you have a **balcony or window box**, you can green the city above the ground. The sky really is the limit.

Sign up to National Trust's Sky Gardening Challenge 2025 to receive a free expert balcony gardening guide and monthly Sky Gardening Challenge newsletters via email or post.

[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 3 July 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, June 2025](https://view.email.rspb.org.uk/?qs=ac57d7e40f0900851e59533f00eacc524ac3551a8002a6236bbc86a5ec68589fc2bb8177c5058d6ab71eeb329d3c0a66896223c8a58e74b60d0d60afc0344fff9d687c133ffed7c197e664151d9873ce46910d357c2dabb0)

**Will you spot June’s Birds of the Month?**

With the breeding season in full swing, it’s the perfect time to brush up on your thrushes and get to know two special visitors from Africa.

[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**

[June Highlights at Manchester Museum](https://manage.kmail-lists.com/subscriptions/web-view?a=UXLTcK&c=01J9KFRA209PWJGAPW0TS9R0TK&k=a35a554c1d2561ff819f45ed33a94dd6&m=01JWJMRH46PWGK2PF9M72JJ6FS&r=01JX3GXJFXHQ5E3KRQQ5VCP25R)

Step into summer with a programme full of creativity, reflection and connection. This June, explore the personal stories held in everyday objects, discover new artistic voices in the South Asia Gallery and join us for events that celebrate identity, memory and community.

[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 – June 2025](https://wellbeing.hub.healthhero.com/page/june-2025): June brings Men’s Health Week and Pride Month, two reminders to think about how we care for ourselves and each other. This month, we talk about the reality of being a carer, essential health checks at every age, how to boost testosterone through exercise, and why intersectionality matters in the workplace.

[Health Hero – July 2025](https://wellbeing.hub.healthhero.com/page/july-2025): July marks the height of summer and a time when many of us try to find balance between work demands and well-deserved rest. This month, we explore the delicate conversations around health at work, the hidden conditions that affect our colleagues, the difference between burnout and something more serious, and practical ways to truly disconnect when the workday ends.

[Henpicked – June 2025 Newsletter](https://e.henpicked.net/menopauseworkplacelz/lz.aspx?p1=MPdDU4NTA0Uzc2MTpFNjAwNEY5M0E2Nzk5RUU3OUFDOUM2Q0U4QkM0RDAzRg%3d%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 May](https://www.lancswt.org.uk/blog/what-see-and-do-may)

[Wood Street Mission – May 2025 Newsletter](https://mailchi.mp/dab84b06970d/latest-news-from-wood-street-mission-12893885?e=df13e613b9)

[Scope Newsletter – May 2025](https://email.scope.org.uk/cr/AQiR1hQQ0MPaARjg2oZnPA7TmyIW8r6eRNOsz5Mk7bDwZ2XqGQgS56QJZmO-tjg)

[Social Responsibility Newsletter – May 2025](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=MuFDU1MzE4MlM4NTQxOjEwMkQyODcwMTIzMTNFNTU0NEE2NTNBN0JFRThBQUY3-&CC=&p=0)

[Sustainable Futures Monthly Newsletter: June 2025](https://mailchi.mp/manchester/sustainablefuturessept-6747258?e=6f183721c1)

[Manchester Lit & Phil – What’s On](https://mailchi.mp/9a97a9a352c4/new-season-10143772?e=9c40323cbf)

[Dementia Friends, June 2025](https://email.alzheimers.org.uk/cr/AQix6xUQtptZGPSn3SFvnHQPYyBphMO35rKXHmLxFbn2cS8rQFesWiEMea9Odw)

[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)