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

**04 July 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.

|  |  |
| --- | --- |
| **July celebrates:** | [Sarcoma Awareness](https://sarcoma.org.uk/sarcoma-awareness-month/), [Disability Pride Month](https://www.inclusiveemployers.co.uk/awareness-day/disability-pride-month/?cn-reloaded=1) |
| 24 July 25 July 28 July  | [Samaritans Awareness Day](https://www.samaritans.org/support-us/campaign/talk-us/?gad=1&gclid=Cj0KCQjwzdOlBhCNARIsAPMwjbyso7-DXXA0pwoLgPrwpDw90lgybdypOf8eHJQc2nvSgFiHSVERZfEaAuWWEALw_wcB)[National Schizophrenia Awareness Day](https://www.awarenessdays.com/awareness-days-calendar/national-schizophrenia-awareness-day-2024/#:~:text=July%2024,with%20a%20diagnosis%20of%20schizophrenia.)[World Hepatitis Day](https://www.worldhepatitisday.org/) |

[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)

[What’s on in July?](https://www.staffnet.manchester.ac.uk/news/display/?id=32813)

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.

[Sustainable Travel Breakfast](https://www.eventbrite.co.uk/e/sustainable-travel-breakfast-tickets-1437246937279?aff=oddtdtcreator)

**Wednesday 9th July 2025, 8:15 – 10:00 am**

Come along to our Sustainable Travel Breakfast, open to all staff! Upon arrival, sign up to *CommuteUoM*, our new sustainable travel app, to receive a free breakfast.

You can also join a hands-on ‘learn the basics’ bike maintenance workshop from 8:30-9:30, book a free physio appointment, visit Dr Bike for quick bike checks and repairs, explore stalls on sustainable travel, incentives and more.

[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/)

July is a Sustainability Month in our [Diversity Calendar](https://www.staffnet.manchester.ac.uk/news/display/?id=32397), therefore we have a new blog post by Sylvia

Masters where she reflects on reflects on set-backs and successes in climate action. See here and share with your colleagues: [Equality, Diversity and Inclusion blog | Sylvia Masters: Sustainability – Reflections on Climate Action](https://blogs.manchester.ac.uk/edi/2025/07/01/sylvia-masters-sustainability-reflections-on-climate-action/).

[Women@Manchester Trans\* Awareness with Dr Abby Smith](https://www.eventbrite.com/e/trans-awareness-with-dr-abby-smith-womenmanchester-tickets-1433374925989?aff=oddtdtcreator)

Thursday 10th July 2025, 12:00-13:00 - online.

Dr Abby Smith (She/Her), a scientist, mother, a trans woman and so much more will be giving a talk about Trans\* allyship to aid understanding of gender diversity and will cover areas about the Trans\* journey from self-discovery to living one’s true life, the obstacles which Trans people face in day-to-day life combined with her life experiences and how the impact and harm the Supreme Court ruling is having on the trans community and how you can help stand up for all Trans\* people.

[Alcohol Awareness Week 2025, 7th – 13th July](https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1)

Alcohol Awareness Week 2025 shines a spotlight on the link between alcohol and the workplace. In the UK, approximately 10 million people regularly consume alcohol in ways that harm their health and wellbeing, often influenced by workplace stress, culture, and social norms.

* [Alcohol Change UK](https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1#:~:text=This%20year%27s%20Alcohol%20Awareness%20Week,get%20involved%20in%20your%20community) will provide further insights into this theme in July.
* Find out more: [alcohol and the workplace](https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-in-the-workplace)

Find Support: [Resources | Staff wellbeing | StaffNet | The University of Manchester](https://www.staffnet.manchester.ac.uk/wellbeing/resources/)

[The Wellbeing Choir Needs More Voices](https://estore.manchester.ac.uk/product-catalogue/sport-manchester/wellbeing-choir-sport/wellbeing-choir-april-july)!

We could use some extras, so if you have any colleagues / friends who like to sing, persuade them to join us! Rehearsals are at the Wellbeing Studio G.65, Simon Building on Wednesdays 1.05– 1.55pm. You sign up for a 12-week block, but not everyone can make it every week, which is absolutely fine. The arrangements are fun and uplifting, and anyone can join!

[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

[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.

[Thank You Day, Monday 7th July](https://thankyouday.org.uk/)

National Thank You Day – a powerful reminder of the importance of appreciation in our lives, especially at work. Taking the time to say ‘thank you’ can have a profound impact on wellbeing, morale, and workplace culture. Recognising each other's contributions not only boosts confidence but also fosters a stronger sense of connection and community. When we show genuine appreciation for our colleagues’ efforts – whether it’s a job well done, a kind gesture, or consistent support – we help create a more positive and supportive workplace where everyone feels valued and motivated. So, this Thank You Day, let’s take a moment to express our gratitude and celebrate the difference each person makes.

You can say your ‘Thank You’s’ using the UoM [Purple Place](https://www.staffnet.manchester.ac.uk/people/benefits/) ‘Thank You e-Card’ platform. [Find out more here.](https://uom.rewardgateway.co.uk/SocialRecognition/sendRecognition?type=ecard&schemeid=a7300799-6430-4371-8313-da08519aa7c1&segmentid=2156845)

[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.

[Purple Place – your July benefits update](https://www.staffnet.manchester.ac.uk/news/display/?id=32820)

Focus on Personal Development this July.

[Money-Saving Webinar](https://uom.rewardgateway.co.uk/SmartPress/Article/61411/20250626_7621045?ref=web-blogtile)

Our very own David Eaton from Reward and Paul Marks-Jones from EDI teamed up to deliver an engaging money-saving webinar to coincide with the Wellbeing Team's 'Pause with Purpose' Campaign.

This pocket-savvy power hour focuses on Financial Wellbeing and is packed with tips and tricks to help your money go further on everything from your daily coffee to the weekly food shop. Explore other tools at your disposal to help you make significant savings and get financially fit.

[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.

|  |
| --- |
|  |

**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 – July Meeting**

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

This month’s book is **Prophet Song by Paul Lynch**.

We will also recap **A Gentleman in Moscow by Amor Towle**.

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.

[July mProve in 30 – The Science of Productivity Management](https://register.gotowebinar.com/register/8729324526829644885?source=Reminder)

Thursday 10 July 2025, 11.00 – 11.30 am

Productivity isn’t just about doing more, it’s about doing what matters, better. In this 30-minute session covered by Declan Doyle, we’ll explore the science behind how our brains manage time, focus, and energy.  We will also learn how to recognise and avoid common productivity traps, learning practical strategies to boost daily effectiveness.

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

[Bereaved Parents Awareness Month](https://achildofmine.org.uk/national-bereaved-parents-awareness-day/)

July is Bereaved Parents Awareness Month, dedicated to raising awareness about the grief parents experience after the unimaginable loss of a child and how they can find support, understanding and hope.

If the loss is due to suicide, this is often described as 'grief with the volume turned up.' You may experience a range of emotions, from shock and despair to guilt, anxiety and depression. You may feel anger towards the person who took their life for leaving you or towards yourself or someone else for not preventing their death. You may also feel suicidal and that life is not worth living without that person.

* Help is at Hand is a resource highly recommended for people bereaved through suicide or other unexplained death, and for those supporting them: [**https://lnkd.in/eprNH9B**](https://lnkd.in/eprNH9B).
* On the Help & Resources page of The Jordan Legacy website, at [**https://lnkd.in/eXqq8TwD**](https://lnkd.in/eXqq8TwD), we have compiled a range of resources and links to organisations that can help if you have lost someone to suicide

[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.

**World Infertility Awareness Month, June 2025: A Message from our UoM ‘The Fertility Journeys Staff Network**

The network recently hosted its first event, a webinar delivered by Seema Duggal from Fertility Network UK’s Fertility in the Workplace team. This event was timed to coincide with World Infertility Awareness Month and introduced the topic of infertility more broadly, as well as addressing some of the key impacts of infertility in the workplace, including advice for managers on how to support staff members experiencing fertility issues.

The link to the webinar can be found [here](https://video.manchester.ac.uk/embedded/00000000-4846-7f08-0000-019759de7280), and we hope that this will be a useful resource for all staff members, whether they have been affected directly by infertility or not.

For further information and details of how to join the Fertility Journeys Staff Network, please see the University’s Staff Network site, [here](https://www.staffnet.manchester.ac.uk/equality-diversity-inclusion/staff-networks/other-groups/#:~:text=The%20Fertility%20Journeys%20Network%20was,members%20to%20share%20their%20experiences.).

[Let's talk about... our experience of the menopause](https://www.eventbrite.co.uk/e/lets-talk-about-our-experience-of-the-menopause-tickets-1428499172479)

Monday 7 July 2025, 12:00 - 13:00 pm

Menopause is a natural part of the menstrual life cycle that can have a dramatic impact on many areas of people's lives and work.

In this *Let's Talk About...* webinar, we are pushing the boundaries of social taboos by inviting Johanna Field-Rayner *and* her husband Giles to talk about their experiences of the menopause and how they are navigating it together.

[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: Menopause at Work - what the research really tells us (webinar replay)](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$)

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? This is a live recording of an event that took place on 25/06/2025).

[Henpicked’s Forthcoming Free Lunch and Learn: Understanding early menopause – what it means and how to manage it](https://urldefense.com/v3/__https%3A/henpicked.us7.list-manage.com/track/click?u=6a081dba92194e179077900b2&id=cb7af9d556&e=b246dc1610__;!!PDiH4ENfjr2_Jw!HJ8rLrsibXIPv_4aFP1IN-kUftJR8UmsPHrK_L00NsE69tZhuhuJn7gG41qWYDY4iIY-NTIO1v9qhN3jU1TnA5n5sRIQC6YHjQ$)

Wednesday 16 July 2025, 12:15 - 12:45 pm

Going through menopause early — whether naturally, surgically or medically induced — can be a huge shock. It often happens when you're least expecting it, and brings its own set of challenges around symptoms, fertility, relationships and mental health.

So, what exactly is early menopause, and how can you take back control? Join us for this supportive and informative session where we will explore the causes and signs of early menopause, share expert medical advice, and offer practical tips to help you navigate your journey with confidence.

[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 99](https://happiful.com/read/issue-99?utm_source=happiful_newsletter&utm_medium=email&utm_campaign=2025_week_20)

As social beings, it’s no wonder that we spend so much time preoccupied by what others think. We can read into every interaction, like **being left on read by a friend** (p68), and experience extreme dread and anxiety at the thought of **not being someone’s cup of tea** (p16). **Stigma can feed into this harmful cycle**, where it fuels shame and disconnect, with our mental wellbeing paying the price (p80).

Then, there’s the self-destructive spiral we can stumble into, where one bad thing happens and our mind plays tricks on us, making us believe it’s a pattern of what’s to come – **like dominoes falling, one after the other** (p12). And, often, it feels like there’s nothing we can do to stop it.

But, as our expert columnist discusses, sometimes we have to accept what’s within and beyond our control, and practise **‘let them’ theory** (p56). It can be a truly redefining moment when you let go of the weight of other people’s expectations. The freedom that comes from relinquishing the desperate hold on all these impossible standards and demands, can finally give you space to breathe.

[Happiful’s Weekly: *The Uplift* – 04 July 2025](https://cdn.mc-weblink.sg-mktg.com/weblink/MTc0NTU3NTIzMnxQcnF3VmRGMG9TMEN5Y3JoN3BIMXkwdFBfdWJzZTdZSlJyOS1oWFFsUnhFQ3VTREdMUlhkeWRtNWJKY0xRd2hZNXBGNldBenljTV9ES1AtTTFmbEJwaVlEM29oVDhGaFpGSjIyTW5kYm5UNVdIdDNLaGhqYXZqeW1lQnhEbXBRalFfYVkwUVQxSmd0S3JVbVAtcmFoVkcyV0lqQWJEMG1mOV9IcURRTlNZMGNhMW1zSnMtdUFyVUxBWXhJbFBVaDdLeGUzaVlha3Izb2pVWUQwa2Q4RkNVT254azc0ZG5oblNBcWUzclVjcDU5WHMtbnp2R2pLN1NXS2tuU3FydmVtaHpaX1pzOHd3TU1oelMwRW4tSW04dHRsbmNTUGduam1oV0xseHV1dC1PWU5JaU5qa3ZkUkFlc1hQSlZBdWl5NHVNc0ZnUkQ1RGxJZXx7oZ3YS-KVZhdKR6B87T0B6f0NE7dFz5JQsNEcvd0iow%3D%3D)

60% of UK adults experience anxiety

* AI.
* High-Functioning Anxiety.
* Conflict.
* Rejection Therapy.

[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)* [– 27 June 2025](https://cdn.mc-weblink.sg-mktg.com/weblink/MTc0OTgwODgyOHw5dnlfSW1qTDBYQm5MRlBSRjRialpQSzlsSnRteHZ2TkF2YTJ6MS0xWTRFSDlCbldKNFdKNlA2Qnc1TW1oYUp2UXJ3TGxjNXZMem5ZMnpJai1vUUtzUlBEei1GQ0J0N0RfMHYzMEdtZUNFOW43NGRFTjRMa1lvdjNpQ2hTQWNrakpURjVGcXpXZ2FJeC1WVXRZbDJGNTJaQ1NGRGdBOThvVFVZZkVPcmt0WHQxVHpfMFNNbkhSS3UxTDZFbXRGN2dIbWZnS3dTdzhKVkx0RUlkZHNxZkxyUWpxaDNfRW84Y0xkU1VUNFZkTHdKVDdRRUpNNEliWXNMRUZtOVBtWVRkYzFNR3RIRHh2REVKN1FRMUlGQWlRVW9yMTRzRVdNcXpOWWRuQXpWUk41WnJyQTBCQ1JiQ3V0WjNtZ3c0Sm14MXQ2NUxlNXRLVnRLR3yQIMEdjGIPlgFbyYM6q1pp4L5KN82DbEoUHBmKlK0sPw%3D%3D)

Friday feels hit differently with Happiful:

* Unlearning.
* Dreamscrolling.
* Pets.
* Anxiety.

**Summer Upcycling Sewing Project**

Might anyone like to upcycle over summer? We have been upcycling dental scrubs, otherwise destined for landfill due to a required change of colour. We have been making pouches to carry the toothbrush and toothpaste that our student dentists give out on service learning/outreach.

An FSE student has created the pattern - it’s a simple bag, an easy sew. There's no rush, pressure or expectation just extending the opportunity to be part of a lovely project.

If you'd like to get involved, message me: jennifer.obrien@manchester.ac.uk. I can organise getting the material to you. I have thread and can lend good quality fabric scissors if you need them (also a domestic sewing machine).

[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.

[No Tent Left Behind 2025 – Decathlon](https://www.decathlon.co.uk/c/htc/no-tent-left-behind_b3be522a-a5f2-497e-a93f-f1a3682cdae1)

This summer, we're making it easier than ever to camp consciously and help end tent waste. Our biggest ever Summer Tent Pledge is back for 2025, now including every single Decathlon brand tent!

Whether you're heading to a festival, a family campsite, or exploring the wild, your tent deserves more than one adventure or being left behind.

Buy any Decathlon tent this summer, use it for your adventures, and simply bring it back to us by September 14th to receive the full value back as a Decathlon gift card!

It's our commitment to a circular economy, helping tents stay out of landfill and making quality camping gear accessible to everyone.

[Second Life | Decathlon](https://www.decathlon.co.uk/c/lp/second-life-decathlon_19e3a173-d511-4277-8ffd-abf475fe3dd0)

The term ‘Second Life’ refers to pre-owned, tested, or repurchased products that can no longer be sold as new. These items are then offered as second-hand products either online or in our stores. The assortment varies by location, as we also include items returned through our Buy Back service. To make them easy to identify, all Second Life products are marked with a specific ‘Second Life’ label.

With our dedication to sustainability, we see no reason why these items can't still be enjoyed by a whole range of sports lovers. Our team of experts inspect every Second Life product and refurbish them if needed so we can then offer them to you at prices that are even kinder to your pocket.

[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 17 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.

[Hulme Community Garden Centre Open Day](https://hulmegardencentre.org.uk/)

Saturday 5th July 2025, 11.00 am – 7.00 pm (free entry)

Celebrating 25 years of your green space with live music, DJs, family fun, activities, food, nature crafts, bar, stalls and raffle.

**Tony Wilson Archive x Smolenksy Gallery**

Smolensky Gallery, ABC Building, 21-23 Quay Street Manchester M3 4AE

The free exhibition will be open to the public on 20 June 2025 and run until 31 July 2025.

Opening Times – Wednesday - Saturday: 12-7pm, Sunday: 12-5pm

You can find us online [www.smolenskygallery.com](http://www.smolenskygallery.com)

Follow us: @smolenskygallery

Having been preserved and catalogued in museum vaults for the last nearly 20 years the Wilson family, led by Tony's son Oliver, are proudly partnering with Smolensky Gallery to host the first public exhibition held by the Tony Wilson Archive of his works. The immersive exhibition curated by Smolensky Gallery will feature an intimate collection of personal letters, photography, memorabilia and artwork, exploring Wilson’s impact on music, design and culture in Manchester.

The exhibition will be anchored by 10 newly released risograph prints from the **TWA M3 Collection**which will be released throughout the year with the first edition available to view for the first time at the exhibition, with others released throughout the year. Designed in collaboration with Manchester-based artists [DR.ME](http://dr.me/), The Tony Wilson Archive embodies the Wilson ethos with all works made in Manchester by local artists.

**MCR Live 25 Market (free)**

July 9, 2025 - July 13, 2025 and July 16, 2025 - July 20, 2025

St Peter's Square Manchester, Greater Manchester M1 5AN

From vinyl to vintage, rum to records, discover the heart of Manchester’s creative spirit at the MCR Live 25 Pop-up Market in St Peter’s Square. Running alongside Oasis’ legendary homecoming concerts, this buzzing market brings together local makers, artists and indie traders for a celebration of sound, style and city pride. Browse music-inspired prints, handmade jewellery, iconic Manchester merch, global street food, and limited-edition Oasis-themed gifts. Whether you're a collector, a curious browser or just after something unique, the market is your soundtrack to summer in the world’s greatest music city.

**Manchester Live Hub**

3 July – 28 September 2025, 11am to 11pm

Piccadilly Gardens Manchester, Greater Manchester M1 1AF

Roll with it this summer at the MCR Live Hub – your go-to city centre hangout for all things music. Whether you're here for the epic Oasis homecoming gigs or exploring the packed calendar of live music across the city, the Hub is where the good times begin and keep on coming.

The Hub is more than just a meeting place – it’s a celebration. Grab a drink at the bar, sample some of the best street food in the Northwest, catch surprise acts and DJ takeovers on the outdoor stage, or bring the family along during the day for relaxed, music-inspired fun.

As the sun sets and the city lights up, let the Hub be your basecamp – a place to connect, discover, and soak up the energy of one of the world’s greatest music destinations.

**Could you help train our dogs? (from Hearing Dogs for Deaf People)**

We urgently need more volunteers to help our dogs become life-changing hearing dogs. Click 'Apply Now' to take the short quiz and see if this role is suitable for you:

<https://www.hearingdogs.org.uk/volunteering/puppy-training/application2/>

[Apply to be a Volunteer Dog Trainer](https://www.hearingdogs.org.uk/volunteering/puppy-training/vpt-enquire-q/?utm_source=facebook&utm_medium=paid-social&utm_campaign=vdt_Nat_spring25&utm_content=form2BlepGarden&fbclid=IwQ0xDSwK7TPZleHRuA2FlbQEwAGFkaWQAAAYmh5l7KwEe9bAUw2XuxO2gUl8LM1s47V9SkcykDfTVF93KuVYOBTQEWgiiMMtbIou7EP4_aem_Uric3MAtkaMoU4vFuVvZDA&utm_id=6725738123403&utm_term=6761179129803)

[Are you interested in Child Development?](https://www.qualtrics.manchester.ac.uk/jfe/form/SV_eb7dORdBauqGgSy)

How do children go from gestures and babbling to being able to hold conversations, reason with others and make friends? What steps do they encounter along the way? How do children learn through play? Our research aims to answer questions like these and many more!

We conduct research in-person on campus at the Child Study Centre, online, and in nurseries and schools, and are very grateful for the generous help from all who volunteer to participate in our studies.

How can you help? Any child aged 0-10 can join our database. If you are the parent of a child in this age range and are interested in Child Development, sign up to our database.

[RSPB Notes on Nature, 21 June 2025](https://view.email.rspb.org.uk/?qs=2babc56297218f9414335c9c014490b65c456766b32eecfd2b52a61bdd61ccb8e72b36e3906525fd8d2e2b23270008ca72316981d07b0838d5bb706d2f2941a3173f120e7cfc641e27902f4c1173ee15088f3cfd168d1752)

**Your June nature questions answered**

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**

[July Highlights at Manchester Museum](https://manage.kmail-lists.com/subscriptions/web-view?a=UXLTcK&c=01J9KFRA209PWJGAPW0TS9R0TK&k=a35a554c1d2561ff819f45ed33a94dd6&m=01JYS4DX58SWSF5GC8H2YVAJJZ&r=01JYYG3D4BJMXXM6ZSEGB8YK6S)

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 – 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 – July 2025 Newsletter](https://e.henpicked.net/menopauseworkplacelz/lz.aspx?p1=MzzDU4NTA0UzYwMjowREI0NjM5MzFDQzkwMUVFMjM3MUEwOUM4QTQ2ODM5OQ%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 July](https://www.lancswt.org.uk/blog/what-see-and-do-july)

[Wood Street Mission – June 2025 Newsletter](https://mailchi.mp/abf0670167f4/latest-news-from-wood-street-mission-12894177?e=df13e613b9)

[Scope Newsletter – 25 June 2025](https://email.scope.org.uk/cr/AQiR1hQQ-Nn9ARjg2oZnvrvA-gR-iR7a2wFy3RP55B9Anr5XVIf-__FEw8py4S4)

[Social Responsibility Newsletter – June 2025](https://emarketing.manchester.ac.uk/benetworklz/lz.aspx?p1=M8qDU1MzE4MlMwNjQxOjA2NzY0QUVCOTRFRDkzODdBRkZFODM4MDFGN0IzNTZE-&CC=&p=0)

[Sustainable Futures Monthly Newsletter: July 2025](https://mailchi.mp/manchester/sustainablefuturessept-6747641?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)