

# Faculty of Humanities Summary of Wellbeing News & Events

## 18 July 2025

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### [Employee Assistance Programme: Health Hero](#)

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.

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### [Report and Support](#)

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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**July celebrates:**      [Sarcoma Awareness](#), [Disability Pride Month](#)

24 July                [Samaritans Awareness Day](#)

25 July                [National Schizophrenia Awareness Day](#)

28 July                [World Hepatitis Day](#)

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### [Action For Happiness Wellbeing Calendar – Jump Back Up July](#)

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](https://youtu.be/ar_fmKTKZoA)

For more on Resilience visit: <https://actionforhappiness.org/10-keys>

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### [What's on in July?](#)

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.

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### [Equality, Diversity and Inclusion Blog](#)

July is a Sustainability Month in our [Diversity Calendar](#), therefore we have a new blog post by Sylvia Masters where she 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](#).

The EDI Directorate are looking for ways to improve the EDI Blog and we'd love to hear your feedback. If you can give five minutes to complete this [feedback form](#), the team would be grateful. Please provide your submission by **Tuesday 22 July**.

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### [Survey on bullying and sexual harassment in the UK's research and innovation system](#)

[The Equality, Diversity and Inclusion Caucus \(EDICa\) \[edicaucus.ac.uk\]](https://edicaucus.ac.uk) are re-running the survey they shared in 2023, focused on lived experiences of bullying and sexual harassment in the UK's research and innovation sector.

Specifically, they are seeking responses from:

- Anyone employed in the UK's research and innovation sector, including PhD students, since 2023.
- All job types (technicians, researchers, research administrators and managers, innovators, etc.) and sectors (government, charity, academia, industry, etc.).
- Those who have either witnessed or experienced bullying or sexual harassment at work.

The survey takes approximately 10-20 minutes to complete and is open until 15 August.

#### [International Non-Binary People's Day – 14<sup>th</sup> July 2025](#)

Celebrating our non-binary community. Monday, 14 July marks International Non-Binary People's Day. It's an annual occasion to celebrate the diverse range of people all over the world who identify as non-binary, to raise awareness of the issues that they face as well as to encourage people to learn more about how they can support non-binary people.

For International Non-Binary People's Day, EDI have this great blog piece:

<https://blogs.manchester.ac.uk/edi/2025/07/14/beck-chamberlain-heslop-bee-ing-in-manchester-as-a-non-binary-person/>.

#### [Alliance Manchester Business School: Women Leading in Business July 2025](#)

Wednesday 23 July 2025, 10:00-11:30

At this event you can speak to like-minded business women, discuss your ideas, share your knowledge and expertise, either in-person or online to make new connections in an informal setting.

This month we hear from Eimear Maguire, Co-Founder and Director of Maguire Family Law, a distinguished boutique family law practice established in 2010. Based in Cheshire and serving clients nationally and internationally, the firm specialises in:

- Divorce
- Financial settlements
- Child arrangements
- Complex international family law matters

#### [Disabled Staff Network Events for Disability Pride Month 2025](#)

- Benefits Cuts Panel: How will proposed benefit cuts impact UoM staff and students? Tuesday 22 July 2025, 12:00PM – online and in University Place 6.207.
- Disability Pride Virtual Pub Quiz! Friday 1 August 2025, 6:00PM - 8:00PM – online.

#### **Manchester Pride: Save the Date**

Colleagues on the Pride Planning Committee are working hard to put together the University's annual parade entry for Manchester Pride 2025.

Pride celebrations will take place Friday 22 – Monday 25 August. The parade itself is scheduled for Saturday 23 August.

If you would like to come along and support the University's entry this year, make sure you have the date saved in your calendar! The Pride Committee will be communicating information during August about the different ways you can get involved and how to sign up.

### [The Wellbeing Choir Needs More Voices](#)

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](#)

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](#)

Information on the latest outbreaks and what you can do

### [Counselling and Mental Health Service FREE sessions for staff](#)

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...](#)

[Purple Place](#) 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](#)

Focus on Personal Development this July.

### [Money-Saving Webinar](#)

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.

### [August mProve in 30 – Building a healthy approach to Financial Wellbeing](#)

Thursday 14 August 2025, 11.00-11.30 am

During this session attendees will begin to understand the key pillars of building lifelong financial wellbeing and how these can support and empower employees with their money.

We will discuss how organisations can embed effective financial wellbeing strategies in the workplace to help improve financial knowledge, confidence, behaviours and skills. Finally, we will explore inclusive initiatives that can be used to support employees make more informed decisions about their finances.

**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.

#### [Free Headspace Subscriptions Extended to Staff](#)

Free access to a range of wellbeing support.

#### [Better Health Corporate Memberships](#)

There is a new gym membership offer, Better Health Corporate Memberships, available to UoM 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 6<sup>th</sup> August, 8.00-9.00am at The Beehive café by the North entrance to the Nancy Rothwell building and Tuesday 19<sup>th</sup> August, 12.15-1.45pm 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/> and you don't have to have cycled in that day to come along.

#### [UMRun Staff and Students Running Groups](#)

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](#) 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](#).

#### **Bag Donations for Bookbanks**

The amazing charity Bookbanks (<https://www.bookbanks.co.uk/>) are always on the hunt for carrier bags, bags for life or tote bags to use when giving the books to people. If anyone has anything at all that they can donate, just let [Beth Taylor](#) know and she will collect from your office on campus. Thanks in advance!

#### [Delve into the UoM Wellbeing Collection at the Library this Summer](#)

The UoM Wellbeing Collection at the Library currently features over 353 titles relating to 57 wellbeing topics including anxiety, bereavement, menstrual health, stress and burnout, relationships, sleep problems and many more. The collection will continue to grow over the summer.

This collection helps us to access expert insights, evidence-based strategies, and personal experiences that can deepen your understanding of mental, emotional, and physical health. Books offer flexible learning at your own pace and support continuous personal growth.

### **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](#) (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.

### **Samaritan's Awareness Day, 24 July**

The date is chosen to reflect the Samaritans are available 24/7 for anyone in emotional distress. The Samaritans is a key listening service open to anyone within the UK to reach out to for support.

Access Samaritans free on **116 123** or visit [Contact Us | Samaritans \[samaritans.org\]](#)

### **Bereaved Parents Awareness Month**

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>.
- On the Help & Resources page of The Jordan Legacy website, at <https://lnkd.in/eXqg8TwD>, 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**

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.

### **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](#), 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](#).

### [Henpicked Menopause Hub](#)

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

### [Henpicked Forthcoming Webinar: Menopause, menstruation and the Law – act now on the Employment Rights Bill](#)

Tuesday 29 July 2025, 10:00 - 11:00

The Employment Rights Bill has now been published.

For the first time, menopause is being acknowledged at a legislative level as a core issue of gender equality and workplace wellbeing. The newly published [Employment Rights Bill \[e.henpicked.net\]](#) signals a step-change in what's expected of employers – and what employees can rightfully expect in return.

Whether you're just getting started or already leading the way, now is the time to understand what's changing – and what meaningful action looks like.

### [Webinar replay of July mProve in 30 – The Science of Productivity Management](#)

Productivity isn't just about doing more, it's about doing what matters, better. In this session covered by Declan Doyle, we explore the science behind how our brains manage time, focus, and energy. We also learn how to recognise and avoid common productivity traps, learning practical strategies to boost daily effectiveness. This is a recording of a live event that took place on Thursday 10<sup>th</sup> July 2025.

### [Action for Happiness Webinar Replay: Letting Go, Finding Peace with Dr Fred Luskin](#)

At this special event, renowned forgiveness researcher and author **Dr Fred Luskin** guides us through the transformative power of letting go. Drawing on decades of research and practical experience, Fred shows 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. This is a recording of a live event that took place on Wednesday 9<sup>th</sup> July 2025.

### [Action for Happiness Talks Library](#)

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

### [Happiful Magazine – Issue 99](#)

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 – 11 July 2025](#)

Make this your pivot point:

- Wellbeing.
- Task Paralysis.
- Anxiety.
- Conservation Wins.

#### [Manchester Day – Saturday 26 July 2025, 12:00-17:00](#)

Shake your maracas, slip on your dancing shoes and prepare to make some noise for Manchester Day 2025.

Inspired by a sensational summer of music across the city, Manchester Day will be bringing pop-up performances, astounding acrobatics and banging beats to the streets of Manchester for a day of free, family-friendly fun.

#### [School Holidays in Manchester \(Manchester City Council\)](#)

Looking for things to do during the summer school holidays – then you're in the right place. There are loads of fun activities, from sporty holiday camps to family-friendly events to keep all ages entertained. And with many of them free or low-cost, they won't break the bank.

In Manchester, we also run a free holiday club programme for children on benefits-related free school meals. All of the sessions must be booked via our partner site Manchester Active. For information on what's available near you, and how to book click [here](#).

#### **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](mailto: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](#)

Our city is stepping up to tackle climate change – by repairing and reusing instead of throwing away.

### [Manchester Library of Things \(MCRLOT\) Opens](#)

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](#)

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](#)

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.

### [Welcome to GM Walking](#)

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.

### [Manchester City Centre Peace Trail: A Guided Walk \(from Manchester Lit & Phil\)](#)

Sunday 3 August 2025, 2.00 – 4.00pm

£10.00 – The guide is donating his fee to charity

Meet outside Central Library, Mosley St and finish at the statue of Alan Turing in Sackville St.

Join well known CND and peace activist Steve Roman for an illuminating and inspiring guided walk along the 'Manchester City Centre Peace Trail', to commemorate the 80th anniversary of the dropping of the atomic bombs on Hiroshima and Nagasaki on the 6th and 9th August.

The walk will include the following themes / sites with perhaps some new perspectives:

- John Dalton, Ernest Rutherford, Niels Bohr and the 'Nuclear Timeline', the Peace Garden, MAG (Mines Advisory Group) and the Nobel Peace Prize.



- Free thinking and Science.
- Peterloo, the popular reform movement and Engels.
- The Free Trade Hall, Suffragists and Suffragettes.
- The campaign for gay rights.

### [Wheels and Walks Programme](#)

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](#)

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](#)

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 31 July 2025, 11:30 am**.

### [Transport for Greater Manchester: Learn To Ride Or Fix Your Bike](#)

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](#)

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.

### [Are you interested in Child Development?](#)

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.

### **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](#)

[Join our iNaturalist campus project: Biodiversity On Campus](#)

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](#)

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](#)

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](#)

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](#)

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](#)

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](#)

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](#)

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](#)

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](#)

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](#)

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](#): 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](#)

[City of Trees Events](#)

[Manchester City Council News Stories](#)

[What's On in Manchester](#)

[July in Manchester: Summer Music, Free Events & Oasis Mania!](#)

[GM Green City – News and Events](#)

[The Wildlife Trust for Lancashire, Manchester and North Merseyside – What to see and do in July](#)

[Wood Street Mission – June 2025 Newsletter](#)

[Scope Newsletter – July 2025](#)

[Manchester Mind At Work Newsletter – July 2025](#)

[Social Responsibility Newsletter – June 2025](#)

[Sustainable Futures Monthly Newsletter: July 2025](#)

[Manchester Lit & Phil – What's On](#)

[Dementia Friends, June 2025](#)

[I Love Manchester: Unique and quirky things to do in Manchester in 2025](#)