

Faculty of Humanities Summary of Wellbeing News & Events

01 August 2025

[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.

[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.

August celebrates: [Women in Translation Month](#), [Happiness Happens Month](#)

8 August [International Cat Day](#)

9 August [National Book Lovers Day](#)

12-26 August [World Photography Week](#)

15 August [National Relaxation Day](#)

19 August [World Photography Day](#)

23 August [International Day for the Remembrance of the Slave Trade and its Abolition](#)

24-30 August [World Water Week](#)

26 August [International Dog Day](#)

[Action For Happiness Wellbeing Calendar – Altruistic August](#)

Let's create a wave of kindness to spread around the world.

[Planning annual leave with confidence: reducing stress before you switch off](#)

The planning and lead up to taking time away from work for a break can cause a level of stress; it can sometimes feel like a juggling act stepping away from a busy role and worrying about handing things over. In this story, Wellbeing Manager Maizy Jenner shares some practical considerations for you to think about.

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

Welcome to August'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.

[999 using a text: emergency SMS](#)

Don't leave it until you need it, that's too late. Do it now so you're ready, just in case.

Text 'register' to 999. You MUST REGISTER YOUR MOBILE NUMBER before you can use it. See how to set up emergency SMS.

1. Register your mobile

Text the word 'register' to 999.

You'll need to register again if you change your mobile number.

2. Read the message

You'll get an automatic text reply. Please read it all.

3. Reply to the message

Read the message and then reply by texting 'yes'.

4. Get a 'success' text

You'll then get a text telling you that your mobile is now registered – or if there's been a problem...

5. Check it

Text 'register' to 999 and you'll get a message telling you if it's registered or not. Don't text anything else – **there's no need to make a test call**. You're now set up.

[Welcome to DefibFinder](#)

We provide up to date information on defibrillator locations across the UK, using data from The Circuit, the national defibrillator network. Enter your location to find the nearest defibrillators to you. Then simply click on the defibrillator icons for further information, such as availability and access information.

Disclaimer: Please always dial 999 immediately in an emergency and they will direct you to your nearest defibrillator.

[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](#).

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

[The Equality, Diversity and Inclusion Caucus \(EDICa\)](#) [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.

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

➤ Disability Pride Virtual Pub Quiz! Friday 1 August 2025, 6:00-8:00 pm – 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.

[Get involved with this year's Manchester Pride!](#)

Show support to LGBTQ+ colleagues and students this August.

[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.

[Colleague rewards this August on Purple Place](#)

Purple Place is your exclusive platform for colleague Reward, Benefits and Recognition.

[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.

[Interested in playing netball and competing in the Campus Netball League?](#)

We have two teams that play in the women's social netball University Campus Netball League and are looking for new players for the 2025 / 26 season.

Reflexology Clinic (with Emma)

Tuesday 19th August at the treatment room, Wellbeing rooms, Simon Building. 30 and 55 minute sessions available. Discounts available for staff, students and USMA members

So, if you fancy a little relaxation and rejuvenation why not treat yourself to a lovely session.

Please see about Emma and her contact details below:

<https://www.therapy-directory.org.uk/therapists/emma-woodhall> [[therapy-directory.org.uk](https://www.therapy-directory.org.uk)]

Cycle to Work Day, Thursday 7th August

An opportunity to get involved in and promote active travel and sustainable commuting. The initiative is designed not only to promote cycling as a viable and fun commuting option but also to highlight the benefits of cycle to work schemes, a government-supported tax incentive that helps colleagues save money on bikes. [Find out more about our UoM Cycle to Work Scheme on the dedicated Purple Place webpage.](#)

UMBUG

Regular cyclists catch up slots for July – first Wednesday is Bike Breakfast and third Tuesday is at Lunchtime – Wednesday 6th August, 8.00-9.00am at The Beehive café by the North entrance to the Nancy Rothwell building and Tuesday 19th 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 – August Meeting

Next meeting Friday 29th August 12:30-1:30pm. You don't even need to have finished the book (although there will be spoilers!).

This month's book is **Fourth Wing** by Rebecca Yarros.

We will also recap **Prophet Song** by Paul Lynch.

Why not head over to our [Viva Engage](#) (Yammer) group for more reading inspiration! Contact fiona.lynch@manchester.ac.uk if you would like the Zoom link.

[2025 Summer Reading Challenge, Story Garden \(Manchester City Council\)](#)

You're invited to join our free Summer Reading Challenge, Story Garden which launches on 1 July.

Can you borrow and read 6 library books before 13 September? If you complete the challenge, you'll be awarded a special winner's medal and be entered into a prize draw to win fabulous prizes.

How does it work?

- Visit your local library and ask to join the Summer Reading Challenge.
- You will be given your special collector card, so you can log your summer reading.
- Borrow and read library books (they can be stories or fact books, poetry or graphic novels – any library book counts!).
- Let library staff know when you have borrowed and read 6 library books and you will be awarded a winner's medal in the library.
- If you're in a Manchester primary school, you will be awarded a special certificate in September / October in school, applies to children aged 5 to 11 who go to a Manchester local authority primary school.

Libraries have lots of free activities for you to enjoy during the summer holidays too. Many will be linked to the Story Garden theme and will be announced in July.

[Check out what's on offer on Loads to Do website](#)

[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.

[Action for Happiness Talks Library](#)

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

[Action For Happiness Forthcoming Talk: Less Busy, More Happy with Prof. Cassie Holmes](#)

Wednesday 17 September 2025, 19:00-20:00 (ticket price optional)

At this special event, Professor Cassie Holmes will reveal how we can reclaim control of our time and rediscover what truly makes us feel alive.

Drawing on cutting-edge research and personal stories, Cassie will share practical strategies to help you stop feeling time-poor and start living more intentionally. You'll learn why more activity doesn't always mean more fulfilment – and how making small shifts in how you spend your hours can lead to a happier life.

[Happiful Magazine – Issue 100](#)

Every issue of Happiful is made with love, but this 100th issue is truly jam-packed with joy! Enjoy this bumper milestone issue, which includes:

- Brewing up mindfulness with Chinese tea ceremonies.
- Celebrating the power of 'sanuk' for wellbeing.
- The link between menopause and eating disorders.
- Defining your personal values.
- Attachment styles explained.
- How to go 'no contact' with your ex.
- Exclusive journaling and puzzle pages.

[Happiful's Weekly: *The Uplift*](#)

- [Menopause | Mental Health A&E | Couples Therapy | Alcohol-Free](#) (25/07/2025).
- [How do I heal with the other person won't talk about it](#) (15/07/2025).

[TfGM Concessionary Pass Trial \(before 9.30am\), August 2025](#)

Valid for TfGM issued older person's or disabled person's travel passes

In August 2025, concessionary pass holders can travel for free on bus before 9.30am. Available on Bee Network buses (does not apply across tram and train).

[Women@Manchester 'Let's Do Coffee' Coffee Club \(summer edition\)](#)

Looking for a relaxed way to connect this summer? Whether you're new to the group or a familiar face, it's a great opportunity to recharge, share stories, and build connections. Simply sign up, and we'll pair you with a brew-buddy for some informal one-on-one coffee catch-ups!

[Parents, Carers & Guardians Network Family Fun Event](#)

Wednesday 7th August 2025, 11:00-16:00 in the Roscoe Building

It promises to be a fantastic day filled with fun activities, games, and opportunities to connect with other families across the University community. Whether you're bringing little ones or just coming along to enjoy the atmosphere, there's something for everyone.

For catering purposes, we kindly ask that you register in advance by Friday 1st August at 12pm.

[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. 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 \(MCRLT\) 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.

[Cancer Research UK Squats Challenge](#)

Take on our 100 squats a day challenge this August. Join a group of people working their legs to

raise funds for cancer research. Get a free t-shirt if you sign up today.

[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 14 August 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.

[NCHS: Meditation in Nature – Love Parks Week](#)

Saturday 2 August 2025, 11:00-12:00

Part of the Natural and Cultural Service programme from The Whitworth. Join us in celebrating **Love Parks Week** with a special Meditation in Nature session in the beautiful Alex Bernstein Garden. This national campaign highlights the importance of our green spaces for wellbeing, connection, and community.

[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

[August Highlights at Manchester Museum](#)

Step into August with a vibrant programme celebrating care, history and community. Join us to uncover remarkable stories, take part in interactive trails, and experience events that inspire creativity, reflection and connection for visitors of all ages.

[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 – August 2025](#): August brings a focus on hormones, with PCOS Awareness Month and World Menopause Month coming up soon. This month, we look at how hormones affect mental health, how the menstrual cycle impacts everyday life, what to know about PCOS, and two quick techniques to ease anxiety when it strikes.

[Henpicked – July 2025 Newsletter](#)

[City of Trees Events](#)

[Manchester City Council News Stories](#)

[What's On in Manchester](#)

[GM Green City – News and Events](#)

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

[Wood Street Mission – July 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](#)