

**From:** Maizy Jenner <maizy.jenner@manchester.ac.uk>  
**Sent:** 07 October 2025 10:56  
**Subject:** Staff Wellbeing Champion Bulletin Tuesday 7th October 2025

## Message for Staff Wellbeing Champions

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**Content warning: this bulletin includes information on baby loss.**

### **Baby Loss Awareness Week: October 9-15<sup>th</sup>**

Pregnancy and baby loss affect approximately 1 in 4 people. Every October, Baby Loss Awareness Week (9-15<sup>th</sup> October) remembers the babies who died too soon and aims to raise awareness of baby loss more widely.

Many charities out there offer advice and support for anyone who has experienced loss or for those supporting others, including [Tommy's](#), [Sands](#), the [Lullaby Trust](#) and the [Miscarriage Association](#).



Any staff who wish to take part in the Wave of Light event to mark the end of Baby Loss Awareness Week can light a candle at 7pm on Wednesday 15<sup>th</sup> October to commemorate babies who have died too soon.

Event invitation: For anyone who may wish to attend an in-person Wave of Light event on this day, a team of pregnancy loss specialist midwives from the Manchester Maternal and Foetal Health Research Centre will be at the Trafford Centre from 6:30pm to take part in this commemorative event (see [here for event details](#)).

### **New Mental Health and Wellbeing Training Offer for Line Managers**

A new training offer has been launched to support line managers with the tools, skills, and confidence they need to support mental health and wellbeing in the workplace. [Read the StaffNet article here.](#)

#### **What's on offer:**

- 'Mental Health and Wellbeing in the Workplace': A self-paced digital learning course. [Access training via Canvas](#)
- 'Managing with Wellbeing in Mind': one-day course is designed to empower line managers to feel confident in supporting mental health and wellbeing at work. [Book your place](#)
- 'UoM Introduction to Stress Management for Line Managers and Leaders': half-day workshop that provides the opportunity for line managers to understand the role they play in supporting work-related stress. [Book your place](#)

## **Free Health Screening Clinics – Open to All Staff and Students!**

As part of the University's Pharmacy undergraduate curriculum, our Year 3 pharmacy students will be running Health Screening Clinics right here on campus!

What's involved?

Your quick and friendly check-up will include:

- Blood pressure measurement
- Height and weight check
- Calculation of your Heart Age (using an NHS evidence-based tool)
- Assessment of your Diabetes Risk (using the Diabetes UK *Know Your Risk* tool)

Our pharmacy students will guide you through your results and what they mean — a great way to learn more about your health while helping our students develop their skills as future pharmacists. This experience supports learning on both sides – you gain valuable health insights, and our students gain real-world experience in health promotion and patient communication.

### **Upcoming Clinic Dates (1:30 – 3:30pm)**

#### **Semester 1**

- Wed 15 Oct 2025
- Wed 12 Nov 2025
- Wed 19 Nov 2025

Location: G.66 Wellbeing Rooms, Simon Building

No need to book – just pop in!

Take 10 minutes out of your day to find out more about your health, support our students, and be part of this hands-on learning experience.

### **Wednesday 22<sup>nd</sup> October, 11:00 – 12:30, 'Celebrate World Menopause Day Together, Everyday Wellness for Menopause: A Lifestyle Medicine Approach'**

[Find out more and register here](#)

#### **Event Highlights:**

- Peer-to-peer sharing session (30 mins): Share personal tips, experiences, and what's working well in their journey across the four pillars of lifestyle medicine: nutrition, stress, sleep, and movement
- Talk: 'Sleep problems and menopause - What can I do?' (30 mins): Practical advice from Occupational Health Lead, Sarah Wells to support your sleep cycle when experiencing menopause symptoms.

- Yoga for Hormonal Balance (30 mins): Breathwork and chair yoga led by UoM-affiliated instructor and hormonal movement advocate Elaine Waller. [Read the session overview here.](#)

**New offer: Financial wellbeing and retirement planning sessions (multiple dates available)**

To help colleagues plan and manage their finances, the University have teamed up with a new partner [Affinity Connect](#), to offer you expert-led financial planning sessions which include ‘Planning for Retirement’ and ‘Taking Control of your Finances’ on offer between October 2025 – July 2026. [Find out more about this offer and register for a session.](#)



[Downloadable information poster here.](#)

*Some events require registration, follow the QR code to book.*

**14th October – Travel Fair (University Place, 10am–2pm, open to all)**

- Travel info: Free bus routes, rail discounts, EV schemes, and cycling perks.
- Meet & greet: Chat with The Bee Network, Halfords, Cycling UK, UoM Sport, Northern Rail, and more.
- Sustainability tools: Explore commuting and sustainable living apps.
- Wellbeing focus: Free physio appointments, lower back pain class.
- Bike support: Dr Bike safety checks, puncture fixes, and rental bike trials.

**15th October – Cycling Event**

- Beginner-friendly group rides from Brunswick Park (BYO bike).
- Drop-in bike maintenance workshop: Learn basic repairs and tune-ups.
- Bike practice available if you don't have your own.

**16th October – Health & Wellbeing**

- Yoga for Active Travellers: Stretch and recharge.
- Lunchtime run: Sociable, steady-paced group run.
- Walk or Wheel: Historic Trees Tour: Explore campus's oldest trees.



**Updates to our Multifaith offering for colleagues:**

Chaplaincy, prayer spaces, and drop-in sessions. [Find out more here.](#)

**🎵 Join the Wellbeing Choir – A Midweek Boost for Body and Soul! 🎵**



- 🕒 Wednesdays (1:05-1:55pm)
- 📍 Simon Building, Wellbeing rooms, G.065
- 💜 Open to all staff and students and all abilities (reading music not necessary).
- 👉 [Sign up here](#) (various options available)

**UoM Mental Health Support Team Workshops Available for Staff**

You can view the extended programme [here](#).

date and time	title
Fri 10, 13:00 - 13:45	<a href="#">Mindfulness Meditation</a>
Mon 13, 12:00 - 13:00	<a href="#">Breathwork for Resilience and Self-Support</a>
Fri 17, 13:00 - 13:45	<a href="#">Mindfulness Meditation</a>
Fri 24, 13:00 - 13:45	<a href="#">Mindfulness Meditation</a>
Mon 27, 12:00 - 13:00	<a href="#">Breathwork for Resilience and Self-Support</a>
Fri 31, 13:00 - 13:45	<a href="#">Mindfulness Meditation</a>

**Supporting Student Mental Health Workshops Available**

Staff can now sign up to remote workshops with the Mental Health Support Team via the Training Catalogue accessible [here](#). [Training for Staff \(The University of Manchester\)](#)

- Making Sense of Students' Mental Health: 16/10/25, 6/11/25 and 19/11/25
- Supporting Students' Mental Health: 4/12/25, 10/12/25 and 18/12/25

Maizy Jenner She/Her

**Wellbeing Manager (For Staff)**

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[Staff wellbeing](#) | [StaffNet](#) | [The University of Manchester](#)

Location map can be accessed via this link [map](#).



**Delve into the UoM Wellbeing Collection  
at the Library this summer: [Discover more here.](#)**

*Please note: I work flexibly and when I send emails outside office hours, there is no expectation that you should reply outside your normal working hours.*

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