Welcome to November’s newsletter!

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November campaigns and initiatives

Keep an eye on the Staff Hub and your emails for further information on the following in November:

➢ **Men’s Health Awareness Month / Movember** – This year the focus is on Men’s Mental Health.
  https://uk.movember.com/about/foundation
  https://www.mentalhealth.org.uk/our-work/campaigns/mens-mental-health-month

➢ **16 days campaign** – This year the focus is on 16 days of activism against Gender Based Violence.
  https://16dayscampaign.org/
Happiness Café Tuesday 2nd November 2021 at the Toast House

Happiness Café is for everyone! It will provide a great opportunity for you to mix with others from the University, meet like-minded people, and discover and share ways to improve your wellbeing.

Wellbeing Walks November and December 2021

**Monday 1st November 12.30 – 1pm** Meet Rianna at iPoint for walk through campus to the Toast House to pick up a take away coffee for those who would like one and then back along the canal.

Tuesday 9th November 12.30 – 1pm

Thursday 18th November 12.30 – 1pm

Wednesday 24th November 12.30 – 1pm

Monday 29th November 12.30 – 1pm

Upcoming sessions

![Tom’s Talk - Motivational & Mental Health Talk](image)

**Tom’s Talk - Motivational & Mental Health Talk**

**10th November 2021 1-1.45pm on Teams**

Sadly, Tom lost his best friend & brother in October 2015 to suicide. Two years on he had his own battle with depression & suicidal thoughts but came through the other side. Now he is delivering talks explaining how he got through it, social media effects on mental health, ways of fixing your mental health & how he got to where he is today.

**Book your place here:** [Toms Talk - Motivational & Mental Health Talk](#)

Andy’s Man Club

**22nd November 2021 2 – 3pm in Room BL1/08 (in person event)**

This session covers the journey of AMC over the last 5 years, who they are, what they are, where they are, how the groups run and, more importantly…why. There are a few videos and a few real stories from real men.

**Book your place here:** [Andy’s Man Club session](#)
Our colleagues in People & Organisational Development put on a wide range of excellent sessions throughout the year, it’s worth keeping an eye on their page to see what’s coming up 😊

P&OD Sessions

Regular Wellbeing Initiatives:

Meditation sessions – I have contacted the Vajrapani Kadampa Meditation Centre to enquire about in person sessions again and am just awaiting their response. In the meantime, there are sessions available online:

https://meditateinhuddersfield.org/
https://www.thekindfulnesseffect.com/meditation

You can also use the following code to receive a 40% discount off an annual subscription to the Headspace app: B2CCX40OFF

Choir – Thursdays 1.15 – 2.10pm RSG/01

Menopause Talk & Support sessions – The next session will be held on Wednesday 1st December 12.30 – 1.30pm.
Please email Staff Wellbeing if you would like to attend this session, or if you would like to join the Menopause Teams support group.

Book Club – The next Book Club is taking place on Tuesday 14th December 12 – 12.45pm. The book we are going to be reading is Worst. Idea. Ever by Jane Fallon.
Please email Staff Wellbeing if you would like to be added to the Staff Book Club circulation list.

Staff Wellbeing Teams group – Please email Staff Wellbeing if you would like to be added to the group. It’s a supportive space where Wellbeing resources, suggestions and experiences can be shared with your peers.

Be Active
ActiveHud have a really great range of activities that staff members can take part in as well as excellent value membership – not only amazing for your health but also providing the opportunity for you to connect with your colleagues and have fun!

https://active.hud.ac.uk/sport/ – have a look here to see if anything takes your fancy.

Staff Wellbeing Confidential Support

Just a reminder that we have free and confidential support available for all staff members - whatever mental health, physical, financial or personal issue you are facing, access expert help and support for life’s ups and downs, 24/7, 365 days a year. Please take a moment to have a look round this useful resource – if you would like any help in navigating it then please feel free to contact me and I’d be happy to take you through it – Rianna Armitage

Learning Lunches – Can you Help?

It would be great if we could reintroduce Learning Lunches - a 30-minute session via Teams once a month that covers a topic related to wellbeing. We have lots of amazingly talented and knowledgeable members of staff at the University, I would love to get some volunteers to host a Learning Lunch via Teams. It could involve sharing some information, promoting discussion, introducing people to new activities…anything related to wellbeing. Please email Staff Wellbeing if this is something you think you could help with.

LinkedIn Learning

A free on-demand library of high-quality courses and instructional videos covering a wide range of topics, including lots of great wellbeing resources:

LinkedIn Learning Wellbeing Resources (try using Microsoft Edge if you struggle to access)
Hub of Hope

The Hub of Hope is the UK’s leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

Hub of Hope - Mental Health Support Network provided by Chasing the Stigma

This month I am reading...

The Choice – Edith Eger

Every time I read an Edith Eger book I am reminded that we have choices about the way we see ourselves and our lives, and the impact our mindset has on the way we feel.

A native of Hungary, Edith Eva Eger was just a teenager in 1944 when she experienced one of the worst evils the human race has ever known. As a Jew living in Nazi-occupied Eastern Europe, she and her family were sent to Auschwitz, the heinous death camp. Her parents were sent to the gas chambers but Edith’s bravery kept her and her sister alive. Toward the end of the war Edith and other prisoners had been moved to Austria. On May 4, 1945 a young American soldier noticed her hand moving slightly amongst a number of dead bodies. He quickly summoned medical help and brought her back from the brink of death.

After the war Edith moved to Czechoslovakia where she met the man she would marry. In 1949 they moved to the United States. In 1969 she received her degree in Psychology from the University of Texas, El Paso. She then pursued her doctoral internship at the William Beaumont Army Medical Center at Fort Bliss, Texas.

Dr. Eger is a prolific author and a member of several professional associations. She has a clinical practice in La Jolla, California and holds a faculty appointment at the University of California, San Diego. She has appeared on numerous television programs including CNN and the Oprah Winfrey Show; and was the primary subject of a holocaust documentary that appeared on Dutch National Television. She is frequently invited to speaking engagements throughout the United States and abroad.
I am listening to…

Bryony Gordon’s Mad World – An interview with Tony Adams for Addiction Awareness Week


Request for help!

Hearing other people’s real-life stories and experiences can really help to encourage others to access support and to feel less alone. I would really love to hear from you if you have an experience that you are willing to share on the newsletter and/or Wellbeing Teams group so we can help others to talk about how they are feeling and access help. Please email Staff Wellbeing with your experiences 😊

We’d love to hear your thoughts and suggestions!

Contact:

Staff Wellbeing

Email: staffwellbeing@hud.ac.uk

Website: https://staff.hud.ac.uk/oh/wellbeing/

Please contact us if you have any issues accessing our newsletters and we will do all we can to find a solution. We want to help everyone improve their wellbeing and welcome your feedback.