

Get Social this February | 5th – 8th February

In a world where digital connections often overshadow genuine human interactions, it's easy to forget the importance of connecting with others for our wellbeing.

The Staff Wellbeing Team invite you to rediscover the essence of community and get social this February. Looking for some ideas on how to connect with your colleagues? Read on for inspiration including regular social initiatives from the Staff Wellbeing team, Staff EDI networks, courses from the People and Organisational Development Team and other ways to get social at the University.

Read on for information on:

Regular Initiatives from the Staff Wellbeing Team

- **Staff Choir**
- **Staff Book Club**
- **Menopause Talk and Support**
- **Knit and Natter**
- **Returning Parents Support Group**

Staff Equality and Diversity

- **Equality and Diversity Networks**
- **Pronoun Badge Making Workshop**

People and Organisational Development Courses

- **The Happiness Workshop**
- **Change and the Brain**

Menopause Seed Training

Other ways to get social at the University

- **Active Hud**
- **Sustainability**

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Regular Social Initiatives from the Staff Wellbeing Team

Staff Choir | Thursdays 12:15 – 13:00

Singing has been shown to deliver a host of physical and emotional benefits, including increased aerobic exercise, improved breathing, posture, mindset, confidence, and self-esteem. It is also a great social activity and a way to meet people from across the University.

The choir is led by a brilliant music teacher from Kirklees Musica. There is no audition, no singing ability or experience are necessary and you won't be asked to sing on your own (unless you really want to!). All staff are welcome to attend.

[You can sign up to join the choir here.](#) If you are nervous to attend for the first time, why not bring a colleague along too! Look forward to seeing you there!

Staff Book Club | Online every 6-8 weeks

According to Mental Health First Aid England, reading for pleasure is beneficial for our mental health. As we have a number of book club regulars, it is also a great way to meet and get to know colleagues from across the University.

You can [click here](#) for more information about the book club, including a list of our previous reads. [You can sign up to join the book club here.](#)

Menopause Talk and Support Group | Monthly online and in person meetings | Microsoft Teams Support Group

The Menopause Talk and Support Group meets monthly and alternates between online and in person meetings. The group provides an opportunity to share experiences, ideas, tips and to support each other as well as getting involved in initiatives led by the Staff Wellbeing Team.

[You can join the Menopause Talk and Support group here.](#)

Knit and Natter | Wednesdays 12:00 – 14:00 | Staff Wellbeing Room (SB9/07a)

We hold a Knit and Natter session on a Wednesday lunchtime in our Staff Wellbeing Room (SB9/07a). The room is open for anybody who would like to get together to knit and natter. This is an opportunity to bring your own projects and socialise with other knitters. We will be holding sessions throughout February, with the final session being Wednesday 28th February, with potentially more sessions to be announced.

[If you would like to be added to the Microsoft Teams Group you can sign up here.](#)

Returning Parents Support Group | Microsoft Team Support Group

Have you recently returned from maternity, paternity, shared parental or adoption leave? Or have you got little ones at home and you're juggling working, school drop offs, childcare, and the rest? If so, you may like to join our Returning Parents Support Group. We have a Teams chat group which [you can join here.](#)

This group provides a network of other parents who are likely to be going through the same thing as you, an opportunity to chat, network and support each other. The group is aimed at those in the first few years of being a parent, whether for the first time or the sixth time!

Staff Equality and Diversity

Staff Equality and Diversity Networks

Our staff networks provide an opportunity for staff who share a protected characteristic to network, obtain peer support and share information. They can also offer opportunities for staff to inform university policy on equality-related issues and topics.

The Staff Equality and Diversity Networks are:

Lesbian, Gay, Bisexual, Trans, Queer, and Intersex (LGBTQI+) Staff Network*

Black, Asian and Minority Ethnic Staff Network

Staff Disability Network including the Neurodiversity Staff Group

Women's Staff Network

[You can find out more about the networks and how to engage with them here.](#) Or you can email the team, edi@hud.ac.uk.

Pronoun Badge Making Workshop | Wednesday 7th Feb | 12:00 – 14:00 | Student Central Level 4

The Equality, Diversity and Inclusion Team and the LGBTQI+ Staff Network are hosting a pronoun badge making workshop where staff can make personalised pronoun badges that authentically reflect their gender identity and expression. No need to book, just turn up.

People and Organisational Development Courses

The following courses, as well as having fabulous content, will be held in person on campus, so there will be opportunity to connect with colleagues on the course during breaks and through interactive activities.

Change and the Brain | Tuesday 6th February | 9:30 – 12:00

Join Helen Connor to learn how change impacts people differently. We examine the role of the brain when we manage change situations. We also discuss what teams need to manage and deal with change more effectively as well as exploring the role of the manager in supporting their teams through change.

[Book onto this course here.](#)

The Happiness Workshop | Thursday 14th March | 10:00 – 12:30

Join Helen Connor to learn how to have a brighter day. We will explore the theory and identify practical steps which might just increase our happiness. You will come away with knowledge of the theories, an awareness of what makes us happy and some practical steps to increasing our happiness.

[Book onto this course here.](#)

Menopause Seed Training: Helping people talk openly about the Menopause

Menopause Seed Training | Wednesday 7th February | 14:00 – 16:00 | Room TBC

The University has partnered with Talk: Menopause and the University Health Centre to offer Menopause Seed Training. Menopause Seeds work in the community to raise awareness of menopause through talking openly about it and signposting people to support.

The University is offering a fun, informative and interactive session to help us raise awareness and expand support for colleagues experiencing menopause and menopause symptoms across the University. The training will include presentations, lots of discussion and practical work in small groups. Course leaders include the project lead for Talk:Menopause and a GP from the University Health Centre. You can request to book onto the training by emailing staff.wellbeing@hud.ac.uk

Other ways to get social at the University

Active Hud

Active Hud are our on campus gym and sports facility. They host a range of active wellbeing and lifestyle classes which are open to all staff and free to attend. These include wellbeing yoga, tai chi, Zumba and Pilates. The instructors are all very friendly and there is always a little time for chatting before and after class. You could use these classes as an opportunity to socialise and speak to someone outside of your work area. Alternatively, if you are a bit unsure of attending a class on your own, you could go together with one or more of your colleagues. This will give you the opportunity to get away from your desk/workstation on your break, improve your physical health at the same time as getting social and connecting with others...a win-win.

[You can find out more here.](#)

Sustainability

There's a variety of ways that members of staff can get involved with Sustainability at the University, whilst also being social and meeting new people. The Sustainability Team hosts regular events, workshops and information sessions most of which are very hands on. These include [tree planting sessions](#), [opportunities to get involved with gardening on campus](#) and their annual [Green Week](#). Why not try some of these opportunities as a way to meet others from across the University, or get some of your colleagues together to join and get social whilst contributing to sustainability at the University. You can find out more about all activities from the Sustainability Team [here](#) or you can email them on sustainability@hud.ac.uk.

Let us know how you get on

However you decide to get social, let us know how you get on, send us a picture to staff.wellbeing@hud.ac.uk and we will put them up on our Staff Wellbeing Sharepoint Site to help inspire others. [You can see the site here.](#)