**Menopause Support**

NHSGM were delighted to host colleagues from across the North West to a panel session on World Menopause Day in October, a recording of which is available [**here.**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DXKuKatWSJeQ&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785200997%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=m5ww50F4%2BQWlcI9OUyx%2FtvuiHPRp81tWZRlfQjXT9%2Bg%3D&reserved=0) Here are some of the resources shared with attendees:

* The [**three key stages of menopause,**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fconditions%2Fmenopause%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785200997%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=p%2F08%2BD6TwTDOoVfROTsZ94QVIvRZuTksrlV5Q4UlTcI%3D&reserved=0) guidance from the [**British Menopause Society**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fthebms.org.uk%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785200997%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=WpnvH%2BOilmLYYPDUL0bpA9tgygSz%2BaD6jMMP7aWEMeE%3D&reserved=0)
* [**Understanding Menopause**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmenopausesupport.co.uk%2Fwp-content%2Fuploads%2F2023%2F06%2FMEN0921351544-005_Menopause-Support-Booklet-5-3.pdf&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785200997%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=slqpDME3Cmm4Rg%2FfUZBppqIX6vBWMQ9zyvjz0uXDgvw%3D&reserved=0) booklet / resource developed by Dr Zoe Hodson,
* [**Cycle of Change**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D0mAE_lb39mE&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785200997%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=xzZ91gDOBecwEXsJukLE1ekO3aIBkSgeyfZDwtYdcdA%3D&reserved=0) short film to empower women and share real-life experiences from all stages of the menopause transition.
* [**Prescription certificate**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fget-a-ppc%2Fhrt-ppc&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785200997%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=h1Csal%2FHy%2FpuWPJeUfcsbw9975cy8IAHkMzR%2BTXBAAM%3D&reserved=0) to support the costs of HRT
* [**#Menopossibilities: Supporting Women in Midlife**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwomeninsport.org%2Fcreating-change%2Fcampaigns%2Fmenopossibilities-supporting-women-in-midlife%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785200997%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=sDRdS%2FDn7t3j3ZjQxqVm72qIyyOgFWOvThaYo%2BVS7bY%3D&reserved=0)
* [**Inspiring Women to be Active During Midlife and Menopause**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gmmoving.co.uk%2Fdata-and-learning%2Finspiring-women-to-be-active-during-midlife-and-menopause&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785200997%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=BZy3Zt%2BEcX%2BSDwv0EePDoxsnc8gESwBslo3%2FtsoUpDo%3D&reserved=0)
* [**Moving Medicine**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmovingmedicine.ac.uk%2Fconsultation-guides%2Fcondition%2Fadult%2Fmenopause%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=hUMo4BErximuL6Jl%2FJJm8OcViq9773zbrXN4LKX6%2FJI%3D&reserved=0) – to help integrate physical activity conversations into routine clinical care.
* [**Perimenopause and HRT: from surviving and plodding to thriving and flying.**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhayleyleverblog.wordpress.com%2F2023%2F04%2F23%2Fperimenopause-and-hrt-from-surviving-and-plodding-to-thriving-and-flying%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=R148ZZGVHMzUye9BLn6FWvimED7vO6QHqzyf1Q2l3Q0%3D&reserved=0)
* [**Why Does Moving Matter in the Menopause?**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhayleyleverblog.wordpress.com%2F2021%2F11%2F17%2Fwhy-does-moving-matter-in-the-menopause%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=SHM64Yb8AmCkI98zhuvlAmVZYAsYXXqM4pfli0I6n9g%3D&reserved=0)
* [**5 ways to wellbeing while we work**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhayleyleverblog.wordpress.com%2F2023%2F08%2F22%2F5-ways-to-wellbeing-while-we-work%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2FN9FR0NTFQyFsSoUKxLAkd0ZUOOA%2FtSE6N6KZqLhIoM%3D&reserved=0)

[**Online Menopause e-learning**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.e-lfh.org.uk%2Fprogrammes%2Fmenopause-awareness%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=N3CvGUDQO5G54Q1E4f8xBkXI9oFJnipb%2BQzEty%2BdxsA%3D&reserved=0), a 30-minute free module from NHSE for NHS healthcare staff

If you would like to join the GM Menopause Network, please email **Nicole at GM Moving**

**NHSE Violence Prevention and Reduction Qualifications**

There are a number of NHSE funded places still available for the Level 3 and Level 4 Violence Prevention & Reduction Accredited Education Pathway Qualifications for staff working across health and care settings and services.

**Level 3 Award in Violence Prevention and Reduction for Operational Leads:**

* Target Audience - for those working in ‘at-risk’ environments in health and care settings, specifically individuals with leadership roles in these settings, such as Security Management Specialists, Ward Managers, Senior Sisters/ Senior Charge Nurses, and Matrons.
* Available Dates – 2 days training, either 16th & 23rd January 2024 or 10th & 24th January 2024 dates still available.

**Level 3 Award in Violence Prevention and Reduction for Strategic Specialists:**

* Target Audience  - organisational leads for violence prevention and reduction working in health and care settings with a responsibility for planning team strategies and operational plans
* Available Dates – 2 days training, either 22nd & 30th January 2024 or 17th & 24th January 2024 dates still available.

**Level 4 Award in Violence Prevention and Reduction for Strategic Specialists:**

* Target Audience - strategic specialists for violence prevention and reduction working in health and care settings with a responsibility for planning organisational strategies and operational plans.
* Available Dates – 4 days training on 2nd, 7th, 8th & 9th February still available.

Please share with relevant colleagues, see the link for additional information and to book a place/s as they will be filled on a first come, first served basis - [**RSPH | Violence Prevention and Reduction (VPR) Education Pathway**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.rsph.org.uk%2Four-work%2Fprogrammes-hub%2Fviolence-prevention-and-reduction-vpr-education-pathway.html&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=n%2Fq99BQUgfC7qU4f6fWJ703m5Lm%2FUdP43r4CMUet%2FxI%3D&reserved=0)

**Access to Credit Unions**

**free**, online

NHS Greater Manchester have been working closely with Credit Union provider [**Metro Moneywise,**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.metromoneywise.co.uk%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=i58zohh122%2BhGHgDdML5eaQnLPA0eR8wb9AvpPMfFuU%3D&reserved=0) who now offer all health and social care staff across Greater Manchester the opportunity to join their financial co-operative which provides safe savings and affordable loans – and take advantage of support like the Christmas loan support – and help people consolidate debt at affordable rates and create savings for a rainy day.

There is no need for the individual employers to be registered – all health and social care workers across Greater Manchester can join Metro Moneywise directly through a new common bond set up as ***Greater Manchester Integrated Care Partnership*** – and direct debit arrangements are set up with the individual, rather than through a payroll arrangement. For more information contact: Ciara Davies at Metro Moneywise.

**Supporting Carers at Work – support for all health and care working carers in Greater Manchester**

NHS GM are a member of the [**Employers for Carers**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fefcdigital.org%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=0WGEoVqxG5CgNsieWMPlF8%2FA7YJWjZtE0wUyl9Yzpqs%3D&reserved=0) (EfC) forum, run by [**Carers’ UK**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.carersuk.org%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=KDWjbok5ry2EkwNAUAnsch2qdqY%2FFvL7p3ypG86b4JA%3D&reserved=0) – and the support provision is extended to all health and care workers across Greater Manchester with

* support for employees with caring responsibilities in the belief that no one should have to give up work to care.
* access to a range of dedicated resources, specialist support, training, practical information and advice, both for carers and for those line managing carers.

Please go to [**EfCDigital.org**](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.efcdigital.org%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=uCPod7lKMD%2BaEzRskb%2FpeioGExHb5ZJ%2F942ypnVpG5I%3D&reserved=0)  and select ‘login/register’ to create a new account using the access code: EFC9987

**Upcoming GM Working Together Wellbeing Virtual Workshops**

Take part in the [**programme of workshops and masterclasses**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fo%2Fgm-working-together-29776269995&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=lViAVbm14Agf%2BWcidPe1OlhgG1QNZ2yb1c9j5WNju4M%3D&reserved=0) for you to access across a wide range of topics, including Financial Wellbeing; Mental Wellbeing, Sleep, Suicide Prevention, Stress and Burnout; Physical and Musculoskeletal wellbeing; and Menopause.

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| [**Tue 14 Nov**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Finsight-into-menopause-awareness-for-peer-support-tickets-698432920667%3Faff%3Debdsoporgprofile&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=0F70R3QZN%2FIv%2FjOEbWB6yO1HVkElgW9uuHdFbxnpnoA%3D&reserved=0) **9.30-10.30am** | **Insight Into…Menopause Awareness for Peer Support** |
| [**Tue 16 Jan**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Frelaunched-greater-manchester-good-conversation-guide-tickets-705875090397%3Faff%3Debdsoporgprofile&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785357258%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ZpkHnxUESqN9cRs64Q%2BjuqBkhzGQip1J%2F%2FGl5%2FfW%2B0o%3D&reserved=0)**1-2pm** | **Relaunched Greater Manchester Good Conversation Guide** |
| [**Wed 17 Jan**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fhow-to-be-lgbtq-inclusive-top-10-tips-tickets-757630763007%3Faff%3Debdsoporgprofile&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785513478%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=A7gVqHiSbHdYbohN4nlQNOYsK7XpaFnO3fsz5f1vsHo%3D&reserved=0) **1-2pm** | **How to be LGBTQ+ Effective – Top 10 Tips** |

**Other Upcoming Activities and Events**

**Men’s Mental Health Webinars,** with Andy’s Man Club, [17 November](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fteams.microsoft.com%2Fdl%2Flauncher%2Flauncher.html%3Furl%3D%252F_%2523%252Fl%252Fmeetup-join%252F19%253Ameeting_YzlkOTdkZDktMTcwYS00MTliLWE5YTEtM2E4OWIxNzExYWQy%2540thread.v2%252F0%253Fcontext%253D%25257b%252522Tid%252522%25253a%252522ddc77078-e803-4eeb-80ca-dd03ba7459c4%252522%25252c%252522Oid%252522%25253a%252522c239e79b-93f5-4f09-a1d5-f072d13393b0%252522%25257d%2526anon%253Dtrue%26type%3Dmeetup-join%26deeplinkId%3D045601e3-663e-4d0a-bf5b-df90aca45363%26directDl%3Dtrue%26msLaunch%3Dtrue%26enableMobilePage%3Dtrue%26suppressPrompt%3Dtrue&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785513478%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=vF3ejcSLyvwlyWPDizAfEpKcV2qIzJZSwHmTY%2FL4FWs%3D&reserved=0)

[**Can we be both fair and flexible in agile work?**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhsemployers.org%2Fevents%2Fcan-we-be-both-fair-and-flexible-agile-working&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785513478%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=k8XGd%2Fm9aY3g7gV47eu4BUfRvAtaNHOsoGCVFzndNGQ%3D&reserved=0)The latest evidence based practice from NHS Employers, open to all, 15 November

[**National Self-care Week**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.selfcareforum.org%2Fevents%2Fself-care-week%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785513478%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=p0eHjbNeRgo2IbDQTD%2BG5AsdfgKd4NN%2F8PdtFES%2FbRU%3D&reserved=0), resources and ideas to help your teams help themselves, 13-19 November

[**Carers’ Rights Day**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.carersuk.org%2Fnews-and-campaigns%2Four-campaigns%2Fcarers-rights-day%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785513478%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=MJak90ZX1pv1oc5NOrgjtJmFgVJ3o7Aho4zgd3LBK0Y%3D&reserved=0)**,**  [How to get colleagues involved](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fi.emlfiles4.com%2Fcmpdoc%2F8%2F2%2F2%2F9%2Ffiles%2F1175269_efc-crd-guide-to-getting-involved-2023---final.pdf%3Futm_source%3DCarers%2520UK%26utm_medium%3Demail%26utm_campaign%3D14191413_Carers%2520Rights%2520Day%2520leaflet%25202023%26dm_i%3D74C%2C8G65X%2C1GSYR6%2CYW4K7%2C1&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785513478%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=c3lUxjrzbVht2%2F04%2Bt%2FDQoXmsEDE1YEEQA77JtYJOS4%3D&reserved=0) in an opportunity to highlight the Employers’ for Carers provision, 23 November.

[**Rugby League player Dan Sarginson talking about his mental health,**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fukmensday.org.uk%2Fevent%2Fin-conversation-with-dan-sarginson%2F&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785513478%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=oMC4vjzrdJvWXSVwV9azXRxLxIaNEykh3jxkKVkUZn0%3D&reserved=0)as part of International Men’s Day, Manchester University, 19 November

[**Adverse Childhood Experience & Trauma Responsive Movement**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fadverse-childhood-experience-trauma-responsive-movement-across-gm-tickets-709415760637%3Faff%3Doddtdtcreator&data=05%7C01%7Cmmurphy%40nhs.net%7C22d40e9ff36a4a0673aa08dbe45b7b53%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638354853785513478%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=pLYKycNPUeks7KBKaOUjHNs2l0gi3Vgvqhc219blPP8%3D&reserved=0)**,** hear about the amazing work that has been happening across Greater Manchester, 9 January