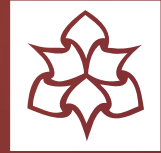


Please share me with your  
colleagues



Manchester  
Metropolitan  
University

# Mind, Body & Spirit Week



**festival of events**

16th to 21st May 2011

# Booking on events – Important information

This year there are a range of ways to book on events as we have started to use Eventbrite which confirms your booking there and then for most of our events.

Please follow the link at the bottom of your chosen event to ensure your place.

If you have any queries please contact Peter Woodier on **6430** or at **dandtcoursebookings@mmu.ac.uk**

In our bid to help save the planet we have not done individual copies of this programme as it is so large. However it is available online at **[www.mmu.ac.uk/humanresources/](http://www.mmu.ac.uk/humanresources/)** in the latest news section.

Can you please share this copy with other members of your team and we hope that all staff will find something of interest in the programme to get involved in during the week of the Mind Body & Spirit Week Festival 16th-21st May.

Everyone in Organisation Development Training & Diversity hopes you enjoy this week of exciting events and look forward to hearing from you if you are interested in hosting an event next year.

# Mind, Body & Spirit Week

16th to 21st May 2011

Mind, Body and Spirit week is now a well established part of MMU life and something that I fully support. The aim of the programme is to encourage people to learn something new, to promote health and wellbeing and awareness of diversity and equal opportunities.

I am well aware of the hard work that everyone has put in during the last 12 months during what are difficult and uncertain times for the sector. The results of the staff survey bear this out and it is clear that support is needed for staff to deal with change and the demands of their jobs. I take the health and well being of people at MMU very seriously and that is why I want to strongly encourage every member of staff to take the opportunity to have a break and take time away from your busy roles to relax and experience something different during Mind, Body, Spirit Week and afterwards. The benefits of taking a break are well established and to support this I have asked all line managers to do everything they can to make it operationally possible for you to be given the opportunity to attend one session of up to 2 hours duration during the week. You can of course attend as many sessions as you like in your own time.

This years programme, sees the return, by popular demand, of the free Elemis hand and arm massage, Indian Head massage, Tai Chi Silk and Tai Chi dance.

New sessions include the North West Film Archive 'Moving Memories Film Screenings', which include features on Belle Vue in its heyday and the history of Moss Side and Hulme's communities. Other new sessions are Neuro Linguistic Programming (NLP)



taster, stress and relaxation, cross-training and jewellery making. The Sugden Centre and Didsbury Sports Centre will be offering free sessions throughout the week.

Colleagues at Hollings are offering 'Body Scanning: the New Shopping Experience' which sounds intriguing. This year also sees the introduction of a number of musical events including a live jazz quartet and live acoustic sessions in the Holden Gallery.

Every year during Mind Body and Spirit week I am overwhelmed by the range of talents displayed by colleagues at MMU and their willingness to give up their time to share them with others. My thanks to all those who will be delivering sessions during the week.

Full details of the programme are set out in this publication. Once again can I encourage you to take advantage of the enjoyable opportunities offered by this programme, take a well-earned break and support your colleagues who will be delivering many of the sessions.

**Professor John Brooks**  
Vice-Chancellor

# Monday 16 May

## All Saints

### ■ Breast Cancer Awareness Information Stand

**Venue:** Geoffrey Manton Lower Atrium

**Time:** 09.30 – 16.00

**No booking required**

### ■ Holy City – A Silent Pilgrimage

**NEW**

A meditative journey through the physical space along Oxford Road. “Holy City” is a site specific sound installation that takes the participant on a reflective journey around the university along Oxford Rd. Holy City invites you to explore and encounter the spiritual through the physical environment and sound. To hear these meditations participants will need to collect a set of headphones and a map from St. Peter’s House Chaplaincy (opposite Blackwells Bookshop). You will then be invited to go on a thirty minute pilgrimage around the university along Oxford Road.

**Venue:** All Saints campus – starts at the Labyrinth Walk, Geoffrey Manton ground floor atrium

**Time:** 10.00 – 16.00

**No booking required** – a £10 deposit for equipment will be required

### ■ Pall Mall Medical

**NEW**

Free blood pressure tests with a voucher for a GP appointment at Pall Mall medical worth £40, 10% off voucher for Aesthetics and free goodie bag

**Venue:** All Saints, Sandra Burslem 3.08

**Time:** 10.00 – 15.00 (15 min appointments)

**To Book:** <http://pallmall.eventbrite.com/>

### ■ Tai Chi Silk & Tai Chi Dance

**Back by popular demand**

Treat yourself in these beautiful forms of Chinese dance movements that enhance relaxation and concentration. Wear comfortable clothing

**Venue:** All Saints, Sandra Burslem Room 3.06

**Time:** 11.00 – 12.00

**To Book:** <http://taichisilk.eventbrite.com/>

### ■ Elemis Hand and Arm Massage

**Back by popular demand** with the opportunity to purchase 2 for 1 facial gift vouchers

**Venue:** Pennine Suite, All Saints

**Time:** 20 minute sessions from 11.00 – 12.30 & 13.00 – 14.00

**To Book:** [dandtcoursebookings@mmu.ac.uk](mailto:dandtcoursebookings@mmu.ac.uk)

Priority will be given to staff who have not attended before and initially staff will only be able to book on one session either hand and arm or neck and shoulder.

### ■ Elemis Neck and Shoulder Massage

**Back by popular demand** with the opportunity to purchase 2 for 1 facial gift vouchers

**Venue:** Pennine Suite, All Saints

**Time:** 20 minute sessions from 11.00 – 13.00 & 13.20 – 14.00

**To Book:** [dandtcoursebookings@mmu.ac.uk](mailto:dandtcoursebookings@mmu.ac.uk)

Priority will be given to staff who have not attended before and initially staff will only be able to book on one session either hand and arm or neck and shoulder.

### ■ Stress and Relaxation – a practical workshop

**Venue:** Sandra Burslem Room G08

**Time:** 13.00 – 14.00

**No booking required**

### ■ Holden Café Gallery

**NEW**

Stalls of student work for sale from the Art & Design Faculty

**Venue:** Holden Café Gallery, Grosvenor Building

**Time:** 11.00 to 15.00

**No Booking required**

### ■ Faith at Work

**NEW**

Informal interfaith discussion group. Join Prof. John Brooks, Vice-Chancellor to MMU, in an open discussion on the rights and boundaries of faith at MMU. Prof. Brooks is also Chair of the Equality Challenge Unit Board of Directors.

**Venue:** Sandra Burslem GO5

**Time:** 11.00 – 12.00

**No booking required**

## ■ Free Sessions at Sugden Sports centre

**NEW**

**Venue:** The Sugden Centre, All Saints

**Time:** 12.00 – 13.00 Circuits  
13.00 – 14.00 Tums & Bums  
17.00 – 18.00 Aerobics

**To Book: No booking required** – take your staff ID card for entry

## ■ Rush Hour Choir

Fed up of singing in the shower! Join others in singing popular, folk and gospel music with a sing-for-pleasure choir with staff from MMU

**Venue:** St. Peter's House Auditorium

**Time:** 17.00 – 18.00

**To Book: No booking required**

## Elizabeth Gaskell

### ■ Knitting for Charity

**NEW**

**Venue:** Elizabeth Gaskell, Main Block EG OB314

**Time:** 12:30 – 13:30

Please bring spare wool and needles, although some will be provided.

Crocheters welcome

Please look at links below for ideas as to what to knit:

[www.angelbear.org.uk/knit.html](http://www.angelbear.org.uk/knit.html)

[www.msf.org.uk/phop.aspx](http://www.msf.org.uk/phop.aspx)

[www.knitonthenet.com/charity/](http://www.knitonthenet.com/charity/)

**To Book:** <http://knitcharity.eventbrite.com>

## Aytoun

### ■ Canal Walk – stroll off lunch

**Venue:** Meet at Aytoun

**Time:** 12.30 – 13.30

**To Book:** [j.christian@mmu.ac.uk](mailto:j.christian@mmu.ac.uk)

### ■ Burlesque Dancing

**NEW**

**Venue:** Aytoun, Room AY310

**Time:** 13.00 – 14.00

**To Book:** <http://burlesq.eventbrite.com>

## Didsbury

### ■ Legs Bums and Tums – Free

**Venue:** Didsbury Sports Centre, Dance Studio

**Time:** 17.30 – 18.30

**No Booking required** – bring staff ID card

### ■ Circuit Training – Free

**Venue:** Didsbury Sports Hall

**Time:** 19.00 – 20.00

**No Booking required** – bring staff ID card

### ■ CrossFit – putting the fun into functional fitness

**NEW**

CrossFit, put simply, is an exercise routine/lifestyle that is guaranteed to take you beyond your previous notions of what being “fit” could be... and, have an absolute blast in the process. In a nutshell, CrossFit is personal training in a small group. But it's much more than that too. It's friendship, community and a super effective way to get fit all rolled into one.

**Venue:** Didsbury, Behrens Room BH 1.9

**Time:** 12.00 – 13.00

**To Book:** <http://cfit.eventbrite.com>

## Hollings

### ■ Body Scanning – the future shopping experience

**NEW**

Step into the 3D measuring device and get a print out of your size and shape classification to make shopping a more pleasant experience. Alternatively track your fitness or weight loss with repeat scans – for more information see [www.hollings.mmu.ac.uk/bodyscanner](http://www.hollings.mmu.ac.uk/bodyscanner)

**Venue:** Hollings Room 9 (close to Reception)

**Time:** 10.00 – 16.00

**To Book:** <http://bodyscan.eventbrite.com>

# Tuesday 17 May

## All Saints

### ■ Introduction to Coaching skills workshop **NEW**

Group session in the morning, however 6 participants will have the opportunity following the session to book individual 30 minute coaching sessions with a professional coach in the afternoon to explore any areas of interest to them. Bookings will be done on a first booked basis.

**Venue:** Sandra Burslem Building, Room G05

**Time:** 9:30–12:30 Group session. Individual coaching sessions 1:15 – 16:30 time to be agreed when booking session

**To Book:** [dandcoursebookings@mmu.ac.uk](mailto:dandcoursebookings@mmu.ac.uk)

### ■ Breast Cancer Awareness Information Stand

**Venue:** Pennine Suite, All Saints

**Time:** 09.30 – 16.00

**No Booking required**

### ■ Indian Head Massage Taster Session by Connect Physical Health Centre

**Back by popular demand**

**Venue:** Aquatics Centre

**Time:** 30 minute sessions from 10.00 to 16.00.

**To Book:** <http://indhead.eventbrite.com>

### ■ Bike Maintenance for Beginners

**Back by popular demand**

**Venue:** Sandra Burslem Room 3.06, All Saints Campus

**Time:** 10.00 to 11.30.

**To Book:** <http://cyclebegin.eventbrite.com>

### ■ Reiki and Indian Head Massage

**Venue:** Sandra Burslem Room 2.08

**Time:** 20 minute sessions of either from 10.30 to 13.30.

**To Book Reiki:** <http://reikijulia.eventbrite.com>

**To Book Head Massage:** <http://indheadjulie.eventbrite.com>

### ■ Holy City – A Silent Pilgrimage **NEW**

A meditative journey through the physical space along Oxford Road. “Holy City” is a site specific sound installation that takes the participant on a reflective journey around the university along Oxford Rd. Holy City invites you to explore and encounter the spiritual through the physical environment and sound. To hear these meditations participants will need to collect a set of headphones and a map from St. Peter’s House Chaplaincy (opposite Blackwells Bookshop). You will then be invited to go on a thirty minute pilgrimage around the university along Oxford Road.

**Venue:** All Saints campus – starts at the Labyrinth Walk, Geoffrey Manton ground floor atrium

**Time:** 10.00 – 16.00

**No Booking required** – a £10 deposit for equipment will be needed

### ■ Shiatsu Massage **NEW**

**Venue:** All Saints Building, Room 605, 6th Floor

**Time:** 12.00 – 13.00 (20 min sessions)

**To Book:** <http://shiat.eventbrite.com>

### ■ Simply Health information stand **NEW**

**Venue:** Pennine suite, All Saints

**Time:** 12.00 to 14.00

**No Booking required**

### ■ Spiritual MOT (One to One) **NEW**

**Venue:** Righton Building, Rutherford Meeting Room

**Time:** 12.00 – 14.00

**No Booking required**



## ■ Moving Memories Film Screening **NEW**

Tales from Moss Side & Hulme. Combining BBC archive footage and new interviews, this award-winning film recounts stories of local Caribbean, Sikh & Irish communities from the 1960s to 1980s. (30 minutes)

**Venue:** Sandra Burslem LT 2.10

**Time:** 12.15 to 13.00

**No Booking required**

## ■ Origami for Beginners **NEW**

**Venue:** Sandra Burslem Room 2.03

**Time:** 12.15 – 13.00

**To Book:** <http://orig.eventbrite.com>

## ■ Knitting for Charity **NEW**

**Venue:** Sandra Burslem Room 2.01

**Time:** 12.30 – 13.30

Please bring spare wool and needles, although some will be provided.

Crocheters welcome

Please look at links below for ideas as to what to knit:

[www.angelbear.org.uk/knit.html](http://www.angelbear.org.uk/knit.html)

[www.msf.org.uk/phop.aspx](http://www.msf.org.uk/phop.aspx)

[www.knititonthenet.com/charity/](http://www.knititonthenet.com/charity/)

**To Book:** <http://knitcharity.eventbrite.com>

## ■ Free Sessions at Sugden Sports centre **NEW**

**Venue:** The Sugden Centre, All Saints

**Time:** 12.00 – 13.00 Aerobics

17.00 – 18.00 Yoga or Circuits

17.30 – 18.30 Aerobics

**No Booking required** – take your staff ID card for entry

## ■ Make Your Own Jewellery **NEW**

**Venue:** Sandra Burslem Room G08

**Time:** 13.00 – 14.00

**To Book:** <http://jewel.eventbrite.com>

## ■ Reiki Taster Sessions (fully clothed) **NEW**

**Venue:** Sandra Burslem Room 2.02

**Time:** 30 minute sessions from 13.00 to 16.00

**To Book:** <http://reik.eventbrite.com>

## ■ Acoustic Session with Greta & Oscar **NEW**

Bring your lunch or just have a coffee, relax and listen to live music

**Venue:** Holden Gallery, Grosvenor Building

**Time:** 12.45 to 13.30

**No Booking required**

## ■ Moving Memories Film Screening **NEW**

**Belle Vue:** The Gardens that John Built. Recalling the heyday of Manchester's Belle Vue – the Pleasure Gardens, the zoo, the fair and the circus – featuring interviews with people who spent happy times there. (14 minutes)

**Ice Cream:** Manchester's Little Italy. The delicious story of the makers and vendors of ice-cream, told by the Italian families and their customers. (12 minutes)

**Venue:** Sandra Burslem LT 2.10

**Time:** 13.15 to 14.00

**No Booking required**

## ■ River Walk stroll off lunch

**Venue:** Meet at All Saints

**Time:** 12.30 – 13.30

**To Book:** [j.christian@mmu.ac.uk](mailto:j.christian@mmu.ac.uk)

## Crewe

### ■ Crochet for Beginners/Intermediate. Bring a crochet hook and ball of wool

Enjoy a cup of coffee and a chat while learning basic skills or for the more experienced crochet a spiral scarf

**Venue:** Frances Wood Room FW-0-34,

**Time:** 10.00 to 11.00.

**To Book:** <http://crochetbegin.eventbrite.com>

## ■ **Neuro-Linguistic Programming (NLP) Taster Session** **NEW**

This two hour taster session offers participants the chance to gain an understanding of the basic principles of NLP, and provides a flavour for NLP practice. You will have the opportunity to put into practice some of the attitudes, methodologies and techniques of NLP. When you learn NLP you learn:

- ◆ The art of non verbal communication
- ◆ How to attract and hold someone's attention
- ◆ How to read people more accurately
- ◆ Skills to help yourself and others to create compelling goals
- ◆ Negotiation secrets
- ◆ How to motivate others

**Venue:** Frances Wood, Room FW0-33, Ground Floor

**Time:** 10.00 – 12.00

**To Book:** <http://nlptast.eventbrite.com>

## ■ **Stress and Relaxation – a practical workshop**

**Venue:** Delaney, Room CR D-0-10

**Time:** 15.30 – 16.30

**No Booking required**

## **Elizabeth Gaskell**

## ■ **CrossFit – putting the fun into functional fitness** **NEW**

CrossFit, put simply, is an exercise routine/lifestyle that is guaranteed to take you beyond your previous notions of what being “fit” could be... and, have an absolute blast in the process. In a nutshell, CrossFit is personal training in a small group. But it's much more than that too. It's friendship, community and a super effective way to get fit all rolled into one.

**Venue:** Elizabeth Gaskell, Room EG T210

**Time:** 13.30 – 14.30

**To Book:** <http://cfit.eventbrite.com>

## ■ **Vital Energy Session by Innersound** **NEW**

These sessions are part of a “Global Happiness Programme” led by Qi Energy Masters who help you receive vital Qi Energy. The format of the sessions consists of slow, gentle movements followed by a period of quietness and finishing with a 3 minute head and shoulder treatment.

The aim of this session is to relieve stress, fatigue and tension.

**Venue:** Elizabeth Gaskell Reception

**Time:** Sessions from 14.00 to 15.00

**No Booking required**

## ■ **Introductory Crochet – making a paper cup-holder** **NEW**

Bring 1gm ball of DK wool & small ball of DK wool in contrasting colour, plus a 4.5mm crochet hook

**Venue:** Elizabeth Gaskell, Room EG OB101

**Time:** 10.00 – 13.00

**To Book:** <http://crochetintro.eventbrite.com>

## **Didsbury**

## ■ **Equality & Diversity Coffee Morning** **NEW**

- ◆ Want to know what equality & diversity has to do with you and your role at MMU?
- ◆ Want to know who you can turn to if you have a specific equality question?
- ◆ Want to learn more about the University's Equality Staff Forums and how to get involved?
- ◆ Confused about the new Equality Act and want to understand it better?
- ◆ All Staff are welcome to drop into our Equality and Diversity Coffee Mornings!

**Venue:** Didsbury campus, Common Room, Admin Building

**Time:** 10.30 to 12.00.

**To Book:** this is a drop in session so no booking is required but to help with hospitality and to avoid wastage if you are planning to drop in please let Katherine Wrigglesworth know by e mail on [k.wrigglesworth@mmu.ac.uk](mailto:k.wrigglesworth@mmu.ac.uk) or by phone on extension 6417

# Wednesday 18 May

## All Saints

### ■ Holy City – A Silent Pilgrimage

**NEW**

A meditative journey through the physical space along Oxford Road. "Holy City" is a site specific sound installation that takes the participant on a reflective journey around the university along Oxford Rd. Holy City invites you to explore and encounter the spiritual through the physical environment and sound. To hear these meditations participants will need to collect a set of headphones and a map from St. Peter's House Chaplaincy (opposite Blackwells Bookshop). You will then be invited to go on a thirty minute pilgrimage around the university along Oxford Road.

**Venue:** All Saints campus – starts at the labyrinth walk, Geoffrey Manton, ground floor atrium

**Time:** 10.00 – 16.00

**To Book:** no booking required – a £10 deposit for equipment will be needed

### ■ Swimming for £1

**Venue:** Aquatics Sports Centre

**Time:** 09.00 – 18.00

**No Booking required** – take your staff ID card for entry

### ■ Reiki and Indian Head Massage

**Venue:** Sandra Burslem Room 2.08

**Time:** 20 minute sessions of either from 10.30 to 13.30.

**To Book Reiki:** <http://reikijulia.eventbrite.com>

**To Book Head Massage:** <http://indheadjulie.eventbrite.com>

### ■ Elemis Hand and Arm Massage

**Back by popular demand** with the opportunity to purchase 2 for 1 facial gift vouchers

**Venue:** Pennine Suite, All Saints

**Time:** 20 minute sessions from 11.00 – 12.30 & 13.00 – 14.00

**To Book:** [dandtcoursebookings@mmu.ac.uk](mailto:dandtcoursebookings@mmu.ac.uk)  
Priority will be given to staff who have not attended before and initially staff will only be able to book on one session either hand and arm or neck and shoulder.

### ■ Elemis Neck and Shoulder Massage

**Back by popular demand** with the opportunity to purchase 2 for 1 facial gift vouchers

**Venue:** Pennine Suite, All Saints

**Time:** 20 minute sessions from 11.00 – 13.00 & 13.20 – 14.00

**To Book:** [dandtcoursebookings@mmu.ac.uk](mailto:dandtcoursebookings@mmu.ac.uk)  
Priority will be given to staff who have not attended before and initially staff will only be able to book on one session either hand and arm or neck and shoulder.

### ■ Tai Chi Silk & Tai Chi Dance

**Back by popular demand**

Treat yourself in these beautiful forms of Chinese dance movements that enhance relaxation and concentration. Wear comfortable clothing

**Venue:** Sandra Burslem Room 3.06

**Time:** 11.00 – 12.00

**To Book:** <http://taichisilk.eventbrite.com/>

### ■ Free Sessions at Sugden Sports centre

**NEW**

**Venue:** The Sugden Centre, All Saints

**Time:** 12.00 – 13.00 Circuits  
12.15 – 13.15 Yoga  
13.00 – 14.00 Tums & Bums  
13.15 – 14.15 Zumba

**No Booking required** – take your staff ID card for entry

### ■ CrossFit – putting the fun into functional fitness

**NEW**

CrossFit, put simply, is an exercise routine/lifestyle that is guaranteed to take you beyond your previous notions of what being "fit" could be... and, have an absolute blast in the process. In a nutshell, CrossFit is personal training in a small group. But it's much more than that too. It's friendship, community and a super effective way to get fit all rolled into one.

**Venue:** Sandra Burslem, Room 3.01

**Time:** 13.30 – 14.30

**To Book:** <http://cfit.eventbrite.com>

## ■ How to have win win conversations

**NEW**

**Venue:** Sandra Burslem Building G05  
**Time:** 13:00 – 14:30  
**To Book:** <http://winwinconv.eventbrite.com>

## ■ Meet the Experts – handling sessions with objects from MMU Special Collections

**NEW**

**Venue:** 3rd Floor, Sir Kenneth Green Library, All Saints  
**Time:** 12.30 to 13.30.  
**To Book:** <http://mmucolls.eventbrite.com>

## ■ Manchester Sightseer Cycle Ride

**NEW**

**Venue:** Starts at Metal Bike Structure, outside Deansgate Railway Station  
**Time:** 3.00 pm  
**To Book:** <http://cyclesight.eventbrite.com>

## ■ Acoustic Session with Ed Billingham

**NEW**

Bring your lunch or just have a coffee, relax and listen to live music

**Venue:** Holden Gallery Grosvenor Building  
**Time:** 13.00 to 13.45  
**No Booking required**

## Aytoun

## ■ Make Your Own Jewellery

**NEW**

**Venue:** Aytoun, Room AY SR2  
**Time:** 13.00 – 14.00  
**To Book:** <http://jewel.eventbrite.com>

## ■ Vital Energy Session by Innersound

**NEW**

These sessions are part of a “Global Happiness Programme” led by Qi Energy Masters who help you receive vital Qi Energy. The format of the sessions consists of slow, gentle movements followed by a period of quietness and finishing with a 3 minute head and shoulder treatment.

The aim of this session is to relieve stress, fatigue and tension.

**Venue:** Aytoun Building Foyer  
**Time:** Sessions from 14.00 to 15.00  
**No Booking required**

## Elizabeth Gaskell

## ■ Introduction to Taekwondo & Self Defence

**FREE**

**Venue:** Elizabeth Gaskell, EG OB101  
**Time:** 11.00 – 12.00  
**To Book:** <http://taek.eventbrite.com>

## ■ What Physiotherapy and Acupuncture can do for you

**NEW**

**Venue:** Elizabeth Gaskell Clinic, 3rd Floor of Tower Block  
**Times:**

Physio Session	13.00 – 13.30
Acupuncture	13.30 – 14.00
Demonstrations	14.00 – 14.30
Questions	14.30

**To Book:** <http://acuphysio.eventbrite.com>

## ■ Knitting for Charity

**NEW**

**Venue:** Elizabeth Gaskell, Main Block EG OB314  
**Time:** 12:30 – 13:30

Please bring spare wool and needles, although some will be provided.

Crocheters welcome

Please look at links below for ideas as to what to knit:

[www.angelbear.org.uk/knit.html](http://www.angelbear.org.uk/knit.html)

[www.msfp.org.uk/phop.aspx](http://www.msfp.org.uk/phop.aspx)

[www.knititonthenet.com/charity/](http://www.knititonthenet.com/charity/)

**To Book:** <http://knitcharity.eventbrite.com>

## ■ Jewellery Making – creating a layered organza flower brooch

**NEW**

Bring a sharp pair of scissors that will cut through material

**Venue:** Elizabeth Gaskell, Room EG OB110  
**Time:** 13.00 – 15.00

**To Book:** <http://jewelbrooch.eventbrite.com>



## Didsbury

### ■ Breast Cancer Awareness Information stand

**Venue:** Didsbury Refectory, Birley Building

**Time:** 09.30 – 16.00

**No Booking required**

### ■ Introduction to Emotional Freedom Technique **NEW**

This is a self help mind/body healing and relaxation technique, based on the idea that negative emotions are related to disturbances in the body's energy system, sometimes referred to as 'tapping'.

**Venue:** Behrens Building, Room BH 1.8

**Time:** 13.00 to 13.45

**To Book:** <http://emotefreedom.eventbrite.com>

### ■ Legs Bums and Tums FREE

**Venue:** Didsbury Sports Centre, Dance Studio

**Time:** 18.30 – 19.30

**No Booking required** – take your staff ID card

### ■ Circuit Training FREE

**Venue:** Didsbury Sports Hall

**Time:** 19.00 – 20.00

**No Booking required** – take your staff ID card

## Hollings

### ■ Body Scanning – the future shopping experience **NEW**

Step into the 3D measuring device and get a print out of your size and shape classification to make shopping a more pleasant experience. Alternatively track your fitness or weight loss with repeat scans – for more information see [www.hollings.mmu.ac.uk/bodyscanner](http://www.hollings.mmu.ac.uk/bodyscanner)

**Venue:** Hollings Room 9 (close to Reception)

**Time:** 10.00 – 16.00

**To Book:** <http://bodyscan.eventbrite.com>

## Crewe

### ■ Equality & Diversity Coffee Morning **NEW**

- ◆ Want to know what equality & diversity has to do with you and your role at MMU?
- ◆ Want to know who you can turn to if you have a specific equality question?
- ◆ Want to learn more about the University's Equality Staff Forums and how to get involved?
- ◆ Confused about the new Equality Act and want to understand it better?
- ◆ All Staff are welcome to drop into our Equality and Diversity Coffee Mornings!

**Venue:** Crewe campus, Student Zone Refectory

**Time:** 10.30 to 11.30.

**To Book:** this is a drop in session so no booking is required but to help with hospitality and to avoid wastage if you are planning to drop in please let Katherine Wrigglesworth know by e mail on [k.wrigglesworth@mmu.ac.uk](mailto:k.wrigglesworth@mmu.ac.uk) or by phone on extension 6417



# Thursday 19 May

## All Saints

### ■ Equality & Diversity Coffee Morning

**NEW**

- ◆ Want to know what equality & diversity has to do with you and your role at MMU?
- ◆ Want to know who you can turn to if you have a specific equality question?
- ◆ Want to learn more about the University's Equality Staff Forums and how to get involved?
- ◆ Confused about the new Equality Act and want to understand it better?
- ◆ All Staff are welcome to drop into our Equality and Diversity Coffee Mornings!

**Venue:** Pennine Suite, All Saints

**Time:** 08.00 to 11.30.

**To Book:** this is a drop in session so no booking is required but to help with hospitality and to avoid wastage if you are planning to drop in please let Katherine Wrigglesworth know by e mail on [k.wrigglesworth@mmu.ac.uk](mailto:k.wrigglesworth@mmu.ac.uk) or by phone on extension 6417

### ■ Holy City – A Silent Pilgrimage

**NEW**

A meditative journey through the physical space along Oxford Road. "Holy City" is a site specific sound installation that takes the participant on a reflective journey around the university along Oxford Rd. Holy City invites you to explore and encounter the spiritual through the physical environment and sound. To hear these meditations participants will need to collect a set of headphones and a map from St. Peter's House Chaplaincy (opposite Blackwells Bookshop). You will then be invited to go on a thirty minute pilgrimage around the university along Oxford Road.

**Venue:** All Saints – starts at the labyrinth walk, Geoffrey Manton ground floor atrium

**Time:** 10.00 – 16.00

**No Booking required** – a £10 deposit for equipment will be required

### ■ Introduction to Sign Language – A conversation without words

**Venue:** Sandra Burslem, Room G05

**Time:** 11.00 – 12.00

**To Book:** <http://bsl.eventbrite.com/>

### ■ Introduction to Emotional Freedom Technique

**NEW**

This is a self help mind/body healing and relaxation technique, based on the idea that negative emotions are related to disturbances in the body's energy system, sometimes referred to as 'tapping'.

**Venue:** Sandra Burslem Building, Room 3.01

**Time:** 12.30 to 13.15

**To book:** <http://emotefreedom.eventbrite.com>

### ■ Understanding the deaf community & culture

**NEW**

**Venue:** Sandra Burslem Room G05

**Time:** 13.00 – 14.00

**To Book:** <http://deafcomm.eventbrite.com/>

### ■ CrossFit – putting the fun into functional fitness

**NEW**

CrossFit, put simply, is an exercise routine/lifestyle that is guaranteed to take you beyond your previous notions of what being "fit" could be... and, have an absolute blast in the process. In a nutshell, CrossFit is personal training in a small group. But it's much more than that too. Its friendship, community and a super effective way to get fit all rolled into one.

**Venue:** Sandra Burslem, Room G08

**Time:** 10.30 – 11.30

**To Book:** <http://cfit.eventbrite.com>

## ■ Intermediate Bike Maintenance

**Venue:** Sandra Burslem Room 3.01  
**Time:** 10.00 to 11.30.  
**To Book:** <http://cycleintermed.eventbrite.com>

## ■ Elemis Hand and Arm Massage

**Back by popular demand** with the opportunity to purchase 2 for 1 facial gift vouchers

**Venue:** Pennine Suite, All Saints  
**Time:** 20 minute sessions from 11.00 – 12.30 & 13.00 – 14.00

**To Book:** [dandtcoursebookings@mmu.ac.uk](mailto:dandtcoursebookings@mmu.ac.uk)  
Priority will be given to staff who have not attended before and initially staff will only be able to book on one session either hand and arm or neck and shoulder.

## ■ Elemis Neck and Shoulder Massage

**Back by popular demand** with the opportunity to purchase 2 for 1 facial gift vouchers

**Venue:** Pennine Suite, All Saints  
**Time:** 20 minute sessions from 11.00 – 13.00 & 13.20 – 14.00

**To Book:** [dandtcoursebookings@mmu.ac.uk](mailto:dandtcoursebookings@mmu.ac.uk)  
Priority will be given to staff who have not attended before and initially staff will only be able to book on one session either hand and arm or neck and shoulder.

## ■ Spiritual MOT (One to One) NEW

**Venue:** Sandra Burslem Room 3.08, All Saints campus  
**Time:** 12.00 – 14.00  
**No Booking required**

## ■ Shiatsu Massage NEW

**Venue:** All Saints Building, Room 605, 6th Floor  
**Time:** 12.00 – 13.00 (20 min sessions)  
**To Book:** <http://shiat.eventbrite.com>

## ■ Knitting for Charity NEW

**Venue:** All Saints, Sandra Burslem Room 2.01  
**Time:** 12:30 – 13:30  
Please bring spare wool and needles, although some will be provided.  
Crocheters welcome  
Please look at links below for ideas as to what to knit:  
[www.angelbear.org.uk/knit.html](http://www.angelbear.org.uk/knit.html)  
[www.msf.org.uk/phop.aspx](http://www.msf.org.uk/phop.aspx)  
[www.knititonthenet.com/charity/](http://www.knititonthenet.com/charity/)  
**To Book:** <http://knitcharity.eventbrite.com>

## ■ Moving Memories Film Screening NEW

Tales from Moss Side & Hulme. Combining BBC archive footage and new interviews, this award-winning film recounts stories of local Caribbean, Sikh & Irish communities from the 1960s to 1980s. (30 minutes)

**Venue:** Sandra Burslem LT 2.10  
**Time:** 12.15 to 13.30  
**No Booking required**

## ■ Acoustic Session with Emma Elizabeth NEW

Bring your lunch or just have a coffee, relax and listen to live music

**Venue:** Holden Gallery, Grosvenor Building  
**Time:** 12.45 to 13.30  
**No Booking required**

## ■ Moving Memories Film Screening NEW

**Belle Vue:** The Gardens that John Built. Recalling the heyday of Manchester's Belle Vue – the Pleasure Gardens, the zoo, the fair and the circus – featuring interviews with people who spent happy times there. (14 minutes)

**Ice Cream:** Manchester's Little Italy. The delicious story of the makers and vendors of ice-cream, told by the Italian families and their customers. (12 minutes)

**Venue:** Sandra Burslem LT 2.10  
**Time:** 13.15 to 14.00  
**No Booking required**



## ■ No Hands Chair Massage

### Back by popular demand

Believe it or not you can receive a full body massage, fully clothed in just 20 mins. This super stress buster is an absolute must! It will:

- ◆ Reduce muscle tension, leaving your body feeling loose and free
- ◆ Increase the delivery of oxygen to the brain and body, leaving you energised and focused
- ◆ Stimulate the release of endorphins, lifting your mood and increasing your sense of wellbeing
- ◆ Help you to stay calm under pressure to achieve the most from your working day

**Venue:** All Saints, Pennine Suite

**Time:** 20 min sessions from  
10.00 – 12.00  
12.30 – 14.30  
15.00 – 17.00

**To Book:** <http://chairmass.eventbrite.com>

## ■ Free Sessions at Sugden Sports centre NEW

**Venue:** The Sugden Centre, All Saints

**Time:** 12.00 – 13.00 Aerobics  
16.30 – 17.30 Body Conditioning  
17.30 – 18.30 Circuits

**No Booking required** – take your staff ID card for entry

## ■ Meet the Experts – handling sessions with objects from MMU Special Collections NEW

**Venue:** 3rd Floor, Sir Kenneth Green Library, All Saints

**Time:** 13.00 to 14.00.

**To Book:** <http://mmucolls.eventbrite.com>

## ■ How to be Happy – Buddhist experiments worth trying NEW

**Venue:** All Saints campus, Sandra Burslem Room 3.03

**Time:** 17.00 – 18.00

**To Book:** <http://how2behappy.eventbrite.com>

## Didsbury

### ■ Mind Techniques for Relaxation & Stress Reduction NEW

**Venue:** Didsbury, Behrens Room BH 0.2

**Time:** 12.00 – 13.00

**To Book:** <http://mindtech.eventbrite.com>

### ■ Vital Energy Session by Innersound NEW

These sessions are part of a “Global Happiness Programme” led by Qi Energy Masters who help you receive vital Qi Energy. The format of the sessions consists of slow, gentle movements followed by a period of quietness and finishing with a 3 minute head and shoulder treatment.

The aim of this session is to relieve stress, fatigue and tension.

**Venue:** Didsbury canteen

**Time:** Sessions from 14.00 to 15.00

**No Booking required**

### ■ Aero Circuit FREE

**Venue:** Didsbury Sports Centre, Dance Studio

**Time:** 18.00 – 19.00

**No Booking required** – take your staff ID card

### ■ Pilates FREE

**Venue:** Didsbury Sports Centre, Dance Studio

**Time:** 19.00 – 20.00

**No Booking required** – take your staff ID card

## Elizabeth Gaskell

### ■ Salsa: Novice/Beginner Level by Latino Euphoria NEW

**Venue:** Elizabeth Gaskell Education Block Room EG52a

**Time:** Sessions from 14.00 and 15.00

**To Book:** <http://salsabegin.eventbrite.com>

## Aytoun

### ■ Breast Cancer Awareness Information stand

**Venue:** Aytoun Ground Floor Canteen

**Time:** 09.30 – 16.00

**No Booking required**

# Friday 20 May

## All Saints

### ■ Holy City – A Silent Pilgrimage

**NEW**

A meditative journey through the physical space along Oxford Road. "Holy City" is a site specific sound installation that takes the participant on a reflective journey around the university along Oxford Rd. Holy City invites you to explore and encounter the spiritual through the physical environment and sound. To hear these meditations participants will need to collect a set of headphones and a map from St. Peter's House Chaplaincy (opposite Blackwells Bookshop). You will then be invited to go on a thirty minute pilgrimage around the university along Oxford Road.

**Venue:** All Saints campus – starts at the labyrinth, Geoffrey Manton Atrium

**Time:** 10.00 – 16.00

**No Booking required** – a £10 deposit for equipment will be needed

### ■ Hula Hooping for Fun and Fitness

**NEW**

**Venue:** All Saints, Sandra Burslem Building Room 3.03

**Time:** 10.00 – 11.00

**To Book:** <http://hula.eventbrite.com>

### ■ Pall Mall Medical

**NEW**

Free Blood pressure tests with a voucher for a GP appointment at Pall Mall medical worth £40 10% off voucher for Aesthetics

Free goodie bag

**Venue:** Sandra Burslem 3.08

**Time:** 10.00 – 15.00 (15 min appointments)

**To Book:** <http://pallmall.eventbrite.com>

### ■ Reflexology Sessions by Connect Physical Health Centre

**Back by popular demand**

**Venue:** Aquatics Centre

**Time:** 30 minute sessions from 10.00 to 16.00.

**To Book:** <http://reflexol.eventbrite.com>

### ■ Laurel & Hardy by Chris Coffey of the Sons of the Desert appreciation society

**Back by popular demand**

An insight into the men behind the movies.

**Venue:** Sandra Burslem, Room G08

**Time:** 10.30 to 11.30

**To Book:** <http://laurelhardy.eventbrite.com>

### ■ Free Sessions at Sugden Sports centre

**NEW**

**Venue:** The Sugden Centre

**Time:** 12.00 – 13.00 Bodyburst or Boxcercise

**No Booking required** – take your staff ID card for entry

### ■ Jazz standards – songs from the great American Songbook plus some blues and funk with Alan Stander & his 3 Piece Quartet

**NEW**

Bring your lunch or just have a coffee, relax and listen to live music

**Venue:** Holden Gallery, Grosvenor Building

**Time:** 12.45 to 13.30

**No Booking required**

### ■ Neuro-Linguistic Programming (NLP) Taster Session

**NEW**

This two hour taster session offers participants the chance to gain an understanding of the basic principles of NLP, and provides a flavour for NLP practice. You will have the opportunity to put into practice some of the attitudes, methodologies and techniques of NLP. When you learn NLP you learn:

- ◆ The art of non verbal communication
- ◆ How to attract and hold someone's attention
- ◆ How to read people more accurately
- ◆ Skills to help yourself and others to create compelling goals
- ◆ Negotiation secrets
- ◆ How to motivate others

**Venue:** Sandra Burslem Building, Room 2.01

**Time:** 14.00 – 16.00

**To Book:** <http://nlptast.eventbrite.com>

## ■ Vital Energy Session by Innersound

**NEW**

These sessions are part of a “Global Happiness Programme” led by Qi Energy Masters who help you receive vital Qi Energy. The format of the sessions consists of slow, gentle movements followed by a period of quietness and finishing with a 3 minute head and shoulder treatment.

The aim of this session is to relieve stress, fatigue and tension

**Venue:** All Saints, Pennine Suite

**Time:** 14.00 – 15.00

**No Booking required**

## ■ Ludwig Wittgenstein Art, Philosophy & the Flying of Kites

**NEW**

Contact Michael Howard (ext 1934) for further details

**Venue:** Sandra Burslem, Lecture Theatre No 2.05

**Time:** 13.00 to 14.00.

**No Booking required**

## Elizabeth Gaskell

## ■ Introduction to Taekwondo & Self Defence

**FREE**

**Venue:** Elizabeth Gaskell, EG OB307

**Time:** 10.00 – 11.00

**To Book:** <http://taek.eventbrite.com>

## ■ Knitting for Charity

**NEW**

**Venue:** Elizabeth Gaskell, Main Block EG OB314

**Time:** 12:30 –13:30

Please bring spare wool and needles, although some will be provided.

Crocheters welcome

Please look at links below for ideas as to what to knit:

[www.angelbear.org.uk/knit.html](http://www.angelbear.org.uk/knit.html)

[www.msf.org.uk/phop.aspx](http://www.msf.org.uk/phop.aspx)

[www.knititonthenet.com/charity/](http://www.knititonthenet.com/charity/)

**To Book:** <http://knitcharity.eventbrite.com>

## Alsager

## ■ Have a go at Archery

**Back by popular demand**

**Booking essential** so transport can be arranged from Crewe

**Venue:** Alsager South Fields

**Time:** 13:00 – onwards depending on numbers

**To Book:** <http://arch.eventbrite.com>

## Didsbury

## ■ Mind Techniques for Relaxation & Stress Reduction

**NEW**

**Venue:** Didsbury, Behrens Room BH 0.2

**Time:** 12.00 – 13.00

**To Book:** <http://mindtech.eventbrite.com>

## ■ Aero Circuit FREE

**Venue:** Didsbury Sports Centre, Dance Studio

**Time:** 18.00 – 19.00

**No Booking required** – take your staff ID card for entry

## Hollings

## ■ Stress and Relaxation Workshop

**NEW**

**Venue:** Hollings, Room 602

**Time:** 15.30 – 16.30

**To Book:** <http://stressrelax.eventbrite.com>

## ■ Body Scanning – the future shopping experience

**NEW**

Step into the 3D measuring device and get a print out of your size and shape classification to make shopping a more pleasant experience. Alternatively track your fitness or weight loss with repeat scans – for more information see

[www.hollings.mmu.ac.uk/bodyscanner](http://www.hollings.mmu.ac.uk/bodyscanner)

**Venue:** Hollings Room 9 (close to Reception)

**Time:** 10.00 – 16.00

**To Book:** <http://bodyscan.eventbrite.com>

# Saturday 21 May

## All Saints

### ■ Free Sessions at Sugden Sports centre

**NEW**

**Venue:** The Sugden Centre

**Time:** 14.00 – 15.00 Tums & Bums

**No Booking required** – take your staff ID card for entry

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## Didsbury

### ■ Legs Bums and Tums FREE

**Venue:** Didsbury Sports Centre, Dance Studio

**Time:** 11.00 – 12.00

**No Booking required** – take your staff ID card for entry

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# This event is possible thanks to the following people

3 Piece Quartet

Alan Stander

Alex – Latino Euphoria

Andrew Hough

Andrew Stevenson

Anne Guy

Annie Milles

Bicycle Boutique

Breast Cancer Awareness

Cath McAlonan

Chris Coffey

Clare Cullinery

Claudia Dumons

Connect Physical Health Centre

David Crow

Dee Vyas

Didsbury Sports Centre staff

Elemis – Harvey Nichols

Emma Elizabeth

Emma Flynn

Environment team

Equalities Team

Glen Baskerville

GSS Training

Harry Korkou

Innersound

Jack Christian

Jane Leech

Jane Mc Fadyen

Julian Gill

Karen Worrall, CrossFit Tameside

Karl Steadman, CrossFit 3D

Katherine Wrigglesworth

Kelli Turner

Ken Drinkwater

Kerry Jones

Lena Ramgolam

Louise Koch

Mamuna Arshad

Marion Hewitt

Martha Horler

Martin Dexter

Michael Hendrickson

Michael Howard

Mike Dale

Mona Patel

Nathan Eddy

Nillan Fakira

NWFA

Pall Mall Medical

Paul Walsh

Pauline Gallagher

Pennie Roberts

Priscilla Chan

Rachel Stockley

Rev Clare Dowding

Rob Turner

Rosina Morrison

Sadia Grabham

Sam Gray

Sarah Wilkins

Simon Jones, CrossFit Central Manchester

Simply Health

Stephanie Boydell

Sugdan Sports centre staff

Tanya Isdale

Taoist Arts Association

Vicci Jarman

Wendy Kenyon



“The aim of the Mind Body and Spirit programme of activities is to encourage people to learn something new, to promote health and wellbeing and awareness of diversity and equal opportunities.”

