



[www.ucu.org.uk/join](http://www.ucu.org.uk/join)



Taking care of our mental health and wellbeing has never been more important.

Join us on **Monday 25<sup>th</sup> January at 12.30-2pm.**

Zoom Meeting

<https://zoom.us/j/99979227131>

Meeting ID: 999 7922 7131

Passcode: 982583

Guest speakers include:

**Jennifer Hart** from the Education Support Network, an organisation and resource that's available to UCU members, for more information please visit the website.



**Miguel Martinez-Lucio** from AMBS. Miguel will be casting a critical eye over employers' approaches to wellbeing.

And **Emma Woodward** from The University of Manchester's Disability and Support Service (DASS).