

## MAKING A DIFFERENCE



## GIVING YOUR TIME, SKILLS AND EXPERTISE

Information for staff at The University of Manchester

# Making a Difference at The University of Manchester

## GIVING YOUR TIME, SKILLS AND EXPERTISE

Our core functions of research, teaching and public engagement through our cultural institutions and professional support services ensure that you are already making a difference to the world around us.

Some of you will choose to contribute in additional ways. According to Action for Happiness, helping others is not only good for those around you, but can also contribute to your own wellbeing and happiness in the process – a win-win!

If you are interested in making a difference – be it by giving your time, skills or money – then there are a variety of ways the University can support you in this. Below are some ideas of what you may want to do and how the University can help you.



### Payroll Giving



Our Payroll Giving Scheme enables you to donate to your favourite charity or charities on a regular or one-off basis by deductions from your monthly pay. Giving this way automatically boosts the amount going to the charity as they receive both your donation and the amount you would normally pay in tax. This is at no more cost to you or them, and helps smaller charities in particular as many do not have the resource to claim back Gift Aid.

Even if you already make regular donations to charity, you can alter your subscription to go through Payroll Giving, enabling them to receive the Gift Aid boost.

[man.ac.uk/36QIBd](http://man.ac.uk/36QIBd)

### Volunteer as a School Governor



By becoming a school governor you will have an opportunity to broaden your skills and make an important contribution to the development of a school and help improve outcomes for children. You may become involved in issues as diverse as site management, marketing, pupil welfare, curriculum development, HR or finance.

Training is offered locally to build personal skills and boost confidence in the role. Volunteer governors do not have to be parents, nor do they need first-hand experience of the education system. Both PSS and academic colleagues can volunteer.

The University can help you in finding a placement, hosts a network of governors to offer support, supports knowledge sharing and good practice, and can provide assistance with time off to fulfil your governor responsibilities.

[www.staffnet.manchester.ac.uk/umsgi](http://www.staffnet.manchester.ac.uk/umsgi)

## Become a mentor or tutor

University schemes include:

### • Manchester Gold Staff

This scheme aims to develop staff across the University by linking them to the support of a more experienced colleague who acts as a mentor over a nine-month period. Could you become a mentor to a less experienced colleague?

[man.ac.uk/P2cl17](http://man.ac.uk/P2cl17)

### • Manchester Gold Student

This scheme is run by the Careers Service for students to access mentoring support from staff at the University or external employers. Could you improve the employment prospects of a student at Manchester?

[man.ac.uk/9soR9D](http://man.ac.uk/9soR9D)



### • Manchester Access Programme (MAP) Tutor

This scheme is for academic members of staff or PhD students to tutor local sixth form students. MAP is the University's flagship widening participation scheme, supporting the progression of talented local sixth form (Year 12) students who have no history of higher education in their family, into university.

[map@manchester.ac.uk](mailto:map@manchester.ac.uk)

## Public engagement and inspiring communities

From interactive events and exhibitions, to lifelong learning programmes and student volunteering activities, our aim is to lead on public engagement in all forms, providing expertise in public discourse and policy development, listening to the wider community, and involving the public in our work. Find support to develop your skills and network with others.

[www.engagement.manchester.ac.uk](http://www.engagement.manchester.ac.uk)

## 10,000 Actions

Many of the things we do in work already contribute to a more sustainable society. 10,000 Actions allows you to do even more by giving you the chance to take action on sustainability at The University of Manchester. Through the programme you can plan how to manage your environmental impact, track progress, and celebrate your achievements.

[www.thinksustainability.manchester.ac.uk](http://www.thinksustainability.manchester.ac.uk)

## Join a Green Impact Team or set up your own



The University takes part in the national environmental accreditation scheme, Green Impact. Green Impact is a great starting point to become more sustainable in your workplace, as well as supporting the sustainability agenda on campus. Or if you have already been minimising your environmental impact, Green Impact may be a way of showcasing the great work you have already been doing, with awards presented.

[man.ac.uk/XNA6vj](http://man.ac.uk/XNA6vj)



## Become a Dementia Friend



Raising awareness of dementia is one very small step that we can all take, regardless of whether we have any direct experience of dementia.

Dementia Friends is a national initiative run by the Alzheimer's Society. A Dementia Friend learns a bit more about what it's like to live with dementia and then turns that understanding into a practical action. A Dementia Friends Champion runs Friends' information sessions for people in their personal networks or communities. Training for Dementia Friends only takes 50 minutes.

[manchester.ac.uk/dementiafriends](http://manchester.ac.uk/dementiafriends)

## Pledge to become an Antibiotic Guardian

### Keep Antibiotics Working

Antibiotic resistance is one of the biggest threats facing us today and everyone is invited to become an Antibiotic Guardian. By choosing one simple pledge you can help save these vital medicines from becoming obsolete. Without effective antibiotics many routine treatments will become increasingly dangerous. Setting broken bones, basic operations, even chemotherapy and animal health all rely on access to antibiotics that work.

Our Flagship 'One Student, One Campus, One Life – Action on Antibiotic Drug Resistance' programme holds information events and activities for you to get involved with.

[antibioticguardian.com](http://antibioticguardian.com) or email  
[David.Allison@manchester.ac.uk](mailto:David.Allison@manchester.ac.uk)

## Be a Research Volunteer

Every year we host hundreds of research projects involving human participants that have the potential to improve society. As well as making a really valuable contribution it's a great opportunity to take part in and find out more about the fascinating research at the University. All advertised research opportunities involving human participants have had appropriate ethical scrutiny and approval.

[www.staffnet.manchester.ac.uk/volunteering](http://www.staffnet.manchester.ac.uk/volunteering)

## Get Involved: help shape our research and teaching

The engagement and involvement of patients and members of the public in research and teaching provides valuable insights. Get involved and help us lead more effective, creative and meaningful ways of delivering research and teaching.

[www.bmh.manchester.ac.uk/connect/social-responsibility/get-involved](http://www.bmh.manchester.ac.uk/connect/social-responsibility/get-involved)

## Contribute to a foodbank



Manchester Central Foodbank is based on our campus on Oxford Road and they want to make sure that no one in our local community has to go hungry. Your gift of financial support, time, business partnership and food can make a real difference. Visit their website to see how you can help

[manchestercentral.foodbank.org.uk/give-help](http://manchestercentral.foodbank.org.uk/give-help)

There are foodbanks across the country if you wish to help one closer to where you live. Locations can be found at [www.trusselltrust.org](http://www.trusselltrust.org)

## Volunteering in your personal time

We aim to be a volunteering friendly workplace, creating an environment where volunteer activity is valued and recognised. Staff can request flexible working arrangements to undertake volunteering activities in line with the University's Flexible Working Policy. Further information can be found at [man.ac.uk/IBFa2x](http://man.ac.uk/IBFa2x)

### Further information

These are just some ideas of how you can make difference. Further suggestions can be found on our social responsibility webpages at [man.ac.uk/1HCyOe](http://man.ac.uk/1HCyOe)

