

A-Z of your benefits and services

- [10,000 Actions \(Environmental Initiative\)](#)
- [Academic Leave](#)
- [Adoption leave](#)
- [Annual Leave](#)
- [Annual Season Ticket Loans](#)
- [Aquatics Centre](#)
- [Armitage Sports Centre](#)
- [Athena Swan Charter](#)
- [Be Active wellbeing programme](#)
- [Bus Travel](#)
- [Campus Facilities](#)
- [Campus Map](#)
- [Car Parking](#)
- [Car Travel](#)
- [Career Break](#)
- [Career Development](#)
- [Carers and Parents Support](#)
- [Carers Group \(Staff with Caring Responsibilities Peer Support Group\)](#)
- [Childcare Support](#)
- [Christmas Closure](#)
- [Compassionate Colleagues](#)
- [Counselling Service \(in-house\)](#)
- [Counselling Workshops](#)
- [Cycle Shelters](#)
- [Cycle to Work Scheme](#)
- [Cycling Support](#)
- [Death in Service Benefit](#)
- [Disability Advisory and Support Service](#)
- [Disabled Staff Parking](#)
- [Discounts \(UniDiscounts\)](#)
- [Discounts \(Vivup\)](#)
- [Diversity Calendar](#)
- [Documents A-Z \(Policies, Procedures, Forms and Regulations\)](#)
- [Domestic Violence Support](#)
- [Employee Assistance Programme \(Validium\)](#)
- [Events \(Social Responsibility\)](#)
- [Events at UOM Diary](#)
- [Eye Tests for DSE Users](#)
- [Fertility Treatment Policy](#)
- [Financial Wellbeing](#)

- [Fitness and Sport](#)
- [Flexible Working](#)
- [Food in Advance \(Using your student or staff ID card to save 10% across Food On Campus\)](#)
- [Food on Campus \(University food facilities\)](#)
- [Give As You Earn](#)
- [Harassment Support Advisors](#)
- [History and Heritage](#)
- [Home and Electronics Scheme](#)
- [Hybrid Working](#)
- [International Staff Support](#)
- [Jobs](#)
- [Jodrell Bank Discovery Centre](#)
- [John Rylands Research Institute and Library](#)
- [Learning and Development](#)
- [Leave Arrangements](#)
- [Legal Advice](#)
- [LGBT Support](#)
- [Long Service Awards](#)
- [Manager's Essentials](#)
- [Manchester \(Visit Manchester - The official tourism website for Greater Manchester\)](#)
- [Manchester Museum](#)
- [Manchester University Press](#)
- [Marketplace](#)
- [Martin Harris Centre \(free lunchtime concerts\)](#)
- [Massage and Beauty Therapy](#)
- [Maternity Leave](#)
- [MCR Strollers](#)
- [Mediation Services](#)
- [Menopause Support](#)
- [Mental Health Support in a Crisis](#)
- [Mental Wellbeing Support](#)
- [Mentoring](#)
- [MyView \(online payslips and expenses portal\)](#)
- [Network and Support Groups](#)
- [New Starters](#)
- [Nurseries on Campus](#)
- [Our online self-development platforms](#)
- [Parental Leave \(Shared\)](#)
- [Parents and Carers](#)
- [Paternity Leave](#)
- [Payroll Giving Scheme](#)
- [Pension Information](#)
- [Pension Schemes](#)

- [Performance and Development Reviews](#)
- [Physio Clinic \(Armitage Centre\)](#)
- [Public Service Leave](#)
- [Purple Wave](#)
- [Relaxation downloads](#)
- [Report and Support](#)
- [Retiree Support](#)
- [Rewarding Exceptional Performance](#)
- [Roll of Honour \(WW1\)](#)
- [Run Commute Group](#)
- [School Governor Initiative](#)
- [Season Tickets](#)
- [Security on Campus](#)
- [Shared Parental Leave](#)
- [Shower Facilities on Campus](#)
- [Societies and Clubs](#)
- [Special leave](#)
- [Sport](#)
- [St Peter's Chaplaincy](#)
- [Staff Recognition Schemes](#)
- [StaffNet news – the news hub for the University](#)
- [Star Lecture Series](#)
- [Sugden Centre](#)
- [Support Groups](#)
- [Tax Free Childcare](#)
- [Teaching Assistants Support](#)
- [Terms and Conditions of Employment](#)
- [Thank You Scheme](#)
- [Trade Unions](#)
- [Training Courses at UOM](#)
- [Travel to Work](#)
- [University Gift Shop](#)
- [University Green](#)
- [University of Manchester Magazine](#)
- [University of Manchester Staff Association \(UMSA\)](#)
- [University Policies \(A-Z\)](#)
- [Validium \(Employee Assistance Programme\)](#)
- [Virtual Manchester to explore University and Manchester](#)
- [Volunteering at The Whitworth](#)
- [Volunteering in Sport](#)
- [Volunteering Initiatives](#)
- [Walking Group \(MCR Strollers\)](#)
- [Wellbeing](#)

- [Wellbeing Champions](#)
- [Wellbeing Resources](#)
- [Wellbeing Rooms](#)
- [Where to Eat](#)
- [Whitworth Art Gallery](#)
- [Workplace Nursery Scheme](#)
- [Yammer groups](#)

Contact

If you believe any benefit is missing or a link is broken, please email staffbenefits@manchester.ac.uk