



Update – 6 March 2023

Guided Walks

Due to the expected poor weather this week there will be no guided walks! If you are interested in training to be a walk leader for the lunchtime walks email mcrstrollers@manchester.ac.uk as we need more volunteers!



Self guided walks

Over the coming weeks we will be sharing walking routes that give you the opportunity to explore the Oxford Road Corridor. This week we are sharing a route that should take a fast walker approx. 40-45 mins – [this route](#) takes in the Gaskell House, the Children's Hospital Gardens and Whitworth Park.

[The Gaskell House](#) and garden are open every Wednesday, Thursday and Sunday 11am-4.30pm (last entry 3pm). Booking in advance is advised and tickets are available to book three-four weeks in advance. Admission to the House is £7 and under 16s are free of charge with a paying adult. Tickets valid for 12 months. If you are looking for somewhere alternative to meet a friend or colleague for a brew the house has a lovely [tea room and gift shop](#).





River Irk

The Love Your River Irk project aims to bring together people and community groups from across Manchester, Oldham and Rochdale. They have recently set up a [community network on Facebook](#) where local people can share events and stories and start discussions about how we can improve the Irk together. They would love it if you can join the Facebook group and share it with anyone who might be interested in getting involved. There are many more people out there who want to see improvements in and around the Irk.



Purple Wave

The University wants as many staff, students, alumni, and friends as possible to join us as a part of the Purple Wave community – running, walking, or jogging. It doesn't matter if you have never taken part in an organised run before or if you are a seasoned runner- this event is for everyone. Info on registration is [available here](#).





Be Active

The University offers over 50+ sessions of fitness classes at two locations – the Armitage Sports centre in Fallowfield and the Wellbeing rooms Simon building, main campus. We have Spinning, Yoga, strength workouts, Pilates, Dance and new for 2023 we have Tai chi for health, Tai chi plus, and Yoga Mindfulness.

You can pay as you go, or you can get a yearly pass for just a snip at £100.

Discover more on the [Be Active](#) page.



Wellbeing on campus

Discover more on [staff wellbeing](#) and the latest staff wellbeing [news and events](#).



If you would like to share a photo or story to the Strollers Update or the Staff Benefits Update just email mcrstrollers@manchester.ac.uk.



Pendle Hill

Have a good week!