



# LIST of EVENTS & ACTIVITIES

## DR BIKE SESSION – GET YOUR BIKE CHECKED!

Bring your bike along and let our experienced mechanics give it a full once-over. They'll check everything from wheels, brakes, gears, tyres, lights, racks, pedals, saddles, and more. Minor tweaks and adjustments are done on the spot, and for anything they can't fix there, they'll guide you on the next steps to get it sorted.

## STAFF TRAVEL & REWARDS – FIND OUT MORE

Come along to learn from our Purple Place team about the staff benefits that make getting around easier and cheaper. Find out how to join the Cycle to Work scheme with Halfords, explore the EV salary sacrifice scheme with Tusker, and get information on train season ticket loans. Get the details you need to save money, travel sustainably, and make your commute work for you.

## CYCLING UK – TRY AN ELECTRIC BIKE!

Meet the team from Cycling UK, the UK's leading cycling charity, and find out how they support riders, campaign for safer streets, and help people get more from cycling. Plus, try out electric bikes on the spot and experience the ride for yourself!

## THE BEE NETWORK – SAVE MORE ON YOUR BUS JOURNEYS!

Come and meet the team from the Bee Network to try out a Starling Bank rental bike and see how easy it is to get around Manchester. They'll also talk you through local bus discounts and incentives available for staff and students, helping you travel smarter and save money.

## ICYCLE – BIKES, E-BIKES & MORE

Come and meet the team from iCycle, your local cycling hub from Clitheroe. They'll talk you through their range of new, recycled, and electric bikes, as well as servicing, repairs, and hire options. Find out how they make cycling accessible, sustainable, and community-focused, and get tips on getting more out of your ride

## UNIVERSITY OF MANCHESTER TREE TRAIL – GUIDED WALK OR WHEEL

Join us for a guided walk along the University's Tree Trail as part of the event. No prebooking is required – just turn up at 1pm at the University Place Square meeting point and explore the campus's beautiful trees while learning more about their history and significance.

## UNIVERSITY OF MANCHESTER HERITAGE WALK OR WHEEL – EXPLORE OUR CAMPUS STORIES \*PRE-BOOKING REQUIRED\*

Take a guided walk around the University and discover the stories behind our historic buildings. Start in the Old Quadrangle and hear about the people, discoveries, and hidden history that made Manchester a pioneering civic university. The tour finishes on the Street of Science, where ideas really changed the world. Tours starts at 12pm from University Place Square, lasts about an hour and is outdoors.

[Pre-Book Heritage Walk HERE](#)

## UOM SPORT PHYSIO – 15-MINUTE APPOINTMENTS \*PRE-BOOKING REQUIRED\*

The University of Manchester Sport physio team will be on hand for 15-minute individual appointments to discuss any aches or pains affecting your active commute or other physical activity. Attending one of these sessions also gives you access to a reduced-price full-length appointment with the physio team (available for a limited time).

**Please note:** staff must select the **PUBLIC** option when booking. *Location: University Place Room 4.212*

[Pre-Book Physio HERE](#)

## **BEGINNER VINYASA FLOW – ENERGISE & STRETCH \*PRE-BOOKING REQUIRED\***

Step into this upbeat beginner Vinyasa Flow designed to boost energy and build confidence. The class links simple, accessible poses with a lively rhythm of breath to help you strengthen, stretch, and feel fully awake in your body. Clear cues, optional variations, and a supportive atmosphere make it easy to follow - even if you're new. Expect light challenges, plenty of encouragement, and a fun flow that leaves you warm, motivated, and ready for the day.

**Please note:** staff must select the **PUBLIC** option when booking. *Location: Room G.65 Wellbeing rooms - Simon Building*

[Pre-Book Vinyasa HERE](#)

## **NORTHERN RAIL – SAVE ON YOUR TRAIN COMMUTE**

Meet the team from Northern Rail to get advice on planning your journey to campus by train. Find out about bundle ticket deals, season ticket offers, and tips to make your commute easier, cheaper, and more convenient.

## **COMMUTEUOM – SAVE MONEY ON YOUR TRAVEL**

Come and find out how our brand-new CommuteUoM app can help you save money on your journeys. Discover the car-sharing scheme and get £5 when you use it for the first time, and find out how every time you book your train through the app you'll be entered into a monthly free prize draw.

## **UNIVERSITY OF MANCHESTER ACTIVE COMMUTER COMMUNITY – JOIN THE NEW STAFF NETWORK**

Find out more about our brand-new Active Commuter Community, a welcoming space for staff to get advice, share tips and experiences, and connect with colleagues across the University. This stall will give you the chance to register your interest in joining and discover the range of travel resources and support the University offers for active and sustainable commuting.

## **UOM COMMUTER TRAVEL SURVEY – MAKE YOUR VIEWS COUNT!**

Pop along to this stall and take part in this year's staff & student travel survey. Your feedback helps us calculate our commuting carbon footprint and shape future strategy for incentives, infrastructure, and resources for active and public transport. Everyone who takes part will be entered into a prize draw to win some great prizes!

## **NIGHT-TIME SAFETY WITH CANDIDA TURNER – STAY SAFE ON YOUR COMMUTE**

Come and hear from Candida Turner from Manchester City Council about practical tips and advice on staying safe while out and about, particularly at night. She'll be talking about personal safety, awareness, and what resources are available to support women and everyone travelling around the city after dark.

## **UOM CYCLE REGISTRATION & DISCOUNTED D-LOCKS – KEEP YOUR BIKE SECURE**

Bring your bike along and register it on the spot with the University Security team. Staff and students can also purchase a gold-standard D-lock at a reduced price and get practical tips to keep their bike safe while on campus. Registering your bike and using a quality lock are great ways to reduce the risk of theft.

## **GROUP RIDE: MEET LOCAL STAFF CYCLISTS ON YOUR COMMUTE\***

Interested in cycling into campus as part of your morning commute on 23 April, joining a local group ride from near where you live?

We're exploring a series of staff commuter group rides from across Greater Manchester and are looking for both participants and volunteer ride leaders. Whether you'd like to join a ride or are keen to help lead one, we'd love to hear from you.

Starting points will be based around Greater Manchester, there may be one close to you. Register your interest and email [es@manchester.ac.uk](mailto:es@manchester.ac.uk), and we'll connect you with others in your area.

*\*This event is only available for University of Manchester staff.*