



**CARDINAL
NEWMAN
COLLEGE**

STAFF PERKS

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Here are the latest Staff Perks, click on the logos for more information. If you have any questions about the perks please contact hr@cardinalnewman.ac.uk



Competitive defined benefit pension schemes:

Support staff are enrolled into the Local Government Pension Scheme



Pensions Scheme:

Teachers are enrolled into the Teachers' Pensions Scheme



Techscheme:

Purchase technology through salary sacrifice. Save money and spread the cost on the latest tech from Apple and Currys PC World



Shared Cost AVCs:

LGPS members have access to tax efficient ways to save for retirement



Cyclescheme:

Purchase bikes and equipment through salary sacrifice and save on tax and NI



Credit Union:

Save through your pay. Offering simple savings to members for over 26 years



Bus Passes:

Discount on Preston Bus and Stagecoach



VDU Specsavers Voucher:

Free eye tests for VDU users



Health:

Annual NHS Health Checks and Flu Vaccinations



Discounts:

Hundreds of Big Brand Savings!

STAFF PERKS

 <p>PS discounts Shopping Discounts For Public Sector Staff</p>	<p>Public Sector Discounts: Join online for FREE</p>
 <p>Teacher Perks</p>	<p>Teacher Perks: Free membership for school staff and schools to access incredible perks from high street brands and edu-suppliers</p>
 <p>TOTUM</p>	<p>TOTUM Card: Please speak to Amy Baines if you need any help.</p>
 <p>Hilton</p>	<p>Up to 30% discount at Hilton Hotels: Please take your ID card as proof</p>
 <p>THE BODY SHOP</p>	<p>Discount at Body Shop: Offering 10% discount on orders, with a small number of exclusions. Please contact Carrie Crossley by emailing carriecrossley2012@gmail.com for a brochure and quote STAFFDISCOUNT10 to arrange your order.</p>
 <p>LEVEL</p>	<p>Discount at LEVEL: Claim the discounted student price by showing your college ID. The saving on activities is more than 20% on weekends and just short of 20% during weekdays</p>
 <p>MANJAROS</p>	<p>25% off main meals at Manjaros: Any time of day, Monday - Friday - Please take your ID card as proof. Deliveries available to College if ordered an hour in advance (excludes holidays and platters).</p>
 <p>No.10 PRESTON</p>	<p>10% Hotel Discount: When booking with us for the discounted rate you can either call us direct on 0800 246 1010 or alternately email us.</p>
 <p>WINCKLEY SQUARE HOTEL</p>	<p>10% Hotel Discount: When booking with us for the discounted rate you can either call us direct on 0800 246 1010 or alternately email us.</p>
 <p>PLEASURE BEACH</p>	<p>Blackpool Pleasure Beach: Wristbands from as little as £19.00 per person - Book online via the button below to access your reward scheme link where the discount is already applied.</p>

STAFF PERKS



Haute Dolci Luxury Dessert House Preston:

Get 10% off when visiting Haute Dolci and access to loyalty app. Please show staff ID.



Roberts-Steel Hairdressing:

284 Garstang Road, Fulwood, Preston, PR2 9RX
10% off all services. Please show your staff ID.



The Wellbeing Physiotherapy Clinic:

Physiotherapists specialise in the treatment of back and neck pain, sports injuries, joint problems, neurological and respiratory conditions. Staff discount available.



Diverse Gym & Physio:

Diverse Gym and Physiotherapy is a new gym located in Preston, just off Junction 31a of the M6, on Roman Way.

Diverse Gym & Physio are offering 20% discount on membership costs.

Memberships being priced as below.

- 12-month contract £15.99 monthly (Usual full price £19.99)
- Non-contract £19.99 monthly (Usual full price £24.99)



The Body Coach:

3 Month free subscription to the Body Coach fitness app for all Teachers and Support staff >

<https://www.thebodycoach.com/teachers>



Gym Works:

Exclusive GymWorks membership offer!

Join one of our two branches in Preston or Chorley for just £19.99 / Month - No Contract & Pay No Joining Fee

Extra Benefits include:

- 3 x FREE day passes worth £10 each for friends and family
- FREE Personal training session worth £30
- FREE Induction

Check us out today at www.gym-works.co.uk & enter promo code newman

Contact us via email at:

Preston = preston@gym-works.co.uk

Chorley = info@gym-works.co.uk

STAFF PERKS



Down Dog Yoga App:

Download the 'Down Dog Yoga App' and access free membership. Please click on this link to get free membership. There is no need to enter any bank card details.



Spiralling Up Wellbeing Programme:

This 6 month online wellbeing programme helps participants move from Stress, Anxiety and Overwhelm to Confident, Resilient and Balanced through a mix of pre-recorded lessons and live online supportive group sessions. Newman staff can contact Helen directly to get a 10% discount.



LAR Acupuncture & Wellbeing:

An initial consultation for free as part of the first paid treatment and £5 off every treatment thereafter.



Amanda Englishby Life Coach:

£10 OFF your First Online Coaching Session

Could you do with some extra support right now?
Is it time to take care of your wellbeing?

Get in touch today to find out how my Coaching; Clinical Hypnotherapy, NLP and EFT techniques can help you!

info@amandaenglishby.co.uk

07780798192

<http://bit.ly/aelifec>



** FREE phone consultations available **

Please show your ID badge to receive the discount.



Nuffield Health:

30% discount for education employees*

Access any of the 114 fitness and wellbeing centres nationwide
*12m and 1m contracts. Terms and Conditions and Exclusions apply. Join online at nuffieldhealth.com/gyms using code TEACHERS30



Jemma Oliver Physiotherapy:

Simple and effective help with pain, injuries or persistent annoying niggles!

Initial Assessment £45 (45 minutes)

Follow up Sessions £35 (30 minutes)

£5 off for Cardinal Newman Employees

STAFF PERKS



Electric Vehicle Scheme:

Salary sacrifice lease car scheme for electric vehicles



Cardinal Newman College:

- Staff Wellbeing Day
- Staff Development Package
- Christmas and summer parties



Newman Active:

- Free on-site gym (email Jonathan Fletcher to arrange an induction)