



**LANCASTER UNIVERSITY  
SCHOOL OF MATHEMATICS**



# 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](mailto: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><b>Public Sector Discounts:</b> Join online for FREE</p>
	<p><b>Teacher Perks:</b> Free membership for school staff and schools to access incredible perks from high street brands and edu-suppliers</p>
	<p><b>TOTUM Card:</b> Please speak to Amy Baines if you need any help.</p>
	<p><b>Up to 30% discount at Hilton Hotels:</b> Please take your ID card as proof</p>
	<p><b>Discount at Body Shop:</b> Offering 10% discount on orders, with a small number of exclusions. Please contact Carrie Crossley by emailing <a href="mailto:carriecrossley2012@gmail.com">carriecrossley2012@gmail.com</a> for a brochure and quote STAFFDISCOUNT10 to arrange your order.</p>
	<p><b>20% OFF at LEVEL:</b> Mini Golf, Bowling &amp; Laser Tag. Please take your ID card as proof</p>
	<p><b>25% off main meals at Manjaros:</b> 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><b>10% Hotel Discount:</b> When booking with us for the discounted rate you can either call us direct on 0800 246 1010 or alternately email us.</p>
	<p><b>10% Hotel Discount:</b> When booking with us for the discounted rate you can either call us direct on 0800 246 1010 or alternately email us.</p>
	<p><b>Blackpool Pleasure Beach:</b> 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>

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## 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:

No Joining Fee - Usually £30

One free joining Personal Trainer session

Non contracted membership for only £19.99 per month - usually £24.99 p/m. Membership includes all classes, a free induction and 7-day full usage. Please contact: [tom@gym-works.co.uk](mailto:tom@gym-works.co.uk)



## 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. 20% discount if you want to join the programme in Sept or Oct 2022

Click [HERE](#) for details

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## 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.



## 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  
Get in touch today to find out how my Coaching, 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.



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