

Meet...Assistant Director of Estates and Facilities/Head of Capital Projects



I was delighted to join the University as the new Assistant Director of Estates and Facilities / Head of Capital Projects in mid-July. Since then Steph and Emma have kept my diary full with meeting a large number of my new colleagues both in Estates and the PSS! I have received a truly warm welcome from everyone I have met in my first few weeks and would like to thank all of you for that.

Some of you may have known me prior to joining the University as I have worked on University projects as a consultant for over 15 years. My first project at the University was the Bioscience Incubator Building which was then followed by the Core Technology Facility. More recently I led the Drivers Jonas Deloitte education team in the projects they managed at the University.

I join the University at a really exciting time and am already working closely with Diana, Kenny and the Head of Faculty Estates colleagues planning our new Estates Strategy and we are hoping that this will lead to the largest capital programme since Project Unity. This provides us with a fantastic opportunity to transform a significant proportion of the University Estate to help us achieve our strategic vision of becoming one of the top 25 research universities by 2020. Whilst the scale of the programme will undoubtedly

present us with some interesting challenges, one major focus for me will be to ensure we don't lose focus on the smaller but still as vitally important schemes, including the LTM programme.

I am delighted that Emma Gardner has also recently joined the University as Head of Environmental Sustainability. Emma will be working with many of you and very closely with the capital projects team to ensure that we achieve our sustainability targets. I am sure you will all make Emma welcome.

Outside of work my family (Ruby, 9 and Charlie, 7) take up much of my time. In my limited spare time, like many other men of a similar age, I am a keen cyclist and triathlon participant. I also admit to being a bit of a cycle collector.

Finally, for those of you that I have not yet had the chance to meet I look forward to meeting you soon. Apologies in advance for the time I am expecting to take to learn everyone's name and what you do! So please don't hesitate to introduce yourself and say hello.

Steve Jordan

Assistant Director of Estates and Facilities/Head of Capital Projects

Message From The Director

Dear colleagues,

I hope you enjoyed your summer even though the sunshine forgot, in the main, to turn up! As usual we supported the examinations and then the graduation weeks – I don't think I can remember a wetter graduation fortnight than we had this year – so thank you to all those colleagues who were involved in these events. Our summer period has been another busy one with many projects now coming to an end in time for Welcome Week, and I am grateful for all the considerable efforts made by many of you to achieve this.

Since I last wrote I was pleased to be at the University's Sustainability awards where a team from Estates & Facilities – Steph Marsh, Lucy Millard, Corrina Allcock and Sam Johnson - received a silver Green Impact Award and, also received a special award for the Best Energy Saving Idea in the national Green Impact Awards, you can find out more about their idea in this edition of Est8 Update. If anyone would be interested in setting up a Green Impact Team in their own work area then please contact Lucy Millard who will be only too pleased to tell you all about it.

Some of us have been kept busy over the summer preparing for a full review of our Estates Strategy and I will be presenting this to the Board of Governors in the autumn which will, we hope, lead to an exciting capital programme. I will let you know more in the next edition of Est8 Update and through the Team Brief.

Over the coming weeks we will be asked to take part in a couple of initiatives and I hope that you will all feel able to join in. Firstly, the Ask Me campaign for Welcome Week will be launched. Last year Estates & Facilities had more people taking part than any other Directorate so I hope we can keep that up this year. Secondly, the University's Staff Survey will be announced and it would be very helpful to get as many responses as possible so please find the time to complete the survey when it is launched.

Finally, the Alan Gilbert Learning Commons will be opened very shortly. It will be a great facility for our students and I hope that you can find time to take a look around. We ran a competition for students to sketch what the University and Manchester means to them and some of the ideas, which are well worth a look, have been used in the graphics within the building.

Best wishes

Diana Hampson
Director of Estates and Facilities

Meet... the Head of Environmental Sustainability



I am very happy to have recently joined the University as the Head of Environmental Sustainability, responsible for a team that comprises of Lucy Millard, Environmental Sustainability Manager; Simon Atkinson, Waste Coordinator; Andrew Hough; Sustainable Travel Planner. We are also in the process of recruiting a new post, Environmental Sustainability Assistant, into the team. I am fortunate to have inherited a great enthusiastic team that are well equipped and motivated to help deliver the University's Environmental Sustainability Plan. The team is also supported by Colin Hughes, Associate Vice-President for Environmental Sustainability, Steve Jordan, Assistant Director of Estates and Facilities/

Head of Capital Projects and my line manager, the Energy Team and Al Clark, Environmental Officer for Residences, Catering, Conferencing & Sport. I look forward to working closely with the aforementioned people and members of the University as a whole.

My responsibilities, as Head of Environmental Sustainability, include leadership in the development and implementation of the University's Environmental Sustainability Plan, provision of recommendations, reports and advice to relevant University committees and the Board of Governors, and management of the Environmental Team.

I have worked in the field of environmental sustainability for over twelve years. In my last post, as a Regional Director in the AECOM Manchester Office, I was responsible for a specialist sustainability team. Together we worked on a number of national and international sustainability projects across the commercial, domestic and public sector. Prior to AECOM, I worked for myself working on a diverse range of projects including working with the then UK Film Council developing an Environmental Sustainability Strategy for the UK Film Industry, writing a sustainability charter for a UK development company and writing a conservation guide for Butterfly Conservation. I have also worked in Vietnam on a short-term contract investigating ecotourism in Bai Tu Long National Park, volunteered in America and Italy researching wolf behaviour and even worked

at an RSPB farm on the Isle of Islay – which included clearing a slurry tank! I also worked on a temporary contract at UMIST in-between my BSc and MSc, before the merger, with Melanie Taylor and Margaret Sharkey in the Health and Safety Team.

My interests and hobbies are based around my greatest passion, which is nature and animals. I have two dogs, and I am in the process of buying a rescue horse from the RSPCA. I'm a regular gardener (organic of course!) and have been growing my own vegetables, salads and herbs for four years.

I am really excited about my new role supporting the delivery of the Environmental Sustainability Strategy and Plan and am keen to build on the achievements already delivered at the University.

My short term focus will be familiarising myself with the University, the staff and amazing in-house expertise, revising the Carbon Management Plan, working on a Biodiversity Strategy, ensuring the sustainable travel and waste plans are approved, developing behavioural change programmes and working on an Environmental Sustainability Communications Plan. I am keen to utilise as much in-house expertise as possible and am eager to further embed sustainability into design, construction and operation.

Emma Gardner
Head of Environmental Sustainability

Estates and Facilities' Green Impact Success



Two teams in the Directorate took part in Green Impact this year, the Beyer Building and Security Services, earning silver and bronze awards respectively. The Beyer team also won the national Best Energy Saving Idea award for their Everest Challenge.

The Challenge encouraged people working in Beyer to take the stairs instead of the lift, thus saving energy and getting fitter at the same time. The team - Steph Marsh, Sam Johnson, Corrina Allcock and Lucy Millard - measured the staircase and worked out how many trips up the stairs would be required to reach the equivalent of six different mountain peaks, finally arriving at the top of Everest. Prizes were awarded to the people who walked the longest distances. To keep the momentum going, the team will launch its next challenge in September, based around walking the equivalent of the distance from Land's End to John O'Groats.

Security Services and Beyer were just two of 27 submissions for the University's Green Impact scheme this year which also saw Arthur Nicholas win the Environmental Hero award for all of his efforts with the sustainable laboratories scheme. Teams were rewarded for their achievements at an awards ceremony in July at which the President and Vice-Chancellor presented trophies made

from old slate roof tiles from a house in Wales. The President said of the ceremony "I was proud to present the winners of the University Green Impact Awards ... It was impressive to see that 26 different parts of the University took part, compared to 14 last year, and that nearly 3,000 staff were involved. I really hope that we will grow our success even more next year."

This year, the University's Green Impact teams completed 1,522 'greening' actions - the highest number by any of the 45 universities and colleges taking part - and 30 students were also trained as environmental auditors to carry out audits on the teams (two of the students who were trained last year have now secured jobs as graduate environmental auditors).

Green Impact has reached the editorial team of Est8 Update and it has been agreed that 50% less copies will be printed going forward.

Thank you to everyone who has been involved in Green Impact this year, you have made a huge contribution to help meeting the aims of the University's environmental sustainability aims. The scheme is now open for new teams and if you're interested in joining then please contact Lucy Millard, Environmental Sustainability Manager, on lucy.millard@manchester.ac.uk This year, all teams that sign up will be given an incentive pack full of environmentally sustainable products to help them complete their workbook.

Lucy Millard
Environmental Sustainability Manager

Annual Cycle Event



Cycle Event 2012 – The biggest and best yet!!

On Wednesday 20th June the University hosted the Corridor Partners annual cycle event at University Place. Cyclists - current, new and potential - made their way over to a host of stalls offering a range of information, incentives, prize draws, test rides and more. The main event area was the focal point of the event, which offered over a dozen guided routes in (led by our wonderful volunteer route guides and set up specifically to support newcomers), a free breakfast and a great opportunity to be part of the wonderful cycling community that exists at the University and its Partners.

The day was a tremendous success with well over 500 participants, great feedback and brilliant weather to boot! A special thank you to everyone in Estates and Facilities who helped in the run up, on the day or volunteered as a route guide. Plus, great to see so many Estates colleagues there on the day! There's even a film...

Yes, that's right, a short promotional film was made which is now available. A special thank you to Peter Liddell who, as part of his Investing in Success placement in the Environmental Sustainability Team, filmed on the day and edited the final version. There's a link to the film and photos at: <http://umbug.manchester.ac.uk/> or contact Andrew Hough (see below). And there's always an event just around the corner...

Don't forget, each first Wednesday of the month there is a smaller scale event which still includes guided rides in, a £3 breakfast voucher and a great social element. For all the details go to: <http://umbug.manchester.ac.uk/MonthlyRoutes>. If you want to know more about cycling at the university go to: www.sustainability.manchester.ac.uk/campus/travel/cycling or contact Andrew Hough in G.006, Beyer x50343 andrew.j.hough@manchester.ac.uk

Andrew Hough
University Sustainable Travel Planner

House Services Eco Cleaning – Chemical Free Machines

In February 2012 the Estates House Services Team decided that the way we cleaned here at the University needed a kick into the 21st century, but how could this be achieved? A team of Supervision discussed ways forward, drew up a list of priorities and got in touch with our Suppliers. We needed to find some machinery that would be easy to use yet very effective but not only did it need to do a great job it also needed to be eco friendly and cost effective. Did these machines even exist? Suppliers came and went showcasing their most up to date technology and machinery but nothing quite hit the mark.

We searched high and low and eventually came across some machinery that seemed to be exactly what we were looking for, but could this be too good to be true? Two types of cleaning solutions had intrigued us, the ec-H₂O technology which stands for Electrically Converted Water and FAST Technology. Both systems were available in a range of machinery from a company called Tennants. We got in touch and arranged for their Solutions Manager, Graeme Gilpin to explain how this range would best suit us and how it actually worked. After the meeting we were very impressed and decided the only way forward was an on site demonstration.

Demonstration day, and a range of machines arrived, time to see if what had been said so far was just sales talk or if these machines actually did what was said on the tin! The demonstration started with a showing of the range which started from a small scrubber machine to the larger T3+. Then the technical part, Graeme explained how the ECHO and FAST system worked:

The machine is filled with normal tap water. The water is infused with highly oxygenated micro-bubbles to create highly oxygenated water. The oxygenated water is then sent through a water cell in which an electric current is applied. Flowing out of the water cell is a steady stream of blended, highly charged, acidic and alkaline water with all the attributes of a general purpose cleaner. The charged water attacks the dirt, breaks it into smaller particles, and pulls it off the floor's surface - enabling the scrubber's pads or brushes to easily scrub away the suspended soil. After approximately 45 seconds the charged water begins to recombine into normal water. All that is left in the recovery tank is plain water and dirt. So what are the benefits for us?

Environmentally Friendly

- ECHO begins as tap water and ends up as dirty water - no chemical inclusion
- ECHO eliminates the environmental impact of traditional cleaning chemicals
- Better control of waste product
- Impact of chemicals on natural resources
- Reducing carbon footprint
- ECHO uses up to 70% less water than conventional scrubbing methods

Productive & Cost Effective

- Reduce costs: Eliminates the cost of general purpose cleaner
- Maximise productivity by 30%, increased scrub times, reduced fill and drain time
- No time required for chemical handling, mixing and usage training
- Waste caused by incorrect dosage
- Cost of staff training reduced
- Simplifies operator training
- No need for special pads

Health & Safety

- Staff contact with chemicals reduces when cleaning floors
- Slip and fall accidents are reduced due to drying facility
- Eliminate slippery detergent residue, reduce slip and accidents
- ECHO water is absolutely safe to touch

Graeme had definitely won us over, proving that these machines were exactly what we looking for.

After management discussions and the successful sourcing of additional funding we decided to purchase 2 machines. These machines are currently on trial across campus and already proving to be a hit, Building Attendants are impressed, finding the equipment quick and easy to use. Deputies are impressed with the feedback received from building users and Superintendants are impressed with this very impressive machinery. Let's hope we can find the funds to purchase more machines, we will have a spotless campus in no time!

Chris Winterbottom

Building Superintendent

Staff House Conference Centre Refurbishment



Staff House recently benefited from a small refurbishment of its largest and most used meeting room. The scheme we used brought together neutral tones with a splash of colour to complement our new conference branding. It worked so well that we rolled the same theme out to the adjacent smaller meeting rooms on the same corridor, and we now have fresh and bright meeting rooms to help us compete with the local conference market.

It was all very swiftly executed with no delays or unexpected costs, and the rooms are now virtually ready for use again. Thanks to Peter Jacomb for his assistance in getting the various quotes together, Kerry Knowles for her support with the original project and then Carmelo Pillitteri for overseeing stage 2 of the project through to completion.

Renold Building Refurbishments

The £3.4m refurbishment of the 3 main theatres within the Renold Building this summer will be a major boost for the student experience but it also gives the Conference and Events Team the opportunity to offer another fantastic venue for conferences to rival University Place. The refurbishment includes an increased capacity of the largest theatre to 530, a full technical upgrade of the 3 theatres, new lighting rigs and webcasting capability, as well as a contemporary refurbishment of the coffee lounge on the 1st floor.

Conference & Events Team

New Conference Business

As the proverb says "Patience comes to those who wait" and this is certainly true of the 17th International Quadrennial Conference on Clouds & Precipitation 2016 which Manchester has won after first bidding for the conference back in 2007!

Organised by the International Association of Meteorology & Atmospheric Sciences - International Commission on Clouds and Precipitation, the conference will take place in University Place over 6 days in summer 2016 with 500 delegates expected to attend, generating around £150,000 of income for the University.

We are also delighted to be hosting the Royal Economics Society conference two years on the trot - they had already confirmed with us for Easter 2015 and were so pleased with the facilities we offered that they also made a request for us to then host their conference in Easter 2014, having been let down by another university, and we were very happy to oblige. Both conferences will take place in University Place and are expected to generate around £175,000 of income.

Conference Sales Office

FoodOnCampus Refurbishments and New Openings

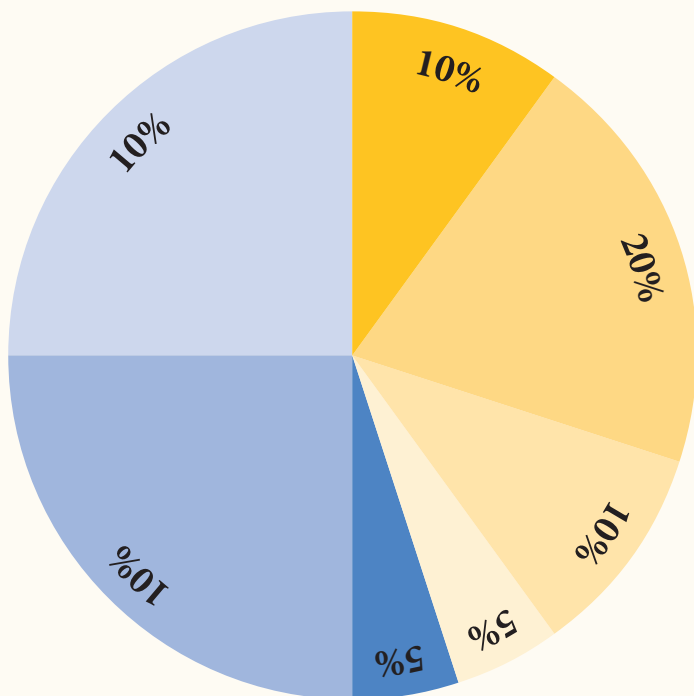


This Summer Rock Café, located in the Renold Building, is having a much needed facelift, it will be transformed into a contemporary space to recharge and relax in comfy surroundings. Such a transformation

requires a new name so staff and students from the Faculty of Engineering and Physical Sciences were invited to come up with a name for the café to reflect its location and new contemporary feel. The winner was Adam Higginson, a Chemical Engineering PHD student, with "Enigma" a tribute to Alan Turing's Enigma Machine.

September will also see the opening of The Café at the Learning Commons the newest addition to the FoodOnCampus family. This will be completely different to the other outlets on campus and will offer a breakfast, lunch and evening menu.

Directorate of Estates & Facilities Accident Statistics April - June 2012



- Contact with a hot object
- Contact with a moving object
- Contact with a sharp object
- Exposed to, or in contact with a harmful substance

- Hit by something fixed or stationary object
- Injured whilst handling, lifting or carrying
- Tripped, slipped or fell on the same level

Looking at the April - June accident statistics, we can see that slips and trips and injuries whilst lifting or carrying tie for top spot accounting for 50% of all our accidents between them. We have been working with Safety Services to develop better mechanisms for reporting defective or slippy paving's and floor surfaces, and PSU and MSU have been making efforts to keep on top of the associated repair and maintenance of the public realm areas.

We rely heavily on individuals reporting defects to the Helpdesk (52424). The flags outside the Beyer Entrance are notoriously slimy and slippy when wet, and extra care and diligence should be exercised when using this entrance on a wet day, or when the birds have been up partying all night...

Manual handling injuries are becoming

more noticeable and individual abilities and fitness will determine the tasks that should be tackled. You are reminded not to undertake manual handling tasks, sometimes as benign as moving office furniture around, unless you have received information and training on correct lifting, are working to agreed risk assessments and have the physical ability and competence to work safely.

Finally, can I ask all managers and supervisors to remind their staff to copy me in to any accident or investigation reports sent to Safety Services, at the same time that they are initially submitted.

Dave Massey
Estates and Facilities Health and Safety Officer

ConferCare's Busy Summer

The biggest event of the summer for ConferCare was Matador 2012. The conference was a great success during the last week of July, seeing professionals in the field of manufacturing meeting from all around the world to share in their research - the delegates were particularly happy to see Manchester bathed in sunshine after being prepared for torrential rain! A special mention must be made to one of our own team, Andy Tickle, for stepping in with his

band 'Pattison Fogg' very last minute to play at the conference dinner at the Radisson Edwardian - the very same stage where Bob Dylan was famously booed off! Luckily there were no boos this time!

ConferCare welcomes Roz Williams, Conference Services Assistant, to the team. Roz will certainly be an asset as ConferCare is currently planning for one of their busiest years yet, in 2013.

Taste Manchester - Graduation



Taste Manchester hosted 32 graduation celebrations over graduation fortnight the majority of these were in the Graduation Marquee located in University Place Square. Students and their parents and staff enjoyed glasses of fizz, graduation themed cupcakes, homemade scones and strawberries and cream to celebrate their fantastic achievements.

Taste Manchester Event

On Thursday 19th July Taste Manchester hosted an event to launch their new menu in the graduation marquee. The event was a huge success with over 120 people attending to sample the culinary delights available.



Cancer Research Dinner

On Thursday 10th May the Reading Room within John Rylands Library on Deansgate hosted a dinner organised by Cancer Research UK. The aim of the event was to appeal for support for a new cancer facility which is being built opposite The Christie. The event was attended by 70 people including the Duke of Gloucester, the President and some very well known ex-footballers.

Martin Smith, Executive Head Chef - FoodOnCampus, Matt Burke, Head Chef - Chancellors Hotel and Conference Centre and Adam Woof, Manager - Christie's Bistro, along with their teams, pulled out all the stops to ensure the event was a huge success. The organiser was very pleased with

how the event ran and made the following comments:

"It was a huge challenge catering in such a strange environment, with limited facilities, 3 floors up from the kitchen, with incredibly tight turn timings in a venue where food and drink is not allowed!

But the evening was a huge success. Our Chief Executive, the Chairman and the various Executive Directors and Directors that attended were all delighted with the evening, it goes without saying that the food, service and timings were a big part of this so we are ever so grateful."

Security - Jobs Well Done

- 4 Aug 12 - Criminal Damage, Bridgeford Street - 1 arrest
- 30 Jul 12 - Attempted Theft of Pedal Cycle, Williamson Building - 1 arrest
- 25 Jul 12 - Attempted Robbery, Devonshire House - 1 arrest
- 30 Jun 12 - Robbery, Oxford Road - 1 arrest by armed GMP officers as a direct result of involvement by University Security Staff, a 2nd arrest was made later in the day
- 19 Jun 12 - Going Equipped to Steal, Alan Turing Building - 2 arrests
- 18 Jun 12 - Serious Wounding, Pavillion - 1 arrest
- 5 Jun 12 - Attempted Burglary, Arthur Lewis Building - 1 arrest
- 26 May 12 - Indecent Assault, Granby Row - 1 arrest
- 25 May 12 - Attempted Burglary, Dalton-Ellis Hall - 1 arrest
- 18 May 12 - Racial Abuse, Oxford Road - 1 arrest

- 13 May 12 - Theft, Jole Library - 1 arrest
- 12 May 12 - Assault, Grove House - 1 arrest
- 8 May 12 - Theft Other, Oxford Road - 1 arrest
- 17 Apr 12 - Attempted Burglary, Various Buildings - 1 arrest
- 12 Apr 12 - Theft Other, Coupland III - 1 arrest

Many thanks to all security staff (both on the ground and in the control rooms) for their good teamwork and professionalism, their prompt responses and actions help to keep us all safe.

Diane Martindale
Administrator, Security Services

New Starters, Retirements and Leavers

New starters

Steve Jordan took up his appointment as Assistant Director of Estates and Facilities/Head of Capital Projects on 16th July 2012. Steve will be located in the Director's Offices, 3rd floor, Beyer Building.

Emma Gardner took up her appointment as Head of Environmental Sustainability on 2nd July 2012. Emma will be based on the ground floor of the Beyer Building with the Sustainability Team.

Security Services

The following staff have been appointed to the post of Security Officers and took up their posts on 20th August 2012:

Nancy Barnes
Andrew Carr
Leslie Edwards
Christopher High
Philip Kay
Mandia Nxumalo
Christian Rainford

Conferences & Venues

Dylan Mangan has joined the team at Chancellors Hotel & Conference Centre as Hotel Reservationist.

Retirements

House Services

The following staff retired from House Services during July and we wish them all the best:

Peter Borkin
Rosaleen Johnson
Karen Williams
John Williamson

Relocation

Dillon Henry, Maintenance Services Unit, has moved from the Denmark Road Building to the Environmental Services Building - his existing contact details remain unchanged.

Sad News

Obituaries

Jeff Mollard, Maintenance Services Unit

It is with our deepest regret that we have to inform you of the sudden death of one of our colleagues from the Maintenance Services Unit, Jeff Mollard, who passed away unexpectedly at home on the evening of the 12th of July. Jeff was a most popular and irreplaceable member of the maintenance team, held in the highest regard by everyone that knew him. Jeff began his career at the University in October 1980 and Jeff's knowledge of the campus was unrivalled. His quiet, helpful and friendly demeanour was an inspiration to all that had the privilege to work with him. A devoted family man Jeff will be sadly missed by everyone. Jeff's Memorial Service was held at St Peter's church in Levenshulme followed by his interment in the Southern cemetery. Our thoughts and prayers go to Jeff's wife June and all of his family at this sad time.

Mrs Barbara Allcock, House Services, (21st January 1947 – 20th August 2012)

Barbara Allcock will be deeply mourned by many in both Estates and Facilities and within the University as a whole. Her untimely death at the age of 65 comes after a long struggle with cancer. Barbara will be remembered as a industrious, passionate and highly effective member of House Services who championed service improvements for all who work and study at the University. To those of us who worked closely with Barbara she was also a good friend, a counsellor, a listener, a motivator and a mentor. Barbara's compassion and kindness for others shone through and she will be very sadly missed by all those who had the pleasure of working with her.

Appointments and Promotions

The following appointments and promotions have been made within the Directorate of Estates and Facilities during the past few months:

Kenny Nolan has been appointed to the post of Deputy Director of Estates and Facilities and took up his new position from 1 July 2012.

Phil Lord, has been appointed to the post of Operations Manager and took up his new post from 1st August 2012. Car Park Services, Environmental Services and House Services will now fall under the remit of the Operations Manager.

Jon Ashley, has been appointed as Head of Estates Support and took up his new post from 23rd July 2012. The Directorate's Health and Safety Officer and Media Services will now fall under the remit of the Head of Estates Support.

Sam Johnson, has been appointed to Capital Projects Manager and will leave her current post as Quantity

Surveyor within the Design Services Unit to take up her new appointment on 1st September 2012.

Lucy Millard has been promoted to Environmental Sustainability Manager and took up her new role on 1st August 2012.

Katrina Hendry has been appointed to the post of Space Manager and takes up her new appointment from 1st October 2012.

House Services:

Danny Bowers, Patrick Kawala, and Chris Winterbottom, within House Services, have been promoted to Building Superintendants

Matthew Ball-Foster, Christine Bowers, Jakub Przybyszewski, Amanda Roberts and Joy Walker, have been promoted to Deputy Building Superintendants

The above staff are congratulated on their recent appointments and promotions.

New Arrangements for the Space and Drawing Team

Management responsibility for the Space and Drawing team has been formally transferred from the Professional Services Unit to the Estates Surveying Unit, reporting to John Lumbert.

Don Hope

Don is recovering from his recent operation and was recently given the gifts & card from a collection from his colleagues across Estates and Facilities.

He was touched by the best wishes sent from all.

Janet Shippen

Administrator, Environmental Services Unit

New member of the Chancellors Team

Dylan Mangan has joined the team at Chancellors as Hotel Reservationist. Dylan is no stranger to the University as he recently graduated with a honours degree in Mathematics. He will be controlling all rates and availability online at the hotel and taking all B&B enquiries so for any of you wanting to enjoy an overnight stay at Chancellors, please call Dylan direct on **x67578**.

Estates Go Abseiling



Andrew

I spotted the chance and thought 'come on, you've got to do these things before you get REALLY boring! I impulsively signed up, didn't give it a moments thought and 2 weeks later I was suddenly about to inch my way backwards off the top of a building..... arrrgh, boring is underrated!!! Lowering yourself into position initially and trusting the rope was pretty scary but then after that it was great fun and I'm so glad I did it. Many thanks to those that sponsored me too.

Arthur

I decided to give it a go on the spur of the moment after some encouragement from a colleague in Health & Safety Services, I jumped in head first but trusted I'd eventually get the hang of it and land on my feet. Fortunately I did!

Chris

After reading an email from "The Hough" saying he was taking part in an abseil, I thought 'why not, I haven't done that for a long time'. So on the day I

went over to watch Andrew do his decent and had the joy in watching Arthur take the challenge head on, literally! When it came round to my go, I was the last person and the large crowds had dispersed. John Kirby had come to watch, maybe just to see if I would go through with it. Also there was my wife and my 20 month old son, who you can see in his red pram. What can I say about the descent other than it was enjoyable and we should do more events to encourage staff to take part in something they might not have done before. I will give the last words to my son, who said this repeatedly on my descent down "Go Diddy yeah!"

Andrew Hough

University Sustainable Travel Planner

Arthur Nicholas

Faculty Estates Officer for Life Sciences & Medical and Human Sciences

Chris Thorley

Architectural Technologist

Congratulations



Congratulations to Jason McHugh, Environmental Services, who married Ceri Daly at Mere Hall Registry Office, followed by a party at Eagley Cricket club in the evening on Friday 3rd August. A great time was had by all!



Congratulations to Darren Barrington, Environmental Services, who passed his I.M.I. Level 3 Diploma in Vehicle Maintenance and is seen here with one of his certificates. Darren has applied to study for the Level 3 in September.

Granddad's Galore-y



Congratulations to Duncan Turner (Maintenance Services Unit Manager) on becoming the proud Granddad of Ellysia Mae Barker, born on 31 May 2012 weighing 7lb 2oz.



Lynton Prescott's granddaughter, Isabelle Bridget, was born just before Christmas 2011 seven weeks premature. She spent some time in the intensive care baby unit, but as you can now see she is thriving. Such a happy little soul who makes both her parents and all four grandparents very proud.



Congratulations to Kerry Knowles and her husband on the birth of their 3rd daughter Indie Jayne Knowles who was born at 7.40 on Sunday 8th July weighing a whopping 9lb 14oz's, both Mum and Baby are doing fine.

FoodOnCampus Raises Funds for Teenage Cancer Trust and Guide Dogs for the Blind

Since April FoodOnCampus have raised £568 for the Teenage Cancer Trust, who provide support to teenagers with cancer, and just under £600 for Guide Dogs for the Blind, who help blind and partially sighted people enjoy the same freedom of movement as everyone else, from collection boxes at the till points.

Race For Life



On Sunday 22 July Beverley Healey took part in the 5K Race For Life. Between herself and family members, she managed to raise £400+ for the fight against cancer. We would all like to congratulate Beverley for all her hard work in taking part in this event.

Debbie Ainscough
House Services

Hilary does the Morecambe Bay Walk

Hilary Campbell, a member of the FoodOnCampus Team, alongside two friends completed the Morecambe Bay walk from Arnside to Kent's Bank Station on the 15th July to raise funds for The Neuro Rehabilitation Unit at Salford Royal. The unit has been helping Hilary's friend Martha to walk again, who after suffering pains in her back, became paralysed from the waist down and was told she would never walk again unaided. After continued support from the unit Martha is doing fantastically well. Hilary and her friends raised a fantastic £400, most of the donations coming from Staff and Colleagues at the University so a big thank you to all who supported Hilary.



Running Commentary

Running Commentary has taken a bit of a twist in this edition, as it is actually nothing to do with running! Helen and Steph have been getting involved in other challenges over the past few months and wanted to give you a bit of an update, hoping it will inspire you to tell us about your sporting challenges too...

Steph's Story

When my boyfriend asked me if I wanted to walk across the Isle of Wight, I thought it was a joke... until he told me he was serious and I was somehow persuaded to say yes! From January to May I spent almost every weekend in my walking boots, trekking across bogs, bogs and more bogs! The good news though was that the day we walked 26 miles across the Isle of Wight was glorious and there wasn't a bog in sight... 8 hours 15 minutes later I was sunburned and sweating but on a complete high and it was then we decided to set the next challenge!

Since the end of July, I have been back out walking, only this time with 12.5kg on my back, in order to prepare for my next challenge... walking all 86 miles of Hadrian's Wall in 5 days. The thought of escaping everything, turning my phone off, and spending almost a week in a tent with nothing but nature to entertain me fills me with joy! I just hope the trip is more successful than my boyfriend's attempt last year... heading to Newcastle in the middle of a weather warning as Hurricane Katrina passed over the country, he had to postpone his dream and come home early... at least this time I can tag along! By the time the challenge is complete, I will have walked around 500 miles since the start of the year on top of my day-to-day walking!

Helen's Story

In the past I have done a 5km swimathon and a cumulative swimathon for charity and the training for and undertaking of these events has left me feeling that

40 lengths/1km of the pool isn't worth getting wet for. A focus for going to the pool 2-3 times a week isn't really needed but when my local pool advertised a challenge to 'Swim to the Games' I was intrigued.

The aim, starting in January, was to try and swim the distance between the pool and the Olympics Aquatic Centre by the Olympics opening ceremony on 27th July. That's 13,100 25 metre lengths or 327½km or 203 miles. With no prize at the end. Do I need a prize for completing it? Well, I am sure a new pair of shoes or a handbag wouldn't go amiss!

But back to the challenge. Swimming up to 11km a week over three sessions, by the time you read this I will still be swimming, but will almost be there! It became obvious that doing the challenge on my own (you could swim as a team, but I had no like minded friends willing to spend 7 months with wrinkled skin and smelling of chlorine!) I could not make the cut off date. So my revised deadline is the end of the Paralympics and I will finish with 4 days to spare.

There have been days when the thoughts of a 4km/160 lengths swim has held no fun, but as anyone who knows me will testify, once I get a challenge in my mind, I have to do it. I've learnt I can do those extra 10 lengths when my mind and legs are telling me I really can't, and I will be proud of myself when I finish.

Then it's back to half marathon training and the prospect of winter running. Here's hoping for a mild, snow free winter!

Helen Collier and Steph Marsh
EPS Faculty Estates and Directors Office

Liverpool Olympic Distance Triathlon 2012 (1500m / 40km / 10km)



After completing the Ironman Lanzarote Triathlon in May 2010, I had agreed with my wife to have a years' break from triathlon (or divorce was on the cards!) and if truth be told I needed a rest from the sport. The planned year off was enforced with a back injury and subsequent fractured rib & also Achilles problems. In fact, a year off competing turned into 1 year almost exercise free.

After 7 years of relatively serious competition the adjustment to a sedentary lifestyle was tough but after the initial adjustment I really enjoyed not having the pressure of having to train at least once a day. I became 'normal' instead of 'odd'. The year off turned into 20 months and in March this year, after a stressful house move, I decided to dust down the bike and don the Speedos again.

There was no immediate intention of racing again but I just wanted to ease myself back into some sort of exercise. It's amazing how much fitness I had lost, at first I felt really despondent with my comparative level of fitness. However 6 weeks on and muscle memory kicked in and there was a vague glimmer of light at the end of the tunnel. The training sessions became manageable instead of torturous and before I knew it I was missing the thrill of having a race to look forward to.

In March I decided that I wanted to try and qualify for the Olympic distance World Championships again. In 2013 they are in London and will be on this year's Olympic course. At this point I entered the Liverpool triathlon in July. This race was to be all about enjoying triathlon again and not about the result. This could be just the hook I needed to have a good winters training to be set up for next years' qualification races. I was swimming and biking ok but due to a lingering Achilles problem I still couldn't do any run volume or speed work. My target was to swim and bike within 5 minutes of my 2009 time and just trot round the run. 2 hours 10 would be a great result.

A few of my old triathlon sparring partners had also decided to enter the race, all of us now have 2 nippers and are past our former best, so it would be the battle of the 'fat dads'. I was now really looking forward to it, I had my training mojo back and was ready to do battle.

On race day the weather was awful, windy and raining all morning. Lots of people moaning on the start line presents a great opportunity to psyche them out with bounding optimism and a beaming smile. Before I know it I am on the front of the swim start and the heart is pumping fast under my neoprene clad ginger haired chest.

The swim was really hard work; fast from the start and a high heart rate all the way round. I felt ok but forgot how intense Olympic distance swims are. Onto the bike and I didn't enjoy the first lap as I was hurting from the swim effort. However once I caught a few of the bikers in front I found out I was in 6th place, the negative thoughts turned positive and I was really enjoying myself and the pain. The rest of the bike went really well.

The run was going to be the hard bit with no mileage or speed work in my legs. This was to be the first time in 2 years I had tried to actually run fast. In the first 2km I felt surprisingly good and even managed to get into 5th position. However from 4 to 10km the legs struggled and I continually slowed but not enough to get caught. I came in 5th overall in a time of 2hr 03mins 24secs, only 4 mins slower than 2009. I was absolutely amazed! I also won the battle of the fat dads.

So, Tatton triathlon is entered for September and with some more run volume I know I can get my run time back to where it should be. London 2013 here I come... maybe. It's still hard fitting it all in with 2 young children. My wife's patience is already starting to wear thin.

Brad Murphy
Mechanical Engineer & Project Manager

National University of Ireland - Galway Football Tour



As part of the Chelford Vets AFC, I recently took part in a football tour in Galway, Ireland, where we played the University and a team in Knock, Co Mayo. I am the University connection but there are 2 other UoM staff on the team, Tom Porter (School of Social Sciences) and Noel Castree (School of Environment and Development).

We had a really memorable time in Galway from the moment we got there, the

friendliness, hospitality and humour of the Galway people made the experience truly fantastic but it has to be said, we were beaten by the better side on the day! Not wishing to make excuses but the jet lag didn't help and neither did our being so near to sea level!

John Concannon
Capital Projects Manager

FOAMING AT THE MOUTH

NAME **St. Peter's Ruby Red Ale**
BREWERY **St. Peter's. Suffolk**
ABV **4.3%**
VENUE **The Flether Moss (Didsbury)**

A virtuous ruby red ale of deepest burnished copper hue, it's silky head the Pearly Gates through which my top lip passed into a rich malty heaven with a crisp hoppy bite. My tongue thought it had died after living like a saint

Appearance	7/10
Aroma	5/10
Atmosphere	7/10
Flavour	8/10
Location	6/10
Service	6/10
Temperature	5/10
Value	5/10
Venue	7/10
Viscosity	6/10

62% Final rating

Don't bother walking on water, sink a pint of this instead...



Est8 Update Quiz: The Big Games Quiz

Answer the following Olympic Games themed questions correctly for your chance to win a £20 voucher. Send your entries to Emma Lloyd at emma.lloyd@manchester.ac.uk or to Room 3.001, 3rd floor, Beyer Building by Friday 14th September.

1. In which year was it widely believed that the first Olympic Games were held?

Answer:

2. Which Greek God were the Games held in honour of?

Answer:

3. What did competition winners receive as prizes in the ancient Olympic Games?

Answer:

4. In which year were the first modern Olympic Games held?

Answer:

5. In which city were the first modern Olympic Games held?

Answer:

6. The first Opening Ceremony was held at the 1908 Games but which city was the host?

Answer:

7. When were the first Paralympic Games held?

Answer:

8. Where was the birthplace of the Paralympic Games?

Answer:

9. When was the Olympic Flag first flown?

Answer:

10. Which Olympic Games did Sir Steve Redgrave win his fifth successive gold medal in the Coxless Four Rowing?

Answer:

11. What do the Olympic Rings represent?

Answer:

12. Where is the Olympic Torch lit before making its way to the Host City for each Games?

Answer:

13. How many sports were there at the London 2012 Olympic Games?

Answer:

14. How many sports will there be at the London 2012 Paralympic Games?

Answer:

15. Which city is hosting the Summer Olympic and Paralympic Games in 2016?

Answer:

Wedding Open Day

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Set on five acres of beautifully landscaped gardens, Chancellors is the perfect venue for your wedding day. We are welcoming all future brides and grooms to view the hotels amazing civil ceremony and function suites on:

Sunday 30th September between 12.00pm – 3.00pm

Our wedding co-ordinator will be on hand to answer any queries and guide you through your special day



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GYO 'Grow Your Own' Club



to start an informal 'GYO Club' that meets once a month over lunch to share tips on growing and harvesting, discuss 'pests' and even swap seeds/sample produce.

If you are interested in the GYO Club please contact Emma Gardner (52240 or emma.l.gardner@manchester.ac.uk) or Sam Johnson (52280 or samantha.johnson@manchester.ac.uk).

Emma Gardner
Head of Environmental Sustainability

Sam Johnson
Capital Projects Manager

It seems that there are a number of Estates and Facilities staff that like to grow their own food, either in allotments or at home in their gardens. We thought it would be a good idea

Date For Your Diary

FoodOnCampus will be taking part in the World's Biggest Coffee Morning on Friday 28th September to raise funds for Macmillan, a charity who ensures nobody has to go through cancer alone. More information with regards to the event will be published in the outlets, on the FoodOnCampus website www.foodoncampus.manchester.ac.uk and in e-update nearer the time.



Est8 Update Quiz Winner and Answers - Sudoku


Congratulations to Tony Eyres, Environmental Services Unit, who entered the Sudoku quiz and won a £20 voucher.

REMEMBER, YOU HAVE TO BE IN IT TO WIN IT!

Contact Est8 Update

Est8 Update is YOUR newsletter so send your stories, news, suggestions and any comments to: est8update@manchester.ac.uk
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