

The Programme

UCFB
STUDENTS'
UNION
✦
February



MANCHESTER CAMPUS

We're back! Goodbye January Blues and hello February... here's everything we've got for you this month.

Semester B is in full swing, and although assignment deadlines are coming up, we have a jam-packed month for you.

The Students' Union have both a pop-up stall for Pancake Day and another edition of the Free Grocery Store.

Student Support have a number of campaigns running this month – check them out as you could be in with a chance of a prize.

If you have anything else you'd love to see featured in **The Programme**, please let us know at su@ucfb.ac.uk

We want this to be as much your platform as it is ours, so don't hesitate to share your ideas!

*The Students'
Union*

Coming up in The Programme...

Student's Union Calendar

Sport this month

Student Support Campaigns

Things to do this month in Manchester

Free Grocery Store

Feed your brain with friends

UCFB **MCR**

2026

FEBRUARY

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5TH: STUDENT SUPPORT DROP IN

11TH: JOBS AND WORK PLACEMENT FAIR (OLD TRAFFORD)

17TH: STUDENTS' UNION PANCAKE DAY

18TH: FTF AGENT EDUCATION LEVEL 2 (QUAY PLAZA)

24TH: STUDENTS' UNION FREE GROCERY STORE

SPORT THIS MONTH.

MEN'S FOOTBALL:

4TH: LIVERPOOL JOHN MOORES (A) (2ND TEAM)

4TH: LIVERPOOL (H) (3RD TEAM)

4TH: LEEDS BECKETT (A) (1ST TEAM)

11TH: SALFORD (H) (1ST TEAM)

11TH: NEWCASTLE (A) (2ND TEAM)

18TH: LANCASTER (A) (2ND TEAM)

18TH: LIVERPOOL JOHN MOORES (A) (3RD TEAM)

18TH: EDGE HILL (H) (1ST TEAM)

WOMEN'S FOOTBALL:

4TH: LANCASHIRE (H)

18TH: UNI OF MANCHESTER (H)

FUTSAL:

EVERY MONDAY

DARTS:

4TH: UNI OF HUDDERSFIELD (H)

11TH: UCFB A V UCFB B

18TH: LEEDS TRINITY (A)

CAMPAIGNS

February



Valentine's Day Giveaway

Send us your red flags and green flags in a relationship to be entered into a prize draw for a £20 Nando's voucher! Email Student Support at StudentSupport@ucfb.ac.uk to enter. Entries close 10th Feb 2026.

LGBT+ History Month

February is LGBT+ History Month. Explore resources, events happening locally, and LGBT+ friendly spaces you can connect with. You can check these out on our Instagram.



Check On Your Mate (COYM)



COYM
CHECK ON YOUR MATE

Check On Your Mate is a campaign designed to sit naturally within the student community. It focuses on:

- Early support
- Peer awareness
- Clear signposting
- Promoting a culture of peer wellbeing

Whether you're looking for support for yourself or concerned about a friend, COYM helps you take that first step.

THINGS TO DO THIS MONTH

FEBRUARY



MANCHESTER CITY W VS
CHELSEA W

 The Etihad




MANCHESTER UNITED W VS
LONDON CITY LIONESSES

 Leigh Sports Village



MANCHESTER BASKETBALL
VS NEWCASTLE EAGLES

 National Basketball Performance Centre



MANCHESTER STORM VS
NOTTINGHAM PANTHERS

 Skate Manchester

26

Students'
Union Free
Grocery
Store



February 26th 2026
Study Hub - 13:00 -
15:00

27

1

THE PROGRAMME

UCFB on the Ball

Consent, Healthy Relationships and Sexual Misconduct Training

The mandatory consent training that all students have to complete.

Link to the Consent,
Healthy Relationships
and Sexual
Misconduct Training

Here

IT

Mon - Fri: 8:30 - 17:00

Please include details
and screenshots
where possible

Contact IT:
IT-servicedesk@ucfb.com

Make sure you can access
your UCFB email.



Student Finance

Finance, enrolment,
tuition or
maintenance loan
queries?

Contact
fees@ucfb.com

Feed your brain with friends

A recently published book by Ben Rein “Why Brains Need Friends: The Neuroscience of Social Connection – and Why We All Need More” (Quercus) explores this idea. Not a snappy title but the ideas behind it are really simple and probably easier to implement than a brand new exercise regime.

According to the book we consistently underestimate how much we enjoy socialising. We also wrongly expect rejection if talking to a stranger or acquaintance and doubt our conversational skills. This is true even for people who might consider themselves socially confident.

The book has 3 easy tips for “Socialising” your brain:-

- Don't be afraid to reveal more about yourself in conversation. It's good for your own mood and has a bonus side benefit of increasing your likeability**
- Don't turn down the chance for a chat. Even if you are tempted to bail on an evening out or let a call go to VM think about how much better you are going to feel after a connection with someone else. If you are feeling lazy think of it as a mini workout for your brain**
- Even if you don't normally like to socialise it's never too late to start. Start small and you will find your brain responds just like it would to a physical work out in the gym.**

So the next time someone suggests a coffee or drink after class consider saying yes – after all what do you have to lose. Next time you might feel like making the suggestion yourself.

Happy New Year and Healthy Social Brains from your Student Support Team!

Manchester Piccadilly Station Closure (14–22 February 2026)




Manchester Piccadilly will be partially closed for nine days while major track and signalling upgrades take place. During this period:

- No trains will run from the south or east, including services from London, Birmingham, Sheffield and Manchester Airport
- Platforms 1–12 will be closed, with only a reduced service running from platforms 13 and 14
- Replacement buses, diversions and delays are expected across the network

If you are travelling in February or early March, please allow extra time and check your route before setting off.

How to make your journey easier

If you're local or able to adjust your travel:

   Walk where possible

   Cycle to campus

 Use buses or trams

 Check live travel updates before you leave

A quick reminder about Mitigating Circumstances

Because this disruption is planned and announced in advance, it would not meet the criteria for Mitigating Circumstances, as these apply only to short-term, unforeseen issues that directly affect an assessment.

Need support?

We understand that travel disruption can be stressful, especially during busy academic periods. If you need help planning your journey or have concerns about attendance, please reach out, we're here to support you.

If you are worried about how the disruption may affect your attendance or workload, please speak to your Module Leader or the Student Support team as early as possible so we can help you plan ahead.

Thank you,
Academic Quality Team