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To create a new payee, simply tap on the '+' button on the top right of the payee selection screen and follow a few simple steps.Authenticating TransactionsYou will sometimes need to authenticate transactions when using your card online.You can do this by logging in to either Online Banking or your Metro Bank App.Transferring money between your accountsYou can transfer money easily and quickly between your own accounts.Managing your cardsUsing the Metro Bank App, you can activate, block, unblock and cancel any of your cards from your phone.Create and edit standing ordersFrom the Manage Payments screen you can create new standing orders by Tapping on the + button on the top right of your screen. You can also edit any existing standing orders by tapping into the details and selecting the edit symbol on the top right of your screen.Open Instant Access Savings accountsIf you got a bit of spare cash that you'd like to earn some interest on, then simply open a new Instant Access Savings account from the specialists. Please do not post any personal details. Visit us in store: metrobankonline.co.uk/our-stores Follow us on X: @Metro Bank Instagram: @metro.bank TikTok: @metro.bank uk Need Support? Call us on 0345 0808 500. 93,651 followers 5h You could win four tickets to the England Womens cricket matches versus India as part of the Metro Bank ODI Series & Vitality T20 Series. Enter now on our website: good luck! To enter, you must: be a UK resident be age 18+ have an up-to-date email address have an active Metro Bank account. T&Cs and eligibility criteria apply. 93,651 followers 1d Demonstrating our commitment to brokers, were proud to sponsor Central Park at this years NACFB Expo the networking zone where relationships grow and communities can come together. Were looking forward to connecting with brokers across the industry find us at stand E11 on Wednesday 11 June. Register for free tickets on their website: See you there #ThisRelationshipBanking #WeBullThisCity #CFE2025 #NACFBEvents Take a break from the urban buzz at this years NACFB Expo at the brand-new Central ParkGenerously sponsored byMetro Bank (UK), this indoor parkland setting is more than just a spot to grab a coffee - it's a shared community space for conversations, relationships to bloom, and our vibrant community to come together!Take a moment to unwind under leafy trees, pull up a pew on one of our park benches, or stretch out on a Metro Bank picnic blanketPark opening hours: 9:30 -16:30Havent signed up to June 11ths NACFB Expo yet? Register your free attendance today 93,651 followers 1w Were happy to share that were live with our new flat print cards, made from 100% recycled plastic. This shift is part of our commitment to reducing waste while maintaining quality. By choosing recycled materials, were helping to keep plastic out of landfills a small change with a big impact. The new cards also feature a notch, ensuring accessibility for blind or partially sighted customers. What do you think of the new cards? 93,651 followers 1w Were excited to launch our brand-new colleague spotlight series bringing you closer to our people, their roles, and the expertise they bring. Showcasing our continued commitment to Corporate Banking, meet James, Corporate Banking Director at Metro Bank. With over 15 years of industry experience, he shares what hes most excited about in his new role and whats important to him. #ThisRelationshipBanking 93,651 followers 1w Its Foster Care Fortnight a time shine a light on the incredible work of foster carers and the life-changing impact they have. Did you know were proud to be a Fostering Friendly Employer? This means we have dedicated policies in place to support colleagues who foster. Foster care carers play a vital role in building strong, nurturing relationships. As a Fostering Friendly Employer, well: provide up to five days paid leave per year for training or attending foster-related meetings offer an additional five days paid leave to help you settle a foster child into your home adapt working arrangements to accommodate foster carers. Were committed to creating a workplace where colleagues who foster feel supported every step of the way. 93,651 followers 2w Huge congratulations to Ellen Close and Charles Morley at Metro Bank for their incredible wins at the British Specialist Lending Awards 2025! These awards shine a spotlight on the individuals driving excellence in the specialist lending sector and were proud to see our colleagues recognised among them. Ellen Close, Lender: Rising Star Product Provider: A super impressive group of finalists, but our winner is driven, determined and customer-focused. Ellen has made great strides in her organisation and helped deliver initiatives that have made a positive difference. Charles Morley, Business Leader: Complex Income LenderCharles demonstrated clear examples of effective leadership and is someone who supports his people internally, delivers externally and shows compassion to go that extra mile for the good of the market. Their achievements are a testament to our ongoing commitment to relationship banking building strong, trusted connections with our clients and customers at the heart of everything we do. #ThisRelationshipBanking 93,651 followers 3w We were excited to attend and celebrate the launch of the ICC Womens T20 World Cup, which will be held across seven iconic venues in England in 2026. As the England and Wales Cricket Board (ECB)s first Champion of Womens and Girls Cricket, our partnership and Girls In Cricket Fund helps to empower women and girls to reach their full potential in cricket and beyond. Find out more here: 49,945 followers 4w Edited It starts here! The ICC Womens #T20WorldCup 2026 launched with an event in the Lord's Long Room as youve never seen it before! From Nobel Prize Laureates, Malala Yousefzai, to award-winning singer and actress, Vanessa Williams, and England Rugby star, Ellie Kildunne, trailblazers from a range of sectors come together for an inspiring celebration. 93,651 followers 1mo To mark Vaisakhi the birth of the Khalsa and a significant occasion for Sikhs we hosted a vibrant event featuring delicious Punjabi food, fun activities, and an inspiring talk from Mr Gurmali Mahi, a leading member of the Sikh community. It was a fantastic way to celebrate our diverse workforce and learn more about Sikh culture. #HappyVaisakhi 93,651 followers 1mo Scammers often impersonate trusted brands, sending fake messages, invoices, and links designed to steal money or personal information. As the first bank to offer a scam checker via WhatsApp, were making it easier than ever to verify suspicious messages in minutes.\* Weve partnered with Ask Silver to help keep our customers safe. Now, with a simple WhatsApp message, you can check if a message is a scam in minutes. Think it's a scam? Add 0770 0153 424 to your WhatsApp.For more information, visit our website: \*Subject to WhatsApp and scam checker availability. The checker may miss things. You may need to consider acting without delay, such as contacting your bank. Metro Bank won't charge you for your call or data. However, you may be charged by your service provider. Download our Metro Bank App terms of use Advisory Announcement Weve partnered with the England and Wales Cricket Board (ECB) to set up a new Womens and Girls Fund, to break down barriers and create more opportunities for women and girls in the sport.Our cricket partnership There are plenty ofservices available via our Appfor existing Metro Bank customers. Here are some of the top features that could save you time:Instantly block, unblock or cancel your card if it's been lost or stolenRequest to replace a cardCreate or delete future payments and make paymentsAuthorise online transactionsCreate, amend and delete standing orders, and cancel Direct DebitsMake international payments in EUR or USD to EU countries or the USCreate beneficiariesRequest a reminder of your 12-digit customer numberChange your email addressView helpful insights to see how you're spending your moneyReceive alerts every time you use your card.Download the App now, the free encyclopedia that anyone can edit.117,185 active editors 7,001,810 articles in EnglishThe English-language Wikipedia thanks its contributors for creating more than seven million articles! Learn how you can take part in the encyclopedia's continued improvement.Members of the victorious Blondie crewThe Boat Race 2019 took place on 24March. Held annually, The Boat Race is a side-by-side rowing race between crews from the universities of Oxford and Cambridge along a 4.2-mile (6.8km) tidal stretch of the River Thames in south-west London, England. For the third time in the history of the event, the men's, the women's and both reserves' races were all held on the Tideway on the same day. The women's race saw Cambridge lead from the start, eventually winning by a considerable margin to take the overall record to 4330 in their favour. In the women's reserve race, Cambridge's Blondie (crew pictured) defeated Oxford's Osiris by nine lengths. The men's reserve race was won by Cambridge's Goldie, who defeated Oxford's Isis by a margin of four lengths. The men's race was the final event of the day and completed a whitewash as Cambridge won, taking the overall record to 8380 in their favour. The races were watched by around 250,000 spectators live, and broadcast around the world. (Fullarticle...)Recently featured: Radar, Gun Laying, Mk.I and Mk.IIAndrea NavageroNosy KombaArchiveBy emailMore featured articlesAboutKitty Marion... that Kitty Marion (pictured) was force-fed over 200 times during a hunger strike?... that the North Korean destroyer Choe Hyon is the largest ship constructed for the Korean People's Navy?... that after the release of High and Low, director Akira Kurosawa received telephone calls imitating his film that threatened to kidnap his daughter?... that May Bradford Shockley (is why Silicon Valley is where it is?... that the conservation of a goat might endanger the survival of Aegleia pau?... that Joy Laking predicted in a school writing assignment that within ten years she would be making a living as an artist?... that the Taiwanese restaurant chain Formosa Chang drew inspiration from McDonald's for its non-greasy atmosphere and corporate practices?... that Haridas Mitra had his death sentence commuted after the intervention of Mahatma Gandhi?... that 'Steve's Lava Chicken' recently became the shortest song to enter the UK Top 40?ArchiveStart a new articleNominate an articleNgg wa Thiong'oKenyan writer and activist Ngg wa Thiong'o (pictured) dies at the age of 87.In sumo, nosato Daiki is promoted to yokozuna.In association football, Liverpool win the Premier League title.In motor racing, lex Palou wins the Indianapolis 500.In basketball, the EuroLeague concludes with Fenerbahce winning the Final Four Playoff.Ongoing: Gaza warM23 campaignRussian invasion of UkrainetimelineSudanese civil wartimeLineRecent deaths: Harrison Ruffin TylerPhil RobertsonMary K. GaillardPeter DavidAlan YentobCherry ConnollyNominate an articleMay 31: Dragon Boat Festival in China and Taiwan (2025); World No Tobacco DayBessarion455 Petronius Maximus, the ruler of the Western Roman Empire, was stoned to death by a mob as he fled Rome ahead of the arrival of a Vandal force that sacked the city.1223 Mongol invasion of Kievan Rus': Mongol forces defeated a Kievan Rus' army at the Battle of the Kalka River in present-day Ukraine.1468 Cardinal Bessarion (pictured) announced his donation of 746 Greek and Latin codices to the Republic of Venice, forming the Biblioteca Marciana.1935 A magnitude-7.7 earthquake struck Balochistan in British India, now part of Pakistan, killing between 30,000 and 60,000 people.2013 A tornado struck Central Oklahoma, killing eight people and injuring more than 150 others.Albertino Mussato (d.1329)Joseph Grimaldi (d.1837)Dina Boluarte (b.1962)Mbaye Diagne (d.1994)More anniversaries: May 30May 31June 1ArchiveBy emailList of days of the yearAboutCumcimis metuliferus, the African horned cucumber, is an annual vine in the cucumber and melon family, Cucurbitaceae. Its fruit has horn-like spines, hence the name "horned melon". The ripe fruit has orange skin and lime-green, jelly-like flesh. It is native to Southern Africa, where it is a traditional food, along with the gembok cucumber and the citron melon, it is one of the few sources of water during the dry season in the Kalahari Desert. This photograph, which was focus-locked from 25 separate images, shows two C.metuliferus fruits, one whole and the other in cross-section. Photograph credit: Ivar LeiusRecently featured: Ignace TomenauAustralian white ibisHell Gate BridgeArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements.Village pump Forum for discussions about Wikipedia itself including policies and technical issues.Site news Sources of news about Wikipedia and the broader Wikimedia movement.Teachouse Ask basic questions about using or editing Wikipedia.Help desk Ask questions about using or editing Wikipedia.Reference desk Ask research questions about encyclopedic topics.Content portals A unique way to navigate the encyclopedia Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurus This Wikipedia is written in English. 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Un sourced material may be challenged and removed.Find sources: 455"news newspapers books scholar JSTOR (April 2019) (Learn how and when to remove this message)Calendar yearYearsMillennium1stmillenniumCenturies4thcentury5thcentury6thcenturyDecades430s440s450s 460s470sYears452453454455 456457458459460by topicLeadersPolitical entitiesState leadersReligious leadersCorporationsBirthsDeathsEstablishments455 in various calendarsGregorian calendar455CDLVB ab urbe condita1208Assyrian calendar455Babinešaka calendar376377Bengali calendar139 138Berber calendar1405Buddhist calendar999Burmese calendar1453Byzantine calendar59635964Chinese calendar (WoodHorse)3152 or 2945to (WoodGoat)3153 or 2946Optic calendar1711712Discordian calendar1621Ethiopian calendar424428Hebrew calendar47448Hebrew calendar4215216Hindu calendars Vikram Samvat311512- Shaka Samvat376377- Kali Yuga355356Holocene calendar10455Iranian calendar167 BP 166 BPIslamic calendar172 BH 171 BHJavanese calendar340341Julian calendar455CDLVRKorean calendar2788Minguo calendar1457 before ROC1457Nanakshahi calendar1013Seleucid era766/767 AGThai solar calendar997998Tibetan calendar(male Wood-Horse)581, or 200 or 572to(female Wood-Goat)582 or 201 or 571King Genserics sacks Rome (455)Year 455 (CDLV) was a common year starting on Saturday of the Julian calendar. At the time, it was known as the Year of the Consulship of Valentinianus and Anthemius (or, less frequently, year 1208 Ab urbe condita). The denomination 455 for this year has been used since the early medieval period, when the Anno Domini calendar era became the prevalent method in Europe for naming years.March 16 Emperor Valentinian III, age 35, is assassinated by two Hunnic retainers of the late Flavius Aetius, while training with the bow on the Campus Martius (Rome), ending the Theodosian dynasty. His primicerius sacri cubiculi, Heraclius, is also murdered.March 17 Petronius Maximus, former domesticus ("elite bodyguard") of Aetius, becomes (with support of the Roman Senate) emperor of the Western Roman Empire. He secures the throne by bribing officials of the imperial palace. Maximus consolidates his power by a forced marriage with Licia Eudoxia, widow of Valentinian III.Maximus appoints Avitus, most trusted general, to the rank of magister militum and sends him on an embassy to Toulouse, to gain the support of the Visigoths. He elevates his son Palladius to Caesar and has him marry Eudocia, eldest daughter of Valentinian II.May 31 Maximus is stoned to death by an angry mob while fleeing Rome. A widespread panic occurs when many citizens hear the news that the Vandals are plundering the Italian mainland.June 2 Sack of Rome: King Gaiseric leads the Vandals into Rome, after he has promised Pope Leo I not to burn and plunder the city for a period of two weeks. Eudoxia and her daughters Eudocia and Placidia, are taken hostage. The city is looted and loaded into ships, from where the Vandals depart en route to Carthage.July 9 Aetius is proclaimed Roman emperor at Toulouse, and later recognised by the Gallic chiefs in Viernum (near Arles).September 21 Avitus enters Rome with a Gallic army. He restores the imperial authority in Noricum (modern Austria) and leaves a Gothic force under Remistus, Visigoth general (magister militum), at Ravenna. The Ostrogoths conquer Pannonia and Dalmatia.Battle of Aylesford: Prince Vortimer rebels against the pro-Anglo-Saxon policies of his father, Vortigern. He is defeated in the battle at Aylesford (Kent). Hengist and his son Oisc become king of Kent. Horsa and Catigern, brothers of Vortimer, are killed. The Britons withdraw to London (according to the Anglo-Saxon Chronicle).Skandagupta succeeds Kumara Gupta I as ruler of the Gupta Empire (India). During his reign he crushes the Hun invasion; however, the expense of the wars drains the empire's resources and contributes to its decline.Gaero becomes king of the Korean kingdom of Baekje.[1]Earliest recorded date at Chichen Itza on the Yucatan Peninsula (Mexico) (approximate date).Barter economy replaces organized trade as Romans and other citizens desert their towns for the countryside, where they will be less vulnerable to barbarian raids (approximate date).The city of Vindobona (Vienna) is struck by an epidemic that spreads through the Roman provinces. The disease is probably streptococcus or a form of scarlet fever with streptococcus pneumoniae (approximate date).Rusticus, archbishop of Lyon (approximate date)Wang Baoming, empress of the Southern Qi (d. 512)March 16Valentinian III, emperor of the Western Roman Empire (b. 419)Heraclius, Roman courtier (primicerius sacri cubiculi) (May 31 Petronius Maximus, emperor of the Western Roman EmpireBiyyu of Baekje, king of Baekje[1]Catigern, prince and son of Vortigern (approximate date)Horsa, leader of the Anglo-Saxons (approximate date)Kumara Gupta I, ruler of the Gupta Empire (India)Niall Noigiallach, High King of Ireland (approximate date)Palladius, son of Petronius Maximus (approximate date)Prosper of Aquitaine, leader of the Sixteen Kingdoms in eastern Borneo produced the earliest known stone inscriptions in Indonesia known as the Mulawaran inscription written in the Sanskrit language using Pallava scripture [5]Mid-4th century Dish, from Mildenhall, England, is made. It is now kept at the British Museum.London Mid-4th century The nearest Metro Bank branch Via Metrobanks Online Customer Updating (OCU)10. How do I authorize my email address or mobile number via Metrobanks Online Customer Updating (OCU)? Visit Metrobanks official website - www.metrobank.com.ph Scroll down to "Self-Service" and click "View All". Look for "Update My Contact Details" and click "Get Started". Complete the steps and wait 48-96 hours for successful updates.V. Security and Customer Service 11. Is it safe for us to access our Statements of Account online? Yes, our customers privacy and security are our top priorities. The statement of account is secure as our electronic channels require username and password, and other forms of authentication such as one-time-password and nominated passwords.12. Who do we reach out to for questions or concerns? 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Weve partnered with the England and Wales Cricket Board (ECB) to set up a new Womens and Girls Fund, to break down barriers and create more opportunities for women and girls in the sport.Our cricket partnership

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