Beaches at risk
West Pier collapse highlights importance of research into good coastal management

With the collapse of the West Pier in Brighton dramatically demonstrating the importance of good management of coastal areas, researchers at the University of Sussex have won over £1 million in funding to study coastal regions.

The Beaches at Risk (BAR) project will highlight the importance of effective beach management for coastal defence, dune rehabilitation, tourism and biodiversity conservation.

"We'll be looking at the effect of the increased storminess on coastal areas that is associated with climate change," says Dr Cherith Moses, Lecturer in Physical Geography in CPES.

"We'll also be looking at the sustainability of beaches as sea levels rise and the frequency of storms. If beach volumes are declining, changing the shape of the shoreline, this changes the effect that waves have. This factor might possibly have affected the West Pier in Brighton."

The BAR project - a partnership with East Sussex County Council in collaboration with Brighton & Hove City Council - will identify beaches suffering greatest erosion on both the Channel coasts in Brighton and Hove, East Sussex and Kent and Seine Maritime, Somme, Nord and Pas-de-Calais.

"The region we're studying contains outstanding coastal areas that are under pressure from property development, rapid erosion in places and high levels of tourism and the BAR project will help to inform effective beach management strategies," says Cherith.

In the first two-year phase, the BAR project will bring together geographers, geologists, ecologists, and coastal managers from both sides of the Channel, whose sharing of expertise will enhance understanding of the nature of the region and the risks it faces.

University of Sussex researchers Dr Uwe Dornbusch, Dr Cherith Moses, Dr David Robinson and Dr Rendel Williams will work with East Sussex County Council ecologists Dr Alex Tait and Dr Kate Cole, and a French team of Dr Stéphane Costa and Dr Daniel Delahay at Rouen University and Dr Edward Anthony at the Université de Littoral in Dunkerque.

The funding for the BAR project comes from the European Union's Interreg III programme.

Pole position in New Year’s Honours

Alan has been working for many years with the Polish government, particularly on their recently concluded negotiations to join the European Union (see Bulletin 29 November 2002).

"I lectured in Gdańsk in Poland, which was the heart of the Solidarity movement, in the 1980s," says Alan. "Then in 1989 they moved on masse into government in Warsaw and I spent all of 1991 advising the first Polish Prime Minister on economic affairs. Since 1996 I've spent about a third of my time in Poland advising on the accession to the European Union."

Alan is currently working with Professor Danuta Hübner, Secretary of State in the Ministry of Foreign Affairs in Poland, who visited SEI last autumn to give a lecture on the Convention on the Future of Europe. Hübner has several links to the University of Sussex: she was a visiting scholar in 1974 and her daughter Ewa is currently studying in SEI.

Many SEI students come from Central and Eastern Europe and many are now in senior government positions in their home countries.

"I work with our ex-students all over the place - I meet them wherever I go," says Alan.

- John Chesnay (right), Honorary Professor in SPRU - Science and Technology Policy Research, has received an OBE for services to energy efficiency. John worked in SPRU from 1974 to 2000 and is now an independent policy consultant. He is also Chairman of the Executive Committee of the Institute of Energy.

Professor Alan Mayhew (above), Visiting Senior Fellow in the Sussex European Institute (SEI), has been awarded an OBE in the New Year's Honours, for services to UK-Polish relations.

Chairman of the National Energy Foundation and a Fellow of the Royal Society of Arts.
Democracy better than despotism for animals

because they tend to produce less extreme decisions, the authors say. It might be difficult to image how exactly animals make ‘democratic’ decisions at all without the ability to cast and count actual votes. However, studies show that voting behaviour can include body postures, movement and calls.

For example, a group of red deer will move when an average of 62 per cent of the group stands up. With bees, complex dances are used to make and convey decisions. Making ‘democratic’ decisions does not therefore require particularly advanced behaviour or mental ability.

“Model our suggestions that democratic decisions, being more beneficial than despotic decisions in most circumstances, should be widespread in animals,” the authors say in their article. “Even when the despot is the most experienced group member, it only pays other members to accept its decision when group size is small and the difference in information is large.”

Groups of animals often need to make communal decisions about what to do and when to do it. But how do they make such decisions?

Dr Larissa Conradt and Professor Tim Roper from BIOLS have developed a model that can be used to design experiments to establish how non-human animals make group decisions.

Their model, reported in Nature this week (9 January), suggests that a social group in which all members contribute to a decision will be better equipped to survive than one where despotic reigns – even when the despot is the most experienced group member.

Democratic decisions are more beneficial primarily

Learning the lessons of sustainable technologies

How can the UK become a more environmentally sustainable place to live? What would this actually mean in practice, and what can we learn from those who are already making such changes?

These are some of the questions that Dr Adrian Smith, Fellow in SPRU – Science and Technology Policy Research, will be exploring in a two-and-a-half year project starting this month.

“Sustainable technology seeks to fulfil a human need in a way that minimises its environmental impact, that is economically viable and which is socially inclusive,” says Adrian.

Funded by the Economic and Social Research Council as part of their Sustainable Technologies Programme, Adrian’s project will examine three examples: local organic food, low-impact eco-housing and wind energy.

“The reason I’ve chosen these three areas is that they are good examples of people trying to develop sustainable solutions as opposed to mitigating unsustainable technologies – in other words, people starting with solutions rather than problems.”

There are now over 400 farmers’ markets in the UK and many supermarkets are increasingly promoting organic food.

“The organic farming movement has been around since before the Second World War, but it’s becoming more prominent now due to worries about genetic modification, food scares, and the more general crisis in farming,” says Adrian.

“What’s new is the community-supported farming – the local box schemes that deliver local produce, of which there are several in Brighton.”

There are currently around 1,000 wind turbines in the UK, with this number set to rise due to new government policy initiatives.

“A good example of the development of alternative technology is idealists in Denmark, who experimented with their own wind turbines in the 1970s and ’80s. These grassroots innovators sowed the seeds for a Danish wind energy industry that is now a world leader,” says Adrian.

“In all three areas, I’ll be looking at how the people running these innovative schemes develop and use sustainable technologies and techniques, examining whether they will take off and asking what we can learn from them,” he continues.

“Although these are relatively fringe activities at the moment, they are beginning to attract interest from policy makers and businesses, and this project will also investigate the role that they might play in turning innovative sustainable technology and practice into everyday activity.”

For more information about the project, see www.sussex.ac.uk/spru/environment/at.

Research funding opportunities

Launch of EU Framework Programme 6

The European Commission has now published the first calls for the Sixth Framework Programme (FP6). There are 49 calls, with a total budget of five billion euro.

The seven thematic priority areas are: (1) life sciences, genomics and biotechnology for health; (2) information society technologies; (3) nanotechnologies and nanosciences, knowledge-based multifunctional materials, and new production processes and devices; (4) aeronautics and space; (5) food quality and safety; (6) sustainable development, global change and ecosystems; (7) citizens and governance in a knowledge based society. Please refer to the individual work programme for specific call information and deadlines, which are mostly between March and April 2003. The work programmes can be downloaded directly from http://fp6.cordis.lu/fp/calls.cfm and will indicate which areas are open for either Integrated Projects and/or Networks of Excellence (and in some cases Specific Targeted Research Projects, i.e. FP5-type RTD projects).

In addition to the thematic priorities, there is a Human Resources and Mobility programme. This programme builds upon the Marie Curie schemes operated under Framework 5 with the inclusion of new elements such as the inclusion and eligibility of third countries (USA, Canada, Australia, Japan, etc). Applications to the Mobility Programme do not have to fit into the above thematic priorities, i.e. the research topic originates with the applicant. There are four components: individual fellowships; host-driven actions (includes pre- and post-doc fellowships); excellence awards; and return and reintegration fellowships. Each scheme operates a different deadline, all of which range from April–May 2003. Please see the following website for further info: http://europa.eu.int/comm/research/fp6/mari-ecue-actions/action-level_en.html.
VC's voice

Senate and Council in December decided that the time is now right to prepare for a major fund-raising campaign for the University and to start the process by recruiting a Development Director. Council also had a wide-ranging presentation from Rob Read, Director of Communications, on the development of our communications strategy.

The University is engaged on a substantial programme of change, almost surely the most fundamental set of changes undertaken since the early years of the University. I believe we will have an exciting story to tell the outside world about how these changes build on our distinctive strengths and about their impact on our student recruitment, on the student experience at Sussex and on our research performance. They give us an unusual opportunity to raise the external profile of the University and to engage the interest of potential funders.

It is important to be clear about what a fund-raising campaign is. It is not an opportunity to plug gaps in the funding of our existing activities. No donor will wish their gifts to be used to cover deficits, or even to support things that would be happening anyway. We will be looking for funding for new academic activities as well as new developments in existing academic units, and to support students who would not otherwise be able to come to Sussex.

A campaign must be carefully co-ordinated and strongly linked to the University's overall strategy. Potential funders must get a clear and consistent picture of the University's central objectives; it has to be the same picture that we give to the funding council, to the research councils, and to other existing funders; it has to be the same picture that we give to alumni and other friends and potential friends of the University; and it has to be the same picture that we ourselves have of our plans and ambitions.

So the term 'development' is not idle rhetoric. A fund-raising campaign is a development campaign because it draws on and contributes to the University's overall strategic plan; it is integrated with our external communications strategy; and its objectives have to be widely understood and shared within the University.

A development campaign is an opportunity for all members of the University to think creatively about new directions for research and teaching. The initiatives that the campaign will seek to promote will not be handed down from the top - they will arise from the ambitions and achievements of academic units.

We need finally to be aware that a successful development campaign takes time. Much work needs to be done before it is publicly launched; indeed, ideally there will be substantial fund-raising achievement before a public launch. The paper approved by Council identified the University's jubilee year in 2011 as a possible target date on which a major campaign might focus.

The coming years will be challenging. Later this month we should learn whether there are to be fundamental changes in the funding of undergraduate teaching; and the future of research assessment may be determined later in the year. Our new School structure comes into place in September and the Brighton and Sussex Medical School takes in its first cohort of students at that time. The challenges we face are not easy, but I am confident that the University will be well placed to meet them and that a strong development campaign will be a key part of our strategy for these years.

Equality Challenge Unit visit to Sussex

Equality and diversity issues for staff and students are to be examined through a unique and challenging HEFCE advisory visit taking place next month.

Professor Nigel Llewellyn, Provost-Chancellor and Chair of the Equal Opportunities Working Group, has invited a team from the Equality Challenge Unit (ECU) within HEFCE to undertake an audit of the policies and practices the University has in place for staff and make recommendations about what needs to change.

"The report will assist the University to decide the direction it needs to take in ensuring that equality and diversity becomes embedded into the mainstream of all that we do for staff and students," he said.

During the course of their visit from 6–7 February, the ECU advisory team will conduct interviews with key staff and representatives of the Students' Union. A series of focus groups will involve students, academic staff, support staff and senior management.

If you are interested in attending one of the focus groups, contact Liz Burchett on ext. 7602, email E.J.R.Burchett@sussex.ac.uk. There will also be a drop-in session at 11.30am on 7 February, for staff to give their views.

Liz Burchett would like to hear from staff who are interested in forming a Staff Equalities Network of under-represented groups and who have a particular interest in issues around ethnic minority, religion, disability, gender, sexual orientation or flexible working.

The first meeting of the Network will be on 29 January from 2–4pm in the Committee Room, Sussex House.

The University's Equalities Strategy is being revamped, with a range of consultation and focus groups to be undertaken with under-represented staff.

Liz said: "The close involvement of these staff will be needed to ensure the process achieves success and challenges any barriers that exist in the workplace."

New appointments to the new Schools

The nine current School Administrative Officers and Arts Administrative Officers have been appointed to the following posts in the new Schools.

School of Humanities
Curriculum: Pauline Thorne

Sussex Institute
Systems and Resources: Linda Gardiner
Flexible Study: Sara Hobden

School of Social Science and Cultural Studies
Systems and Resources: Rosa Weeks
Curriculum: Liz Moore

School of Life Sciences
Systems: Susan Aldridge
Curriculum: Annabel Blake

School of Science and Technology
Systems: Sue Bullock
Curriculum: Magdalena Portmann

More details will be available in the next Bulletin pull-out on the new Schools on 24 January. There will be regular pull-outs this term as planning work continues for the restructuring of the University into five Schools from this autumn. Meanwhile, email newschools@sussex.ac.uk with any queries or see www.sussex.ac.uk/USIS/newschools.
Places to visit, by the people who ought to know

With Christmas and New Year behind us (except for the bits clinging to our waistlines) and the dark days of January ahead, it's time for some serious planning. Never mind how the new Schools structure will operate, what we need to think about is our next holiday.

And help is at hand from staff and students in the Geography department, who thought they could do better than the recent 'Holiday' programme's list of '50 Places to Visit Before You Die' (see www.bbc.co.uk/50/).

"Several of us had seen the BBC programme and thought the selection could be more interesting," says organiser Evelyn Dodds. So she put up a poster where she works in the Geography Resource Centre, inviting people to add their selections.

The well-travelled respondents have come up with a diverse list of places in the British Isles and abroad, which should provide some inspiration if you're pondering the destination of your next holiday.

But are the choices more interesting than those of the BBC viewers? Professor Ron Skeldon selected Bokhara in Uzbekistan, where old men gather around the pool outside the temple at sunset to drink and chat. Mike Collyer went for the Marseilles Calanques and Dr Richard Black opted for rock-hewn churches in Ethiopia.

Others are places students or staff have visited, either on holiday or on Geography field trips – the latter including Thailand, Kenya and the Seychelles.

"Others are places people have read about or perhaps have had lectures about," says Evelyn.

"Some are quite specific – either to time of day or location, or perhaps to one of those moments you know you'll always remember. And yet others are personal choices, such as the home town of one student's girlfriend."

Dr Simon Rycroft, who lectures on place and space, thinks that in comparison with the national poll, the choices of Sussex geographers are in a sense quite predictable: "One would expect to find such exotic sites among our favoured locations. Professional geographers, and especially Sussex geographers with their impressively global teaching and research interests, have access to a wider range of sources about places in the world."

He finds the most interesting aspect of the survey the appearance of more familiar places, places that are seemingly anything but exotic: Skewness, London, even the Greek Islands. "These choices I think reflect a intellectual shift in geography. We are now increasingly concerned with the importance of the everyday in its broadest sense, of meaningful places whose meaning for us derives from lived-through experience rather than an excitement about difference, and we do well to remember that our exotic choices are, for somebody, pretty mundane."

Exotic or mundane, they are offered for our consideration, and those helpful geographers can even provide us with maps or locations where we're interested in: just pop in to the University Map Library, in the Geography Resource Centre (Arts C175). Hmm ... will it be Ko Phangan or Sossusvlei this summer?

In the British Isles and Eire

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Around the world

| Angkor Wat | Maldives |
| Cambodia | Marseille Calanques, southern France |
| Antarctica | Mongolia: horse riding |
| Arizona | Mt. Kenya at dusk |
| Atacana Desert, north Chile | New York |
| Black Rock Desert, Nevada: Burning Man Festival | New Zealand |
| Bokhara, Uzbekistan: sunset over Labi | Norwegian Fjords |
| Haus | Petra, Jordan |
| Bora Bora, Polynesia | Pyramids, Egypt |
| Borobudur Temple, Java | Queenstown, South Island, New Zealand |
| Brazil | Raylay Bay, Krabi, Thailand |
| California | Riff Valley, Kenya at sunrise |
| Cape Town, Table Mountain & the Wine Lands, South Africa | Russia |
| Cuba | Rwenzori Mountains, Uganda |
| Egypt | South America: ancient temples |
| Ethiopia: rock-hewn churches of Lalibela | Southern Chile: lakes, volcanoes, old conifer forests and glaciers |
| Fiji | Seychelles |
| Galapagos | Sossusvlei, Namibia: sunrise over the 100m sand dunes |
| Grand Canyon, Arizona | Syria & Jordan |
| Great Wall of China | Taj Mahal, India |
| Greek Islands | Tikal, Guatemala |
| Heron Island, Great Barrier Reef | Tiriti Beach, south of Mombasa, Kenya |
| Iceland | Toronto, Canada |
| Igazu Falls, Brazil/Argentina | Troy, Turkey |
| Inca Trail and Macchu Picchu, Peru | Uluru (formerly Ayres Rock), Australia |
| Ivory Coast, Senegal | Yosemitte National Park, California |
| Ko Chang & Ko Phangan (pictures) | Zambesi River at sunset |
| left, Thailand | |
Scholarship raises student standards

Students who achieve high grades at A level can apply for the scheme, which potentially is worth £3,000 over the course of their degree. They also get the opportunity to do work experience at AstraZeneca. However, Norman warns: “Students have to keep up the high academic standards to continue with the scholarship.”

Inga Marlene Pietsch, originally from Berlin, is one of several students to have reached a high enough standard to receive the scholarship for a second year: “When you have a range of offers this scheme really does make a difference - especially for me, because as an EU student I don’t get a student loan.”

Norman is pleased with the results of the scheme so far: “The number and quality of applications has gone up so much following the introduction of this scheme, we’ve started putting up our offers to A level candidates. The scheme is already having an effect on the perception of Sussex and this has had a positive impact on the morale of students and staff in chemistry.”

Sussex student to work shadow Labour MP

Ansumana Marrow (right), an economics finalist in AFRAS, will work shadow an MP as part of a scheme organised by Operation Black Vote and the Commission for Racial Equality.

Twenty-five black and ethnic minority individuals were selected to shadow Members of Parliament from the three main political parties, as well as the Scottish National Party and Plaid Cymru.

Over a six-month period they will assist politicians with their daily work, gaining valuable experience of parliamentary politics both at Westminster and in the local constituency. They will also receive four one-day training sessions, gaining invaluable insights from distinguished political activists and public figures.

Ansumana will shadow Margaret Moran, Labour MP for Luton South, and will spend two days per month working with her.

Postgraduate Open Day

The annual Postgraduate Open Day will take place on Wednesday (15 January) in the Terrace Room, Bramber House between 12 noon and 2.30pm.

The Open Day provides an ideal opportunity to find out more about the University’s wide range of taught postgraduate programmes and research opportunities.

- Academic faculty representing a range of subjects will be available to answer specific questions on courses, programmes and entry requirements.
- Faculty from the University of Brighton will be available to discuss Brighton’s portfolio of taught postgraduate programmes and research opportunities.
- The Roffey Park Institute will unveil details of its challenging Executive MBA programme.

- A series of workshops for both UK and international students will explore the main sources of funding, postgraduate loans and employment opportunities.
- The following receptions at 3pm will provide an informal opportunity to find out more about the respective subjects and about postgraduate life and study in general: School of Humanities, Meeting House; School of Social Science and Cultural Studies, Essex House Common Room; SPRU Mantell Building, Room 2B3.

The Open Day is free to attend and it is not necessary to book in advance. For further information contact Postgraduate Admissions on ext. 8412, email PG.Admissions@sussex.ac.uk.

Underpass update

Yes, there is light at the end of the tunnel: the first pedestrians will be able to walk through the new subway under the A27 on 18 January.

The rest of the work (construction of approaches to the new underpass, as well as demolition and filling-in of the old subway) is due for completion next month and looks set to finish early.

A Highways Agency spokesman told the Argus: “We set down an allotted time and it seems the work has gone well. There have been no hitches but we do allow for a longer period in case there are problems.”

The newspaper also reports future works being planned for the A27, which will affect students and staff travelling to campus. A project to build a slip road at the Little Chef on the west-bound carriageway between Falmer and Lewes will start in May and last for about three weeks.

In October, drainage work on the eastbound road in the same area will close one lane for up to about three weeks.

The Highways Agency started the work in May last year but stopped it in September before the start of the underpass project.
Health Week 2003

It's that time of year again when everyone on campus is encouraged to do their bit to make the University of Sussex a healthier place.

Whether you pull out your walking shoes, take a look at your diet, or simply take a lunch break everyday, you can significantly improve your health next week. From Monday 20 to Sunday 26 January there will be a wide range of activities, all over campus, designed to improve physical and emotional well being.

For more information check out the Health Week website at www.healthycampus.com.

And to find out how cycling can improve your health, read Clare Rogers' inspirational story.

Taking up pedal power

they could teach me together.

I recruited a fellow middle-aged University employee and we had our first lesson at Hove Park - the most basic things, like setting off, signalling and stopping. Later, I had another lesson with John and Ian riding on the road.

Since then, there has been no holding me back. At first, it took an hour and a quarter to ride to work; now I am down to 28 minutes, much quicker than by bus - although I'm still the slowest on the cycle path along the Lewes Road.

I have taken 'Edna' to Seaford and I'm planning a trip to Eastbourne soon. Best of all, I'm much fitter and clothes I couldn't get into six months ago fit me now. Thanks to good training, traffic doesn't bother me, nor does the dark, and I am hoping to cycle throughout the winter.

For anyone who hasn't cycled before, now is a good time to start - and the University with its shower facilities is the perfect destination. There is just one thing I'd like: a session on cycle maintenance. So far Edna has presented no problems but one of these days there will be punctures and such like, and I'd like to know how to deal with them.

I really can't recommend cycling too eagerly, especially for those who are not in the first bloom of youth.

John Röhl wins Gissings Prize

Professor John Röhl (right) has been awarded the Gissings Prize in recognition of his monumental, multi-volume biography of Germany's last emperor.

The £25,000 award will support work on the third and probably final volume of John's evaluation of the life of Kaiser Wilhelm II. Much of the detail in each book is new, brought to light after years of research in previously closed archives.

Volume 1, on the Kaiser's early life from his birth in 1859 to his accession to the Prusso-German throne in 1888, appeared in German in 1993 to widespread acclaim. "John Röhl's work has grown far beyond the compass of a biography, and comes close to becoming the portrait of an epoch," said the Berlin Tagespiegel.

The English translation, which followed five years later, was greeted with similar delight. "No other scholar has Röhl's command of the sources or his deep commitment to understanding Wilhelm's place in history," wrote James J. Sheehan in the Times Literary Supplement.

Volume 2, covering the years 1888-1900, was published in German in 2001 and is currently being translated into English for publication in about a year's time.

The Gissings Prize should guarantee the publication in English of the third volume. John's AHBB grant runs out this year and he will use the money for travel and research expenses.

Gissings is a City firm of actuaries and employee benefit advisers. It will mark the award with a series of dinners for invited guests, where John will give brief lectures. There will be no prizes, however, for guessing his subject: Kaiser Wilhelm II.

Howzat? Jolly good!

A chance for blind cricketers from England to wreak revenge on Australia for their sighted counterparts' Ashes victory was cruelly swept away in last month's World Cup when rain stopped play. But this was one of the few disappointments in a tournament that saw England, and Sussex student Andy Dalby-Welsh, exceed all expectations.

Andy, a Social Policy finalist, developed a genetic condition at the age of 20 that left him almost blind and unable to take part in the sports he used to love. After a while, however, he discovered a version of cricket specially designed for blind players. This led to him being picked for the England squad for the Blind Cricket World Cup in Chennai, India.

"The tournament went well both for England and myself," said Andy on his return. "We managed to get our best result ever and I opened the bowling for every match we played."

England achieved a series of milestones in the Cup. Not only did they come third overall, they were also the only team to beat eventual winners Pakistan, and won one match by the highest margin ever with an eight-wicket thrashing of the hosts, India. Andy enjoyed the good-natured atmosphere of the tournament: "Even though we arrived at 4am in Chennai, the hosts were there to welcome us with flowers, drinks and speeches. And the matches themselves had hundreds of spectators. The Australians did, however, brag a bit about the Ashes."

Following his success in India, Andy has been offered the chance to head off to Barbados to help develop the sport there.
Lectures, seminars, colloquia

Mon 13 Jan
3.00pm International Relations and Politics Research-in-Progress Seminar: Kees van der Pijl (Sussex), Transnational classes and European integration. Arts C219.

5.00pm SUSIE Open Seminar: Dave Baker (Brighton), Young children’s background and schooled numeracy. Arts C233.

Tue 14 Jan

2.15pm SEI Research-in-Progress Seminar: Where next after the Copenhagen summit? Roundtable discussion introduced by Jörg Monar, Alan Mayhew and Aleks Szczerski. Arts A71.

Wed 15 Jan
2.00pm Music Open Lecture: Stephen Warbeck (Academy Award winning, BAFTA nominated, Ivor Novello nominated and Grammy nominated film composer for Shakespeare in Love, Charlotte Gray, Billy Elliot). Chichester Lecture Theatre.

4.00pm English Graduate Colloquium (co-sponsored with Centre for Modernist Studies): Terry Castle (Stanford), Jazz age Rococo: The imaginary 18th century of the 1920s. Arts A1.

Thu 16 Jan
5.00pm History Work-in-Progress Seminar: Martin van Gelderen (Sussex), From Noah’s Ark to the New World: Hugo Grotius and the American Indians. Arts A155.

5.00pm Sussex Development Lecture: Alison Croft (Sussex), What role for local teacher knowledge in education for all? Arts A1.

Fri 17 Jan
2.15pm SPRU Friday Seminar: Robin Gilchrist (Ericsson), Business planning in a fast moving innovative environment. EDB121.

Mon 20 Jan
1.00pm IDS Seminar: Education and the Millennium Development Targets: Christopher Colloquy (UNESCO). Education for all: Is the world on track? IDS Room 120.

3.00pm International Relations and Politics Research-in-Progress Seminar: Debbie Lisle (Belfast), Innocence abroad: Global tourism and the denial of politics. Arts C219.

5.00pm SUSIE Open Seminar: Judith Furner and Stephen Steadman (Sussex), Postgraduate learning in nursing, engineering and accountancy. Arts C233.

Wed 22 Jan
5.00pm English Graduate Colloquium: Sam Thomas (Sussex), History lessons: Pynchon, The Political and Mason and Dixon. Arts D630.

Thu 23 Jan
2.15pm History Work-in-Progress Seminar: Lucy Robinson (Sussex), Carnival of the oppressed: Gay men and the revolutionary Left in Britain. Arts A155.

Small ads

FLAT EXCHANGE: Psychology student offers studio flat in central Amsterdam for flat exchange April-Aug. Email jacknw3@nxs.nl or tel. 0031 206 413 469.

WANTED: Room in shared house from mid Jan for 26 yr-old Italian PhD student. Email Luigi at cuna@spbo.unibo.it.

WANTED: People to participate in food and drink research. Earn up to £80 per study. Email martin@central.susx.ac.uk.

TO LET: Room in shared flat in Park Crescent for staff or PG. £350pcm. Tel. 605147.

TO LET: 3 double rooms in self-contained flat within large family house in central Hope. £82-£87.50pw incl. Tel. 208982.

THANK YOU: To all friends and colleagues in Sussex House for the generous gift received by Peter, the porter, and Jean in the tea bar. Wishing everyone a Happy New Year.

TO LET: Double bedroom in shared house near London Rd station. Suit visiting PG or staff. £270 pcm excl. avail from mid Mar for 4/6mths. Email c.miller@susx.ac.uk.

TO LET: Room in shared house, Hanover St, £300 pcm incl. Tel. 605315.

European Question Time

Baroness Nicholson (Liberal Democrat), Nirj Deva (Conservative). Professor Alasdair Smith, Vice-Chancellor, will chair the event, which takes place from 12 noon to 2pm in Arts A1.

You can email your questions in advance to eplondon@europeall.eu.int or come to A1 at 12 noon and write questions to be put to the panel at 12.30.

Bulletin

The Bulletin is written and produced by Alison Field, Peter Simmons and Benedict Brook. We welcome any news, story ideas, letters or small ads from staff and students of the University. The next issue will be out on 24 January, with a copy deadline of 1pm on 17 January. Please contact the Press and Communications Office in Sussex House on ext. 8888 or email Bulletin@sussex.ac.uk.
Health Week
20th Jan - 26th Jan 2003
WWW.HEALTHYCAMPUS.COM

Health Week is a campus wide initiative to encourage both staff and students to improve and maintain a positive state of health and well being.

Registrar’s Statement

The health of students and staff is a vital component for a thriving university community and therefore, we are delighted to be holding our third annual Health Week. As in previous years, we have provided a wide range of activities devoted to improving physical and emotional well being, as well as opportunities to fulfill social and spiritual needs.

Research undertaken by the Centre for Research in Health and Medicine (CRiHAM) over the past two years showed that those who were aware of Health Week had significantly more positive attitudes to health and stronger intentions to both eat healthily and exercise more. Further research demonstrated that those individuals did significantly change their diets following Health Week.

Last year’s event saw a massive increase in the number of people getting involved in Health Week, but this year we want to widen the impact even further. Try and play your part by taking advantage of one or more of the events and also pass this programme to a friend or colleague and encourage them to get involved as well. Even if the only thing you do this week is take a lunch break every day you will have succeeded in improving your health in many ways. If you are a manager you can positively affect the health of your staff by encouraging them to take a lunch break or allowing for flexible working arrangements to allow them to take part in activities.

Neil Gershon
**STRESS BUSTERS**

**Date**  
Sunday 19th

**Time**  
9am-12pm

**Event**  
Taoist Meditation Workshop

**Venue**  
Sportcentre

An introduction to the six healing sounds and the emotional balance of Taoist Meditation. A 3 hour short course to learn to balance the energies in the body. Students £9, Staff £10

**Date**  
Monday 20th – Friday 24th

**Time**  
10am-4pm

**Event**  
On Site Massage

**Venue**  
Your office

Fully qualified massage therapists Chris Pegg and Jane Fagan are available all week to come to your office and give you a neck and shoulder massage. Cost - £8 for 20mins. Book five sessions and get one free

**Date**  
Tuesday 21st

**Time**  
1.20-1.50pm

**Event**  
Stress Buster Recital of Soothing Organ Music

**Venue**  
Meeting House Chapel

Come and enjoy a relaxing half hour of soothing organ music, designed especially to relieve the stresses of the day.

**Date**  
Wednesday 22nd

**Time**  
12.30-3pm

**Event**  
Stress Buster Massage Workshop with Chris Pegg

**Venue**  
Quiet Room, Meeting House

Learn a massage technique that can act as a pick me up, relieve stress and leave you feeling refreshed. This treatment can be done sitting down and doesn’t require removing any clothing or using any oils. A quick and easy form of massage that you can practice on your friends and colleagues.

**Date**  
Thursday 23rd

**Time**  
11.30am-1pm

**Event**  
Stress Management Workshop with Steve Eagle

**Venue**  
To Be Confirmed

A stress management session for both staff and students. We will look at some causes and symptoms of stress, our own coping mechanisms and ways of managing stress more effectively.

**Date**  
Friday 24th

**Time**  
11am-3pm

**Event**  
Massage Clinic

**Venue**  
Debating Chamber, Falmer House

Book an appointment for a half hour back massage, Indian Head Massage or Sports Injury Massage or an hour long Reiki II session at USSU Reception. Students £8, Staff £10, £3 deposit upon booking

**Date**  
Sunday 26th

**Time**  
9am-12pm

**Event**  
Tai Chi Workshop

**Venue**  
Sportcentre

An introduction to the movements taught in Tai Chi. Exercises based on ancient Chinese principles designed to increase energy levels and relaxation. Students £9, Staff £10

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**Healthy Eating**

**Date**  
Monday 20th-Friday 24th

**Time**  
All Day

**Event**  
Healthy Options in the Falmer Bar

**Venue**  
Falmer Bar

All week you can choose from a variety of healthy options in the Falmer Bar. Come and try some new dishes and take away free recipe cards so that you can cook them at home.

**Date**  
Monday 20th-Friday 24th

**Time**  
12-2pm

**Event**  
Healthy Options in the Downs Restaurant

**Venue**  
The Downs Restaurant, Bramber House

We will be serving healthy options all week. Come and see how you can make old favourites more healthy!

**Date**  
Monday 20th–Friday 24th

**Time**  
12-2pm

**Event**  
Taste Challenge

**Venue**  
Mail, Bramber House

Come and try our daily taste challenge. Can you tell the difference between high and low fat foods? Prizes to be won!

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Help others stay healthy by **GIVING BLOOD**

The National Blood Service will be collecting donations in Bramber House car park on Wednesday 22nd, Thursday 23rd and Friday 24th from 10.15am-12.15pm and 2.00pm-3.45pm.

For more information call 0845 7711 711

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**A Healthy Back and Body**

**Date**  
Monday 20th

**Time**  
11am-12pm

**Event**  
An Introduction to Acupuncture with Calum Thomson

**Venue**  
To be Confirmed

Come and discover how you can benefit from acupuncture with an introductory session with Calum Thomson, Member of the British Acupuncture Council. Calum will bridge the gap between western medicine and ancient Chinese cultures and show you how acupuncture can be used to treat a wide range of conditions from anxiety to back pain and asthma to high blood pressure.

**Date**  
Monday 20th

**Time**  
1-2pm

**Event**  
Spinal Stability with Belinda Tunley

**Venue**  
To be Confirmed

A one hour discussion with a Chartered Physiotherapist on the importance of the spinal stabilising muscles, looking at how to use them to reduce low back pain and prevent recurrent episodes.

**Date**  
Tuesday 21st

**Time**  
2.30-4pm

**Event**  
Alexander Technique with Astrid Holm

**Venue**  
Quiet Room, Meeting House

Come and find out how the Alexander Technique can help you. This is a simple and practical method which can help you prevent or alleviate conditions associated with undue tension or poor posture, such as back pain, joint and muscle problems, breathing disorders and stress related conditions.

**Date**  
Friday 24th

**Time**  
9am-1pm

**Event**  
Mini Acupuncture Consultations with Calum Thomson

**Venue**  
Sportcentre

10 minute acupuncture consultations with Calum Thomson, Member of the British Acupuncture Council. Discover how you can benefit from acupuncture in a personalised initial consultation.
**Healthy Check Up**

**Date:** Monday 20th  
**Time:** 11am-3pm  
**Venue:** Arts C Corridor  
**Date:** Wednesday 22nd  
**Time:** 11am-3pm  
**Venue:** Downs Restaurant  
**Date:** Friday 24th  
**Time:** 11am-3pm  
**Venue:** Pevenssey Building

A 10 minute mini health check including blood pressure, flexibility, body fat and peak flow readings. Reservations can be made on the day with one of the fitness staff at that day’s location. If you can’t make any of the above sessions, call the Falmer Sports Complex Reception on (081)7125 during Health Week and you can make a booking for a free health check. If you attend a mini health check you will be eligible for a free fitness room induction, a free fitness room programme and a free drop in class.

**Cycle Mania**

Fed up with traffic congestion, queuing to get into and out of the University, the threat of car park charges or with the cost and inconvenience of public transport? Then why not join the growing number of people at this University who are choosing truly independent travel - cycling.

**Date:** Wednesday 22nd  
**Time:** 1-2pm and 2-3pm  
**Event:** Cycle Workshop  
**Venue:** Sportcentre Car park

Want to cycle to work but not sure you are up to the challenge of the A277? Then come to the cycle workshop and improve your cycling skills and confidence when commuting to and from work. Also try your hand at riding a variety of novelty bikes (e.g. tandems, recline bikes) Cost £5

**£5 Off a Bike Service at Baker Street Bikes when you take in your Health Week Brochure**

**Enjoy the Outdoors**

**Date:** Monday 20th  
**Time:** Depart 1pm, Return 2pm  
**Event:** Brisk Walk with Alistair Brand  
**Venue:** Depart from outside post office, Bramber House

A brisk, fitness walk around the university campus and surrounding areas

**Date:** Tuesday 21st  
**Time:** Depart 12.30pm, Return 1.30pm  
**Event:** A Walk in Stanmer Park with Rob Esdaile  
**Venue:** Depart from Meeting House Steps

Discover the beauty of Stanmer Park with a lunchtime walk led by Rob Esdaile (Catholic Chaplain).

**Date:** Wednesday 22nd  
**Time:** Depart 1pm, Return 2pm  
**Event:** Naturalist Walk in Winter around Stanmer Park with David Streeter  
**Venue:** Depart from Meeting House Steps

A naturalist walk in winter around Stanmer Park with David Streeter (Reader in Ecology).

**Date:** Thursday 23rd  
**Time:** Depart 1pm, Return 2pm  
**Event:** Environmental Walk with Martyn Stenning  
**Venue:** Depart from Meeting House Steps

**Spirital Health**

Please note that the Meeting House is available to all members of the university for quiet prayer and meditation all day, every day.

**Date:** Monday 20th  
**Time:** 5.15-5.45pm  
**Event:** Quiet Prayer with the Music of Taizé  
**Venue:** Meeting House Chapel

A short time of prayer at the end of the working day using the beautiful chants of the Taizé community.

**When is the best time to stop smoking?**

Jan. 1st, National No-Smoking Day, University Health Week, Lent, Ramadan, your next birthday, next Monday? Everybody’s different so whatever is best for you, but what is the same for everyone is that IT'S NEVER TOO LATE or TOO EARLY! As soon as you stop smoking, your health begins to improve and you reduce the risk of contracting smoking-related diseases. There's never been a better time to quit smoking as there is now a wide range of therapies to help you, many available on prescription (FREE to under 19's and those of you with exemption certificates!)

Come and meet friendly nurse Val and discuss your options for stopping smoking in one to one or group sessions. No pressure, no commitment - just find out. Ring 249049 to book an appointment.

Sessions during Health Week will be held at the Health Centre on Wednesday 22nd between 2pm and 6pm. Patients must be registered at the Health Centre.
**Early Bird Sessions at Falmer Sports Complex**

Free use of the Fitness Room from 8am to 9am every morning during Health Week. An instructor will be present at all times so that those who have not done an induction can attend these sessions.

### Bring a Friend and Get a Session FREE

Bring a friend to any of the drop in classes listed below during Health Week and either yourself or your friend will get in free. All classes are at the Sport Centre.

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<tr>
<th>Date</th>
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<td>Monday 20th</td>
<td>11-12pm</td>
<td>Complete Step Body Workout</td>
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<td>Monday 20th</td>
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<td>Funky Step</td>
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<td>Monday 20th</td>
<td>5-6pm</td>
<td>Sculpt and Tone with Step</td>
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<td>4-5pm</td>
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<td>Tuesday 21st</td>
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<td>Aerob tone</td>
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<td>Wednesday 22nd</td>
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### Pamper Yourself

On Tuesday and Thursday Jane Fagan will be available to carry out the following treatments:

- **10 minute hand massage** – price £4
- **15 minute mini manicure** (including file to shape nails, hand massage and coat of clear polish) – price £4

*Please note that a minimum of 4 bookings per office/area is required. Please book at Sportcentre Reception or phone 678228.*

### Try Something New

**Date:** Monday 20th – Friday 24th
**Time:** 10am–5 pm
**Event:** Aura Readings
**Venue:** Arts C Corridor

New technology displays your aura (body’s energy field) as it moves and changes with your thoughts and feelings! Have a complete printed analysis and interpretation of your aura. Suggested donation £11

### Sexual Health

**Date:** Monday 20th–Friday 24th
**Time:** 11am-2pm, 4-6pm
**Event:** Unisex Drop In
**Venue:** Student Advice Centre, Falmer House

The Unisex Drop In will be open every day this week for information about HIV, sexually transmitted infections, safer sex etc. and also information about drugs and alcohol. You can also take advantage of the 2 for 1 condom offer. Buy 3 condoms for £1 and get 3 free!

**Date:** Tuesday 21st
**Time:** 6-9pm
**Event:** Unisex Road Show
**Venue:** Eastslope Bar

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**Date:** Wednesday 22nd
**Time:** 12-3pm
**Event:** Unisex Road Show
**Venue:** Downs Restaurant

**Date:** Thursday 23rd
**Time:** 12-3pm
**Event:** Unisex Tea Party – free tea, coffee, biscuits
**Venue:** Student Advice Centre, Falmer House

Help Unisex welcome special guest, Ogo Chime, the Black and Ethnic Community Worker for Brighton Body Positive. Ogo is interested in meeting students and staff as part of his research into the black and ethnic community in relation to promoting health, well being and support around HIV prevention. Anyone interested in meeting Ogo is welcome to drop by.

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**Student Support Services**

**Date:** Wednesday 22nd
**Time:** 1-4pm
**Event:** Student Support Drop-in
**Venue:** Student Support Unit, Pevensey 1

Come and meet the staff of the Student Support Unit and find out about services and support available to students with disabilities, additional learning needs, mental health problems, and visual impairment.

**Date:** Monday 20th–Friday 24th
**Time:** *contact Student Advice Centre
**Event:** Financial Health Drop-in
**Venue:** USSU Student Advice Centre (1st Floor, Falmer House)

Whip your finances into shape with our financial health drop in. Poverty and debt have a direct correlation to stress and poor health, as well as alcohol and drug use. Speak to the Students’ Union’s professional finance adviser on how to manage your money as effectively as possible.

**Date:** Monday 20th–Friday 24th
**Time:** *contact Student Advice Centre
**Event:** Housing Health Drop-in
**Venue:** USSU Student Advice Centre (1st Floor, Falmer House)

Is your property detrimental to your health? Are you living in damp conditions, disrepair or with unsafe gas appliances? Then call into the housing health drop in to discuss issues such as gas safety and landlords’ duties to remedy disrepair.

*Students Advice Centre – Tel: 01273 877038 Web Page: www.myunion.info, E-mail: ussu-advice@sussex.ac.uk*

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**Look Out for the Calypso Crew Around Campus Everyday Handling Out Healthy Snacks and Loads of Freebies!**

**Check Out the Website for Late Additions and Updates – www.healthycampus.com**

For more information contact Sport Centre Reception on (0)78228 or e-mail info@healthycampus.com

For regular updates on changes or future events, direct to your e-mail, complete the online form at www.healthycampus.com