University scientists at city festival

Sussex academics will be giving visitors a science workout at the fifth annual Brighton Science Festival, starting on Saturday 23 February.

Dr Jonathan Hare, a visiting research fellow, will be at the Catalyst Club on Monday 25 February demonstrating how to transmit your voice on a light beam. Jonathan, who is also known from the BBC ‘Rough Science’ TV series, will help children to solve scientific challenges such as building a power-generating windmill as part of Big Science Saturday (1 March).

He said: "Science is so much a part of our lives but as it becomes more and more complex we tend to take it all for granted.

"Anything that reminds us that all this magic is not just here by accident, but has actually been made by people - we call them scientists, engineers or inventors - is a good thing."

Meanwhile, Paul Levy - a senior lecturer at the Freeman Centre - will talk to the Catalyst Club on Sunday 2 March about the nature of happiness.

He will also feature on Big Science Saturday, where he will teach creative decision-making in 10 minutes.

He said: "It's terrific that Brighton hosts this event. Where else would you find a festival that mixes science with arts and culture? There's a real buzz and a sense of people getting involved."

On Friday 29 February - the one night every four years when women traditionally propose to men - physiology and body language expert Dr Harry Witchell (BSMS) will explain the non-verbal communication that influences the outcome of a date.

On Saturday 1 March, Professor Gordon MacKerron (SPRU) will debate the future of energy with leading experts on laser-driven fusion power.

The main event, Big Science Sunday, takes place on 2 March and will feature an interactive demonstration by Biochemistry professors and also a 'Walking With Robots' attraction featuring the University’s latest experimental research bots.

In Flawed Science, Sussex education specialist James Williams will explain how scientists such as Aristotle, Darwin and Newton sometimes got it horribly wrong. He hopes the festival will help science to lose its 'nerdy' image.

He said: "Science is a wonderful way of understanding the world we inhabit and so it should be celebrated, in much the same way that we celebrate literature, art, music or theatre.

"Understanding the people behind the science makes the science more personal - show me someone who isn't fascinated by earthquakes, volcanoes and dinosaurs for example, and I'll show you an odd person indeed."

Lecturer Dr Jim Endersby, who specialises in the history of science, will talk about the role of animals in science and his award-winning book A Guinea Pig's History of Biology.

For more information on the Brighton Science Festival and to buy tickets, go to www.brightonscience.com

Record attendance at postgraduate open day

The annual postgraduate open day on 30 January attracted a record number of prospective students. The total number of visitors was 530, an increase of nearly 40% on 2007.

55% of those who attended were non-Sussex students. The majority of these came from other universities, but quite a number were in employment - with occupations ranging from the civil service to cabin crew.

There was an 80% increase in the number of Sussex students who came along. "This no doubt came about through better targeted mailing and use of online sites such as Facebook," said Terry O'Donnell from Student Recruitment Services.

All schools and departments were represented at the open day, which offered a wide range of talks, presentations, workshops and campus tours.

Partner institutions West Dean College and Roffey Park both had stands and the University of Brighton was also in attendance.

Student Recruitment Services now aim to build on the open day by holding monthly drop-in sessions, beginning in February. These will provide an introduction to postgraduate study, with a particular focus on the University's strengths and excellence in research.

Inside

2 Fatherhood

Issues and concerns of young dads are focus of new CCE research

3 Planning

Senior staff discuss goals and challenges in annual conference

4 Asylum

Exhibition portrays life in UK's immigration detention centres

5 Feel good

Final year students given break from stress at Final Countdown fair

6 Appointment

The University's new Librarian will take up her post in mid April
New biography reveals the inspiration for Middlemarch

One of the greatest unsung social reformers of the 19th century – and the likely inspiration for George Eliot’s Middlemarch – is the subject of a new biography by a Sussex researcher.

Jeanie Senior (1828–77) was the first woman civil servant in Britain. As a government inspector she wrote a report that highlighted the appalling conditions of workhouse schools and the vulnerability to prostitution of the maids-of-all-work who had been ‘educated’ there.

Her ground-breaking appointment, according to Sybil Oldfield, Research Reader in English and author of Jeanie, an Army of One, was not popular among the male Old Guard. They were enraged by her condemnation of the huge ‘Barrack Schools’ and opposed her advocacy of the fostering and adoption of all orphaned or abandoned pauper children. But her female supporters included Florence Nightingale, who saluted her as “a noble army of one”.

Through her work, which also included pioneering social work and housing reform with Octavia Hill and co-founding the British Red Cross during the Franco-Prussian war, Jeanie Senior had become an icon for the late 19th-century British movement.

It was the revelation of her friendship with George Eliot, however, that brought Jeanie back into the limelight this century. In December 2000 the Nassau Senior family papers became accessible and 25 letters sent by George Eliot to Jeanie Senior came up for auction. The letters were deemed important enough to be placed under an export ban and bought for the nation by the British Library.

In researching material for her book, Sybil Oldfield paid close textual analysis to the thousands of letters written by Jeanie Senior to her son.

“I found astonishing correspondences with the speech of the equally frustrated, idealistic Dorothea Brooke, the central character of Middlemarch,” she says.

“George Eliot had first known Jeanie Senior before she managed to enter public life and the novelist used the same key words, ‘ardent’ and ‘diffusive’, to describe both her friend and her later heroine.”

The book was launched at the Foundling Museum in London on Monday (4 February).

Sussex shares in £1m grant to put IT learning to the test

A new £1 million research project at Sussex will be looking to see how new technology in the classroom can help children to learn together effectively – and if it can be adapted further to benefit pupils with autism.

The ShareIT project (www.shareitproject.org) is a three-year joint research venture between the University of Sussex and the Open University. It is funded by a £1 million grant from the Engineering and Physical Sciences Research Council (EPSRC).

Dr Nicola Yuill, a developmental psychologist, will head up the Sussex side of the project, assessing the effectiveness of “shareable” technologies such as electronic whiteboards and touch surfaces in the school classroom.

These tools are used to aid collaborative learning in small groups, with participants working on the same piece of work simultaneously, but the researchers will be looking to test just how effective they are.

Nicola says: “Much time is spent on collaborative work in the classroom, and research shows that children’s understanding benefits from group discussion and working together.

“It is assumed these sort of technologies are effective tools, but little research has been carried out to support this.”

Nicola’s team will also be working closely with a local unit for children with conditions on the autistic spectrum to see if further development of shareable technology, in the shape of games incorporating touch surfaces, can encourage these children to interact more.

The team at the Open University, led by Professor Yvonne Rogers, will be looking at how effective shareable technologies are for adults and in business, and whether they can be developed further in this area too.

The aim of both teams is to produce guidelines for designers, educators and policy makers that will show which shareable technologies are actually beneficial and how they could be developed further to help different types of learner.

Nicola says: “We hope to give people a framework to explain what design features of shareable interfaces promote collaboration. Guidelines will also be developed for designers, educators and policy makers to help them choose from the new assortment of shareable technologies, based on empirical evidence, rather than hearsay or ‘wow’ factors.”

The project also involves development of new interfaces, and some of the early prototypes will be on show at the Brighton Science Festival on 23 February.
Senior staff planning conference

The University held its second annual planning conference for senior academic and Professional Services staff on Friday 1 February.

The event, led by the Vice-Chancellor’s executive, enabled Deans and Heads of Department, together with School Administrative Managers, Technical Services Managers and the heads of the Professional Services, to discuss and reflect on future priorities and developments for Sussex. Altogether the event brought together more than 80 senior staff in the conference suite in Bramber House.

The conference offered a further opportunity for discussion and reflection on the development of the University’s strategic plan. Supporting this, the main issues covered were future engagement with community and business, possible approaches to better performance management, and organisational structures (see the Vice-Chancellor’s column on this page).

The Deputy Vice-Chancellor, Professor Paul Layzell, leads the planning agenda for Sussex. He was pleased with the positive discussions and the opportunity to bring together colleagues from different disciplines and across the academic and Professional Services management.

Paul said: “This event is key for us in developing a common understanding of the goals and challenges we face, and how we will develop the University to meet them.”

From function to organisational structure

Getting the right academic structures will be important for achieving the ambitious plans emerging in the green paper on the University’s strategic plan.

During the past few months there has been wide debate about a range of academic developments that might be required to create a step change in our academic activities at Sussex. The future size and shape of the University is becoming clearer and current high-level thinking has been articulated in the green paper which is being considered widely across the University.

At meetings I had last term with academic staff from across the University that helped to inform these academic developments, I took the opportunity to discuss some aspects of our current organisational arrangements, particularly the relationship between departments and schools.

Most departments expressed a strong wish to have greater autonomy, including direct control over their financial resources, in order better to meet the needs of staff and students and to achieve their teaching and research goals. At the same time the value of schools and the work done by Deans was highly regarded. I was told that any change to the organisational structure should be evolutionary and should be implemented as soon as possible. The need to continue to recognise individual academic disciplines, however small, within the structure was also widely supported.

I have had now meetings in recent weeks with academic staff to explore the implications of these ideas further. Devolution of responsibility to departments would be difficult under the current structure, which has nearly 30 such units of widely varying size. Such devolution could however work effectively with a smaller number of units, possibly by creating clusters of related activities.

Maintaining a strategic level above departments could also be achieved, although it might be more efficient to reduce the number of these larger groupings, so there is a clear downward flow of administrative support to departments.

High-calibre leadership at all levels would be an absolute requirement; there would need to be a clear commitment by the institution to prepare, support and reward individuals taking on these new roles. This organisational model would inevitably bring the departments and the executive much closer, especially with respect to budget setting and financial management.

At the planning conference for more than 80 senior academic, Professional Services and support staff on Friday 1 February, we discussed a concept of three faculties – Science, Arts and Social Sciences – with departments of these new faculties aggregated in such a way that they each have a minimum of about 30-35 FTE (full-time equivalent) academic staff, but at the same time preserve the identity of individual disciplines.

I have now asked that Deans work speedily with Heads of Department, School Administrative Managers (SAMs) and Technical Services Managers (TSMs) to make recommendations by the end of this term about the possible academic groupings within such new faculties. As soon as we have a mature proposal then clearly this will need to be considered by Senate and Council.

Support staff structures would be developed to match and support the new academic structures – with SAMs and TSMs working with Professional Services teams to develop options, ensuring the right support is provided at each level.

I should emphasise that this evolution of our organisational structure is not about cutting costs but is aimed to devolve resources and responsibilities deeper into the institution, to increase the efficiency and effectiveness of the management process and to speed up decision making.

The papers on this are available at www.sussex.ac.uk/io/ambition
Lecturer’s photo exhibition focuses on detention centres

The experience of asylum seekers in UK immigration centres is the subject of a new exhibition by Media and Film lecturer Melanie Friend.

Border Country, which opened on Wednesday (6 February) at Winchester Gallery, features photographs of institutional interiors and landscapes, together with a sound installation.

Since Melanie began work on the project in 2003, more than 25,000 asylum seekers and migrants per year have been held for some period in UK Immigration Removal Centres (IRCs).

The colourful warmth and richness of Melanie’s photographs is poignantly at odds with the austerity of these institutional spaces, where people are forced to wait while their fate is determined by processes beyond their control.

Melanie photographed the visits rooms in eight IRCs: Dover, Coinbrook and Harmondsworth (near Heathrow), Lindholme (near Doncaster), Tinsley House (near Gatwick), Campfield House (near Oxford), Yarl’s Wood (near Bedford) and Haslar (near Portsmouth).

She says: “As a photographer, I was mesmerised by the visits rooms.

“Tinsley House visits room, for instance, its apparent civility and yet its austerity, its anonymous comfortable chairs such as we might see in a university common room or a doctor’s surgery.

“However, the seating arrangement is very controlled. The detaining has to sit on the single seat, his or her visitor opposite. The visit, of course, takes place under intense surveillance, as evidenced by the cameras ...

Melanie met asylum seekers and migrants in several IRCs, and was given special access to record interviews with male detainees in Dover and female detainees in Yarl’s Wood.

Border Country (both the exhibition and the accompanying book with its audio CD) presents 75 minutes of voice testimonies and captures 11 detainees’ intense, poignant and often jarring commentaries on their expectations of life in the UK and their experience of incarceration.

Melanie says: “Asylum seekers and migrants in detention struck me as mostly extraordinarily resilient and perceptive. I was fascinated by their analysis and their astute commentary on our culture.”

A passion for history inspires exhibition on courtship

A joint labour of love involving University of Sussex historians and Brighton Museum provided the inspiration for an exhibition, On The Pull, which opens at the museum on Valentine’s Day (14 February).

Brighton’s special place in the world of woe - from George IV’s ‘pleasure palace’ Pavilion to the city’s 21st-century appeal as a romantic destination - was explored by University historians and museum experts as part of a special collaboration.

University experts involved in the project included:
• Dr Claire Langhamer (meanings and significance of courtship, with particular reference to 20th-century England);
• Dorothy Sheridan (Head of Special Collections and Research Services, who presented Mass Observation Archive materials, including diaries and observations, and questionnaires on romance and sexual attitudes);
• Professor Alan Hawkins (courtship in English traditional song, vows and tokens);
• Anthropologist Dr Filippo Osella (flirting in India); and
• Professor Carol Dyhouse (the body and glamour).

During a day-long workshop they helped to identify a number of research themes:
• Display: What humans and animals do to attract a mate;
• Veiled courtship: Illicit romance examined through love letters and codes;
• Venues and space: the role of dance halls and concert rooms;
• Rules and freedom: dancing, dirty weekends and moral attitudes;
• Science: Pheromones, hormones and body language - the science behind attraction;
• Scandal, intrigue and obsession: what happens when romance goes wrong;
• Cashing in on courtship: Love tokens, Valentine’s Day, romantic fiction and plastic surgery - how romance became an industry.

The museum then commissioned six Brighton-based researchers to explore the themes further, drawing on its varied collections of music and film, paintings, pottery and postcards. Their research informs the final displays for the exhibition.

On The Pull runs from 14 February to 31 August. For further information about the exhibition and related events, see www.myspace.com/brightononthepull

Above: Photos from the exhibition show the institutional interiors of UK Immigration Removal Centres, where thousands of asylum seekers are held each year.
Students prevent bike thefts

Students who assisted in the apprehension of would-be bike thieves on campus last week have been praised by University security services.

In two separate incidents at lunchtime on Wednesday 30 January, boys were spotted attempting to steal bikes from outside Pevensey 1.

Mathematics student James McMiche was outside eating a sandwich when he saw a teenager kicking a bike "in a manner that made it clear he was trying to break the lock". James, who has had a bike stolen himself, told the youth to leave before calling campus security.

He said: "Apathy is what these petty opportunist thieves rely on the most, so hopefully by letting the thief know that he wouldn't go unnoticed and undisturbed it makes him less likely to target the campus. Being of a bigger build than him added to my confidence to approach him."

Fellow student Thomas Voyle saw a similar incident. He said: "I confronted him and told him that he should leave campus and he shouldn't be stealing off students as many would find it hard financially to replace their bikes."

"He didn't leave, however, so I just stayed there for a bit keeping an eye on him but he still wouldn't move from the area so I went and contacted campus security."

Shirley Sains, Security Co-ordinator, said she was very pleased to receive the calls: "It's unusual for students to report these sorts of things."

"The new Community Support Officer for the University was on the scene in five minutes and assisted police officers in pursuit by relaying via radio the descriptions given by James and Thomas. Within 15 minutes of making the 999 call the youths were detained off campus."

"It's nice to have all this co-operation from police, staff and especially the students as they are very often the target of opportunist thieves."

Feel-good factor for finalists

A new event for finalists aims to inspire the feel-good factor as they face looming exams and dissertation deadlines.

All finalists – undergraduate and postgraduate – are invited to the 'Final Countdown', starting at 12 noon in Mandela Hall on Wednesday 27 February.

Exhibition stalls and a whole range of workshops will help students to feel prepared and offer advice on how best to approach the coming months.

Owen Richards, Academic Registrar, says: "The purpose of the event is to offer integrated help; we want finalists to feel good about their final year and their future after Sussex."

Workshops on offer include study skills, reflective planning, library skills and creativity. Advice about finance and funding, as well as postgraduate study, will also be available.

Sessions on job hunting will cover writing a CV, making job applications, finding good jobs in Brighton, and interview skills. An immigration specialist will offer a session for international students about working in the UK.

There will also be skill-development workshops offered by employers including PWC, Deloitte and Enterprise Rent-a-car.

Between sessions, finalists can enjoy free smoothies as well as Fairtrade coffee and chocolate.

And to promote health and well-being as the pressure starts to build, there will be opportunities to book an Indian head massage, reflexology or yoga, as well as sign up for workshops on nutrition, breathing for relaxation, and stress management.

For details and booking, see www.sussex.ac.uk/cdsc/final_countdown

Try something new

Staff and students are being encouraged to try something new this February during the eighth annual Healthy Campus Week.

A week-long programme of events to promote positive health and wellbeing around campus is planned, starting on 25 February. Enjoy an early-morning guided bird-watching walk, treat yourself to a massage in the comfort of your office, or simply eat lunch on a healthy eating trail.

More than 10 different areas of the University are involved in delivering the programme, which research shows has created significantly more positive attitudes to healthy eating and exercise among staff and students.

The Vice-Chancellor, Professor Michael Farthing, said: "If you are new to the University or haven't taken part in a health week activity before, we strongly encourage you to do so.

"There are a whole range of activities which will encourage you to think about, discover and experience a greater sense of well-being."

For details, go to www.sussexsport.com and click on 'Healthy Campus'.
News in brief ▼

Open staff forums
The Vice-Chancellor’s open staff forum for the spring term will take place on Tuesday (12 February), at 2.15pm in Engineering 2 AS; and on Thursday (14 February), at 11.30am in the Terrace Room, Bramber House.

Time to elect new USSU sabb
Nominations close on Wednesday (13 February) for the Students’ Union sabbatical officers for 2008–09. Sabbatical officers are full-time paid positions elected by the student body. Collectively they run the Union with support from Union staff and working alongside a number of part-time elected student officers. Nomination forms and more information are available online at www.ussu.info/elections.

National Student Survey 2008
All Sussex finalists are being invited to take part in the National Student Survey (NSS) this month. The survey — now in its fourth year — offers final-year undergraduates the chance to give anonymous feedback on their academic experience. Statistical summaries of results are fed back to the University and are also published nationally. The questionnaire is available online at www.thestudentsurvey.com. For more on how to take part, see www.sussex.ac.uk/nss. The University will be running its own survey for second year students later this term.

SPRU fellow briefs government on innovation
Dr Puay Tang, Senior Fellow in SPRU – Science and Technology Policy Research, has briefed the Minister of Innovation about UK entrepreneurial universities. Puay went to Lancaster House on 29 January to meet Baroness Morgan of Drefelin.

Sussex appoints new Librarian
Kitty Inglis, currently Acting Librarian at the University of East Anglia (UEA), is to be the new Librarian. She will take up her post at Sussex in mid April.

Kitty has over 20 years’ experience delivering library and information services in the higher education sector. She started her career in the Medical College of St Bartholomew’s Hospital, followed by roles in Bristol and London before moving to the University of East Anglia as a subject librarian in the humanities. Since 1998, she has been Library and Learning Resources Director at UEA and, for the last 12 months, Acting University Librarian.

She has extensive recent experience of implementing building, refurbishment and service-enhancement projects, including the introduction of state-of-the-art technology for self issue and return of books and the establishment of an institutional repository for research output.

Kitty has lectured and delivered training on library and information management at universities in Hungary, Ethiopia and Malawi and is an active participant in regional and national library and information networks.

Kitty grew up in Sussex and is looking forward to returning to the area.

Professor Paul Layzell, Deputy Vice-Chancellor, says: “We are delighted to welcome Kitty to Sussex at a time when we shall be developing ambitious plans for the future of the Library.”

Kitty was selected after a rigorous appointment process, with a strong field of candidates. The appointment panel comprised senior staff from across the University, a senior member of the Library staff and the President of the Students’ Union.

Obituary
Geoff Hockney, ITS Workstation Services Officer, died on 10 January following a long illness.

Geoff started at Sussex in 1990, retiring in 2007 at the age of 65. Initially he worked in the Institute of Continuing and Professional Education (ICAPE) as IT technican, then in IT Services. During the Arts restructuring Geoff played a key role in the evolution of local computing to IT Services.

For 10 years, Geoff also provided technical assistance on the SmithKline Beecham Masterclasses in Science and Technology, enriching the activities for colleagues and pupils alike. He was a member of the Steering Group and of its prestigious Executive Committee.

Geoff will always be remembered affectionately. He was kind, incredibly supportive, very knowledgeable and always willing to ‘have a go’, often beyond the call of duty. We miss Geoff’s laughter and his taunts as we walked past his office. He was a first-class chap.

His strength showed through in his constant cheerfulness, even while in significant discomfort from the many drug trials he took part in to help manage his cancer. He used to say, “It may not help me - but wouldn’t it be great if what I’m doing helped others?”

Geoff’s passion was flying and his retirement gift from ITS colleagues was a flying lesson out of Shoreham Airport. He entered into the spirit of things when we dressed him up like Russ Abbot’s famous caricature of a World War 1 pilot. He said afterwards, “This is the best day of my life”.

Until the beginning of March the ITS Enquiries desk in Engineering 1 will accept individual donations to St Wilfred’s Hospice in Seaford.

For a longer version of this obituary, see the ITS newsletter.

Paul Allpress, Workstation Support Services Manager (Arts)

Did you know there is an NHS dentist on campus?
Dental Care Palmer is your dentist at the University of Sussex.

Location: University of Sussex, Health Centre Building, Refectory Road (next to the Doctors Surgery and the Pharmacy).

New patients: To register you need to come in to the surgery, fill in a medical history form and pay a £10 deposit (which will go towards your examination fee).

Patients outside campus also welcome!

Special spring offer!
ZOOM2 laser tooth whitening £249 (was £390).

For further information call 01273 605555.
Fortnightly cleaning stinks

If Estates had consulted widely, they would have found that nearly all of us would not like our offices cleaned every other week.

Let's not muck around here, cash is king, and when contracts were renewed the providers were asked what it would cost for cleaning weekly and every other week... it is pretty obvious what would be cheaper. Just as long as money is saved it does not matter what the outcome is.

Like my waste bin... it stinks, and the smell is a lot worse after two weeks!

Mick Henry, Chemistry

Louise Norman, Support Services Manager in Estates, replies:

Mick may be interested to know that he actually seems to be in a minority on this issue. The response to the new arrangements for cleaning and recycling has been largely positive; I have received many emails of encouragement and further ideas for recycling.

Estates are not hiding from the fact that there is a saving to be made; more importantly, though, this is the right thing to do environmentally.

During the financial year 2006-07 the University sent over 21,000 tonnes to landfill and recycled only 14% of its paper and cardboard. This has to change as the cost for landfill will be going up to £40 per tonne this year. Surely we can agree that there are better ways of spending money then buying it in landfill.

So yes, the University is asking us all - including Mick - to take responsibility for our waste.

Thanks from Paul

For 19 years the University played a significant part in my life.

As a Chartered Engineer I really enjoyed serving the University, particularly helping all end-users in solving their technical problems on campus. I also gained immense personal satisfaction in improving and managing the engineering facilities on campus – the complexity and scale of the operation was, for me, a most challenging but rewarding responsibility.

I would like to thank everyone for attending my leaving function last Thursday [30 January] and to thank everybody for their kind words, email messages, cards and gifts.

E.P. Feast, formerly in Estates

A walk on the wild side

Regular readers of this column will all want a copy of the brilliant new leaflet about the Boundary Walk; it is available from most reception desks on campus.

The idea for the walk came from Sussexsport and was implemented by a team from Estates led by Andy Jupp, liaising with Dr Martyn Stenning.

The leaflet, which is enlivened by 18 of Paul Cecil's superb wildlife photographs, uses a dramatic aerial photo of campus to show the path's route of just over 3 km and all 14 waymarker posts.

The walk starts and finishes at the Knights Gate entrance of campus. At first it follows the flint wall that once encircled Stanmer Park. We doubt the leaflet's claim that the wall is 300 years old: the Pelhams of Stanmer House did not buy the land until 1776. Local tradition says that Napoleonic prisoners of war built the original wall around 1812.

In the absence of tree ring data, we can only make an informed 'guestimate' of how old the trees along the wall are. A simple rule of thumb works surprisingly well for oaks: when growing in woodland, their girth increases by an average of 1.5 cm a year. (In the open the average is nearer 2.5 cm.) We have measured the oaks along the Boundary Walk at the Sport Centre: their mean girth of 312 cm is consistent with most being no older than the wall.

The first stirrings of spring are always welcome at this time of year, although it is as well not to get too excited by the evidence as there is still plenty of time for winter to remind us that she has not yet finally been put to flight.

Nevertheless, Sweet Violets are now in flower along wooded parts of the Boundary Walk and in other well-known spots such as the shrubby bits of the Science car park. Violets can be tricky to identify and we have all three of the common spring species on campus, although Sweet Violets are usually the first to flower.

Sweet Violets have no erect stem, the leaves and flowers all arising directly from the base of the plant. The flowers are usually a deep rich violet, but white forms with a violet spur are common. In addition they spread by means of runners and of course the flowers have the powerful scent that has been used to produce a perfume since antiquity.

The scent was widely regarded as an aphrodisiac and the plant was thus associated with Aphrodite. It is certainly the case that the scent can cause giddiness and faintness in those susceptible to it! The leaves were also used in folk medicine as a poultice to cure cancerous tumours. Oil of Violets was made from the petals and candied violets are a present reminder of its medicinal history.
The Bulletin is written and produced by Alison Field and James Haines, with contributions from Jacqui Bealig, Maggie Clune and Rob Read. We welcome any news, story ideas, letters or small ads from the staff and students of the University. The next issue will be out on 22 February, with a copy deadline of 1pm on 15 February. Please contact the Press & Communications Office in Sussex House, ext. 8888 or email bulletin@sussex.ac.uk.
Healthy Campus Week

2008

25-29 February 2008

Vice Chancellor

Professor Michael Further

Welcome to the year

and perhaps the most
exciting range of activities
that the University
has to offer in its full
stability.

the week

office: E102, 

You can read more about these

You can read more about these

activities, which include:

- Free use of the Fitness Room from 7:30-8:30am every morning during Healthy Campus Week.
- Zumba from 4:30pm Tuesday.
- New Salsa dance class from 12:15-12:45pm on Tuesday.
- Life Fitness Circuit from 7:00am on Wednesday.
- Life Fitness Circuit from 7:30am on Wednesday.
- Life Fitness Circuit from 7:00am on Thursday.
- Life Fitness Circuit from 7:00am on Thursday.
- Life Fitness Circuit from 7:30am on Thursday.
- Life Fitness Circuit from 7:00am on Thursday.
- Life Fitness Circuit from 4:30pm on Friday.
- Life Fitness Circuit from 4:30pm on Friday.
- Life Fitness Circuit from 4:30pm on Friday.
- Life Fitness Circuit from 4:30pm on Friday.
- Life Fitness Circuit from 4:30pm on Friday.

This year, the focus is on exercise classes.

These classes can be booked with this offer.

2-4 in all groups exercise classes.

Sussex Sport Drop In
Monday

Mini Health Checks
10am - 12pm & 2pm - 4pm
Arts A106
A 15 minute body M.O.T
Have your body composition, blood pressure, lung function & hip to
waist ratio measured by a qualified member of Sussexsport fitness
staff. Take away a leaflet on how you can make small changes, but
big differences. No booking required.

On-site Massage
10am - 6pm
Treat yourself to a neck and shoulder massage in your own office
with fully qualified massage therapist Rachel Blackman. Cost £12 for
20 mins. Book 5 sessions for your office and one of you will get your
massage free. Call Sport Centre reception on 67(8228) for an
appointment.

Environmental Walk
12.30pm - 2pm
Meet at the Sport Centre
This walk with Martyn Stenning visits a new dew pond at Russell's
Clump, takes in a woodland walk through Front Belt and
Tenant Lair, the Pelham wall, badger sets, historic trees, sheep and
birds. Finally we look at the view across the Ouse valley and Glynde
Reach to Firle Beacon and walk back to campus. Gentle walking, mud
expected!

Chiropractic Life Posture Perfect Workshop
1pm - 1.45pm
Debating Chamber Falmer House
Discover the true meaning of optimal health and learn how the posture
can affect our health. See how you can improve your posture & your
health.
Please book your place at the Sport Centre reception on (67)8228

Karate Jutsu Taster
7pm - 8.30pm
Sport Centre / Dance Studio
The club is offering a free taster session as part of Healthy Campus
Week. Karate Jutsu club will introduce to self defence & provide you
an all over body workout in a friendly atmosphere.

Tuesday

Mini Health Checks
10am - 12pm & 2pm - 4pm
Brighton & Sussex Medical School Foyer
See Monday for information

Dawn Chorus Walk with the RSPB
6.45am
Meet at the Sport Centre
Join us for an early morning walk through Stanmer Park to enjoy the
sounds and sights of nature awakening. The still morning air can
provide the best way to listen to the full glory of birdsong as all sorts
of species burst into song to greet the day. Finish off the morning
with light refreshments

On-site Massage
10am - 6pm
See Monday for information

Farmers Market
11am - 3pm
Falmer House Quad
Stalls selling a wide variety of local produce

including fruit, vegetables, cheese, eggs, meat, baked goods, plants
and crafts

Mental Health Surgery
11am - 2pm
Pevensney 1
John Terrill, the University's Mental Health Advisor, will be holding an
informal drop in surgery for students who may be concerned about
their own or a friend/relative's mental health and would like to discuss
this in confidence. John is also happy to talk about his role, what
support services the University has to offer and mental health issues
in general. Contact Student Support Unit, Pevensney 1, 01273
877466.

Yoga for Women with Karen Creffield
- Supporting menopause and PMT
2.30pm - 4pm
Sport Centre / Dance Studio
A regular yoga practice can help to alleviate the symptoms of PMT
and encourage a healthy monthly cycle, it can also help support the
symptoms of menopause and enable this to become a graceful
transition in a women's life.
Please wear warm loose clothes and bring cushion/and or a blanket
with you.
Places limited to 8 people please book in advance at the Sport Centre
(67)8228

Stress Busting Organ Recital
1.20pm
Meeting House Chapel
Soothing music to help you relax in the working week, by the University
Organist, James Lloyd-Thomas.

Wednesday

Bike Doctor
10am - 3pm
Falmer House Quad
Squeaky brakes? Dodgy chain? Bring your bike in for a well-earned
check up by Bike for Life's very own bike doctor. For more details
about Bike for Life and training to suit all your needs check out
www.bikeforlife.org.uk or call Ian
on 01273 729979

Mobile Blood Pressure Station
10am - 12pm
Get your office blood pressure measured with our mobile blood
pressure station. Also collect information on how to maintain or
improve your blood pressure. Contact Mark Beresford on
maberesford@sussex.ac.uk or (87)7125 if you would like us to visit
your office

On-site Massage
10am - 1pm
See Monday for information

Indian Head Massage
10am - 1pm & 2pm - 4pm
Sport Centre & Falmer House Common Room
Massaging the head can do much to relieve stress and tension that fill
our day to day lives. The technique involves controlled caresses such
as the spider walk, root pull, and comb, and focuses on the face and
scalp. These mini sessions are free of charge to staff & students and
pre-bookings can be made by calling Sport Centre reception on
(67)8228. These sessions are offered by students from City College
Brighton

The Art of Breathing for well being
with Karen Creffield

www.health
11.45am - 12.45pm
Sport Centre / Dance Studio
This hour long session will introduce you to some simple breathing and meditation practices that can be used daily to calm the mind, reduce stress and generate an increased sense of well-being. Please wear warm and comfortable clothing
Places limited to 12 - call sport centre reception (67)8228 to book a place

Chiropractic Life Posture Perfect Workshop
1pm - 1.45pm
Debating Chamber Falmer House
See Monday

Reflexology
1pm - 5pm
Sport Centre
Reflexology can be used to help restore and maintain the body’s natural equilibrium. The gentle therapy encourages the body to work naturally to restore its own healthy balance. Reflexology has been shown to be effective for back pain, migraine, arthritis, sleep disorders, sports injuries & stress related conditions. These mini sessions are free of charge to staff & students and pre-bookings can be made by calling Sport Centre reception. These sessions are offered by students from City College Brighton

Stop Smoking Clinic
1pm - 5pm
Falmer House Common Room
Find out about short and long term effects of smoking, benefits of stopping including more money in your pocket. Gain support if you want to give up and enjoy the freedom following a structured programme. Ongoing support is available to prevent relapse and to promote healthier lifestyle in group or 1-2-1 sessions.
The sessions will be facilitated by Clara Nyman, Smoking Cessation Specialist, South Downs NHS Trust

Nutritional Coach
1pm - 5pm
Falmer House Common Room
Nutrition is the key word of the moment. Every day there is a new health concern, which is obviously related to the food we consume, or a new “superfood” has been discovered that we cannot possibly live without. Everyone seems to be telling us that it is easy to lose weight, stay in shape or just feel terrific providing we eat, drink or take what they are selling us.
The thing is when it comes to nutrition, one size does not fit all! Come along and have a 30 minute consultation with Tanya Stocken. To book call Sport Centre Reception on (67)8228

Shaolin Taster Session
4pm - 5pm
Sports Centre / Dance Studio
Discover this ancient style of kung fu that has it's roots in the traditional martial arts practised by the Shaolin Monks of China over 2000 years ago. The Shaolin Kung Fu club will be putting on a 20 minute demonstration, followed by a 40 minute taster session for you to get a personal experience of what this martial art involves.

Thursday

On-site Massage
10am - 1pm
See Monday for information

Mental Health Drop In
10am - 1pm
Pevensey 1
See Monday for information

Massage Workshop with Sports Masseur Bill Jeffries
12.15pm - 2pm
Meeting House Quiet Room
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.
Limited places, please book with Sport Centre reception (67)8228

Mobile Blood Pressure Station
10am - 12pm & 2pm - 4pm
See Monday for information

Stability Ball Class with Cara Webb
11am - 12pm
Sport Centre / Dance Studio
This class uses the stability ball to target those deeper muscles, helping flatten the stomach, improve your posture, back strength and sporting performance. Pre-bookings can be made with Sport Centre reception (67)8228

Trapeze Workshop
2pm - 3pm & 3pm - 4pm
Sport Centre / Dance Studio
Trapeze is an exciting and challenging way to keep fit! You will learn skills on the trapeze bar, rope and silks. This offers you the opportunity to develop upper body strength, stamina and general fitness whilst having great fun. Courses are led by Hazel Maddocks artistic director of the Brighton based aerial theatre company Zu Aerial Dance. Pre-bookings can be made with Sport Centre reception (67)8228 www.zu-aerial.com
8 places per workshop

RSPB Walk
4pm
Meet at the Sport Centre
Come with us on a walk through Stanmer Park, discovering the local birds and wildlife. With its woods, orchards and organically cultivated plots, the area provides a wealth of habitats. We'll be looking at all of these and enjoying the benefits that make the area such a haven for nature. Friday

Mini Health Checks
10am - 12pm & 2pm - 4pm
Falmer House Common Room
See Monday for information

Short Walk Through Stanmer Park
1pm
Meet at the Sport Centre
A naturalist walk around Stanmer Park with reader in Ecology David Streeter

Friday

Mini Health Checks
10am - 12pm & 2pm - 4pm
Brighton and Sussex Medical School Foyer
See Monday for information

Short walk through Stanmer Park
1pm
Meet at the Sport Centre
A naturalist walk around Stanmer Park with reader in Ecology David Streeter
Please check with Sport Centre reception to confirm details or check out the Healthy Campus website for more events during the week
Healthy Eating

Look out for healthy eating options across campus and recipe cards.

Energy Conservation & Sustainability
Sport Centre Foyer

At Sussex we have, in previous years, run campaigns to raise awareness of energy and environmental matters. However, this year it has been decided to raise awareness by building these issues into ‘Healthy Campus’.

The common view held by the world’s leaders and scientists is that Climate Change is the greatest threat to human beings and our way of life. There is overwhelming scientific evidence which proves that the global warming is occurring and the primary cause of this is emissions of green-house gases, especially CO2.

In order to protect our environment, Sussex is committed to protecting the impact of our activities by:-
   a). Buying electricity which is produced from 100% green sources,
   b). Reducing consumption of energy,
   c). Reducing consumption of water and
   d). Constructing new buildings to BREEAM ‘very good’ standards.

In addition we have:-
   i). Worked with the Carbon Trust as part of the Higher Education Carbon Management (HECM) programme and
   ii). Compiled fully with relevant legislation such as the EU – Emissions Trading Scheme (EU – ETS).

Web pages dedicated to our work in the area of Energy Saving can be found at the following url: www.sussex.ac.uk/efm/1-2-20.html

The latest update in relation to the renewal of the District Heating Scheme can be found in the Bulletin article dated 16th. November, 2007 and at the following url: www.sussex.ac.uk/press_office/bulletin/16nov07/article12.shtml

UNISEX Drop In, Falmer House; 10am – 2pm daily featuring all the usual services:
   • advice and information about any sexual health or drug/alcohol issue
   • low-cost condoms
   • Chlamydia screening
   • pregnancy testing

PLUS two interactive displays for Healthy Campus Week:
   • Condom Smorgasbord
   • Drug Delicatessen

Let your curiosity get the better of you! Come and see for yourself and take part in our mini quiz to win a prize. All staff and students welcome.

Monday 25th

Sex, Drugs and Rock n’ Roll Pub Quiz
East Slope Bar; 8pm
Free entry – sexy prizes!

Chlamydia Club Challenge
All members of University Clubs and Societies aged under 25 can take part in this competition to win £200 for their club or society.

Every member who screens for Chlamydia during Health Week can enter the name of their society into the prize draw. The winning club will be picked at random on Friday 29th February.

A SPECIAL EVENT FOR FINALISTS 27.2.08
(first degree and postgraduate) will take place on Wednesday the 27th February 2008 between 12.00 noon and 18.00 hours; Look out for details at www.sussex.ac.uk/cdec/events_listing.php & www.healthycampus.com

Healthy Campus events as a part of this event include:

Take a Breathing Break
2.15-3pm
Meeting house
Awareness of and specific focus on the breath can soothe the nervous system, bring awareness within, let muscles relax, enable mind to calm, refresh and refocus and let you operate a lot more efficiently. This 45 minute session will introduce you to some simple breathing and meditation practices that can be used daily to calm the mind, reduce stress and generate an increased sense of well-being. Please wear warm and comfortable clothing.

Restorative Yoga
3.15-4pm
Meeting house
Practicing Yoga postures can bring an increased sense of physical, emotional and mental well-being. This 45 minute session which is suitable for beginners, will explore simple postures you can use to bring a greater sense of balance and equilibrium to your daily life. Please wear loose and comfortable clothing.

Reflexology
1pm – 5pm
Falmer House Common Room
Reflexology can be used to help restore and maintain the body’s natural equilibrium. The gentle therapy encourages the body to work naturally to restore its own healthy balance. Reflexology has been shown to be effective for back pain, migraine, arthritis, sleep disorders, sports injuries & stress related conditions. These mini sessions are free of charge to finalist students. These sessions are offered by students from City College Brighton