



FOR UNIVERSITY STAFF

WEEK COMMENCING 2nd May 2016

Issue No 35

RESEARCH NEWS



Its official RDM have been awarded Athena Swan silver status. Prof Hugh Watkins, Head of the RDM, said that "...this is hugely welcome news and I am indebted to everyone for their efforts I look forward to achieving further progress".

Congratulations to Associate Professor Katharine Owen who has been awarded funding to develop the activity "OSF Seed Fund - Unravelling the Mysteries of Diabetes" and also Dr Reshma Ramracheya who has also received funding from the same source for "OSF Seed Fund - Importance of research on pancreatic islets to tackle diabetes" If you would like to get involved in the public engagement events then see article "**Public Engagement Events 2016 - get involved !**" further on in this bulletin.

MEDICAL GRAND ROUNDS

Thursday 6th May from 13:00 to 14:00

John Radcliffe Academic (Lecture Theatre 1), Headington OX3 9DU

Infection-Microbiology/ Dermatology



Infection - Microbiology: "**Weekend Mortality at the OUH – The Facts**" – Prof Tim Peto

Dermatology: Dr Crystal Williams

Chair: Prof Chris Conlon

Booking: Not required

Audience: Members of the University and NHS clinical staff

SEMINARS

Wednesday Seminar

This week's Wednesday seminar will be hosted by Associate Professor Katharine Owen and the speaker is Dr Pratik Choudhary.



The title of his talk is “**Understanding mechanisms of hypoglycaemia unawareness – the key to effective therapeutic strategies**”. The talk will begin promptly at 1pm in the Robert Turner Lecture Theatre, and sandwiches for those attending will be available from 12:45pm.

The OCDEM Wednesday Seminar Series is sponsored by an unrestricted educational grant from the Boehringer-Ingelheim and Eli Lilly alliance

Friday Seminar

This week's Friday seminar organised by the OCDEM Senior Academic Faculty will be a talk by Dr Moustafa Abdalla “Network Medicine and Complex Diseases”

The talk will begin promptly at 1pm in the Robert Turner Lecture Theatre and sandwiches for those attending will be available from 12:45

SENIOR ACADEMIC FACULTY



“Public Engagement Events 2016 - get involved !

Dear all

Following us dipping our toes in the water of public engagement over the last couple of years, OCDEM has the opportunity to participate in some street stalls during 2016, including both weekends of the Oxford Science Festival.

We are holding a planning meeting on Thursday 12th May at 10 am in the North End of the Lecture Theatre which is open to all who would like to be involved. Alternatively if you don't want to be part of a committee, but would like to volunteer some time on one or more of the events then please let me, or the lead organiser of the event in question, know and we will add you to the rota. I'm sorry the events are at weekends, but even if you could only come along for a limited time let us know. We already have some ideas for the stalls based on previous activities, but there is some budget to develop materials so if you have any ideas please don't feel shy! We hope to have a mix of researchers and clinical people on the stalls to cover any eventualities!

Sunday 5th June Headington Festival Bury Knowle Park set up from 11.00 Festival open 13.00-17.00 Lead: Matt Neville

Saturday 25th June and Sunday 26th June Oxford Science Festival Opening weekend Street Stall Cornmarket Street Set up 10.00 stall open 11.00-17.00 both days. Lead: Reshma Ramracheya

Saturday 2nd July Oxford Science Festival Health Day: Booth at Templar Square Shopping Centre Set up 10.00 Festival open 11.00-17.00 Lead: Katharine Owen

Some of the current ideas for things to do on the stalls:

What types of diabetes are there and what's the difference

Sugar content of fizzy drinks and calories to burn them off;

Genes and diabetes with DNA bracelets, perhaps constructing some family trees;

Where is your pancreas and how does it work - with body model (this also allows for endless taking apart and putting together the body model for kids)

Feet and diabetes - why is it important, with foot models and making footprint pictures for kids;

AND - how to take part in research!

We are also proposing to repeat the OCDEM event "**Unravelling the mysteries of diabetes**" on **Friday Sept 30th** so please add to your diaries!

Cheers

Katharine

TRAINING



Databases: Concepts of database design

Tue 03 May

09:15-12:15

Booking link: <http://courses.it.ox.ac.uk/detail/TDDB>

Apple Mac: An introduction

Tue 03 May

14:00-17:00

Booking link: <http://courses.it.ox.ac.uk/detail/TOAM>

WebLearn: Fundamentals

Tue 03 May

14:00-17:00

Booking link: <http://courses.it.ox.ac.uk/detail/TOVB>

Databases: Building a database using Access

Wed 04 May

09:15-12:15

Booking link: <http://courses.it.ox.ac.uk/detail/TDAF>

InDesign: An introduction (PC)

Wed 04 May

17:15-20:15

Booking link: <http://courses.it.ox.ac.uk/detail/TIMH>

Referencing: EndNote - An introduction (Mac)

Thu 05 May

09:15-12:15

Booking link: <http://courses.it.ox.ac.uk/detail/TDBIM>

LaTeX: An introduction to document preparation

Fri 06 May

09:15-12:15

Booking link: <http://courses.it.ox.ac.uk/detail/TIPA>

Word: Managing your thesis

Fri 06 May

09:15-12:15

Booking link: <http://courses.it.ox.ac.uk/detail/TRWG>

NIHR Fellowship Session, 10 June 2016

A free half-day session to introduce the NIHR Fellowship Programme will take place on Friday 10 June, 10am-12.30pm, at the Richard Doll Lecture Theatre, Old Road Campus.

More information can be found on the [NIHR website](#).

Dear Researchers

Please find enclosed our exciting events for researchers programme and one-to-one appointments for Trinity Term. To avoid disappointment please book as soon as possible through [CareerConnect](#), where you can find events through the search function or on the calendar. If you have any queries about the events please email courses@careers.ox.ac.uk If you do not have a Career Connect account please email reception@careers.ox.ac.uk to have one set up.

New this term: Insight into Academia

A series of informal lunchtime seminars exploring opportunities for an academic career within and beyond the UK, important decisions along the way and what it takes to thrive as an academic.

Time: 1-2pm on Tuesdays in weeks 2, 3, 5 and 7

Venue: Career Lounge at the University Careers Service, 56 Banbury Road

All welcome and no need to book. Do bring your lunch. Drinks will be provided.

Week 2: Tues 3rd May

Insight into Academia: **Pathways to Academia**

Are you considering an academic career? In this seminar we will look at:

- Typical academic career trajectories and recent developments
- Current trends in employment across sectors
- What makes the difference between 'great academics' and those who struggle
- Key decisions to make
- How to maximise your chances of success

Week 3, Tues 10th May

Insight into Academia: **Postgraduate study in the USA**

Thinking about studying in the USA? The application process is somewhat more complicated than for the UK and you will need to start your investigations more than a year ahead. This is a practical session, covering courses, standardised tests and funding and is designed to help you make a start. Particularly of interest to penultimate year students thinking of postgraduate study in 2017.

Week 5, Tues 24th May

Insight into Academia: Myths and Realities

We hear from a small panel of early- to mid-career academics about their day-to-day roles, how they manage a work-life balance, and opportunities for progression. This is a chance to ask questions and generate discussion on many aspects of being an academic.

Week 7: Tues 7th June

Insight into Academia: International job-search strategies

Are you keen to explore academic roles outside the UK? Do you want to gain or leverage your international experience to improve your applications?

In this seminar, members of Global Academy Jobs will share their expertise and fuel our discussion on:

- Trends in the international academic job market
- Effective job-search strategies
- Gaining international experience and how to leverage this in your academic applications
- Managing uncertainty while building for the future

New Career Seminars for scientists in the JR site and Old Road campus

Monthly lunchtime career seminars are now being run by early career researcher networks in several science departments. Open to DPhil students and research staff, these cover career planning within and beyond academia through a mix of skills-based sessions and guest speakers sharing their career journeys. For further details of the JR site series, contact postdocs@oncology.ox.ac.uk. For seminars at Old Road campus, contact either Margarida.rei@imm.ox.ac.uk or Diu.nguyen@imm.ox.ac.uk. No need to book – just turn up!

Job Search, CV and Cover Letter Skills for Research Staff

Date: Tuesday 10th May 9.30 to 12 noon. Location: Careers Service

This intensive workshop is for those considering an academic or non-academic career or are undecided. It is primarily for research staff but final year doctoral students are also welcome. Using a mix of individual and informal small group exercises, we will:

- identify effective tools for identifying job openings, learning whether these are a good fit, and becoming visible to employers
- understand and recognise the characteristics of effective CVs and cover letters
- critique the strengths and weaknesses of our own and colleagues' current CVs
- evaluate example cover letters in order to understand the different types and styles suitable for particular purposes

To reserve a place please go to Career Connect

Academic Application and Interview Skills for Research Staff and DPhils

Date: Friday 20th May 9.00-12 noon. Location: Careers Service

Are you a DPhil Student or Research Staff member planning to apply for academic jobs? Do you want advice on how to prepare academic applications and to improve your interview skills? This workshop, designed specifically for University of Oxford researchers, is for you.

This interactive course will equip you with the skills to maximise your chances of getting academic employment. Emphasis will be given to understanding the processes which universities use to select staff and the importance of tailoring CVs, applications, research and teaching statements accordingly. We will discuss and practice the skills required for effective performance at interview; preparation, self-presentation and how to deal with typical academic interview questions.

The workshop will cover the skills required for academic applications only (for non-academic applications please see our other CV and Interview Skills workshops for RS and DPhils, which devote more attention to non-academic applications and transferable skills gained in research). Follow up one-to-one career discussions can additionally be used to review intended applications and to prepare for particular interviews.

To reserve a place please go to Career Connect

Interview Skills for Research Staff and DPhils

Date: Tuesday 14th June 9.30-11.30. Location: Careers Service

New job or direction in mind? Do you want to brush up on the practicalities of preparing for interviews? This workshop, designed for University Research Staff and final year DPhils, is for you.

A highly interactive session, it will equip you with the skills to play the 'recruitment game' to best effect. We will discuss and practice the skills required for effective performance at interview; preparation, self-presentation and how to deal with typical interview questions.

The workshop will cover the skills required for both academic and non-academic interviews, with particular focus on the latter. Follow up one-to-one career discussions can then be used to review intended applications and to prepare for particular interviews.

To reserve a place please go to Career Connect

A University of Oxford BME Staff Network Event



UNIVERSITY OF
OXFORD

Success in the Academy

*Successful BME leaders share their personal and
professional journeys*

A panel discussion to
promote the aspirations
of Black and Minority
Ethnic (BME) staff

4 May 2016

SPEAKERS

Professor Xin Lu
*Director of Ludwig Institute for
Cancer Research, Oxford*
Professor Karma Nabulsi
*Politics and International Relations
St Edmund Hall*
Dr George Okafo
Board of Directors GlaxoSmithKlein
Ms Abbie Muccheti
*Senior HR Advisor
Inorganic Chemistry*

Time: 2 – 4 pm, refreshments 4 pm onwards
Venue: Inorganic Chemistry, South Parks Road, OX1 3QR
Tickets: FREE
Booking: Essential- successinacademy.eventbrite.com



Each year we give OxTALENT awards to staff and students who have been innovative and talented in their use of technology to enhance teaching and learning.

Many of you will have created posters in support of your research and outreach activities. Have a look at our blog to see how easy it is to enter and win a £150 Amazon voucher!

<http://blogs.it.ox.ac.uk/oxtalent/oxtalent-competition/research-posters/>

We are also inviting entries in the following categories:

- Use of WebLearn to support teaching, learning, or outreach
- Student IT innovation
- Data visualisation
- Innovative teaching with technology
- Academic podcasting
- Outreach & public engagement

You'll find further information and an entry form on the [OxTALENT competition website](#).

The closing date for entries is **Friday 6th May 2016**

Entry is easy, and involves very little work – usually, just sending us details of something you have done already. This is your opportunity to get your creativity recognised, so why not enter now?

Awards can be given either to individuals or to teams. Applications relating to the development of more effective links between teaching and research or to improving impact and outreach will be particularly welcome.

The first prize in each category is £150 Amazon voucher. The awards will be presented at our annual Red Carpet ceremony on the 14th June. Winners will be profiled on IT Services and other University websites, and interviewed by the University's podcasting team.

If you have any questions about the awards please email competitions@it.ox.ac.uk

You can read about last year's winners at: <http://blogs.it.ox.ac.uk/oxtalent/tag/winners-2015/>

Sent on behalf of the Oxtalent Organising Committee by the ITLP Team



Trinity Term 2016 Security Message

Dear Colleagues

This newsletter provides news from the Security Services team together with an update on any current issues which have the potential to impact on the safety and security of the University's students, staff and visitors.



Crime update

Incidents of property crime across the University estate remain low and no significant crimes were reported to Security Services during the Hilary term.

However, last term the University did receive two separate email bomb threats. The Police assessed them both as hoaxes, designed to cause both fear and disruption, and indicated that no further action was needed.

Over 100 similar incidents have recently been reported to the Police from schools and colleges across the country and similar threats have been received internationally.

Should you or your staff receive any such communication you should contact Security Services immediately who will seek a full Police assessment and advise you of any further action that may be required. Any hoax is a crime and, no matter how ridiculous or unconvincing, must be reported to the Police.

Security Planning



Last year the University's Council approved an overarching security policy and a physical security policy. The policies direct that all departments develop and maintain a local security plan which identifies local risks and detail security measures. Good progress has been made to date with over 150 department plans either completed or currently under development.

The Security Services team has produced a security audit/inspection report and security plan templates and frameworks for local emergency action plans. Feedback from colleagues who have used the documents to support their local planning has been very positive. The templates are available to download from the [Security Services website](#).



Need any crime prevention advice?

Security Services benefits from having both a Crime Prevention Design Advisor ([Lesley Nesbit](#)) and a Crime Prevention and Reduction Advisor ([Belinda Hopkins](#)) on the team.

These posts allow for the provision of specialist advice, support and guidance in respect of crime prevention through environmental design, physical security of existing and new buildings and the personal safety of students, staff and visitors.

Please get in touch if you would like their help.

Watch out for tailgaters!

A reminder about tailgaters (individuals who attempt to follow staff and students through security protected doors with the intention of stealing property).

Robust application of local ID card management and providing support for staff who challenge unknown or suspicious visitors remains an excellent deterrent to tailgating. Security Services are available to provide immediate support if required.



Information Security



The University's Information Security team has launched a [new website](#) designed to act as a one-stop shop to help secure your devices and data – both at home and at work.

Comprising the Governance, Risk and Compliance (GRC) and the Oxford Computer Emergency Response teams (OxCERT), the Information Security team monitors networks and systems to prevent and respond to external attacks and provides guidance and support to enable the management of information security risk across the University.

Visit www.infosec.ox.ac.uk to:

- report an incident
- check out the security arrangements of your suppliers
- find advice on avoiding scams
- keep an eye on the latest security update.

Contact the team by emailing infosec@it.ox.ac.uk.

Cycle Crime

Cycle crime remains the most prevalent offence across the University estate although reported incidents continue to reduce. During the last six months 32 offences of theft of, or from, bicycles were reported - an average of just over one offence per week.



Don't let this happen to you

Security Services' initiative to sell discounted D-Locks to staff and students has now resulted in the sale of over 3,000 locks. The Police indicate that this initiative has contributed to the 15% reduction (300 fewer offences) in cycle thefts across the wider city.

D-Locks are available from our Admin Office at the discounted price of just £15, along with cycle lights and reflective armbands. For details please call (2)72941 or (2)82152.

Protect yourself from bike theft

HOW TO LOCK YOUR BIKE

GOOD ✓



GOOD ✓



DO NOT JUST USE A CABLE LOCK

Command and Control

Command and Control is an electronic incident management system which improves the way that Security Services record and respond to calls. The system creates a central directory of fully searchable information and also provides an incident audit trail and automated customer response.

The system, now in operation for over 18 months, has created over 12,000 incident records. Feedback from both staff and customers alike is extremely positive. The system allows Security Services to respond effectively to information requests and calls for service and over time will provide important 'intelligence' on patterns of crime and incidents and performance management information.

Help us to help you...

Please ensure we are kept up-to-date with any changes to information about key holders or any relevant building information. Email any updates to: securityservices.updates@admin.ox.ac.uk.



And finally ...

Thank you for your continued support and please [visit our website](#) to find out more about safety or security issues, the services we provide and links to a range of security related topics.

In addition we also have pages dedicated to Security Services on 'Mobile Oxford' an excellent App available on [Google Play](#) or [Apple](#), for smartphones and other devices which is free to use. Downloading the App provides you with security advice and enables easy emergency and non-emergency telephone contact with our Control Room.

Best wishes

Paul Sullivan
Head of Security Services and University Marshal



OCDEM Health Champion's Workplace May Challenge: Simply Smiling!!!!

The Health benefits of Smiling

- Studies have shown that smiling boosts your immune system
- Smiling Improves your mood - the movement of the muscles in your face when you smile triggers the release of endorphins – smiling causes you to release endorphins – get 'runners high' without the running.
- Smiling lowers stress and anxiety. When endorphins are released the levels of cortisol in your body is reduced.
- Studies also show that smiling when you are in a stressful situation lowers your heart rate, which will relax you and reduce your unpleasant feelings of stress and anxiety.
- Smiling apparently helps you live longer – 7 years longer according to one study. Fake it till you make it!
- Fake smiles work as well as real smiles – the brain doesn't distinguish between real and fake smiles – it interprets the positioning of the facial muscles in the same way. The more you stimulate your brain to release endorphins, the happier and more relaxed you will feel.
- Smiling reduces physical pain - endorphins act as the body's natural pain killers – for chronic sufferers of pain, laughing can be very helpful - "laugh off the pain"!

Laughing can give you all the benefits of exercising. How? Well laughing expands the lungs, stretches some muscles, and stimulates homeostasis, replenishing the cells with a good increase in oxygen.



Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin
When he smiled I realized
I'd passed it on to him .

I thought about that smile
then I realized its worth,
A single smile,
just like mine
could travel round the earth.



So, if you feel a smile begin,
don't leave it undetected
Let's start an epidemic quick,
and get the world infected!

- Russell H. Conwell

Tour D'OCDEM:

Team OCDEM cycled a total of 120 miles! Well done to everyone who took part!!

Congratulations to Sandy Humphreys who cycled a total of 51.5 miles and took the yellow jersey!! Unfortunately by the time she arrived at Windsor she had missed the party!



Workplace Challenge Review January to April 2016.

Team Ocdem is placed 5th for Oxfordshire having accumulated a staggering 439,7770 activity points! Congratulations to all who are still recording activity on the Workplace Challenge website! As you can see below there have been some spectacular efforts recorded!

Individual OCDEM Rankings:

1st Claire Duff : 64,922 activity points

2nd Leanne Hodson: 55,829 activity points

3rd Amy Barrett: 53,285 activity points

Cycling

Claire Duff: 579 miles

Running

Claire Duff: 229 miles

Walking

Charlotte Green: 735 miles

OCDEM 1 Mile Health Walk: Special mention to Ruth who has attended the most health walks this year and added to her additional walks has totalled 238 miles.

Yoga class last week was well attended and Sue provided excellent introduction into Dru Yoga and provided information's leaflets Office Yoga Tips which will be available outside the Information Café area. Thank you to the OCDEM Athena Swan Team for sponsoring this event.
