

FOR UNIVERSITY STAFF

WEEK COMMENCING 15th August 2016

ISSUE NO 50



Congratulations to Dr Constantionas Christodoulides of the OXLIP group has been awarded a [British Heart Foundation](#) 4 year Intermediate Clinical Research Fellowship. He will investigate "Dissecting the role of Wnt signalling in the regulation of fat distribution and susceptibility to cardiometabolic disease".

OCDEM HEALTH AND SAFETY INDUCTION COURSE



All new visitors/staff in the department **MUST** attend a Health and Safety Induction course run by Mrs Sandy Humphreys.

The August course will be held on Wednesday 17th at 10:00 – 11:00 in the Lecture Theatre North End.

OCDEM BUILDING MAINTENANCE



Access Control Card Reader Changes

The Trust project to change the card swipe readers on doors throughout the Trust to proximity reader will affect Phase 2 of OCDEM this week. Please note that if your current NHS pass is not in a good condition it may not work with the new readers and therefore you should contact ocдем personnel and request a replacement card

ATHENA SWAN INFORMATION



WORKSHOPS AND EVENTS

There is a selection of workshops and events designed especially for research staff, where you can share your views and insights with other researchers. These cover career management, CVs and interview skills, as well as talks from people in a variety of careers who have transitioned from academic research. These run at The Careers Service, at the WIMM (JR) and in the science area. If you do not have a CareerConnect account, email reception@careers.ox.ac.uk to have one set up.

To be kept up to date with career and professional development activities you can register for the [research staff mailing list](#).

Researchers are also welcome to contact the Careers Service to arrange sessions within their department/research group (contact the Careers Adviser for Researchers: [Dr Rachel Bray](#)).



SAFETY TRAINING COURSES

Michaelmas Term 2016

COURSE TITLE	WEEK	DATE	TIME	VENUE
Introduction to Laser Safety	0	Thursday 6 October	15.00-16.30	Martin Wood Lecture Theatre, Department of Physics, Clarendon Laboratory, Parks Road
Compressed Gas Safety	3	Wednesday 26 October	09.30-12.30	Wolfson Seminar Room, Chemistry Research Laboratory, Mansfield Road
Safe Use of Cryogenic Liquids	3	Wednesday 26 October	14.00-16.30	Wolfson Seminar Room, Chemistry Research Laboratory, Mansfield Road
Introduction to Biological Safety & Genetic Modification	3	Thursday 27 October	14.00-16.00	Seminar Room, Nuffield Department of Medicine Research Building, Old Road Campus, Roosevelt Drive
Departmental Safety Officers' (DSO) Induction – Module 1	4	Wednesday 2 November	09.30-13.00	Wolfson Seminar Room, Chemistry Research Laboratory, Mansfield Road
Radiation Safety for Laboratory	4	Wednesday 2 November	14.00-16.00	Lecture Theatre, Medical Sciences Teaching Centre, South Parks Road
Display Screen Equipment	5	Tuesday 8	10.30-12.30	Wolfson Seminar Room, Chemistry

(DSE) Assessors'		November		Research Laboratory, Mansfield Road
Introduction to Biological Safety & Genetic Modification	5	Wednesday 9 November	10.30-12.30	Centenary Seminar Room, Careers Service, 56 Banbury Road
Safe Use of X-ray Generators, Sealed Sources & Accelerators	5	Wednesday 9 November	14.00-16.00	Lecture Theatre, Medical Sciences Teaching Centre, South Parks Road
Introduction to Manual Handling	5	Friday 11 November	09.00-12.00	Centenary Seminar Room, Careers Service, 56 Banbury Road
Manual Handling Risk Assessment	5	Friday 11 November	13.00-16.00	Centenary Seminar Room, Careers Service, 56 Banbury Road
Fieldwork Safety Overseas	6	Monday 14 November	09.30-15.00	Centenary Seminar Room, Careers Service, 56 Banbury Road
Risk Assessment	6	Tuesday 15 November	10.30-13.00	Wolfson Seminar Room, Chemistry Research Laboratory, Mansfield Road
Introduction to Biological Safety & Genetic Modification	6	Tuesday 15 November	14.00-16.00	Seminar Room, Nuffield Department of Medicine Research Building, Old Road Campus, Roosevelt Drive
Radiation Safety for Laboratory Workers	6	Wednesday 16 November	14.00-16.00	Lecture Theatre One, Academic Centre, John Radcliffe Hospital, Headley Way
Emergency First Aid for Fieldwork	6	Thursday 17 November	09.00-17.00	Centenary Seminar Room, Careers Service, 56 Banbury Road
Safe Use of Abrasive Wheels	6	Friday 18 November	09.00-12.30	Blackwood Seminar Room, Pitt Rivers Museum, Robinson Close (entrance on South Parks Road)
Fieldwork Planning & Supervision	6	Friday 18 November	10.00-12.30	Centenary Seminar Room, Careers Service, 56 Banbury Road
Supervisors' Responsibilities	7	Monday 21 November	11.00-13.00	Wolfson Seminar Room, Chemistry Research Laboratory, Mansfield Road
Departmental Safety Officers (DSO) Induction – Module 2	7	Tuesday 22 November	09.00-13.00	Centenary Seminar Room, Careers Service, 56 Banbury Road
Compressed Gas Safety	7	Wednesday 23 November	09.30-12.30	Seminar Room A, Wellcome Trust Centre for Human Genetics, Old Road Campus, Roosevelt Drive
Safe Use of Cryogenic Liquids	7	Wednesday 23 November	14.00-16.30	Seminar Room A, Wellcome Trust Centre for Human Genetics, Old Road Campus, Roosevelt Drive

Introduction to Laser Safety	7	Thursday 24 November	11.30-12.30	Wolfson Seminar Room, Chemistry Research Laboratory, Mansfield Road
Introduction to Biological Safety & Genetic Modification	7	Thursday 24 November	10.30-12.30	Centenary Seminar Room, Careers Service, 56 Banbury Road
Coping with Challenging Behaviour	7	Friday 25 November	09.00-13.00	Centenary Seminar Room, Careers Service, 56 Banbury Road
Chemical Safety & COSHH	8	Tuesday 29 November	10.30-13.00	Wolfson Seminar Room, Chemistry Research Laboratory, Mansfield Road
Departmental Safety Officers' (DSO) Induction – Module 3	8	Wednesday 30 November	09.00-13.00	Wolfson Seminar Room, Chemistry Research Laboratory, Mansfield Road
Introduction to Biological Safety & Genetic Modification	8	Thursday 1 December	10.30-12.30	Centenary Seminar Room, Careers Service, 56 Banbury Road
Departmental Safety Officers' (DSO) Induction – Module 4	9	Wednesday 7 December	09.30-13.00	Wolfson Seminar Room, Chemistry Research Laboratory, Mansfield Road
Introduction to Biological Safety & Genetic Modification	9	Thursday 8 December	14.00-16.00	Seminar Room, Nuffield Department of Medicine Research Building, Old Road Campus, Roosevelt Drive

New NIHR funding opportunities available

The following new funding opportunities are available:

Public Health Research Programme

16/105 - Researcher-led, standard outline

16/106 - Researcher-led, evidence synthesis full

[Find out more](#)

Health Technology Assessment Programme

16/110 - Researcher-led, evidence synthesis full

16/111 - Researcher-led, expression of interest to full

[Find out more](#)



Other NIHR funding opportunities

For a list of all current NIHR funding opportunities for researchers, research teams and organisations, please visit the [NIHR website](#).

[Find out more](#)

NEW INTERNAL COURIER SERVICE

ESTATES
SERVICES FM

UMS Collection & Delivery

If you're looking to send work related parcels and packages to someone within the University or deliver something that is connected with University business to an external Oxford-based organisation, why not consider using the new internal courier facility: University Mail Service (UMS) Collection & Delivery

What are the benefits?

- It's simple to place an order via our online booking page
- It's quick to use: we'll collect and deliver your parcel within three days
- The service only costs £5 per shipment

Who can use it and how will I be charged?

The new service is accessible to everyone with a University cost centre, required at the point of booking. Each shipment is charged by a journal transfer through Oracle at the end of the month.

Are there any restrictions on using the service?

- We need you to ensure your parcel is packaged securely and clearly labelled
- We do not handle dangerous goods (chemicals, dry ice etc)
- We can deliver to external organisations in Oxford but the shipment must concern University business
- We only handle business parcels and packages, not personal mail

What else do University Mail Services (UMS) do?

Based at Wellington Square we offer a daily internal and external mail service. We also collect and frank outbound external mail for over 40 departments, saving tens of thousands of pounds per year on mail costs.

We can help with:

- Quotations for external shipments
- Booking external couriers for shipments outside of Oxford
- Handling mail shots – course booklets, alumni mailings, invitations etc
- Internal collection and deliveries
- Franking

SAVE COSTS
with our new
internal courier
service



Got a question?

Contact the team Monday to Friday between 8.30am and 5.00pm on T: 01865 280647 or E: mail.services@admin.ox.ac.uk

W: https://www.admin.ox.ac.uk/estates/ourservices/fm/university_wide_services/ums/



OCDEM HEALTH CHAMPIONS: Mellow Month of August

This week's podcast is a 10 minute relaxation exercise narrated by Mindfulness expert, Professor Mark Williams, and features a series of breathing and visualisation techniques.

<https://www.mentalhealth.org.uk/podcasts-and-videos/mindfulness-10-minute-practice-exercise>

T'ai Chi

Many thanks to Diana for arranging for Lee Jefferson to come and give OCDEM a free T'ai Chi taster session. This was held last week and provided an excellent introduction to 'Qigong' and Lee took us through some gentle breathing and movement sequences and we ended up as a full one hour class! We all enjoyed the session which was an excellent introduction to 'Qigong' and an excellent way of releasing tension held in the shoulders particularly beneficial if you spend a lot of time at a computer.

There have been requests for regular lunchtime classes Lee would be very happy to run a beginners course and below is information about Qigong and it's health benefits.

If you would be interested in signing up for a course of beginners classes run during a lunchtime please let us know as we need to have a minimum of 6 people to make it worthwhile:

Suggestion: Please let us know which options you would be happy to sign up for: by completing the doodle poll below

- A: 1 hr x 6 weeks £30.00
- B: 1 hr x 10 weeks £50.00
- C: 45 min class
- D: 30 min class

<http://doodle.com/poll/xs7cytbfh3vcuiqx>

Tai Chi & Qigong - Traditional Arts which improve Health

Tai Chi & Qigong are ancient Chinese arts which are suitable for people of all ages. Qigong takes the form of physical exercises that focus the mind, while improving the structure of the body and brings these aspects together. Regular attendance and participation can reduce stress, increase stamina and strengthen the body. The emphasis in these movements is on relaxation, moving from the centre (or core) and mindfulness (feeling changes in the body, for instance, when doing gentle stretching).

Tai Chi is considered to be a martial art but is not big impact and is based on slowly flowing movements and shifts of balance. It brings mind and body together and practice improves awareness, quality of movement and works on the level of soft tissue and organs.

The constant shifting of weight helps you with balance and body awareness and training over time can also improve posture, increase joint flexibility and develop internal health. These exercises can help with a range of conditions associated with office workers such as lower back pain and sore shoulders (and too many other conditions to mention!).



proudly supported by...



We are delighted to be attending the Yarnton Nurseries Garden & Shopping Village as they host 2 weeks of exciting events including fashion shows, treasure hunts, food tastings and more, all whilst raising money to support Sobell House along the way.

Join us and Yarnton Nurseries in supporting Sobell, whilst you and your little ones enjoy a fun filled couple of weeks!

Family Fun Day

Saturday 13th August | 9:00am - 5:30pm

Yarnton Nurseries Garden & Shopping Village are proud to have now completed their 12 month makeover. In doing so they have created a larger restaurant and a new shopping village full of exciting new concessions for their customers to visit.

To celebrate the completion of the makeover, they are having a family fun day!

Chase and Marshall are coming to Yarnton Nurseries! You can see the stars of PAW patrol who will be making appearances throughout the day. There will also be lot's of exciting, family fun including:

Facepainting, Treasure Hunt, Bouncy Castle, Activities, Free prize draw, Arts and Crafts.

[Find out more on the Yarnton Nurseries website.](#)

Fashion show

Thursday 18th and 25th August

Come and view the latest fashions from [Chums](#), [Peacocks](#), [Bonmarche](#) and [The Edinburgh Woollen Mill](#). The fashion shows run from 2:00pm - 4:00pm. Be sure to arrive early to ensure your front row seat!

As well as the fashion show on Thursday 25 August there is an opportunity to book a personal shopper experience.

Also exciting news, [The Edinburgh Woollen Mill](#) have announced they will be holding a 3 day clearance sale taking place Monday 22 to Wednesday 24 August.



[Want to learn about all of the events? Click here for the timetable!](#)



Wildman Inspires Talk

Saturday 20th August

Join Stuart Mabbutt, Wildlife Gardening Specialist, for a fascinating insight into the wildlife in your garden.

You will come away with the knowledge of how to attract bees, butterflies, mammals and amphibians to live and hibernate in your garden, even if you don't have any green space!

The talk will begin at 11:00am and will close at 12:00pm.

Treasure Hunt

Daily between 13th - 29th August

The hunt is on for your little ones as they explore the entirety of Yarnton Nurseries on the hunt for hidden treasures.

FREE entry with 1 FREE prize for every treasure hunter!



[Click here for all of the Yarnton Nurseries daily activities.](#)



Tempting Treats Tastings

During selected days in August you will have the great opportunity to taste a variety of the foods from **Cottage Delight** and **Mrs Bridges**.

Cottage Delight have been purveyors of speciality foods for over 40 years and their products deliver that home-made look and taste that customers expect from Cottage Delight.

Mrs Bridges immortalises British heritage and tradition in a jar. The quintessentially British range of fine foods and gifts is made using the finest ingredients.

Cottage Delight Tastings - 13th & 20th August

Mrs Bridges - 24th August

[View all the dates and times on our website.](#)