

OCDEM BULLETIN



FOR UNIVERSITY STAFF

WEEK COMMENCING 4 NOVEMBER 2019

ISSUE NO 212

SEMINARS

WEDNESDAY SEMINAR

There is no Wednesday seminar this week.

THURSDAY SEMINAR 13:00 – 14:00 OCDEM Lecture Theatre

Professor Jerome Bertherat professor of Endocrinology at Paris Descartes University will be giving a talk on “Macronodular adrenal hyperplasia”. Lunch will be provided for those attending.

FRIDAY SEMINAR

This week’s Friday seminar organised by the OCDEM Senior Academic Faculty will be a talk on “**The Use of exogenous ketones to enhance human performance**” by Dr Dearlove. The talk will begin promptly at 1pm in the Robert Turner Lecture Theatre and sandwiches for those attending will be available from 12:45.

MEDICAL GRAND ROUNDS

Thursday 7 November from 13:00 – 14:00

John Radcliffe Academic , Lecture Theatre 1





WIMM: "Towards Advanced Personalization of Therapy in Ovarian Cancer: The Oxford “CLASSIC”", Prof Ahmed Ahmed

Structural Genomics Consortium: "How do we work together, to more rapidly translate novel genetic insights, into novel experimental medicine studies in patients", Prof Chas Bountra

Chair: Prof Richard Cornall

WELCOME

	Eloise Cross a student has joined the OxLip group.
	Xuelu Wang a Novo Nordiks Fellow has joined the OxLip group.



DTU were sad to see Ian Kennedy leave after 32 years in the group.

REMINDER- WINDOWS 7 TO WINDOWS 10 MIGRATION – PLEASE RESPOND BY FRIDAY 8TH NOVEMBER

We have previously advised staff about the project to migrate from windows 7 to windows 10. All staff computers which are currently running on windows 7 receive the following email message when they log on:

IMPORTANT NOTICE****

Windows 7 will become end of life on 14 January 2020.

Please email MSDIT (ithelp@medsci.ox.ac.uk) or your local IT support team to discuss upgrade options to Windows 10.

Machines that have not been upgraded by the deadline will not be permitted on the network

If you have received the above message can you please contact

ocdemfacilities@ocdem.ox.ac.uk so we can liaise with MSDIT for your computer to be upgraded.



STATISTICIAN

Grade 6: £28,660 - £34,189 with a discretionary range to £37,345 p.a.

THIS IS A READVERTISEMENT. PREVIOUS APPLICANTS NEED NOT APPLY.

An exciting opportunity has arisen to appoint a new medical statistician to join the Diabetes Trials Unit (DTU) Statistics and Modelling group, part of the Oxford Centre for Diabetes, Endocrinology and Metabolism on the Churchill Hospital campus, Oxford.

The DTU is a fully registered UKCRC Clinical Trials Unit and one of only a handful of academic research organisations worldwide that specialises in designing and performing both global clinical outcome mega-trials and early-phase translational trials of novel therapeutic opportunities and devices. This post represents an excellent development opportunity for the successful applicant who will be able to contribute to on-going and upcoming clinical studies under the guidance of senior statisticians.

Applicants should have a postgraduate degree in statistics or a related subject and have knowledge of statistical theory and methods, together with basic statistical computing and programming skills, e.g. programming in SAS, Stata or R. Some knowledge/experience of clinical trials would be an advantage, however training can be provided.

Applicants must be able to work independently as well as part of a team, be able to communicate complex concepts to non-statisticians, and have effective interpersonal skills.

The post is full-time and fixed-term for 2 years in the first instance.

Please quote 143809 in all correspondence.

For informal enquiries about the role please contact Ruth Coleman, Senior Research Statistician: email: ruth.coleman@dtu.ox.ac.uk; tel: 01865 857253

The deadline for applications is 12.00 midday on Wednesday 13 November 2019.



POSTERS: IMPROVING YOUR RESEARCH POSTERS

This three-hour workshop has two parts. The first part is a discussion and talk about poster design. This emphasises how the design process should be approached in PowerPoint, but there is much that is also applicable in other tools. The second part is a workshop where you are encouraged to bring along your own resources and start to create your own poster. If you are not yet ready to do this, there will be resources available that you can use to create a practice poster.

Tuesday 5 November 14.00-17.00 [Book and pay](#)

Thursday 28 November 14.00-17.00 [Book and pay](#)

£30 Staff/ £15 Students

DESKTOP PUBLISHING: EFFECTIVE WORKFLOWS

With your basic Desk Top Publishing (DTP) skills we will explore a sensible workflow that will save you time when creating your academic and professional publications. We will cover best practices which will help you construct professional, print quality, documents that are easy to maintain. The tool that will be used for the demonstrations will be InDesign, the industry standard DTP tool, however the techniques will be applicable to other tools (such as Scribus).

Monday 11 November 14.00-17.00 [Book and pay](#)

£30 Staff/ £15 Students



INTRODUCING THE NEW 'HEALTHY BACK COURSE'

Level 1 & 2: 5th, 12th, 19th and 26th November:
13.00-14.00 Robert Turner Lecture Theatre

Back pain is a very common problem, and 85% of people who report back pain to a doctor do not have a specific diagnosis. They may be told that they have 'non-specific back pain', a muscular' or 'mechanical problem' or a sprain. Sometimes aches and pains can last for quite a long time, but it doesn't mean that they are serious. Research has shown yoga to be a safe and helpful way to manage back pain. This programme has been designed by Yoga teachers, physiotherapists, osteopaths and doctors.

Each 60 minute class contains:

- Activations: gently warm up the body
- Dru Yoga flow sequences
- Stretching and strengthening
- Spinal relaxation

The programme aims to give you the confidence and tools to:

- self-manage and reduce back pain
- strengthen the core & gluteal muscles
- improve balance
- help you to move more freely

There are three levels you will progress through as you stretch and strengthen your back. Everyone is different and it is normal to progress at a different rate with some of the exercises. This course will focus on level 1 & 2.

You will be guided as to which level you will work at during each class and provided with individual modifications to enable you to gain the most out of every class. To get the most benefit from the program you will be asked to do some home practice at least three times a week. You will receive a home practice sheet and asked to practice 3 exercises of your choice from it and access to online video of class warm up, flow sequences and guided relaxation.

This course is free to OCDEM staff but you must provide your own yoga mat as 50% of each class will involve lying on the floor.

To book a place or for more information please email: louise.dennis@ocdem.ox.ac.uk



WHAT DOES LEADERSHIP MEAN TO YOU?

We are working with the Research Staff Development Working Group and are keen to learn how University researchers view career progression, how this relates to their leadership skills and what opportunities are available to them.

We will be running focus groups (8-12 participants) this November across the different University divisions. These focus groups are open to all postdoctoral and more senior research staff of the University of Oxford. They will last for an hour and refreshments will be provided.

It would be invaluable to hear your thoughts on your definition of leadership, what it means for your career progression and the chances you had for developing leadership skills at your work.

Your contribution would remain anonymous and will be used to feed into strategic change. If you're interested, please complete this survey so that we can best group the participants:

<https://www.surveymonkey.co.uk/r/M6XYWBB>

Andrea Van Dam

The Great OCDEM Bake Off 2019

- The OCDEM bake off 2019 has finished!
- In the biscuit round it was a very close race between Michelle Goldsworthy (Thakker), Omair Shariq (Thakker) and Claudia Guida (Rorsman), but Michelle took first place
- **Michelle** took first place by such a margin she was the overall winner! Well done to Michelle who recieved a **£30 John Lewis Voucher**
- Well done to Omair (and his talented wife) who came a close 2nd and recieved a kind donation from our departmental baker Amara Jandu ([f@Cakes.by.amara](#)).
- We are very grateful for all the donations, we raised over £200 for Sobell House. A big thank you to Sameena's niece who generously donated her pocket money! And finally thank you to all the bakers!



8TH NOVEMBER: OCDEM MONTHLY SOCIALS STARTING

Dear all,

Starting Friday 8th November, OCDEM will be having a monthly social at 16:00 in the Info Café area. There will be drinks (both alcoholic and soft), snacks, and various other nibbles. We don't have funding for an event like this, so there will be an honesty box for you to pay for what you think you've consumed. The money raised from the previous event will fund the food and drink for the next event, and so on.

I would encourage everyone to come if possible; it would be great to socialise with people in other groups, and I'm also going to send this to the NHS so that their staff are invited as well. We all work in the same building for the same overall cause, and I think it would be great to further solidify these relationship.

I will send reminders so you don't forget J

Best wishes,

Tom

P.S. If people have suggestion as to whether this could be done at a better date/time, or have any idea to improve this, then I'm more than happy to accept suggestions!



Open Forum: Professor Chas Bountra, Pro-Vice-Chancellor for Innovation

Thursday 21 November 2019, 12:30 – 13:45
Oxford Martin School, 34 Broad Street, Oxford, OX1 3BD



Professor Chas Bountra will talk about the University's commitment to 'work with partners to create a world-class regional innovation ecosystem' – part of the Strategic Plan.

Join Professor Bountra and his panel to find out more about our progress and plans in this area, and to raise your questions on innovation and local partnership.

- Mr Charles Conn, Chief Executive, Oxford Sciences Innovation
- Ms Helen Routh, Chairman, Ultromics
- Dr Matt Perkins, Chief Executive Officer, Oxford Innovation
- Dr Stephen Conway, Director of Research Services

Questions can be pre-submitted at registration, or raised on the day.

This event is open to all University and college staff. Please [register to attend](#).

Please feel free to bring your lunch with you.
