



FOR UNIVERSITY STAFF

WEEK COMMENCING 15 April 2019

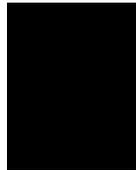
ISSUE NO 183

SEMINARS

WEDNESDAY – NO SEMINAR THIS WEEK

FRIDAY – NO SEMINAR THIS WEEK

MEDICAL GRAND ROUNDS – NO SEMINAR THIS WEEK



HEALTH AND WELLBEING

YOGA IN THE WORK PLACE:

Dru Yoga with Louise: The aim of **Dru Yoga** is simple, to help relieve the enormous stresses and pressures of modern-day living. It is designed to be practised by people of all abilities, all fitness levels and all age groups, it is a style of yoga that can be quickly dipped into or learnt in more depth over a lifetime.

Core stability is an important part of yoga, a strong core will help to protect the back against injury, please watch this excellent 3D video (3 minutes) on core stability, it really helps you to understand where your core muscles are and how to activate them:

<https://www.youtube.com/watch?v=l0v2TYb2ZXY>

Please bring a mat to these classes as I will be introducing some postures where we will sit or lie on the floor.

13.00-14.00 Robert Turner Lecture Theatre

April: - Tuesdays 16th, 23rd & 30th

Measuring Metabolic Engines and Fuels

with the Agilent Seahorse XF Analyzer and Metabolic Probes

17th May, 2019

Old Road Campus, University of Oxford



Presenters:

Nick Howe (Agilent Technologies); Elia Moreno-Cubero, Christos Zois, Tom Nicol, Karl Morten (University of Oxford)

Agenda Friday 17th May

Morning session

Location: NDMRB seminar room

- 09.30 Introduction
Latest applications
- 10.30 Customer presentations from local users in the areas of Immunology, Oncology, Cardiovascular research
- 12.00 Lunch

Afternoon session

Location: WTCHG Crabtree lab and seminar room

- 13.30-16.30 Lab session
ATP Rate analysis of cells. How much ATP are my cells making, and where does it come from?

or

Data analysis session
Learn new tricks, you can bring your own data

Brought to you by the
OMH Researchers Association

Register here:

<https://tinyurl.com/Oxford-Metabolism-Workshop>

Select 'Workshop', 'May 17' as the date, in the comments box specify Seahorse practical, Soluble practical, and Seahorse data analysis session



FREE WORKSHOP

In living cells, most of the energy produced is derived from three fuel sources: glucose, glutamine, and fatty acids. Mitochondrial access to these fuels impacts a wide variety of biological processes.

Using the Seahorse XF Analyzer you can:

- Determine whether/how cells can adjust fuel oxidation to match nutrient availability while meeting energy demand.
- Distinguish metabolic adaptations due to genetic changes vs. those that take place due to nutrient deprivation.
- Identify fuel dependencies to uncover cancer cell vulnerabilities.

Introducing Soluble Metabolic Probes

- Analyse OCR and ECAR using a plate reader
- Soluble metabolic probes allow analysis of different sample types

Limited attendees!

Please contact Nick Howe
nick.howe@agilent.com
for more details



Agilent Technologies





R: KICK -OFF

R is one of the most popular and flexible data analysis and visualisation tools. It is open source (and so free to use) and works on Windows, Mac OSX and Linux. In this workshop we will explore the four key areas that R is used for by looking at real examples of R code. This course is not intended to teach you the details of R - it aims to show you what R is capable of, and how easy it is to use. It will get you to the point where you can progress on to our other R courses.

- Data analysis
- Data management
- Data reporting
- Data visualisation

23 April 9.15-12.15

Staff £30/ Students £15 [Book and Pay](#)

2 May 9.15-12.15

Staff £30/ Students £15 [Book and pay](#)

7 May 9.15-12.15

Staff £30/ Students £15 [Book and pay](#)

AUDIO: RECORDING THE SPOKEN WORD

Audacity is a free, cross-platform, audio-editing application. It can be used to create digital audio material suitable for a course, a podcast or on a website. In this session you will learn how to use Audacity to record, manipulate and save a sound file.

25 April 11.00-13.00

Staff £20/ Students £10 [Book and pay](#)

23 May 14:00 - 16:00

Staff £20/ Students £10 [Book and pay](#)

SPREADSHEETS: GOOD PRACTICE IN SPREADSHEET DESIGN (BEGINNERS)

Learn to create workbooks that are clear and easy to work on, both for manipulating data accurately and for reviewing and understanding what the data means. This workshop will take you through the process of setting out a workbook so that it is well structured and efficient to work with, especially if you are collaborating or sharing with colleagues. We will provide you with key skills to master Excel (or similar software) beyond the everyday level. A range of time-saving techniques are covered, for creating a well-structured workbook that is easy to revise and manage.

29 April 9.15-12.15

Staff £30/ Students £15 [Book and pay](#)

Spreadsheets: Good practice with pivot tables

Working with different types of large data sets producing PivotTables to summarise data. Using the features in the PivotTables to enable you to create reports, slicers, calculated fields as well as grouping and sorting data.

9 May 13.00-15.00

Staff £20/ Students £10 [Book and pay](#)

Spreadsheets: Start to finish

This "boot camp" is for those who need to quickly get up to speed working with spreadsheets. It brings together the same topics covered in our separate Spreadsheet courses into an immersive 2-day session including:

- Good practice with spreadsheets
- Charts
- Inheriting spreadsheets
- Designing robust spreadsheets
- Lookups
- PivotTables

13&14 May 9.15-15.15

Staff £100/ Students £50 [Book and pay](#)



Can whoever borrowed the Flipchart easel like the one in this picture from the Lecture Theatre between Friday 5th April p.m. and Monday 8th April a.m. please return it. This was a brand new easel.

Parking During Easter Break

Please note that off-peak parking permits will be valid at all times in university car parks (i.e. including peak hours) from 1600hrs on 17 April 2019 until 0700hrs on 23 April 2019.