



OCDEMENSION



Welcome to
'OCDEMension'
Editor: Leanne Hodson



Welcome to the 14th edition of OCDEMension! It has been a while since the last edition but good things take time. I hope this finds you all very happy and healthy. As always a very big thank you to the OCDEM Athena SWAN team and all the contributors to this issue of OCDEMension.

The **Annual RDM Symposium** takes place on Monday 19th March in the Mathematical Institute. The symposium brings all members of the RDM together to celebrate and share cutting edge research. Professor Fiona Powrie Professor of Musculoskeletal Sciences and Director of the Kennedy Institute, will be the keynote speaker. As part of the day there is a poster session where students and postdocs/fellows have the opportunity to present their research. The abstract submission deadline is noon on Thursday 22 February 2018. Abstracts should be emailed to communications@rdm.ox.ac.uk

Meet the Head of Department Sessions for new starters continues to be a great success. If you have any suggestions on other initiatives you would like to see introduced in the department then please email oracle@ocdem.ox.ac.uk.

Last year several events were held by OCDEM staff to raise funds for Sobell

House and this year will no different. If you would like to get involved with these events or have any suggestions on events then please email oracle@ocdem.ox.ac.uk.

Best Wishes
Leanne

The OCDEM Update



Dear all,

There has not been a new PI established in OCDEM for a

while, so it brings me great pleasure to introduce Professor David Ray.



David is an endocrinologist with a deep interest in circadian biology and its implications in inflammation through glucocorticoid signalling. He will be moving from Manchester to Oxford and there will be a team established with pres-

ence in our laboratories, which is extremely good for OCDEM. He will also have a clinical appointment so the clinical endocrine team in OCDEM will be further strengthened. I am absolutely delighted to welcome him on Aug 1st which will be his first day in OCDEM.

The collaboration with the Novo Nordisk Research Centre for Diabetes in Oxford (NNRCO) has been going well. A collaboration committee has been established and some joint pump priming research funds have already been awarded. The NNRCO building is going up fast and moving in date is Sept 1st. It came as a little bit of a surprise last week that the director, Prof Jim Johnson, has decided to leave NNRCO, but we have been reassured the search for a new director is already ongoing.

Best wishes

Fredrik



Good News Bandwagon



You've Got Funding!



Dr Costas Christodoulides was awarded the title of University Research Lecturer.

Dr Caroline Gorvin and Dr Kate Lines were successful with their joint application to the Society for Endocrinology for an Early Career Grant to support their project



"Epigenetic regulation of CaSR in pituitary tumourigenesis: a potential novel treatment".



Professor Raj Thakker received funding from CRUK Oxford Centre Development fund along with Professor Bart Cornelissen (Dept of Oncology) for their project "Peptide radionuclide imaging and therapy for pancreatic neuroendocrine tumours".



Professor Patrik Rorsman received funding from the The Leona M. and Harry B. Helmsley Charitable Trust for the project "Pilot studies to understand alpha cell dysfunction and correct glucagon secretion in type 1 diabetes."



Angela Hargreaves and Dr Pam Dyson won the Patient Care Pathway – Adults category at the highly regarded Quality in Care Awards. Their entry "Improving Diabetes Competencies in Dieticians" addressed the need for diabetes-specific education for dieticians.



Associate Professor Leanne Hodson was awarded the Cuthbertson Medal from the Nutrition Society for excellence in Clinical Nutrition and/or Metabolism research.



At the Society for Endocrinology (BES) annual conference in Harrogate **Kate Lines, Kreepa Kooblal, Niall Dempster, Nikolaos Nikolaou and Vicky Stokes** all received highly commended awards for their posters

Dr Caroline Gorvin was awarded the Basic Science Early Career Prize Lecture from the Society for Endocrinology. Her prize winning talk was entitled 'Insights into GPCR trafficking and biased signalling by studies of calcium homeostasis'.



Dr Reshma Ramracheya received



funding from the Medical Sciences Internal fund for her project "Exploring NPY₄ receptor activation as a target for beta-cell proliferation and investigating the effects of gastric bypass surgery on islet function"

Dr Ahmad Moola received funding from the Oxford Radcliffe Hospitals Charitable Funds for his project "The urinary steroid metabolome as a novel non-invasive tool to stage non-alcoholic fatty liver disease"



Dr Riccardo Pofi, a visiting fellow in the Tomlinson Group was awarded an EEE fellowship from the European Union of Medical Specialists to support his visit and studies in OCDEM. This fellowship has been set up to facilitate within Europe the exchange of trainees specialising in adult Endocrinology.



Dr Katharine Pinnick and Associate Professor Leanne Hodson were awarded funding from the Humane Research Trust for their project 'Developing New In Vitro Cellular Models To Culture Human Lipid-Laden Cells'.



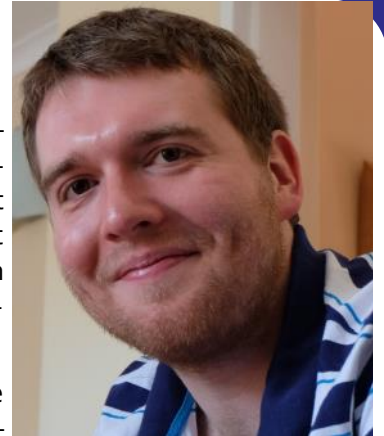


Introducing the page 3 pin-up



Thomas Clague

What is your role in OCDEM? I have a few! My main role is as the new BRC Lab Manager, which means I'll be heading up a small core team that will perform a wide range of biochemical and genomic assays for theme investigators, as well as supporting human islet isolation and assessment of human islet quality for clinical and research use. My other hat is that as the Departmental Safety Officer, so I will make sure everyone who works in OCDEM knows the necessary safety measures that need to be taken with whatever research they're doing.



How long have you been in this position? As of writing this, two weeks and three days! My previous job was in the Dunn School down the hill though, so I'm not new to Oxford at all.

What are your favourite bits of the job? At the moment, the variety; every day is different, which makes it all very interesting. Once I've settled in a bit more then I imagine that will evolve to working with the different research foci and people, and learning more about the science that drives their research. Plus, the people here have all been really lovely, and a positive work environment makes everything more enjoyable.

What are your least favourite bits of the job? I don't really have any yet! The only thing I can think of is that I'm very much office-based at the moment as I'm catching up on all the admin jobs and training, so I'll be glad when balance is restored and I can spend a bit more time in the labs.

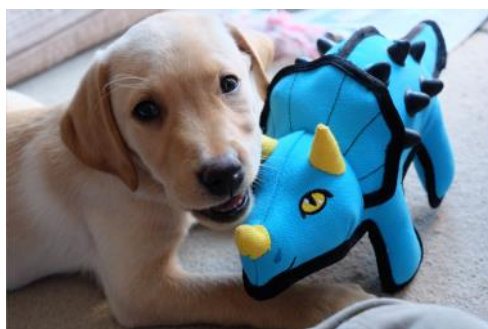
What inspires you to get out of bed each morning? Currently, letting our new Labrador puppy out so she doesn't have an accident on the carpet! Otherwise, spending time with my fiancée Barbara and six year-old stepson Jamie.



When you are not at work what do you like to do? I like going for bike rides and walks with my family; Blenheim Palace is a particular favourite. Cooking is a long-time hobby of mine as well (it's just following a protocol!), and I love a bit of Great British Bake Off and any David Attenborough documentary. Music has always been a passion of mine as well, both playing and listening.

What is your favourite guilty pleasure? Guilty? Probably buying kitchen gadgets... It's now at the point where we have a one-in, one-out policy! I'm sure everyone has a water bath and a vacuum sealer at home for sous vide cooking though, right?

Tell us one surprising / interesting thing about yourself: I've spent eight out of the last nine years in various a cappella choirs, and have just left Oxford-based choir 'The Beatroots' after spending three years with them as their bass and beatboxer. Once I've settled in a bit more then unfortunately you may find me singing around the lab...!



Staff Update

We would like to introduce and extend a very warm welcome to our new staff.

New starters



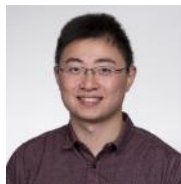
Charlie Scott started as a Statistician within the DTU team

Jila Ajeian started as a Postdoctoral Research Assistant in the Gloyn group.

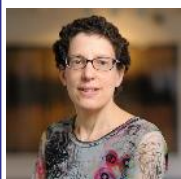
Skirmante Tamelyte started as the PA in the Gloyn/McCarthy group.



Nikolaos Nikolaou is working as a Postdoctoral Research Assistant in the Tomlinson group.



Yue Ruan started as a Novo Nordisk Fellow Clinical Training Fellow with Rustam Rea (NHS).



Jane Itzhaki started as the Research Facilitator McCarthy



Asha Bayliss started as a Postdoctoral Research Assistant in the Thakker group.

Sameena Nawaz started as a Research Assistant in the Gloyn/McCarthy group.



Alexandra Soca started as a BRC Research Technician.



Emily Georgiades started as a Research Technician in the Gloyn/McCarthy group.

Elisa Vergari is working as a Postdoctoral Research Assistant in the Rorsman Group.



Matthew Hutchinson started as a Research Technician in the Hodson Group.



Thomas Clague started as the BRC Lab Manager.

Leavers



Samiul Mostafa (DTU).

Naveed Sattar.

Nicola Allinson (Admin).

Jonathan Hazlehurst (Tomlinson) has returned to clinical duties in Birmingham.

Catriona Charlton (Hodson) has moved to a role as a research assistant at Newcastle University.

Caroline Gorvin (Thakker) has

moved to the University of Birmingham.

Matthias Thurner (McCarthy / Gloyn)

The Maternity / Paternity Corner



Carla and Greg Barrows McCann became proud parents and Evie a big sister to Henry Thomas Edward McCann who was born weighing a healthy 7lb 2oz on Friday 8th Sept 2017

Charlotte and Tom Kelly became proud parents to Evie Penelope Kelly who was born the 8th December 2017 at 1.46am, weighing 6lb 2oz



Parent Group

The next parent group session will take place on 19th April at 10am in the Large Seminar Room.

If you are due to go on maternity/paternity leave soon or will be returning soon and are interested in being involved then please let Karla Taylor know.



What has been happening in OCDEM

On Friday 29th September at 10.30am OCDEM took part in 'Macmillan's World's Biggest Coffee Morning'. A big thank you to everyone who baked. A total of **£255.00** was raised.



The OCDEM Christmas Lunch

The OCDEM Christmas lunch was held on the 7th of December. Around 70 staff members attended the meal at Hawkwell House Hotel in Iffley where a jolly time was had by all, with many continuing to enjoy the festivities well into the evening." Many thanks to **Ruth Coleman** (DTU) for organising this event!



NEW! The Oxford Metabolic Health

Oxford Metabolic Health (OMH) is a interdepartmental and cross-divisional initiative that aims to bring together researchers across the University with interests in the relationship between metabolism (in the broad sense of the term) and health. The role of OMH is to:

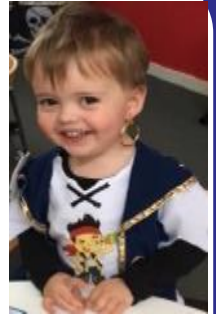
- help researchers to communicate, collaborate and share expertise
- support strategic funding opportunities, training and recruitment
- enhance representation of the strength and scope of metabolic research within the university and beyond

We welcome all researchers working across basic and translational science with a research interest in any aspect of diabetes, endocrinology, nutrition, obesity or metabolism. Our inaugural symposium will take place on **Monday 2nd July 2018** in the Richard Doll Building and will include a diverse range of speakers, poster sessions, and plenty of opportunity to meet other researchers. To join the OMH network and keep up to date with relevant information about the symposium and other events and opportunities, sign up to the OMH mailing list by sending an email to omh_network-subscribe@maillist.ox.ac.uk. To find out more about the OMH network or if you have an suggestions or comments, please contact **Jane Itzhaki**, Research Facilitator for OMH (jane.itzhaki@medsci.ox.ac.uk) who is based at OCDEM (Mon-Wed) and DPAG (Thur).

What has been happening in OCDEM

OCDEM FAMILY CHRISTMAS EVENT

On Saturday 82 children attended the OCDEM Peter Pan Christmas Event. This year OCDEM staff were joined by staff from Experimental Medicine and Investigative Medicine and from all the smiles on the children's faces the event was a great success. To put on such an event it requires a lot of time and it could not be done without the help and support from family and friends with a lot of the work going on in the background outside of working hours. This year it hit home to us how much work is required as we had lost one of our founder helpers and luckily other family members, friends and colleagues helped out and we very much appreciate this.



A big thank you as always to **Rachel Mullins** who although retired from the department last year has been planning this event since the summer. It is down to her the info café area looks so fantastic and the cast all had such amazing costumes. Thank you also to her husband **Paul** who came in on Saturday 2nd of December and spent all day helping decorate. He then came back in on the 9th helping with the set-up, event itself and tidying up afterwards. Also thank you to her daughter **Lucy** who helped tidy up after the event.

Big thank you to **Karen Parish** aka Peanut. **Karen** gave up two weekends to assist organise this event. The highlight of the decorating weekend was when **Karen** recalled her days in the Guides and made the rope ladder in the Pirates area assisted by **Paul**. **Karen** was extremely busy with the OCDEM Christmas Raffle ensuring that this is the biggest raffle we have ever had and we raised **£500** that went to Sobell House. Thank you **Karen**!



Karen roped her husband **Chris** into helping and he was there early on Saturday helping set everything up and making the coffee. He then put on his costume and spent the afternoon in Santa's grotto and kindly helped tidy up after the event

The newest member of the A Team **Karla Taylor** and her other half **Dennis** got into the spirit of things on Saturday 2nd of December and helped with the decorating of the info café area.

Thank you to **Den Carter** who helped set up the grotto on Friday 8th of December and who has been instrumental in getting a lot of the prizes for the raffle along with ensuring that the list of jobs which Boss lady had created for things which had to be done for the event were completed. Also thank you to **Leanne Hodson** who helped decorate on Saturday 2nd of December.



Peter Pan aka **Emma Hoornaert**, OCDEM's own crocodile (**Vibe Nylander**) and Nana the dog (**Catriona Charlton**) were on hand to greet everyone as they arrived at the party. Emma's sister **Sally** also joined us on the day and was Santa's helper in the Grotto. All their help with the set up and tidying up was very much appreciated.



What has been happening in OCDEM

OCDEM FAMILY CHRISTMAS EVENT Continued

Sandy Humphreys came out of retirement and was also part of the team who transformed the info café area on Saturday 2nd of December. She then appeared in OCDEM in her new uniform on Saturday 9th to serve mulled wine to the adults and helped tidy up at the end. Her husband **Bob** also helped out by taking some photographs. Big thanks to both of them.

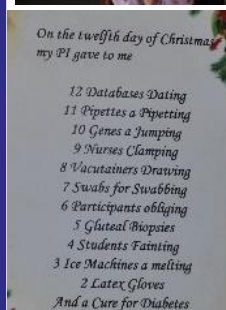


Two members from the Investigative Medicine/Experimental Medicine HR Team joined us on the day. **Julia** was kept extremely busy face painting and **Maria** helped **Sandy** with the mulled wine and also helped the elves in Santas grotto. **Julia's dad** very kindly helped sell raffle tickets on the day.



A big thank you to **Grace Yu** who volunteered to take on the role of photographer in the Grotto this year. Photographing 82 children with Santa is no small task and we very much appreciate her agreeing to do this.

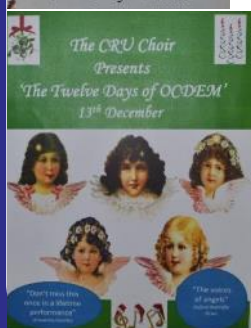
Thank you to **Ben McCarthy** from the very north of Scotland who very kindly stepped in and produced the videos that ran in the info café area and the North End of the Lecture Theatre.



OCDEM QUIZ RESULTS

A big thank you to **Matt Neville** and **Katharine Owen** for organising the Annual OCDEM quiz.

Congratulations to the **Department of Surgery Islet Team** who won the quiz.

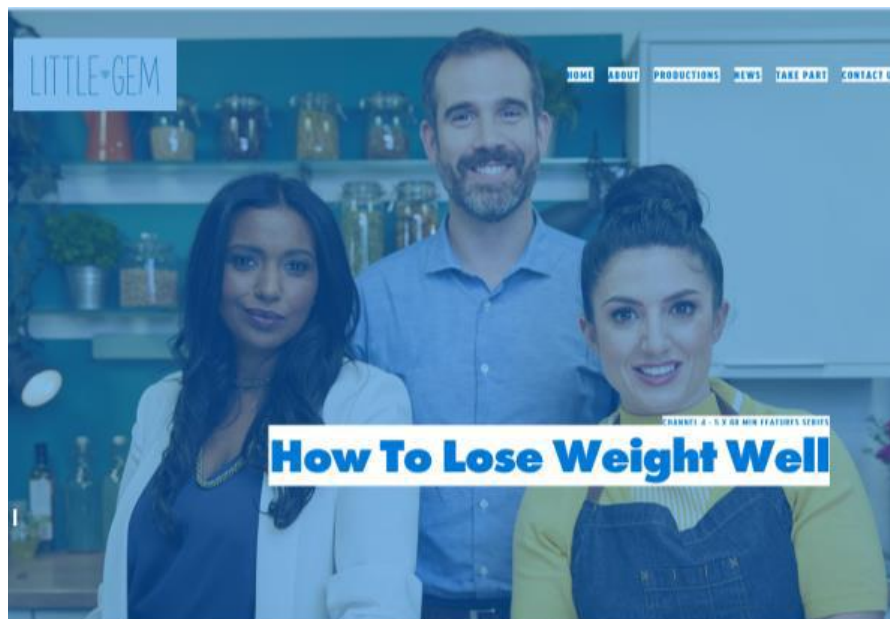


Congratulations to the CRU Team on winning the Best Decorated Office competition.



In the spotlight

Prof Fredrik Karpe and **Dr Ioannis Spiliotis** were interviewed by BBC Oxford as part of World Diabetes Day 2017. Prof Fredrik Karpe discussed risk factors for type 2 diabetes and the need for volunteers to take part in research to help us find better ways of treating diabetes. For more information see <https://www.rdm.ox.ac.uk/news/celebrating-achievements-and-highlighting-challenges-in-diabetes-research> or listen into the interview here from 1:08:35. Dr Ioannis Spiliotis highlighted the multi-disciplinary research taking place in OCDEM and raised awareness of the different forms of diabetes – and their causes. For more information see <https://www.rdm.ox.ac.uk/news/celebrating-achievements-and-highlighting-challenges-in-diabetes-research> or listen into the interview from 1:08:00



Last summer the Channel 4 programme “How to Lose Weight Well” were in OCDEM filming in relation to a diet pills experiment. **Prof Fredrik Karpe** appeared in the Channel 4 show ‘How to Lose Weight Well’ on Monday 8 January, helping to bust some dieting myths.



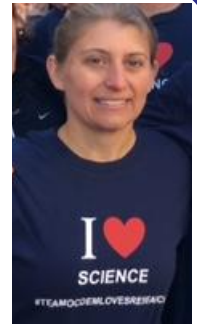
What have people in OCDEM been up to?

The OCDEM Active Corner

By Amy Barrett

It's been a quiet few months for most of the runners but despite the cold we have been trying our best to get out and about. The snow and ice put a stop to many of us as well as the break over Christmas where I managed to fit in the eating but not the running!

With that in mind a friend set herself a challenge to run every day for 100 days and that got me thinking.... So I wondered if I could do it and also if anyone else would be willing to try?



I know not everyone wants to or can run so how about challenging yourself to 100 active days, so if you walk/cycle/swim/dance that all counts.

As part of an OCDEM challenge I'd like to see if as a building we can all try to have 100 consecutive days of activity starting Thursday March 1st 2018

A good way to keep track is via the Workplace Challenge Website. If you haven't already signed up you can here for free and there you can log your activity for the day <https://www.workplacechallenge.org.uk/oxfordshire/>

By having OCDEM as your workplace we can all connect and see how we are all getting on. It's not a competition so if all you can do is walk 1 mile, that's great and if you can do more, do it!

What the activity is, how far or how long DOESN'T MATTER, the fact you are active every day is the most important thing.

If this is something you think you'd like to take part in let me know and if you want a demo of the website I'll happily do that.



Let's get all of OCDEM active in 2018!

Feel free to join us for a lunchtime run on **Tuesdays and Thursdays** meeting at **12.30pm OCDEM reception**. We are a mix of abilities and run a variety of 30-ish minute routes.

If you would like me to add you to the runners list please email me amy.barrett@ocdem.ox.ac.uk and you will receive all things running.



What have people in OCDEM been up to?

Innovators in Diabetes – 10th Anniversary By Dr Kerry McLaughlin

The Diabetes UK-supported 'Innovators in Diabetes' programme held its 10-year anniversary in November in Camden. Previous alumni from the programme attended alongside the faculty, Elizabeth Robertson and her team from Diabetes UK, as well as industry sponsors.

Lunch on arrival offered a great opportunity for everyone to catch up with old friends and colleagues and meet members of the programme from different intakes. Richard Holt, Professor and Honorary Consultant in Diabetes and Endocrinology at the University of Southampton, then kicked off formal proceedings with a warm welcome to current and past members.

The first session included talks from iDia graduates about their career paths since iDia. Dr Nicola Beer, previously of OCDEM, University of Oxford, talked about her new role as Head of Department - Stem Cell Engineering at the Novo Nordisk Research Centre Oxford and her hopes for greater integration between industry and academia during early drug discovery. Nicola also highlighted the importance of great mentorship and friendship, a key facet of the iDia programme, in her personal career development. Professor Mike Trennell, University of Newcastle, spoke about making the most of great opportunities as they present themselves to help navigate the complexities of a research career; whilst Professor Katarina Kos, University of Exeter, likened her career path to a series of peaks to climb, with supportive colleagues and friends as her very own Base Camp.

Both the University of Oxford and University of Exeter have continued to have a strong showing at iDia, with new recruits from one or both institutions most years. Dr Sarah Richardson and Dr Angus Jones from Exeter talked about the impact of iDia in Exeter, detailing an impressive number of publications, successful grant applications and new collaborations attributed to iDia members over the last few years. Sarah and Angus also talked about how one of the aims of iDia – to bring basic scientists and clinicians closer together – had facilitated a much stronger relationship between these areas back in their own institute. Dr Lisa Heather, DPAG, then talked about the impact of iDia at Oxford. Lisa explained how the transferable skills and leadership training given at iDia had led to further success outside of the programme, and highlighted the importance of new collaborations stemming directly from iDia's annual meetings.

We were then split into groups to prepare for the following day's team presentations before coming together again to listen to the keynote lecture from Andrew Hattersley, Professor of Molecular Medicine at the University of Exeter. Andrew explained how the path to his now illustrious career was not always smooth and how the difficulties he'd encountered in his early career had motivated him as a leader. He encouraged us, as the new generation of leaders, to recognise the importance of good leadership and great team building, and to remember how the people around us are our best asset.



iDia alumni & faculty from the University of Oxford Left to right: Dr Lisa Heather (DPAG), Dr Quan Zhang (OCDEM), Dr James Cantley (DPAG), Dr Kerry McLaughlin (OCDEM), Prof Anna Gloyn (OCDEM/ WTCHG), Dr Nicola Beer (former OCDEM/ Current NNRCO), Dr Matt Simmonds (former OCDEM / Current University of Lincoln)

What have people in OCDEM been up to?

Innovators in Diabetes – 10th Anniversary continued.....

Later, we enjoyed a fantastic dinner, another hallmark of the iDia programme, while getting to know some new faces. A major topic of conversation over food and wine was how we continue to break down the barriers in scientific and medical research, between basic scientists and clinicians, between academia and industry, and even across geographical distances. The importance of the iDia programme in bridging some of these divides was commended, but it was also acknowledged that we need to do more to integrate scientists and clinicians across the country outside of this network.

The following morning saw the team presentations, starting with a debate on whether the protection of intellectual freedom is stifling diabetes research. The debate culminated in a discussion of how we balance the needs of commercialisation versus open access of data, and acknowledged the importance of a greater understanding of the path to technology transfer so that scientific progress is not hindered.

Light relief was then provided by the team tasked with putting on a promotional sketch for iDia who brought us 'The D Factor'! Scientists and clinicians from iDia pitched their ideas for the next big thing in diabetes research, before the judges (the faculty) and their celebrity guest (Andrew Hattersley) decided to put them in a group called 'The Innovators' to make best use of their combined skills and expertise. Finbarr O'Harte was a perfect fit for Louis Walsh while Anna Gloyn provided the glamour as Nicole Scherzinger, and of course, many of the contestants were desperate to impress Simon Cowell aka Richard Holt!

The final presentations used a "Dragon's Den" format for two teams to present their pitch on a business strategy for diabetes research over the next 10 years. Team Science was a major focus of both presentations, once again highlighting the importance of collaborative efforts to advance research. The importance of nurturing early career researchers and encouraging innovation were also emphasised.

Dr Elizabeth Robertson, Director of Research at Diabetes UK, closed the meeting with a message of Diabetes UK's continuing commitment to both type 1 and type 2 diabetes research. She explained how diabetes researchers (including members of iDia), healthcare professionals and people living with diabetes were being brought together in the UK's first Clinical Studies Groups for diabetes to ensure that the best and most important research is prioritised.

This 10 year anniversary really highlighted the great work that iDia has done in training, supporting and promoting the next generation of diabetes researchers. The spirit of friendship and camaraderie amongst members has been pivotal to its continued success and the incredible input over the years from the current and past faculty members, Professors Richard Holt, Finbarr O'Harte, John Wilding, Anna Gloyn, and Jonathan Richards cannot be understated.

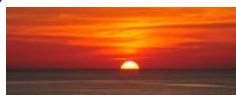
Being part of iDia is an invaluable experience for early career scientists and clinicians who are committed to diabetes research – I highly recommend getting involved!



We've got the D factor



Useful bits



Other useful sources of information

For news and updates from the Medical Science Division, along with opportunities for funding, check out the Medical Sciences Newsletters: <http://www.medsci.ox.ac.uk/newsletters>

For what is happening within RDM: <http://www.rdm.ox.ac.uk/home>

RDM learning and development programme: <https://www.rdm.ox.ac.uk/intranet/career-development-and-athena-swan/learning-and-development/rdm-learning-and-development>

RDM Funding Opportunities Bulletin: <https://www.rdm.ox.ac.uk/intranet/finance-grants-and-funding/find-funding/rdm-funding-bulletin>

RDM Mentoring Scheme: <https://www.rdm.ox.ac.uk/news/rdm-mentoring-scheme>

The Oxford Learning Institute: <https://www.learning.ox.ac.uk/>

The University of Oxford Research Staff Society (OxRSS) is a collective voice for researchers employed by the University of Oxford. Find out more: <http://www.oxrss.ox.ac.uk/>

Labmosphere is a website dedicated to promoting emotional well-being, mental health, and overall life satisfaction in the area of academic sciences. <http://labmosphere.com/>

Missed out on previous OCDEMensions, then find them here: <https://www.rdm.ox.ac.uk/intranet/communications-and-public-engagement/internal-communications/ocdemension-newsletter>

Want to read the OCDEM bulletin then it can be found here: <https://www.rdm.ox.ac.uk/intranet/communications-and-public-engagement/internal-communications/ocdem-weekly-bulletin>

And Finally.....



Last year on the week commencing Monday 7th August the 100th edition of the OCDEM Weekly Bulletin was sent out. The bulletin was first published on 31st of August 2015 by the OCDEM Athena Swan Team as a trial initiative to aide communication in the department. Many thanks to **Lynne Whay** for putting the bulletin together each week!

We hope you continue to find this bulletin useful and if you have any suggestions on the format of the document then please email oracle@ocdem.ox.ac.uk. We would also welcome any items you would like included in the bulletin or in the OCDEMension newsletter.



The Peter Pan themed Christmas Family event last year was intended to be the last Christmas Family Event however the A Team have been persuaded to organise one again this year. Although it is only February planning for the event has already begun. The event will take place on Saturday 8th December. If you are able to help with organising this event the A Team would love to hear from you.



Do you have some news to share? Have you being doing some Outreach sessions?
Have you seen some random journal or coffee table factoid that OCDEM needs to know about?
Are there events coming up you would like to tell OCDEM about?

Then please let us know by emailing:

leanne.hodson@ocdem.ox.ac.uk or oracle@ocdem.ox.ac.uk

Thank you to all the contributors, including the OCDEM Athena SWAN team and Dennis (say cheese) Carter for taking all of the staff photos. The next edition will be coming to your inbox **July 2018!**

Contributions should be received by the middle of **June 2018**