



Free Rosetta Stone language learning online

Join the 700 staff who have accessed the free Rosetta Stone online language learning materials.

Page 4

Artwork finds a new home on campus

The University welcomes back the Hubert Dalwood sculpture, Untitled Bas-Relief.

Page 8

Leeds to New York Challenge

Seventeen students head to New York to work with city business leaders, alumni, and leading academics to undertake a challenge examining the concept of 'smart cities'.

Page 9

New 'omics' network established

A new group that aims to engage and unify the many 'omics' researchers at Leeds into one central virtual institute has been launched.

Page 6

Leader column

The promise of summer to come

June is a good month at the University – exams are over for most of our students, the campus is looking at its very best, and there is still the promise of graduation ceremonies and the rest of the summer to come. Progress is also being made on new facilities at the Edward Boyle library, and for the Institute for Transport Studies and the School of Fine Art, History of Art and Cultural Studies.

For some of our students, the opportunities offered during the long summer break will be life-changing. I am sure that the 17 outstanding undergraduates who have won a place on the University's inaugural Leeds to New York Student Leadership Challenge will undoubtedly find the experience unlike anything they have previously encountered. The seven-day programme combines meetings with business people and academics, alumni presentations, workshops and site visits in both Leeds and New York, to investigate the leadership challenges facing these cities. It fits perfectly with our strategic aim of providing students with an outstanding education which equips them "to succeed in a competitive global employment market and to make a difference". Many more will spend time studying abroad, in work placements, supporting research teams in Leeds or on field trips, and volunteering.

Support from the Footsteps Fund has enabled the new opportunity for leadership development, which also responds to a request from our North American alumni to have more direct contact with our students. The programme is an excellent example of how we can pool our resources and strengths to produce something remarkable. Its design and delivery has been enabled through a collaboration between staff from the Alumni & Development Office, Student Careers and Learning Enhancement, 15 of our alumni in the New York area, and Common Purpose, our learning partners who have a successful track record in delivering international leadership development programmes. This challenge is just one element of our excellent Student Leadership Programme but it reinforces the depth of our commitment to students and our determination to equip them with the skills and understanding to develop as effective,



responsible leaders and influencers. At the end of the challenge the students will present their ideas about what makes a successful city to audiences in both New York and Leeds. I'm sure that their reflections and suggestions will be fascinating, and I look forward to seeing them being shared with a wider University public.

Closer to home, June also sees the launch of the Priestley Centre – our new £6m climate centre which, through the power of research and education, will work with international partners to tackle the challenges of ensuring a healthier, more sustainable planet for future generations.

As I write, the World Triathlon Series is about to take place in Leeds, and we can be justly proud that all three of the UK men's team are either alumni – Alistair Brownlee (Sports Science and Physiology 2009) and his brother Jonny (History 2012) – or an undergraduate, Gordon Benson (BSc Nutrition). These three athletes have also been selected for the Rio Olympics. All train at the Leeds Triathlon Centre – which includes our facility The Edge as a key training base – run jointly by ourselves, Leeds Beckett and Leeds City Council. World Triathlon Series athletes Vicky Holland and Non Stanford, two of the likely women's Olympic team, also train at the Centre. Our academics, too, are experts on the triathlon, whether it be the analysing the most successful techniques, dealing with injuries, or advising the athletes on individual performance strategies.

Sport is a serious business – the University understands what a valuable part it can play in the lives of our students and the wider community. One of the distinctive things about our approach to sport is that it is now delivered by a single team – comprising staff from the University and Leeds University Union – housed in one location, making it easier for students to navigate their way through the many excellent opportunities on offer.

As well as improving our service, we continue to invest in our sports facilities. The new boat

house and gym extension are completed and work will soon begin on a cycle track and revamped sports pavilion at Bodington sports ground. The number of our students participating in sport has increased and we hope that this will continue to grow. The University Council recently agreed additional investment to help alleviate some of the cost pressures on students participating in sport, particularly those in teams and organised programmes. This was a gap identified in the Sport Strategy and, by closing it, we aim to improve the experience of those students who are already playing in teams and also ensure that barriers to participation are lowered to increase involvement. I am delighted to say that our progress is being widely recognised; the Times Higher now ranks us first in the Russell Group for sport and fifth in the UK overall.

Work continues on the final phase of the improvement to the Leeds University Union building and – most unusually for a construction project! – it will be completed ahead of the original schedule and is due to open as early as April 2017. When complete, it will provide our students, and the many staff who use the building, with superb new facilities. The refurbishment was brought about in part thanks to the commitment and efforts of successive LUU executive officers, and I would like to thank the 2015-16 outgoing exec team for their contributions. All the officers have played a vital role in bringing the student voice to bear on the business and strategy of the University. I'm very much looking forward to working with the new executive headed by Jack Palmer, the Unions Affairs Officer, and including Melissa Owusu, who was re-elected as Education Officer. We are very fortunate to have such a strong Partnership with LUU and I hope that it will continue to flourish in the year ahead.

Vice-Chancellor Sir Alan Langlands

News

Astronaut backs new climate centre

An alumnus whose illustrious career has seen him spacewalk 220 miles above the Earth has given his personal backing to the University's new Priestley International Centre for Climate.

Piers Sellers OBE, astronaut and renowned climate scientist, received a doctorate in biometeorology from the University in 1981. Now Deputy Director of the Sciences and Exploration Directorate at the NASA Goddard Space Flight Center and Acting Director of their Earth Sciences Division, his mission is to use NASA's sophisticated resources to explore possible futures associated with climate policies.



Piers Sellers OBE received a Honorary Doctorate in Science

Sellers' remarkable achievements – he is a veteran of three space flights and six spacewalks – and his strong links with Leeds were celebrated in 2007 when the University awarded him an Honorary Doctorate in Science.

"We are delighted that Piers' is supporting our new climate centre," says Professor Piers Forster (Earth and Environment). "He is enthusiastic about our aims and ambitions, and has generously agreed to give his name to two annual prizes for exceptional climate research, which will be presented at our launch event."

Sellers made headlines in January with an opinion piece in the *New York Times* in which he wrote about being diagnosed with inoperable cancer and his optimism that humans have the resourcefulness to tackle climate change. Seeing the planet's weather systems from space gave him a privileged perspective, he wrote: "From this God's-eye-view, I saw how fragile and infinitely precious the Earth is. I am hopeful for its future."

The launch event includes a Climate Question Time which is open to the public. It takes place on 14 June at 7.30pm and pre-booking is essential. Tickets are available at goo.gl/n3bdo0

Contents

News

Page 4

Research and innovation

Page 6

People

Page 7

Campus

Page 8

Students

Page 9

Partnership

Page 11

In the news

Page 12

Honours

Page 13

News/small ads

Page 14

Events

Page 15

FAQs

Page 16

About the Reporter

The *Reporter* is the University of Leeds' staff magazine, produced eight times a year. More than 7,600 copies are distributed to our staff and stakeholders. The *Reporter* is produced by the Communications team.

Previous copies of the *Reporter* can be found online at www.leeds.ac.uk/forstaff/reporter

Read online

If you would prefer to receive an electronic copy of the magazine, please email the.reporter@leeds.ac.uk quoting your personnel number or, if you are external to the University, your name, postcode and work email address.

Keep in touch

If you have an idea for a story, want to write a letter, comment on this issue or would like to voice your opinion about University matters, please contact us at the.reporter@leeds.ac.uk or 0113 343 6699.

Your comments are always welcome.

The front cover shows (l-r) Drs Julie Aspden, Mary O'Connell and Niamh Forde, the academics behind LeedsOmics.

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News

Communications changes on the way

We are introducing important changes to the way the *Reporter* magazine is produced and distributed following a staff survey* of our central internal communications service.

We had an encouraging response, including many detailed comments from colleagues across the University. Regarding the *Reporter*, the results showed very clearly that the majority of respondents – over 82% – favour moving away from the current personalised paper copies. Many staff are keen for the University to save resources and produce less waste, and see switching the magazine to a mainly online format as an immediate way we can do this.

As a result, from September this year, we will move to an electronic version of the magazine, with paper copies made available for staff to pick up at key points on campus and in other University buildings (eg St James's). Details of the distribution points will be circulated before the September issue is published. Once the new delivery system has been introduced, we will monitor the response and welcome further feedback.

Colleagues also told us in their survey feedback that they would like more frequent news

updates. As a result, from September, the monthly all-staff enewsletter will be produced fortnightly. Many staff commented on how useful they found the For Staff site – www.leeds.ac.uk/forstaff/ – and this will continue to be updated on a daily basis. We will also reduce the number of *Reporter* issues per year from eight to five and it will feature more in-depth coverage of key strategic University issues and initiatives.

The @UniLeedsStaff Twitter feed is now well established and enables the University to get quick updates and information out to staff so we will continue to make regular use of this channel.

Longer term, we will review the way the University communicates directly with staff, to ensure that all our channels and their contents continue to meet the needs of colleagues and the University.

*The prize draw was won by the following colleagues who will each receive a £25 M&S voucher: Tim Rhodes, Gemma Griffiths, Anna Wellard, Alexandra Riley.



Good news for sustainability

“Being a sustainable organisation is a key priority for the University, and there are many ways, both large and small, in which we can achieve this,” says Dr Louise Ellis, Head of Sustainability. “Taking this simple step to cut down the hard copy circulation of the *Reporter* is one way we can reduce our impact on the environment. The reduced production of this publication alone will save around 800,000 sheets of paper; this in turn saves 610,401 pints of water, 44,500 kWh of energy – equivalent to the energy use of four average households in 10 months – and 10,324kg of CO₂, the equivalent to driving a car non-stop for 16 days! We’d encourage colleagues across the University to consider whether there are any similar actions that can be taken in their areas.”

FREE Rosetta Stone language learning online

More than 700 University staff have accessed the free Rosetta Stone online language learning materials since the launch in March and, with the summer holidays not far away, now is the ideal time to join them and refresh your language skills.

To access the materials you simply need an online device, a connected microphone and speakers or headphones. Log on is via the VLE where you see the Rosetta Stone logo.

Depending on the language, there are three to five levels; each level has four units and each unit has four core lessons. Learners can focus on listening, reading, writing, speaking, grammar and/or pronunciation. It takes between 30 and 40 hours to complete one level.

“Staff feedback indicates that the materials are being used for a variety of reasons,” says Caroline Campbell, Director of Languages for All. “Some are using it to brush up their existing skills, while others are learning a completely new language – and it’s also being used for work and leisure purposes.”

Top tips for successful online language learning

- Aim to study for 15-20 minutes a day.
- Make learning the language part of your daily routine – you’ll be pleasantly surprised how much progress you can make with the ‘little and often’ approach.
- Try out what you are learning either with a native speaker or by teaching someone else.

“It is so easy just to do 15 minutes or so at lunchtime.”

“It is definitely a good tool for learning a new language from ground zero. Also, it is light and engaging enough to include without intruding on normal daily routine.”

“I’m working through the Latin course (all three levels) in order to vet it as a possible resource for my students.”

“I like the idea of learning a new language here and there and I’m missing a Slavic language.”



News

After-school centre helps Leeds children to aim high

Children from the age of seven are being encouraged to aim for a place at university by attending after-school classes at a new centre in Beeston.

IntoUniversity Leeds South is run by national education charity IntoUniversity, and has been opened in partnership with the University with the support of a £345,000 grant from the Asda Foundation and funding from The Queen's Trust. It is working with children from primary school upwards to raise both their attainment and aspirations.

The centre is already working with four primary schools and three secondary schools and has seen dozens of families sign up their children to receive this valuable extra support. Sessions for around 30 children at a time are run after school, while centre staff visit schools during the day.

The Beeston scheme builds on the success of similar centres, all in areas of social deprivation, which have been established by IntoUniversity, and follows the opening of the East Leeds centre in Harehills in 2014. It brings



Sir Alan Langlands gets back in the classroom at the IntoUniversity centre in Beeston

the number of IntoUniversity centres in the UK to 21.

IntoUniversity's Chief Executive, Dr Rachel Carr OBE, says: "We are proud to be opening our second IntoUniversity centre in Leeds and look forward to seeing hundreds of young people take advantage of the exciting opportunities the Beeston centre has to offer."

For the University, the centre represents an important aspect of its work in ensuring that people of all backgrounds are encouraged to aim for a place in higher education. Vice-Chancellor Sir Alan Langlands says: "We want to raise aspirations and ambition and support young people, no matter their circumstances or their background. The IntoUniversity centre is preparing children from a very young age, giving them the confidence to think that university could be a real option for them."

Library wins award for architectural excellence

The Royal Institute of British Architects (RIBA) has recognised the Laidlaw Library as an example of the region's best new architecture. The news coincides with the Library's one year anniversary since opening its doors to students.

The Laidlaw is one of six Yorkshire buildings to receive the prestigious RIBA Yorkshire 2016 award. Projects chosen by RIBA "reflect changes and innovations in architecture but, at their core, display a commitment to designing and developing buildings and spaces for the improvement and enhancement of people's lives". The judges' citation of the Library, designed by ADP Architects, also described it as "an elegant and precise structure".

With its striking exterior and attractive, comfortable interior, the new Library has become a popular destination for University students. University Librarian Stella Butler says: "We are delighted that the quality of the Laidlaw Library's design has been recognised

by this award. The whole building has been packed with students since we opened a year ago. Students like the variety of spaces, the IT facilities, which help group work, and the opportunity to watch bees buzz in and out of their hives on our wonderful green roof."

The Laidlaw was also highly commended at the recent Royal Institute of Chartered Surveyors Awards in the Design Through Innovation category, which celebrates the use of excellent innovation and design in creating a successful development.



Access to science and engineering books during the summer

The Edward Boyle Library is now closed until the autumn term for the third phase of its refurbishment. The main science and engineering research collections cannot be visited during this time but books can be requested.

Use **Search@Library** or the classic Library Catalogue to find the book details and follow the link to make a request. Retrievals will happen twice a week, and requested items

can be collected from the Laidlaw Library the following day.

The refurbished half of the library will reopen in autumn 2016, and the refurbishment will be completed in January 2017. More details are on the Library website at goo.gl/2gpVmn

Contact the Library if you have any questions at library@eeds.ac.uk or online at library.leeds.ac.uk/contact

Omics – a range of technologies usually ending in the ‘-omics’ – such as genomics, transcriptomics, translomics, proteomics and metabolomics – that examine the roles, relationships and actions of various types of molecules that make up cells of an organism.

Research and innovation

New ‘omics’ network established

A new group that aims to engage and unify the many ‘omics’ researchers at Leeds into one central virtual institute has been launched by three University Academic Fellows (UAFs).

LeedsOmics has been formed by Dr Julie Aspden (Molecular and Cellular Biology), Dr Mary O’Connell (Biology) and Dr Niamh Forde (Leeds Institute of Cardiovascular and Metabolic Medicine), who are all part of the first cohort of 250 Great Minds, a University initiative launched last year.

“We met at UAF networking events last year and although we work in very different research areas, it was clear that we all used omics technologies to answer our diverse biological questions,” says Dr O’Connell. “Also, being new to the University, we had individually set about identifying people who worked in the same omics space. We found that the University has a significant number of active researchers working under the omics umbrella but they are spread across different schools, faculties and campuses.

“We also recognised that challenges with omics

data and technologies stem from the fast pace of the field. Analysing data in novel ways and in a manner that’s in line with international standards is essential for publication in high-impact journals,” Dr Aspden continues.

“Although a lot of people use these techniques in the University, there was no community or platform for omics researchers. What began as a chat over coffee to talk about setting up a journal club grew into the vision of LeedsOmics – a network that will provide investigators and their research groups with the opportunity to interact at multiple levels and in a virtual and physical environment.”

The vision includes support for data analysis, as well as training in different aspects of bioinformatics data analysis – a very specific specialisation – for PhD students, postdoctoral researchers and even principal investigators (PIs). LeedsOmics will provide focused workshops on different omics-related themes, an annual research day, grant brainstorming sessions for PIs and many more community-strengthening activities.

The group will work to provide key bioinformatics support and infrastructure to

raise the impact and quality of research output and streamline research activities. It will work to foster innovative ideas, exchange knowledge, and assist with joint grant proposals. The aim is to increase research income and impact.

In addition, LeedsOmics will provide training to give researchers at all levels highly desirable skills and facilitate the development of novel platforms and technologies.

Following detailed discussions with colleagues from across omics research at Leeds, Drs Aspden, O’Connell and Forde presented their cross-faculty vision to the Deans of the Faculties of Biological Sciences and Medicine and Health, Professors John Ladbury and Paul Stewart.

“Both Deans are very supportive and have given their full backing to LeedsOmics,” says Dr Forde. “They’ll be attending the launch event, which is being held in the Leeds Institute of Data Analytics board room on Tuesday 21 June at 10am. We hope that many other colleagues from across the University will come along and find out about our vision for LeedsOmics.”

Details of the event can be found at www.leedsomicslaunch.eventbrite.co.uk

Meet the academics behind LeedsOmics

Dr Niamh Forde is a reproductive biologist. Her interest is in using some of the omics technologies to address the question of what makes a good uterine environment capable of supporting successful early pregnancy. This is the time when most pregnancy loss occurs. A number of different species (with different omics technologies) are being used to address this question.

Dr Mary O’Connell is a computational and molecular evolutionary biologist. Her research group comprises computational biologists, who are using large-scale data analytics (eg genomic and transcriptomic data) and high-performance computing to address key questions about the evolution of novelty, protein evolution, and understanding how genes/genomes/species are related to one another in sequence space and evolutionary time.

Dr Julie Aspden is a ribonucleic acid (RNA) biologist, interested in how genes are expressed and how mistakes can result in human disease. Her group employs biochemistry, genomics, molecular biology and genetics to study RNAs in fruit flies and mammalian tissue culture. She uses omics technologies to determine which RNAs can be decoded by the ribosome to make protein (coding), or act without being decoded, just by itself (non-coding).



Academics behind LeedsOmics (l-r): Drs Julie Aspden, Niamh Forde and Mary O’Connell

People

Investing in the best

A progress report on the University Academic Fellows (UAFs)

It's over a year since our innovative 250 Great Minds campaign was launched to recruit the first intake of more than 70 colleagues as part of our University's ambitious UAF scheme. The next cohort has now been recruited and will be welcomed to the University during the coming months.

Speaking about the early success of the scheme, Sir Alan Langlands, Vice-Chancellor, comments: "I have been delighted by the high level of interest in our UAF scheme and the outstanding quality of the appointments we have made. This reflects our commitment to investing in both current and future academic leadership. It was a pleasure to welcome the first cohort of UAFs to Leeds last October and to see how they have injected pace and initiative into their faculties and schools over the course of the past year, showing real enthusiasm and academic acumen."

"The UAF scheme plays a key part in the realisation of our Strategic Plan – Investing in Knowledge and Opportunity – through its

focus on growing our academic community and developing our capacity and capability to achieve increased research, quality, impact and, of course, income."

The scheme attracted over 2,100 applications from more than 90 countries, and the successful candidates reflect a diverse cohort in terms of gender, nationality and subject, made up of both internal and external appointees. During the year, the UAFs have taken part in a range of development activities, including access to a mentor and workshops around student education, research and leadership. The UAF scheme runs for five years, in which time the participants will acquire the skills and experience to qualify them for

progression to Associate Professor status.

Professor Steve Scott, Dean of Maths and Physical Sciences, who plays a key role in leading the UAF development programme, says: "Our UAFs have engaged with a range of local and University-level development opportunities over the past year and really bonded as a peer group. One of the aims of the scheme is to promote cross-disciplinary collaboration and the first year of the programme has provided a valuable opportunity for them to connect with each other and with colleagues across the wider University, to appreciate and enhance the rich mix of talent and expertise across our academic community."



UAF in Digital Learning, Carlo Perrotta



Dr Laura King, UAF in Family Health

Leeds professor swaps lab bench for green benches

Professor Michelle Peckham (Molecular and Cellular Biology) has recently taken part in the Royal Society's pairing scheme, which pairs scientists with parliamentarians and civil servants so they can learn about each other's worlds and explore how research findings can inform policymaking.

Professor Peckham traded places with the MP for Bolton West, Chris Green, for a 'week in Westminster'. Professor Peckham says: "This was a fantastic opportunity to see how parliament and government deal with science. I was lucky enough to be paired with Chris, a member of the Scientific and Technology Select Committee, which gave me a good insight into what this committee does."

The visit was reciprocated when Chris Green visited the Faculty of Biological Sciences. He says: "I came to the University 20 years ago as an engineer to install some equipment, so it was really good to come back and see the current investment in new equipment and laboratories."

The pairing scheme is a fantastic opportunity to increase awareness about the work of parliament and also for parliamentarians to understand more about science."

Professor Peckham says: "It was great to have Chris visit Leeds – we showed him around the faculty and all the new developments, including the new cryo-electron microscopes and the bio-imaging facility. As he used to work in mass spectrometry, he was really interested in seeing our mass spectrometry facility. He also took part in a mock Scientific and Technology Select Committee meeting on 'big data'. This is a great scheme and really helps to understand how scientists can interact better with parliament."

The Royal Society's Dr Julie Maxton says: "Scientists and policymakers have a responsibility to engage with each other to get the best possible scientific advice into public policymaking. Our pairing scheme, now in its 15th year, provides an opportunity for MPs and scientists to build long-term relationships to make the best evidence and scientific advice increasingly accessible. The shaping of public policy can only improve over time as these relationships continue to grow."



Professor Michelle Peckham with Chris Green MP

Campus

Artwork finds new home on campus

A large aluminium sculpture by Hubert Dalwood, one of Britain's leading post-war sculptors, has been brought to campus and is now prominently installed on the stage@leeds building, the University's contemporary performance space.

Untitled Bas-Relief is a 6.4 x 6m sculpture commissioned in 1961 and previously adorned Bodington Halls of Residence for more than 50 years. When the building was demolished in 2013, the sculpture was carefully taken down, conserved and stored before being given its new home on campus.

Hubert 'Nibs' Dalwood was awarded a prestigious Gregory Artist in Residence Fellowship at the University in 1955 and remained until 1959. The sculpture features abstract shapes that flow across a grid of 36 rectangular sections and was Grade II listed by Historic England in 2012.

One of Dalwood's daughters, Kathy Dalwood, attended the unveiling of the resited sculpture. She says: "Growing up in Leeds, it was wonderful to be able to see the relief whenever I wanted and I was very proud to tell people it had been made by my father. I'm absolutely delighted that his sculpture has been saved, restored and reinstalled at the centre of the University for subsequent generations to enjoy. I hope art students and lovers of art will continue to be inspired by it."

The work will be included in an updated University's Public Art Trail leaflet available free from the Stanley & Audrey Burton Gallery. The leaflet is downloadable at goo.gl/BUzoGr and an interactive version can be accessed by clicking the Art On Campus tab on the campus map.

Leeds achieves international environmental accreditation

The University is celebrating attaining the ISO14001 standard for environmental management.

The standard offers a systematic and transparent way of managing our environmental objectives and targets, reducing our impacts and supporting compliance against environmental legislation. Supported by guides and procedures, it focuses on:

- energy and water use
- managing reuse, recycling and waste
- enhancing biodiversity
- reducing travel impacts
- use and disposal of hazardous substances
- reducing construction impacts
- purchasing impacts/opportunities.

Sustainability Manager James Dixon-Gough explains: "Reaching the ISO14001 standard is becoming more important to commercial research funders, and it's likely to be required by others in future. We've developed a system that will add real value to environmental management at Leeds. The University has an ambitious Sustainability Strategy and systems such as ISO14001 are important in helping us deliver this."

"The system means that we have to be much more active in monitoring and checking environmental performance. Through regular audits, we're discovering opportunities to improve our approach and also good practice that we can share. The need to comply with the standard means there's additional pressure to take action if we find we're falling short on targets and it encourages staff to report lapses and suggest improvements."

"At a basic level, the system helps us to ensure we are legally compliant and it's important that staff realise how the system relates to them. For example, it's quite common to find batteries and electronic equipment in general waste. This contaminates our waste, increases the risk of pollution and also breaches legislation. Similarly, pouring oil or certain chemicals down a sink or drain could lead to a breach of the Water Resources Act and lead to substantial fines. It's important to understand that this is a University-wide achievement, and in order to maintain certification we're going to need continued support from staff."

An online training module, which all staff with computer access should complete, is at sustainability.leeds.ac.uk/ems/

Bringing art back to campus (l-r): Professor Ann Sumner, Head of Cultural Engagement; Nicola Wray, Designation Advisor at Historic England; Layla Bloom, Curator, Stanley & Audrey Burton Gallery; Professor David Cooper, Dean of PVAC; Kathy Dalwood; Dr Alice O'Grady, Head of PCI; Dr Stella Butler, University Librarian

An artist's impression of LUU when refurbishments are complete

Campus

Final dates announced for Leeds University Union upgrade

The Leeds University Union building upgrade, a project in the £520m Campus Development programme, will now be delivered far earlier than originally anticipated, with final works completed as early as April 2017.

The new schedule was confirmed after contractor Sir Robert McAlpine (SRM) was awarded the contract for the works. The current activity programme is as follows:

May 2016: SRM starts on site in a phased

approach to the programme of work covering Old Bar, the Riley Smith Hall and Pulse.

June: Work begins around the Foyer, the Stylus corridor venue and Mine.

August: Work begins on the Raven Theatre, Central Atrium, Common Room, Market Square and there will be further works to the Foyer. Works to Pulse and the new Terrace kitchen will also be completed at this time.

September: Completion of Old Bar, Riley Smith Hall, Mine, Terrace Kitchen and first phase of the Foyer.

December: Completion of Central Atrium, Common Room, Market Square, further works to the foyer and the Raven Theatre.

January – April 2017: Work will be completed around the North Entrance and on the new studio spaces. Backlog maintenance will be finished.

Find out more and keep up to date with the latest news at www.unionupgrade.com

Sign up to receive regular email updates on the LUU upgrade and other campus developments projects at campusdevelopments.leeds.ac.uk/news

Students

Student winners set to take Manhattan

Seventeen outstanding students head to New York in June for a seven-day visit that is part of a leadership development programme which will see them work with city business leaders, alumni, and leading academics to undertake a challenge examining the concept of 'smart cities'.

The 17 students were winners of the first Leeds to New York Student Leadership Challenge, a new initiative supported by the Footsteps Fund and jointly designed by the University with leadership development organisation and our delivery partner, Common Purpose.

To win their place on this exciting programme, students were asked to submit a two-minute video outlining how the opportunity will help them develop their skills, benefit their career planning or future study, and what they hope to achieve as a result.

"We had a fabulous response, with over 400 students registering their interest and some 200 videos submitted," says Karen Shaw from the Learning Enhancement team. "The students displayed an amazing range of ideas, and the judges had an extremely hard time shortlisting and then selecting the winners.

"A key part of the competition was to give all our undergraduates an equal chance, and the winners are incredibly diverse, representing all years and faculties, from disciplines as diverse as food science and artificial intelligence, and including Access to Leeds, EU and international students."

The students will begin the challenge by meeting academics and business leaders in Leeds, before leaving for New York where they'll connect with New York-based Leeds alumni to investigate 'What makes a city smart?' They'll compare and contrast the two cities by exploring the leadership challenges faced by business, community and culture, learn about leadership in different sectors and cultures, and develop leadership skills.

Finally, the students will make recommendations about a specific societal issue – to be identified during the programme – and present their findings to representatives from our New York alumni, the University, Leeds City Council and community leaders.

During their time in New York the group will be accompanied by Dr Steve Carter from Student Careers and will stay in a hostel

near Central Park. As well as working on the challenge, the students will also have free time to explore the city and its culture. They'll be asked to keep a video diary of their experiences.

"This is the first challenge of its kind, so we'll be really keen to get feedback from the students when they've finished the programme," continues Karen. "Their comments and ideas – as well as input from the alumni, academics and business people involved – will help shape subsequent leadership programmes."



New York here we come: some of the winning students together with Steve Carter (third from left) and Karen Shaw (fifth from left)

Students

Celebrating our staff and students

The annual Celebrate Week events, organised by Leeds University Union (LUU), recognise the contributions and achievements of staff and students at the University.

The week started with the Partnership Awards, which celebrate the commitments and impact of students, staff and postgraduate researchers here at the University.

Piers Cottee-Jones, Activities Officer, says: "Celebrate Week is truly a highlight of the Leeds calendar. This year we saw the Partnership come to life through the impressive opening event and then across successive evenings.

"Celebrate Week highlights the success of our students and the things they achieve through the determination and devotion they demonstrate every day. We enjoyed reflecting on another wonderful year at Leeds, and would like to express our gratitude to each partner who helped make it happen."

Intercultural Ambassadors Showcase

As part of Celebrate Week, the Intercultural Ambassador Showcase celebrated the achievements, experiences and activities of the students, staff and partners involved in this year's Intercultural Ambassadors Programme.

The volunteers included 45 UK and international students representing 20 different nationalities. They formed nine project teams and, with the guidance of a staff mentor, successfully created, planned and ran a vibrant mix of intercultural projects, aimed at encouraging intercultural interaction and raising awareness of global and cultural issues on campus and in local communities.

"We built on previous partnerships with primary schools and Moor Allerton Elderly Care, and mentors this year helped us to increase the reach and impact of the programme by developing new projects," says

Senior Intercultural Opportunity Officer Jenna Isherwood. "These included an International Women's Day event in Harehills and projects to enhance internationalisation and student engagement in the School of Earth and Environment and the Language Centre."

Global Community Project intern, Gruff Jones, says: "The opportunity to coordinate the Intercultural Ambassadors Programme introduced me to such a diverse group of inspiring students. Hosting the Showcase was a fantastic way to celebrate the achievements of all the Ambassador teams throughout this very successful year and it's been a truly valuable experience to be a part of it."

To find out more about the Intercultural Ambassadors Programme and this year's projects, please visit goo.gl/PdsAJM

Winners of this year's Partnership Awards

Innovation Award: Jake Smith (Student, Electronic and Electrical Engineering)

Positive Impact Award: Alex Kosmirak and Charlotte Hitchens (Students, Civil Engineering), David Tebb (Staff, History)

Best Feedback Award: Dr Nick Jones (Staff, Philosophy, Religion and History of Science)

Academic Rep of the Year: Alkan Dogan (LUBS)

Postgraduate Teaching Award: Ben Thorne (Staff/Student, Mechanical Engineering)

Supervisor Award: Professor Graham Huggan (Staff, English)

Mentor Award: Gertrude Asumadu (Student, LUBS)

Inspirational Teaching Award: Dr David Hauton (Staff, Food Science and Nutrition)

Wellbeing Champion Award: Jess Reed (Student, POLIS)

Diversity and Outreach Award: Diversity: Leona Satchell-Samuels (Student, Sociology and Social Policy); Outreach: Ruth Parker (Student, English)

Personal Tutor Award: Richard Tavernier (Staff, Sociology and Social Policy)

The Partnership Award: Dr Kelvin Tapley (Pro-Dean for Student Education for Maths and Physical Sciences)

Details of other award-winners, including the Volunteer Celebration Awards, the LeedsforLife Citizenship Awards and the Sports Colours are available at www.luu.org.uk/celebrate/



Partnership

Blog from Beijing...

Professor Martin Butler (English) writes about his recent Shakespeare lecture trip to China.

When the Chinese Premier Wen Jiabao visited Britain in 2011, his first stop was Shakespeare's birthplace in Stratford, where he inscribed an admiring poem in the visitors' book. I experienced the burgeoning Chinese interest in Shakespeare earlier this year, when I visited Beijing, Shanghai and Hangzhou as part of collaboration between the University and Beijing's University of International Business and Economics.

Under the leadership of Professor Ruru Li (East Asian Studies), students in both universities are devising a joint theatre work to mark the coincidence that Shakespeare and the great Chinese playwright Tang Xianzu both died 400 years ago, in 1616. A contemporary mashup of *A Midsummer Night's Dream* with Tang's *Dream under the Southern Bough*, the theatre piece will be performed here in July, before touring to Edinburgh, Beijing, Shanghai and Tang's hometown, Fuzhou.

Speaking about Shakespeare at six universities, a school and the Shanghai Dramatic Arts Club as part of the British Council's Smart Talks series, I found large audiences knowledgeable about some parts of the canon and eager for more. *Romeo and Juliet* and *Hamlet* are familiar texts in China, and some of my audiences had seen the Royal Shakespeare Company's *Henry IV* plays on tour and the live cinema broadcast of *Hamlet* with Benedict Cumberbatch – who is by far the most recognised British actor today, given the long reach of the BBC's *Sherlock Holmes*. Shakespeare's mix of philosophy and comedy, drama and song



appeals to spectators for whom traditional Chinese opera is still a living form.

But post-lecture questions quickly exposed the difficulty of navigating Shakespeare's language and the differences between our cultural traditions. The lack of good and easily accessible translations was a frequent complaint, though this situation is changing: one of my Beijing hosts is helping to create a new complete works in Chinese for the RSC. The interest in Shakespeare is symptomatic of China's increasingly outward-looking stance and determination to engage with the West culturally as well as economically, so university English departments find themselves, sometimes uncomfortably, on the frontline of modernisation.

British audiences do not yet have the same incentive to explore Chinese literature. Embarrassingly, my hosts knew far more about Shakespeare than I did about Tang, so questions inevitably arose about how exchange between our countries could genuinely be a two-way street. Shakespeare's interest in border-crossing – in *Othello*, for example, *The Merchant of Venice* or *The Tempest* – provided plenty of opportunity for discussing encounters between competing national identities while underlining the fraught and ironical perspective on them that Shakespeare often brings. For the visiting British academic, it's a salutary experience to have to make the case for Shakespeare for an audience who don't take his pre-eminence for granted, while acquiring an urgent reading list of Chinese texts to follow up at home.

More details of the University's ongoing work with Chinese institutions can be found at leeds.ac.uk/Shakespeare

Sir Peter Thompson Awards: student ventures win £10K

A business supplying 3D printing filament and a consultancy helping film and documentary makers sell their products in China have won significant funding through the Sir Peter Thompson Awards.

The awards are organised by the University's business start-up service, Spark, with each winner receiving £5,000 from Sir Peter, an alumnus and business entrepreneur.

Winner Ravi Toor is studying for a BA Environment and Business and already has an online business importing and selling 3D printers and related products worldwide. His new venture, Filamentive, sources and sells his own brand of high-quality, sustainably produced filament, the material used in 3D printing.

Aiping Xu's company, Lean In Media, will advise international film producers and distributors looking to sell their programmes to the Chinese market. She says: "The fact that Sir Peter Thomson has endorsed my plans gives me enormous confidence to make this a success."

Sir Peter has funded the very best businesses at Leeds for 10 years and the 2016 Awards will be his last. "The start-up companies of today will be the wealth and employment generators of tomorrow," says Sir Peter. "It's great that Leeds is now the leading university in starting entrepreneurs on their journey to building companies."

Kairen Skelley, Head of Spark Business Start-Up, says: "We have so much to be grateful to Sir Peter for. He has devoted his time, expertise and wisdom to supporting our entrepreneurs over the years, as well as being such a generous benefactor. He's helped us to develop Spark into an award-winning start-up service that's recognised nationally."



Worthy winners (l-r): Aiping Xu, Sir Peter Thompson and Ravi Toor

News in brief

UK–Russian workshop

Professor Daniel Lesnic (Applied Mathematics) coordinated a joint workshop on the topic of 'Uncertainty quantification in inverse modelling', involving British and Russian researchers, in Novosibirsk, Russia. The activity was supported by the Newton Fund, the British Council and the Russian Foundation for Basic Research and gave 15 UK-based researchers a unique opportunity to share research expertise and network with their Russian counterparts. It is hoped the workshop will serve as a platform for building links for future collaborations and longer-term research projects between the UK and Russia.

Award to study Sikh radicalisation

Research by Dr Jasjit Singh (Philosophy, Religion and the History of Science) investigating Sikh radicalisation in Britain is one of 10 projects to have been funded by the Centre for Research and Evidence on Security Threats (CREST), led by Lancaster University. The call, offering £1.25m, was the first round of commissioning by CREST for research concerned with understanding, mitigating and countering threats to national and international security. "Recent headlines have highlighted 'Sikh radicalisation' in Britain, an issue which has received much political and media attention but little academic attention to date," says Dr Singh. "This project will investigate the idea, context, framing and reality of Sikh radicalisation in Britain."

In the news



Professor Stephen Mobbs (Earth and Environment) discussed new research that provides **the first measurable effects of wind turbines on the local climate** on BBC Online.

Research by Dr Chris Gale (Leeds Institute of Cardiovascular and Metabolic Medicine), finding that around **33,000 deaths caused by heart attacks could have been avoided** over a 10-year period, garnered widespread media attention. It featured in the *Times*, *Daily Mail*, *Mirror*, *Daily Express*, *Guardian* and on Sky News and ITV News. The story also appeared on the websites of more than 100 daily and weekly regional newspapers.

Research led by Dr Alex Dunhill (Earth and Environment), using computer modelling of fossil records to work out movements of dinosaurs, received extensive media coverage. The research revealed that 125-100 million years ago, **dinosaurs only moved out of Europe, not into Europe**, and featured in the *Telegraph*, *Mirror* and *Daily Express*, plus several regional outlets.

Research by Dr Anna Weighall (Psychology) and Silentnight featured in the *Sun*, along with an interactive map of **the regions that get the most hours of sleep**.

Professor Anthony Redmond (Leeds Institute of Rheumatic and Musculoskeletal Medicine) was quoted on BBC Online and MSN News Online regarding the **health concerns related to wearing high heels**.



Dr Stephen Wright (Chemical and Process Engineering) was interviewed on Sky News about the **Egyptian Air flight crash**, and explained the procedures airlines go through when planes disappear from radar and how flight crews react. Dr Wright was also interviewed by BBC Radio Leeds, Capital Radio, Heart Radio and BBC Radio York.

Dr Liz Oliver (Leeds University Business School) was interviewed on BBC *Breakfast* about **employers taking away perks and benefits** (such as free lunches) in light of the new higher minimum wage.

Professor Ruru Li (East Asian Studies) and Steve Ansell (Performance and Cultural Industries) were quoted in the *Telegraph* and *China Daily* talking about the University's joint theatre production with Beijing's University of International Business and Economics to mark **400 years since the deaths of William Shakespeare and Chinese playwright, Tang Xianzu**.

A study by Dr Ningtao Mao (Design) suggesting that a wool-filled duvet can help to regulate body temperatures and therefore **help couples to sleep comfortably in the same bed** featured in the *Daily Mail*.

Research by Professor Philip Conaghan (NIHR Leeds Musculoskeletal Biomedical Research Unit) was referenced in a roundup of treatments for his work on **arthroscopies for knee joints which "generally don't work"** in the *Daily Mail*.

Professor Julia Newton-Bishop (Leeds Institute of Cancer and Pathology) commented in the *Guardian* on a study by Dutch scientists which claims to have **uncovered a gene linked to youthful looks**.

In an article in the *Washington Post* about designer hotels, Teaching Fellow Alice Dallabona (Design) said that **Italian fashion brands are dominating the scene**.

Professor John Altringham (Biology) commented in the *Sun* on a **20m-long bridge designed to guide flying creatures away from traffic**. He said, "I've no idea who came up with this strange idea."

Dr Miriam Wittman (Leeds Institute of Rheumatic and Musculoskeletal Medicine) discussed the ALPHA trial she is leading, which compares **two different kinds of treatment for hand eczema**, on BBC *Look North*.

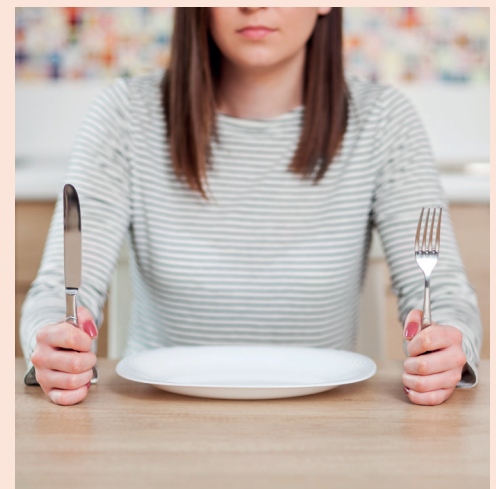


Research by Professor David Jayne (Leeds Institute of Biomedical and Clinical Sciences), finding that a **wire implant that delivers a mild electric current to the lower back could improve the digestive system**, featured in the *Daily Mail*.

Professor Mark Stuart (LUBS) talked about the **junior doctors' strike and whether there are any similarities with the miners' strike**, and how best to resolve the impasse, on BBC *Look North*.

The First Report of the Independent Reviewer, published by the UK Government earlier this year, acknowledges the work contributed by Professor Emeritus Clive Walker (Law), the Independent Reviewer's Special Adviser.

Professor John Blundell (Psychology) talked about appetite in an article about the **top eight ways to combat hunger** on MSN News online.



Honours

The **University's Human Resources (HR) team** has been awarded the Investors in People (IiP) gold standard, joining the top 7% of accredited organisations across the UK that believe in realising the potential of their people.

Linda Mortimer Pine, Deputy Director of HR, says: "HR has held accreditation from IiP at standard and then bronze level since 2005, and we are delighted to have attained gold standard. The feedback from our IiP assessor was really positive and I'm grateful to the whole team for their engagement."

Professor John Blacker (Chemistry) received a \$50,000 grant from the American Chemical Society Green Chemistry Institute (ACS GCI) Pharmaceutical Roundtable. His grant proposal – 'Process development of continuous flow oxidative biotransformations' – will research the use of continuous flow processing methods for biological catalysts that use oxygen, a clean oxidant.

PhD student **Maha Alsabbagh** received a L'Oréal-UNESCO For Women in Science Middle East Fellowship. The programme aims to encourage women to participate in science in the Middle East. The grant is awarded annually to women working in science in recognition of their achievements in the field.



Daniel Price (MChem BSc Medicinal Chemistry industrial finalist) has been awarded the annual Salter's Graduate Prize for 2016. The prizes are awarded based on assessments of the potential of candidates to occupy leading positions in public life, either through employment in chemical or related industries, or more generally in employment that supports the industrial life of the UK.



Professor Eileen Ingham (Biomedical Sciences) has been elected to the prestigious Fellowship of the Academy of Medical Sciences in recognition of her contribution to medical science. Professor Ingham works at the interface of biomaterials, engineering and immunology to understand the biological consequences of exposure to implant materials and the development of biocompatible acellular scaffolds for tissue repair and replacement.

Professor Ingham says: "I am very proud of this achievement. The mission of the Academy is 'to promote medical science and its translation into benefits for society', and this reflects my lifework in academia in translational biomedical research."



Dr Edwin Chen (Molecular and Cellular Biology) has been awarded a Springboard grant by a new scheme to support researchers. The scheme, which is a collaboration between the Academy of Medical Sciences and the Wellcome Trust, is designed to support researchers in their first independent research position.

This grant will allow Dr Chen and his research team to investigate the molecular mechanisms underlying a disease called primary myelofibrosis (MF), a rare but fatal bone marrow cancer that affects thousands of people in the UK.

Two Leeds students won second prizes at the 15th Chinese Bridge Chinese Proficiency Competition for Foreign College Students. The contest has three components – a short speech, a demonstration of Chinese language proficiency and knowledge of China, and a three-minute artistic performance. **Giovanni Battista Baffetti** (MSc International Business) and **Yumeka Nosaka** (East Asian Studies exchange student) received second place for their engaging performances.

Dr Christine Holdstock (Chemistry) has been admitted as a Fellow of the Society of Dyers and Colourists. The Fellowship is awarded for having attained distinction in a branch of industry related to colour and having contributed effectively to the advancement of the knowledge of colour.



The **University** won the Whatuni Student Choice Award for Best City Life, as well as being rated the fifth best university in the UK by students. Leeds also climbed the Complete University's Guide, overtaking York to become the highest-ranked higher education institution in Yorkshire in this league table.

The **Bright Beginnings childcare centre** received an outstanding grading from Ofsted in all areas of inspection including, effectiveness of leadership and management, and quality of teaching, learning and assessment.

Professor William Crawley-Boevey (Mathematics) has been awarded the Alexander von Humboldt Professorship. The award enables winners to carry out groundbreaking research at universities and research institutions in Germany. Professor Crawley-Boevey will start carrying out research at Bielefeld University in October.

Professor Andy Wilson (Chemistry) received the annual Norman Heatley Award for his development of methods to interrogate and manipulate protein-protein interactions using biomimetic approaches.

Professor Wilson says: "Using this concept, we have developed inhibitors of protein-protein interactions involved in cancer development and progression."



News

Double success marks 10 years of Athena SWAN

It's now 10 years since the University made a commitment to achieve the Equality Challenge Unit's (ECU) Athena SWAN (AS) awards for promoting gender equality in higher education, and it is particularly fitting that a further two of our faculties have been recognised with awards this year.

The Faculty of Engineering received a prestigious AS Silver award in recognition of the strong and continued commitment to gender equality across its five schools, and the Faculty of Environment was awarded the AS Bronze award for its three schools. The awards mean that every STEM* school in the University has achieved at least Bronze.

Engineering's award was given just two and a half years after it achieved the first-stage Bronze award. The faculty's Self-Assessment team (SAT) of 18 staff and students worked to monitor gender balance, review policies and support a wide range of initiatives to promote equality.

The University has recently submitted its submission for a silver award to the ECU, which includes a report on its actions taken during the last three years and an action plan for 2016-19. Professor Steve Scott, who chairs the University's AS steering group, says: "I'm very proud of our submission and our achievements

over the last 10 years under Athena SWAN. As a University, we have made progress to address gender inequality within academia, including a 50% increase in female academic staff, from 750 to just over 1,100, and doubling the number of female professors from 50 to over 128. We do, however, remain focused on addressing the imbalance of women in decision-making and leadership roles and to tackle the gender pay gap, which exists not only at Leeds but across the sector and wider society. Our new action plan and approach consolidates this work to align the objectives with our own University Gender Equality Mission and values".

View the recent University AS submission at goo.gl/mID9vr and the action plan at goo.gl/e8efPi For further information on the University's approach to gender equality please contact Maria Ayaz, Equality Policy Unit, at m.ayaz@leeds.ac.uk

*STEMM stands for science, technology, engineering, medicine and mathematics.

Athena Swan – 10 years 10 top achievements:

- 1 A University-wide mentoring scheme with professional guidance to support effective mentor/mentee relationships
- 2 Changes to our promotions system to ensure that language and criteria are inclusive, demonstrating a commitment to address the gender imbalance of women in leadership roles
- 3 Improved campus facilities, including funded childcare provision for staff involved in open days
- 4 Coordinated staff networking opportunities to support the career pipeline for women
- 5 A culture that celebrates and promotes the important contributions women – staff and students – make to the life and work of the University
- 6 A drop-in appointments system in collaboration with Carers Leeds to support staff who have caring responsibilities
- 7 Events for staff and students to support career development, for example the Women at Leeds conferences
- 8 Generous arrangements for maternity, shared parental and carers leave
- 9 Removing unconscious bias by requiring interview panel members to complete online equality training
- 10 A University-wide commitment to engaging with the Athena SWAN Charter, with all eight STEM areas successfully achieving a bronze or silver award

Small ads

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Other

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We will provide you with biscuits, pancakes and milkshakes to consume each day for 12 weeks to investigate metabolic health. For more information visit www.food.leeds.ac.uk/pathway-27 (Ethical approval: MEEC 15-015)

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sueltoft@yahoo.co.uk

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Large double in spacious three-bedroom house shared with one PhD student, private parking, available during Aug/Sept 2016-Jan 2017; flexible, suit visiting scholar/PhD.

Owen cladh@leeds.ac.uk

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Modern furnished terrace house in quiet backwater. Two beds, lounge, kitchen/diner, garage, small garden. Views over Meanwood valley. Convenient for universities and hospitals.

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Small ads can be submitted online at smallads.leeds.ac.uk The charge is £7 for 10 words or part thereof (University members) or £10 (general public). The deadline for the next issue is **Friday 8 July at 12 noon**. Advertisers are independent of the University. The University makes no warranty or representation as to (a) the accuracy of ads or (b) the quality of goods or services advertised. To the full extent allowed by the law the University excludes all liability. Contact the Reporter on 0113 343 6699 or the.reporter@leeds.ac.uk

Events

On Your Marks

Sweetening the pill: the role of retailers and researchers in nutrition and health Friday 17 June, 11.45am-2pm, Leeds University Business School

Britain's obesity epidemic continues to grow and costs the NHS an estimated £5bn a year. But how well do we, as consumers, understand the link between the food we eat, metabolism and genetics, and how are researchers and retailers responding to the challenge of improving the national diet?

Join M&S Director of Food, Andy Adcock, and Janet Cade, Professor of Nutritional Epidemiology and Public Health, to explore the roles of researchers, manufacturers and retailers in providing a multistakeholder approach to improving what we eat.

The University's research strengths in food and nutrition – utilising our big data and high-performance computing capabilities – are increasing our understanding of the impacts

on long-term health and wellbeing, whilst our Nutrition Trials Network is providing independent high-quality evidence of the effectiveness of dietary interventions and proof of 'on-pack' claims.

Email onyourmarks@leeds.ac.uk to reserve your place, or book via Eventbrite at goo.gl/OMxdMd

Admission is free*, but places are limited and you will need to register your attendance.

Please note that cancellations within 48 hours and non-attendance at the event will incur a £25 charge per delegate. You may nominate an alternative delegate to attend – all substitute delegates should be confirmed in writing to onyourmarks@leeds.ac.uk



Visitors at the exhibition

Freeze Frame – Curator's Talk

Thursday 23 June, 12.30-1.30pm
The Stanley & Audrey Burton Gallery

Accompanying the exhibition Michael Lyons: Freeze Frame, join guest curator Dr Judith LeGrove for a unique and insightful illustrated talk and discussion.

Freeze Frame charts the evolution of Michael Lyons' sculpture *Lenten Cover* (1979), which has been recently installed on campus. Hosted by the Stanley & Audrey Burton Gallery, the exhibition spans the late 1960s to 1970s, when the visual language of Michael Lyons (b 1943) reached maturity.

See more information about the event and how to register at goo.gl/u4HCoQ

stafffestival2016

Friday 8 July, 1-7pm, in and around the Refectory

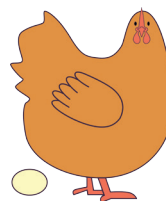
Summer is nearly here and there's no better season for having fun in the sun right here on campus!

All University staff, family and friends are invited to join us for an enjoyable afternoon and a taste of the very best the local countryside has to offer.

All proceeds of this year's Festival will go to Simon on the Streets. More information is available at staff-festival.leeds.ac.uk

Follow the Staff Festival on Twitter for updates [@UOL_StaffFest](https://twitter.com/UOL_StaffFest)

SIMON ON THE STREETS
Turning rough lives around



Myths and Legends – Opera North Children's Chorus

Sunday 26 June, 4pm, Clothworkers Centenary Concert Hall

The acclaimed Opera North Children's Chorus will perform a short work based on the same myths and legends as feature Tolkien's *Lord of the Rings* and Wagner's *Ring* cycle.

Come and hear about gods, giants, dwarves and strange creatures... Singing a sequence of folksongs from Iceland, Norway, Sweden, Finland and Estonia, the Chorus presents the story of the creation of the world as described in Icelandic traditional tales.

Find out more at goo.gl/WYYqls

Leeds-York Out of the Shadows Festival 2016

Art Exhibition: Children's Drawing from the Terezín Ghetto

Until Monday 20 June 2016, Holy Trinity Church Leeds

Some 15,000 children were imprisoned in the Nazi concentration camp known as the Terezín ghetto near Prague – all but 132 of them perished. As part of the Leeds-York Out of the Shadows Festival, this selection of drawings made by the children of Terezín is a poignant reminder of the youthful potential that was cruelly cut short in the Holocaust.

To see more information about this and other events as part of this Festival, please visit the Performing the Jewish Archive website at goo.gl/89jdyT

School of Music staff are eligible for two free tickets; please contact Jess Ward on 0113 343 2584.

FAQs

Sally Rose, Staff Counselling and Psychological Support Service Manager



Tell us about how you came to be here at Leeds.

I've been a psychotherapist for 25 years and for the last 10 years I have specialised in psychological health in the workplace. After a period as Clinical Director for an employee assistance provider, I was frustrated with the limited impact on the organisation that externally provided support can have. When the University moved from external practitioners to an in-house service, my role was to design and lead the development of it.

What does your role at the University involve?

I provide clinical and professional leadership for the Staff Counselling and Psychological Support Service. A key objective has been to widen our provision from reactive, for a few, to proactive for many. We now provide one-to-one counselling and coaching, consultative support to colleagues, and a programme of training to develop personal and professional resilience and effectiveness. Mindfulness meditation training is a part of this – it is a method of consciously paying attention, developing mental balance and learning new ways of relating to and reflecting on experience.

You've just contributed a chapter to a new book called *Mindfulness in the Workplace*. How did that happen and what aspect of mindfulness have you written about?

I was invited to contribute to this book as mindfulness training in-house in an organisational setting is trailblazing and I have given conference workshops about it.

Mindfulness in the Workplace looks at the research evidence for the individual and organisational benefits, and how mindfulness is being taken up by organisations. My chapter evaluates how I developed mindfulness courses at the University and what has been learned from the experience. I started with a pilot with colleagues before offering courses for all staff. Nearly 300 staff have now completed eight-week group training courses. A research collaboration with colleagues in the School of Psychology found significant improvements in mental wellbeing.

Tell us more about the Mass Mindfulness event you held recently.

It grew out of my Maintaining Mindfulness programme for graduates of the courses. More people want to attend than I can cater for. It was the first large group gathering of staff who practise mindfulness. Little is known about how people sustain mindfulness at work, other than that it is a challenge! As a growing 'community of practice', we can now consider different ways to support the application and embed it in University life.

What are your top tips for practising mindfulness in the workplace?

Identify everyday activities, such as sitting at your desk, the start of a meeting or closing the door when you leave. Make it a habit to bring attention to what you feel in your body and what is happening in your mind for a couple of minutes. Just notice it without putting words to it. Press 'reset'. It costs nothing and can have immediate and enduring impact.

What other projects is the Staff Counselling and Psychological Support Service currently involved in?

We are working to combine our professional knowledge and skills with what we learn from staff and to be more responsive and relevant. These are common challenges. We are also working to increase awareness across the University of the overlap between personal balance and resilience and professional skills and working relationships.

What are your own favourite ways of unwinding?

The wonderful thing about mindfulness is that the quality of attending to the direct experience, away from mental chatter, can be applied to most activities. It helps the body/brain feel safe and relax and restore itself. My favourite is mindful swimming. I love 'being' in the water and the David Hockney-like visuals – when my goggles are right!

What's your most frequently asked question?

Can any member of staff use the service? When is your next mindfulness course?

What's your favourite building on campus and why?

The Clothworkers Building South, with the Man-made Fibres sculpture. It is the perfect object to remind me to be mindful, I can see it every day. It speaks to 'feeling the way' and how the sensations of touch can be an anchor to focus and settle our attention and stabilise our minds.



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