

Health, work, well-being

A week of activities and presentations to launch the new Employee Health and Well-being Policy.

See pages 4 and 5.





Front cover:

Health, work, well-being – activities and presentations to launch the new Employee Health and Well-being Policy. Fun and varied activities in the SportsPark, daily presentations, health-related activities and healthy meal options are all on offer, see pages 4–5.

The *Bulletin* can be found online at www.reading.ac.uk/bulletin where you can read a pdf of this issue and access archived issues of past *Bulletins*. The *Bulletin* is published in-house fortnightly during term time. Items are welcomed from every member of the University and should be sent, marked 'Bulletin', to Carol Derham Communications Office Whiteknights The University of Reading Reading RG6 6AH email bulletin@reading.ac.uk

Please note that we reserve the right to edit items and not all material may be used. Free small ads from University members will be included if space permits.

Copy date for the edition published on 24 April is 10 April.

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SMALL ADS

To let

Fully furnished double room in Earley, 5 mins walk from University, v. close to supermarket and buses. Broadband. Contact d.guo@reading.ac.uk or 07886062197

House in Normandie

4 beds, 2 baths, newly built in the heart of Normandie, Pays d'Auge. Situated in a large field in the countryside, 1 hour from Le Havre ferry port, 30 mins from Deauville, Trouville seaside resort and Honfleur. Rental from March to Oct on a weekly basis. Contact d.c.lodge@reading.ac.uk.

Athena SWAN project

Not content with being only the 28th university in the UK to be accepted as a signatory to the UK Athena SWAN Charter in recognition of excellence in Science, Engineering and Technology employment (see *Bulletin* 475, 17 Jan 2008), Reading is now providing the definitive national study as we progress towards the Athena SWAN Bronze Award. To date only 13 universities across the country have been given this accolade.

Learned Societies including the Royal Society of Chemistry and the Institute of Physics, along with the

Science Council, are keen to see how Reading approaches their Athena SWAN project and lessons learned here will guide other potential award winners. For more information on the national Athena SWAN project see www.athenaswan.org.uk/html/athena-swan/about-the-charter/

To find out how Reading's application is progressing, sign up to the Athena SWAN e-mail alert list. This list is not limited to science faculties or to women. Go to www.lists.reading.ac.uk/mailman/listinfo/athena-swan.

Future plans include an Athena SWAN website and discussion forum. Other possibilities include mentoring at critical career turning points, meetings to discuss issues raised by members and Athena SWAN focused Career Development training.

If you have other ideas, suggestions or questions, please contact Averil Macdonald a.m.macdonald@reading.ac.uk

Chinese New Year



Members of the Chinese Students and Scholars Association and guests

More than 300 people gathered in the Palmer Building on Friday 15 February to enjoy the Chinese New Year's gala night held by the Chinese Students and Scholars Association (CSSA)-Reading.

Dong Chen, Head of Publicity for CSSA-Reading, said 'Students performed traditional street dances, songs, Chinese traditional crosstalk and Wushu during the cheerful celebration. Delicious handmade dumplings were also served, which is the

necessary food at Chinese New Year's Eve. Our party helped to quell Chinese students' homesickness and introduced the Chinese traditions to Reading'. Income from tickets sold went towards the snow disaster-relief efforts in China.



Filming the drystone waller in Yorkshire

Rural crafts take ten

A fascinating new exhibition, *Rural crafts take ten* opened at the Museum of English Rural Life on 11 March.

The film-based exhibition is a culmination of a project, *Rural Crafts Today*, which has been about connecting the Museum's craft collections with the people, skills and places associated with countryside crafts today. During 2006/7, Roy Brigden, Keeper of MERL talked to ten very different craftspeople from around the country to discover more about the prospects for rural craftsmanship in the twenty-first century. The films show craftspeople, such as the dry stone waller, the

blacksmith, horse collar maker and potter, carrying out their work, bringing to life many of the objects on display in the Museum.

Roy Brigden says 'Rural crafts are a central focus of the MERL collections. Over the last century, the demise of rural crafts has been frequently forecast. And yet they remain, some in better shape than others, to provide a counterpoint to the conventions of modern living.

'The most satisfying aspect of the project has been making connections between historic tools and products in our collections and the craftspeople

of today's countryside. Some things have changed, some haven't. But what always shines through are the people themselves and the way their skills and lifestyle relate to the environment around them'.

Visitors will be able to watch short versions of the films and see related objects from the MERL collections. Roy Brigden spoke about the project and how the films were made, at a seminar at the Museum on 11 March.

The project was grant aided by the Designation Challenge Fund, part of the government's 'Renaissance - museums for changing lives' initiative.

WOW

On Friday 8 February, local school-children saw the value of being multi-lingual in the world of international business, when they attended the first *World of Work (WOW)* event, hosted by the University's School of Languages and European Studies.

Fifty Year Nine students from five schools spent a fascinating day in the University Language Centre, attending workshops from local companies and learning about the importance of foreign languages in an increasingly international business world.

'I'm thrilled that the day was an enormous success,' said Dr Kris Spelman Miller, Director of Teaching and Learning for the Faculty of Arts and Humanities. 'Unquestionably the students gained an enormous insight into the benefits of choosing to study languages throughout their education,



and the event was also a wonderful opportunity to strengthen links between the University, local schools and local companies.'

Ms Clare Forder, Routes into languages and Mr Alex Pickering, Goethe Institute with year nine pupils

Take advantage of this great opportunity to try something new or simply come along and see what is on offer.

Free participation!



Health, work, well-being

Human Resources have been working in partnership with the SportsPark, Commercial Services and the Occupational Health Service to arrange a week of health-related activities and presentations to launch the new Employee Health and Well-being Policy

SportsPark

Fun and fitness

Campus walks: A gentle yet brisk walk through the University's beautiful Whiteknights Campus. This lunchtime walk will offer many benefits from improved concentration and energy to fitness, fun and even weight loss.

Mixed 'fun' five-a-side: Come along and join in a fun game of five-a-side. The game is aimed at all abilities with the emphasis on enjoying a kick about with your colleagues at the end of a hard week.

Gym inductions and trial sessions: An introduction into the Gym environment at the Voz Fitness Studio. This instructor led session will introduce you to gym equipment that is relevant to you and your needs. Chat to the instructors and enjoy the great facilities available.

Voz introductory gym circuit: Having been introduced to the gym this circuit aims to show you how beneficial and enjoyable a quick 30 minute work out can be.

Personal MOT: Have your blood pressure, body fat%, Body Mass Index, peak flow and flexibility measured in a relaxed and discreet environment. You will have one to

one time with our Sports Therapist should you have any questions you would like to ask.

Dance and movement

Gentle exercise class: A gentle exercise to movement class designed specifically for those new to exercise and classes.

Beginners spinning: A fun and low impact version of the ever popular indoor cycling class. Great for fitness and burning calories.

Ballroom dancing: A taster of the class featured on our Active Lifestyles course. The class features the likes of the Waltz, Quickstep, Cha Cha and Jive.

Posture and relaxation

Beginners pilates: An introduction to the conditioning technique used to work and tone the whole body. Great for improving flexibility, strength, vitality, posture and overall well-being.

Classical yoga: Yoga is for everyone. There are no beginners, you can work at your own pace. Yoga will make you look and feel great. A typical class would involve postures, dynamic flexibility, meditation, and of course fun!

Activities, presentations and healthy food options

Daily drop-in activities and information on well-being

Daily presentations on health-related topics

Commercial Services will be promoting healthy meal deal and product options across its various catering outlets on campus. Look out for the free samples and

give-aways that will be on offer in the foyer area, 1st floor HUMSS each day throughout Health, work, well-being week.

Call or visit the website for further information and booking requirements: 0118 378 7377 or 7306

www.reading.ac.uk/humanresources

SportsPark Activities

Monday 31 March	Tuesday 1 April	Wednesday 2 April	Thursday 3 April	Friday 4 April
11.30–2.00pm Gym inductions and trial sessions V02 Fitness Studio Groups of 5	11.30–2.00pm Gym inductions and trial sessions V02 Fitness Studio Groups of 5	11.00–2.00pm Personal MOT Sports Therapy Room Instructor – Allison 12 spaces	12.00–12.30pm Beginners spinning Dance Studio 15 spaces	12.00–1.00pm Campus walk Whiteknights Campus 20 spaces
12.00–1.00pm Campus walk Whiteknights Campus 20 spaces	1.00–1.30pm Beginners pilates Yoga Studio Instructor – Tracey 16 spaces	12.00–12.30pm Classical yoga Yoga Studio Instructor – Allison 16 spaces	12.00–2.00pm V02 Introductory Gym Circuit V02 Fitness Studio Drop in	1.00–1.30pm Intro to yoga Yoga Studio Instructor – Allison 16 spaces
1.00–1.30pm Gentle exercise class Dance Studio 35 spaces		5.00–6.00pm Ballroom dance Dance Studio Instructor – Trudie 20 spaces		4.00–5.00pm Mixed fun five-a-side STP 14 spaces

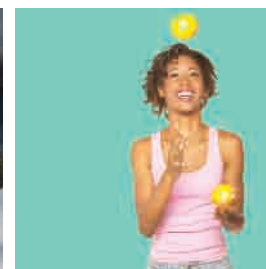
■ Fun and Fitness ■ Dance and Movement ■ Posture and Relaxation

For bookings please call 0118 378 8799 or contact SportsPark reception in person. First 150 participants receive a free pedometer!

Activities – Foyer area, 1st floor HUMSS. Drop-in 10am–2pm every day

Monday 31 March	Tuesday 1 April	Wednesday 2 April	Thursday 3 April	Friday 4 April
Smoking cessation stand Fruit stall Cholesterol checks Smoothie bar Blood pressure checks Massage therapy* BMI measurements Sport Reading and more				

* For massage therapy bookings please contact Human Resources on 0118 378 6249. No other bookings required, please drop in!



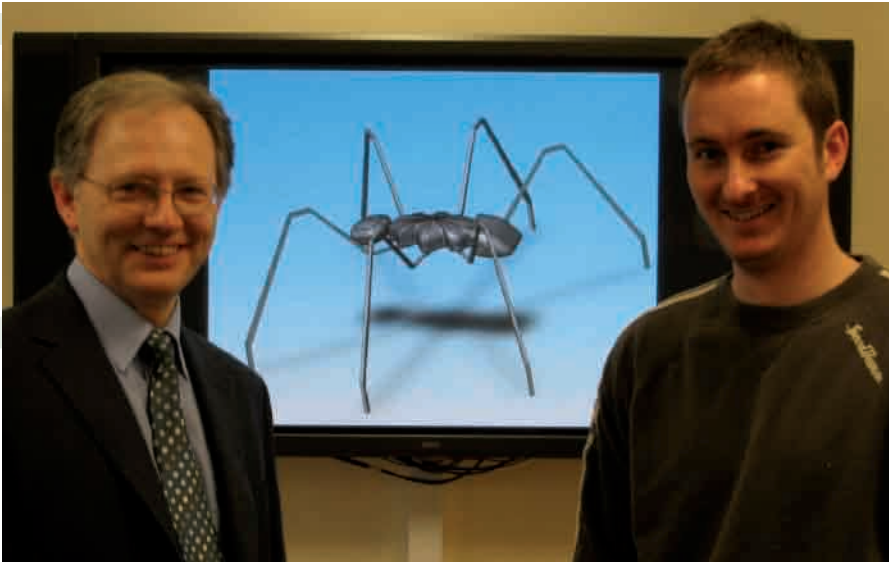
Presentations – van Emden Lecture Theatre, 1st floor HUMSS

Monday 31 March	Tuesday 1 April	Wednesday 2 April	Thursday 3 April	Friday 4 April
10.00–11.00am Back care and manual handling Charlotte Wood Occupational Physiotherapist, West Berkshire Occupational Health and Jonathan Crabb, Health and Safety Adviser, University of Reading	11.00–11.50am Diet, nutrition and healthy eating Rebecca Pooley, Senior Community Dietician at Berkshire West PCT 12.30–2.00pm Working under Pressure Vivienne Purcell Counselling & Psychological Services, University of Reading	11.00–11.45am Understanding type 2 diabetes Dr Julie Lovegrove, Reader in Nutritional Metabolism at the University of Reading 12.30–1.30pm Live demo and presentation on Food to Feed the Brain David Russell from the Russell Partnership and Food for the Brain in conjunction with Commercial Services	11.00–11.30am Smoking cessation Berkshire West PCT Stop Smoking Service 12.30–1.00pm Smoking cessation Berkshire West PCT Stop Smoking Service	10.00–11:00am Back care and manual Handling Charlotte Wood Occupational Physiotherapist, West Berkshire Occupational Health and Jonathan Crabb Health and Safety Adviser, University of Reading

For bookings please visit Employee Self Service and search under 'Well-being Week' for presentations.

www.reading.ac.uk/humanresources/employee_self_service.htm

Smooth operators



Dr Gerard McKee (left) and Richard McElligott from the Active Robotics Laboratory within the School of Systems Engineering have won a £65,000 award which they hope will give car drivers of the future a smoother ride.

The award is from the 'Proof of Concept' funding from CommercialISE, the University's link to the business community in the South East, to develop the novel technology to the point where it is attractive to a commercial partner.

The technology was originally developed by Richard McElligott to allow robots to walk on uneven terrain. Subsequently a number of

alternative applications, such as use in car suspension systems, have been identified.

Dr McKee said: 'The technology uses magnets arranged to mimic the action of a spring, the unique aspect to this invention being the magnets can be re-arranged to alter the strength of the spring action.'

'If you imagine a car driving over a series of different road surfaces, the magnetic system could adapt to each of the road surfaces to produce a smoother ride. The Proof of Concept funding will allow us to develop a prototype system which we can assess for its performance under different conditions.'

Staff survey

In June 2007 and again in November 2007 staff were given the opportunity to complete a staff survey.

In total over 1,230 completed questionnaires were received. Staff who completed the questionnaire could enter themselves into a prize draw to win a £100 John Lewis voucher. The draw has now taken place and the lucky winner is Mr Mike Evans from the Facilities Management Directorate.

The results of the survey are being compiled and a summary will be sent to all staff in due course.



John Brady Director of Human Resources, presenting Mike Evans, Head of Capital Projects, with his prize.

In memoriam

Professor John Hunt, who died on 19 February, was Professor of Applied Mathematics at the University from 1964 to 1993. He will be remembered as a first class hydrodynamicist who specialised in oceanography and meteorology and who wrote a seminal book on Incompressible Flows. He was Head of the Mathematics Department from 1970 to 1976 and inspired many students to work in fluid dynamics.

John Hunt was also interested in the history, design and construction of clavichords and published articles relating to the French tradition.

CAMPUS AUTHOR

War Child: Children caught in conflict.

Martin Parsons, Institute of Education
The History Press
ISBN 978-0-7524-4293-8

Children have always been the victims of war, and this fascinating new history examines the effects on conflict on those from Britain, Germany and Finland during and after the Second World War, as well as those caught in more recent conflicts in West Africa, and other areas. Taking first-hand accounts from survivors, diaries and authentic war-time documents, this eye-opening history reflects the untold story of hundreds of thousands of children whose lives have been affected by the horrors of war.

Student award

Rosemary Maghames currently a Part 2 student on the MChem course in Chemistry received the Ede & Ravenscroft Prize for the best performance in part 1 in the Faculty of Life Sciences.

The photograph shows Rosemary being presented with her prize by Dr Matthew Almond, Head of the Department of Chemistry.



Nominations for Honorary Degrees

The Joint Standing Committee of the Council and Senate on Honorary Degrees invites members of the University, or those associated with it, to submit nominations for recipients of Honorary Degrees.

Nominations should take the form of a single side which seeks to articulate:

- (a) the eminence of the individual being proposed in his or her chosen field;
- (b) the particular relevance of that eminence to this University; and
- (c) the timeliness of the proposal, and be accompanied by an outline CV or Who's Who entry of the nominee. Nominations should be sent, in confidence, to Keith Hodgson, Director of Academic Services, so as to reach him no later than 14 May 2008.

Letter of thanks

Dear Colleagues

Thank you so much for the lovely presents and cards that you gave me on my wonderful send off in January. I was thrilled to see so many people and touched by the kind words from everybody. I would like to wish you all well for the future.

Rose (Sinclair) 'ex cleaning staff'

READING BACH CHOIR

J.S. Bach – St Matthew Passion
Sunday 16 March at 5pm
Reading Concert Hall, Blagrove Street

Reading Bach Choir

Conductor: JanJoost van Elburg

City of London Chamber Players

Leader: Brian Lloyd-Wilson

Taplow Boys Choir

Conductor: Neil Matthews

Evangelist: Christopher Watson

Christus: David Stuart

Tickets £20 with concessions and group discounts from 0118 9470104
tickets@readingbachchoir.org.uk

or from Reading Arts Box Office, 0118 9606060, boxoffice@readingarts.com

20% of Reading Bach Choir singers are staff or students at the University – come and support.

Bowls club

This is a small, very friendly and successful club and we would like to invite all to an open day, to be held on Sunday 20 April 2008 at 2.00 pm.

Try the sport for an afternoon at low cost. Experienced and friendly coaches and an opportunity to meet other members of the club at tea afterwards. If you are an experienced bowler, you are welcome to the open day for a sociable roll-up with current members.

The open day costs £1 per person. Please wear warm clothes you can move comfortably in and flat shoes without any heel (trainers are fine).

Volunteering

Reading Mencap need a patient, tolerant volunteer to help in a club setting with adults with a severe learning difficulty. Chicks (Country Holidays for Inner City Kids) are seeking volunteers who are good listeners and have patience to look after disadvantaged children at one of their holiday camps. One week is required from each volunteer.

Samaritans are seeking volunteers to assist them in a number of roles, e.g. providing support for those going through a range of emotional issues, helping with publicity, admin or fundraising. A series of information meetings are being held during March and April. For an invitation to join one of them please contact Clare (contact details below).

Headway (Thames Valley), Henley-on-Thames promotes understanding of all aspects of head injury and provides information, support and services to people who have suffered a head injury, their family and carers. They seek enthusiastic volunteers to assist at a number of proposed fundraising events during 2008 such as a tea dance, bric-a-brac sales and a barn dance. The days and hours worked can be flexible to suit the volunteer.

If you are interested in finding out more about any of the above, or the huge range of other opportunities for volunteering in Reading, please contact Clare Bonney: clare@volaction.demon.co.uk

All equipment will be provided. The green is reached from the Earley Gate entrance.

After the Open Day, a six-week coaching programme will run on Thursday evenings, beginning 24 April 2008. If anyone is interested in the coaching scheme but can not make the Open Day, contact Laura Kishore, I.j.kishore@reading.ac.uk ext 6689.

Bowls is suitable for men and women of all ages and abilities. Please note however that it is not usually possible for children below the age of 12 or so to enjoy outdoor bowls; they're not usually physically strong enough.

A new home for the CIFP

The official opening of the new Centre for the International Foundation Programme took place on Wednesday 6 February.

Staff, students and visitors attended a celebratory lunch in the newly-refurbished Blandford Lodge and enjoyed a tour of the premises. The Director Mrs Frances Russell and Professor Tony Downes, Deputy Vice-Chancellor and former Director of the CIFP, gave speeches to welcome everyone to the Centre's new home. The Centre now occupies the ground floor of Blandford Lodge and enjoys a large space which includes new offices and classrooms. Telephone numbers and email addresses have not changed, however, so CIFP staff and tutors can be contacted as usual.



The diary is compiled from events posted on the Events page of the University website. For fuller details and to post your own events please see <http://www.reading.ac.uk/events>

Thursday 13 March

Department of Philosophy Speakers Programme, *The Prima facie duty to promote the good, and options*, **Philip Stratton-Lake**, Reading, HumSS Room 273, 5pm

School of Psychology & Clinical Language Sciences Seminar, *The living arrangements of regular and irregular past-tense verbs*, **Elaine Funnell**, Royal Holloway, Room G505, Psychology, 4pm

Spring wine tasting (SCR members & their guests), *wines to suit the season*, Cost: £10 Limited no, 40. Book early. SCR Park House, 5.30pm. Pre-paid bookings via SCR office or the wine shop.

Friday 14 March

Applied Mathematics & Numerical Analysis Seminar,

Parabolic Monge Ampere methods for mesh generation, **Chris Budd** (Bath), M113, Mathematics, 3pm

Sunday 16 March

Spring walk, Meet on the Town Hall steps in Henley for a 4-mile walk via Harpsden and Shiplake, Book via SCR office, 10.45am

Monday 7 - Friday 11 April

School's Out Easter week 1, Programme will be running over the Easter School Holiday period. Booking forms are available at the SportsPark reception or by email John O'Brien, Children's Activities Co-Ordinator, j.obrien@reading.ac.uk General Enquires: (0118) 378 8799. To join the Children's Activities email list contact John O'Brien quoting 'mailing list'

Tuesday 8 April

Contracted Suppliers' Exhibition Day, *Our Contracted Suppliers will exhibit their Goods and Services and be on hand to discuss any issues and to offer advice*. Palmer Building. 10am

Monday 14 - Friday 18 April

School's Out Easter week 2, Programme will be running over the Easter School Holiday period. Booking forms are available at the SportsPark reception or by contacting John O'Brien, Children's Activities Co-Ordinator, j.obrien@reading.ac.uk General Enquires: 0118 378 8799.

Tuesday 15 April

Reading Classical Association, *Improvising on the Athenian Stage: women and ritual in tragedy*,

Dr Barbara Goff (Reading), Room 44, HumSS, 7.30pm

Researching Ageing Bodies:

One-Day Methods Workshop, how different research methods, including photography, photo-elicitation, participant observation, diaries, narrative and life histories can facilitate understandings and insights into our bodies / embodied selves. **Dr Wendy Martin**, (Reading) and **Professor Julia Twigg** (University of Kent). Palmer 103, 11am

Monday 21 April

Soil Science Seminar, *The consequences of heather burning on peat soil characteristics: black carbon content and soil accumulation*, **Emilie Grand-Clement**, Reading, Soil Science, Lecture Room 1, 1pm

Thursday 24 April

Alumni drinks at Oakford social club, *A casual drinks evening for graduates of the last 15 years to get together and catch up*. RSVP to alumni@reading.ac.uk with 'Oakford Social Club' in the subject line, or call Ruhi Singh on 0118 378 8058.

Tuesday 29 April

Chemistry Seminar, TBA, **Professor J Kilburn** (Southampton), Lecture Theatre G, Chemistry, 4.30pm

Wednesday 14 May

Alumni drinks at Wine Wharf, Vinopolis, London, *A casual drinks evening for all of our alumni at one of London's premier venues*. RSVP to alumni@reading.ac.uk with 'Alumni Drinks at Vinopolis' in the subject line or call Ruhi Singh on 0118 3788058. 6.30pm

Saturday 17- Sunday 18 May

WhiteKnights Youth Football Festival, *a great day out for family and friends*. U7's to U17's Bulmershe Campus, Tel: Phil Marsh 07912 209127 Bulmershe Campus, 9am

Wednesday 21 May

Reading Classical Association, *The End of the Odyssey*, **Dr Nick Lowe** (Royal Holloway College), Room 44 Humss, 7.30pm

Centre for Staff Training & Development

Programme 4 March-19 March. To book please email cstd@reading.ac.uk

1 April	10-1.30pm	<i>Intro to Programme and Quality Issues in HE</i>
	1.30-4.30pm	<i>Teaching for Active Learning</i>
2 April	9.30-11.15	<i>Running Tutorials and Seminars</i>
	11.15-1pm	<i>Learning and Teaching for Large Groups</i>
	1.45-4.30pm	<i>Learning Outcomes and Course Design</i>
3 April	9.30-12.30pm	<i>Examining and Assessing</i>
	1.15-4.15pm	<i>Voice Skills for Presentations</i>
4 April	9.30am-12.30pm	<i>Giving Feedback to Students</i>
	1.15-3.15pm	<i>Portfolios and Projects</i>
7 April	2-3pm	<i>How to use RISIS: for Absolute Beginners</i>
	3.30-5pm	<i>How to use RISIS: General Use</i>
8 April	9.30am-5pm	<i>ILM Accredited Intro Cert in Practice (Day 3)</i>
	10am-4pm	<i>Teaching and Learning Day for Support Staff</i>
9 April	9.30am-4.30pm	<i>Mini pg Certificate in Learning, Teaching and Assessment CLTAE (Day 1)</i>
	2pm to 4pm	<i>Advanced Word: Questions and Answers</i>
10 April	9.30am-4.30pm	<i>Mini pg CLTAE for Experienced Staff (Day 2)</i>
	10am-12noon	<i>Advanced Excel: Questions and Answers</i>
11 April	9.30am-12noon	<i>A Shoulder to Cry On</i>
	12.15-1.45pm	<i>Sr Tutors Meeting with Counselling Service</i>
	2-3pm	<i>Purchase Card Applicant Briefing</i>
15 April	9.15am-4pm	<i>New Staff Induction</i>
16 April	10am-12noon	<i>Telephone and Reception Skills</i>
	2-4pm	<i>The Personal Tutor System</i>
17 April	9.30-11.30am	<i>Expenses Benefits, Hospitality & Gift Policies</i>
	9.30am-4pm	<i>Touch Typing in a Day!</i>
	10am-12noon	<i>Module Enrolment in RISIS</i>
	12.45-2pm	<i>UG Oral Presentations: What to Assess?</i>
	2.30-3.30pm	<i>Seven Things you May Not Know About the Student Services Building</i>

For details of all these courses please see www.reading.ac.uk/cstd or ring ext. 7097