

CommUnity

Connecting us with our neighbours in **Warwickshire** and the region



MAGIC OF WINTER FAMILY DAY

Sunday 2 December 2018
10am-5pm

Join us on campus on 2 December to celebrate this magical time of year. Our Winter Family Day brings together a rich mix of free and paid-for family friendly arts and sports activities across the University of Warwick campus.

Get creative with friends and family at our free arts and craft workshops and get competitive in our programme of sports activities – all inspired by the festive season.

Enjoy tasty treats from our food market and cafés, guaranteed to warm you on the coldest of days, or bring a packed lunch and explore our new Art and Nature Trail. Don't forget your wellies!

Tickets are also on sale now for family shows in our theatre, studio and concert hall. Enjoy our family theatre show *Wilde Creatures*, *Lord of Strut's* dance fantasy adventure, and a performance of Handel's *Messiah* by our very own University of Warwick Symphony Orchestra.

We can't wait to see you!

Find out more at warwickfamilydays.co.uk



HUNDREDS OF BROWNIES INSPIRED TO BECOME BUDDING PHYSICISTS

Local Brownies encouraged to consider a career in science at a special event organised by our Physics Department.

Our staff and research students organised a fun weekend of activities and experiments including coding, forces and astrophysics for the seven-to-ten-year-olds from Coventry, Warwickshire and Solihull learning all about physical sciences.

The girls also went home with a special badge designed by nine-year-old Gracie-May Kelly from 33rd Aldermans Green Brownies in Coventry.

Gracie-May said: "I really enjoyed going to the science and physics day at Warwick University with other Brownies. My favourite part of the day was making a UV bracelet.

"We had to choose beads and we went outside to test it and all the beads changed different colours, it was so cool.

"We also watched a lady do an experiment where she put a blown-up balloon into nitrogen and it all scrunched up and when she took it out, it blew back up again. It was really cool to watch.

"The day was so much fun and I learned so much about science."

Ally Caldecote, outreach officer for our Physics Department, said: "It was great to see the Brownies meeting our inspiring physicists, from the University of Warwick,

enjoying exciting hands-on experiments and getting a real taste of what physics is like.

"We are still not seeing women equally represented in the numbers choosing degrees in physics or even at A level. This is something we are working to change as it is an important factor in the development of the subject.

"We want to inspire the next generation of young women in science. We hope that spending a day with us at Warwick fuelled the Brownies' curiosity and will encourage some of them to pursue a scientific career."

Jayne Oliver, Brownie adviser for Girlguiding Warwickshire, said: "The Brownies had an amazing couple of days. They learnt about electricity and gravity through dance; exploded Coke bottles, learnt about the solar system, blew huge bubbles, studied UV lights and sent rockets around the Oculus building, all under the safe guidance of the wonderful physics staff and students at the University of Warwick.

"The girls were absolutely blown away by everything and we thank everyone for a truly memorable experience."

Find out more about Physics outreach here warwick.ac.uk/physics/outreach



BOOK A VISIT TO OUR NEW SPORTS AND WELLNESS HUB

It's not often that a world-class sport and wellness facility opens down the road and that's why we're inviting you to come down and visit our new state-of-the-art Sports and Wellness Hub before it opens in spring 2019.

We believe Sport and Wellness are for everyone and that's why our incredible new centre will be open and welcoming to all - not just our students but anyone, of any age, background or experience.

This outstanding facility, opening during the year that Coventry becomes the European City of Sport, includes our modern, spacious 230 station state-of-the-art gym with Technogym cardiovascular and weight resistance stations; a dedicated strength and conditioning area with 13 Olympic lifting platforms and sled track and a dedicated spin studio, dedicated ergo rowing studio with Ergo Concept 2 rowers.

The 25-metre 12-lane pool with flexible configuration and moveable floor will make swimming available to all, with lessons for all ages and abilities. Water access options will include a submersible pool lift, pool hoist and walk-in pool steps to ensure the pool is accessible for everyone.

A cutting-edge climbing wall is also among the highlights, stretching up to 15 metres high with 144 ever-changing routes and auto belays. There will also be a large open-plan bouldering area that is suitable for all abilities and ages from four upwards; climbers will also have a chance to take on the brand new speed climbing - the only one of its kind in England - and will become a new Olympic Sport at the Tokyo 2020 Olympics.

Furthermore, there are 12 and four court sports halls configurable for a range of sports, six new glass back premier league-standard squash courts, with seating for 91, for use by clubs or individuals; outdoor pitches including five-a-side and a dedicated combat hall with permanent matting to suit martial arts. All can be booked by members or for a small charge.

We'll be running a wide range of classes, courses and lessons for people of all ages and levels of experience. And getting here couldn't be easier, with free car parking available on site and cycle routes from surrounding towns into the heart of the Hub - direct cycling access will be available from the ever-popular Greenway.

During the construction process, the contractors Wilmott Dixon, engaged with hundreds of local young people to offer on-site work experience and inspiration sessions. The Sports and Wellness Hub is already bringing benefits to the region, educating and engaging with people from across the local area and will continue to do so once opened.

To book onto a pre-opening tour of the facility and stay informed on all the latest updates from the University of Warwick's Sports and Wellness Hub, register your interest at www.warwick.ac.uk/sport/hub

NEW SUPPORT WEBSITE LAUNCHES TO HELP CARERS COPE

We are offering a helping hand to carers across the UK with a website which brings together a range of support and advice from others in the same position.

Care Companion has been developed by primary care specialists and researchers at Warwick Medical School, GPs, the NHS and local authority managers, with very close involvement from Age UK Warwickshire and carers groups, and funded by the NHS, Warwickshire County Council and Global Initiative's 100k Social Digital Fund.

The website provides personalised information and support for carers to help them more effectively meet the physical, mental health and social needs of the person they care for, while supporting their resilience and capacity to cope.

One of the founders, Jeremy Dale, Professor of Primary Care, Warwick Medical School, said: "We believe this website will help to reduce the burden experienced by those caring for someone with a long-term condition, and this will not only be of benefit to themselves and the people they care for, but may also help to prevent many of the crises that lead to admissions to hospital and care homes."

Anyone who would like further information relating to the Care Companion site or would like to join the community influencing its future development, should visit www.carecompanion.org.uk

DOORS TO OPEN UP ONCE AGAIN FOR SUMMER SCHOOLS

After a hugely successful run of summer school events, this year we are once again opening up our campus for school aged pupils to experience what it's like to study at a world-class university.

Earlier this year, our Widening Participation and Outreach team offered places to over 550 school pupils aged between 15 and 17 to take part in our summer school events throughout July.

The events, usually held across three to six days, see students come to live on our campus and gain practical experience of what it would be like to live away from home, study at university and learn about the range of extra-curricular activities we have on offer.

Those who attend are usually the first in their family to go to university, are eligible for free school meals and go to under-performing schools.

If you know a pupil in Year 10 or Year 12 who would like to take part in a summer school here in 2019, applications open in January and information can be found at warwick.ac.uk/outreach



A NIGHT WITH THE STREET MARSHALS

The Street Marshals scheme was launched in 2013 as a unique partnership between the University, Warwick Students' Union, Warwick District Council and Warwickshire Police.

A group of staff from the University and the District Council recently ventured out to Leamington Spa, rather later than they are accustomed to doing on a Tuesday, to see the Marshals in action.

Funded by the University, the scheme operates Monday to Thursday, with up to eight Marshals on duty, in male/female pairs, depending on anticipated need. Employed by SafetyNet Security, the Marshals receive full training - including how to intervene early in any situation they face.

Their role is two-fold: to provide wellbeing support to students after they leave the pubs and clubs, and to encourage them to respect the interests of other residents as they return home.

The unique aspect of this scheme, now replicated in other cities, is that the Marshals have delegated powers from the Police to enable them to carry out their duties.

The group of observers from our Community Engagement, Senior Warden and Wellbeing Support teams were very impressed to see what a difference the Marshals make to the ecosystem of student life in Leamington and praised their professional, caring and friendly approach. They commented also on how many times they saw the Marshals step in to effectively support extremely vulnerable students, often at the request of their friends or other students.

We also have guidance on who to contact about other issues in the community at warwick.ac.uk/about/community/students



TEACHING VITAL LIFE SKILLS

There were a few sore limbs when Warwick LINKS - the St John Ambulance unit that is attached to our university - successfully completed 24 hours of continuous CPR to raise funds for charity.

Student volunteers signed up for hour-long slots over a 24-hour period with some completing back-to-back shifts to teach CPR and hand out free first aid guides to students, staff and the public.

A total of £793.80 was raised for St John Ambulance, a charity dedicated to the teaching and practice of first aid in England.

Just £4 can give a child a 60-minute first aid lesson in school while £40 can train a volunteer to give first aid at community events, sports matches and concerts.

To access first aid training through St John Ambulance or find out more about their work, please visit www.sja.org.uk

WELCOME TO THE COMMUNITY

We know that moving off campus can be a big step for students. Our Students' Union (SU) offered all students living in Leamington Spa the chance to get to know their local community, feel a part of it and find out more about how to be a good neighbour at a welcome event at Brunswick Hub in October.

Information available included health and wellbeing services, how to register with a GP, recycling and refuse collections and fire safety. Our SU also worked with local groups to share information on community issues and concerns as well as to promote many different volunteering opportunities.

There was also the chance to get to know local councillors whilst sharing the free, tasty and very popular vegetable curry, funded by our SU.

It's hoped that this will be the first of several events of its type this year as part of our Students' Union's commitment to good community relations in the area.



A PINT OF SCIENCE

20-22 May 2019

The Pint of Science Festival will be back in Coventry to bring the best of our research to the venues you love across the city centre.

To stay up-to-date with announcements about the festival, and to purchase tickets in April 2019, do join the mailing list at pintofscience.co.uk

A SPOONFUL OF SUGAR HELPS MORE THAN THE MEDICINE GO DOWN

Exciting new research shows sugar improves memory in older adults and makes them more motivated to perform difficult tasks at full capacity.

Led by PhD student Konstantinos Mantantzis, Professor Elizabeth Maylor and Dr Friederike Schlaghecken in our Department of Psychology, the study found that increasing blood sugar levels not only improves memory and performance, but makes older adults feel happier during a task.

The researchers gave a group of 18-27-year-olds and 65-82-year-olds a drink containing a small amount of glucose, and asked them to perform various memory tasks. Other participants were given a placebo - a drink containing artificial sweetener.

The study revealed that increasing energy through a glucose drink can help young and older adults to try harder compared to those who had the artificial sweetener. For young adults, glucose did not improve either their mood or their memory performance.

However, older adults who had a glucose drink showed significantly better memory and a more positive mood compared to older adults who consumed the artificial sweetener.

The authors concluded that short-term energy through raised blood sugar levels could be an important factor in older adults' motivation to perform a task at their highest capacity.

Konstantinos Mantantzis said: "Over the years, studies have shown that actively engaging with difficult cognitive tasks is a prerequisite for the maintenance of cognitive health in older age. Therefore, the implications of uncovering the mechanisms that determine older adults' levels of engagement cannot be understated."



TOP TIPS FOR RETURNING TO STUDY

Our Centre for Lifelong Learning enables adult learners to achieve their personal and professional goals by accessing a Warwick education, irrespective of background.

Recently, we caught up with Taiwo Ogunrinde, who is currently studying her second year of the full-time Social Studies Degree. Here, she shares three of her top tips for mature students. Read more of her tips and her inspiring journey to education at warwick.ac.uk/study/cll/about/news

Tip One: Don't doubt your ability to be in the University environment. Doubt means you should try, and you should push yourself beyond the doubt.

Taiwo shares her lectures with a mixture of students from different paths and background, some of whom are young adults who received three As at A level.

She says: "You always wonder, how will I fit in with them? How will I be capable of competing with them? But after speaking with Steve, who is also my personal tutor, he helped me deal with my fears. He told me no matter your background, the results speak for themselves from the work you put in.

"We've got the mature student advantage. You've got life experience. You've gained this before starting your degree. I drilled my life experience into my essay and came out with a first."

Tip Two: Do what you have a passion for and let it speak for you.

"As mature students, we have a lot on," Taiwo advises. "Don't pick something

labouring. If you study something you are passionate about, it won't feel like studying. Let that be your voice and lead you."

Now entering her second year, Taiwo has majored in Health and Social Policy and has started to consider her future after finishing her degree.

"When I finished Gateway, I knew I could carry on to do a degree," she says. "Now seeing my results from my first year, I am starting to think I could go further and perhaps specialise in the research side of health."

Tip Three: All your hard work will pay off eventually.

Taiwo started the Gateway to HE course as a mum-of-two whilst pregnant with her third child. When her baby was three-months-old, she returned to start her undergraduate degree.

"I'm enjoying studying the degree," she says. "At home I am a mum; in the library, I am a student. I separate the two."

Taiwo started her journey at Warwick on the free part-time Gateway to HE course, which offers you the chance to see if study is for you. Successful completion guarantees you a place on the University of Warwick's part-time BA (Hons) Social Studies Degree.

Find out more here warwick.ac.uk/study/cll/courses/gatewaytohe

KEY DATES

Market Days at the Piazza
11am-3pm: 23 Jan, 13 Feb, 6 Mar

Winter Graduation Ceremonies
11am & 3pm, Weds 16 Jan - Fri 18 Jan 2019

Autumn Term
Mon 1 Oct - Sat 8 Dec 2018

Spring Term
Mon 7 Jan - Sat 16 Mar 2019

Summer Term
Wed 24 Apr - Sat 29 Jun 2019

Comments welcome

If you have any questions or comments about this newsletter, or any other aspect of the University of Warwick, please call **024 7615 0708** or email community@warwick.ac.uk. To find out more about our activities visit warwick.ac.uk/community

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