Welcome to the sixteenth edition of the Medway Staff Briefing we hope you find the items included of interest.

SMFA News

We have some fantastic – mostly free – arts events coming up between now and December in the School of Music and Fine Art, and our Autumn What’s On booklet is now out! Print copies will be available from our Reception and in various venues across Chatham, but you can also view events online here: https://issuu.com/musicfineartkent/docs/smfawhatsonautumn16

Writing Retreat

The Medway Post Graduate Writing Retreat takes place over 2 days every year in mid-June at a rural location in Kent. The aim of the retreat is to provide post graduate students with focused time away from the distractions of everyday life and the internet to concentrate on their dissertation or thesis with support from a SLAS Academic Skills Adviser. Students from different disciplines attend so as well as time to write there is time to share ideas.

‘The collective intent harnessed productivity and focus in an unprecedented way for me’

For further information or to find out when the next retreat will take place please contact Louise Frith ljf@kent.ac.uk

Recruitment and Selection training at the Medway campus

This workshop is designed to support recruiting managers by providing the tools and skills to recruit staff with confidence whilst adhering to legislation. The workshop will take place on Tuesday 22 November between 09:30 – 12:30.

Details of the session and booking can be made via the following link: https://www.kent.ac.uk/hr-learninganddevelopment/eventscalendar2016-17.html?eid=20430&view_by=day&date=20161122&category=&tag=
Sports Therapy: Sports Ready Clinic

LET US HELP YOUR ACHES AND PAINS!

Our student lead sports injury clinic provides treatments for all athletic abilities, whether you train regularly or are experiencing every day aches and pains.

Our final year Sports Therapy students provide injury assessment, treatments, injury prevention, screening and the use of specialist equipment to all ages and athletic ability.

The Sports Ready Clinic offers an exclusive discount to University of Kent staff and students.

Open hours:
Monday: 13:00-20:30
Wednesday: 9:00-13:00 and 17:30-20:30
Thursday and Friday: 9:00-13:00

Please note we work on a booking only basis. Clinic opening hours are influenced by term time.

Prices:
University of Kent staff and students 1 hour £10
School of Sport and Exercise Science staff and students FREE
Standard 1 hour and initial assessment £20
Concessions discount: 1 hour £15
Partner Organization: Up to 1 hour £10

Contact Details:
Email: sportinjury@kent.ac.uk
Telephone: 01634 333079
Website: www.kent.ac.uk/sportsciences/clinic
Medway Learning and Teaching Festival 2016

The 2016 Learning and Teaching Festival celebrating teaching innovation and success at the Medway campus was held on Thursday 15 September. For the first time, we had presenters and participants from each of the three Universities, and we also had the new Deputy Vice Chancellor of Education, Prof April McMahon joining the Festival for the first time.

Prof Nick Grief, Dean for Medway, introduced the event and talked about how last year’s festival had sparked ideas for teaching projects which have now received funding and are being piloted. It is hoped that collaborative projects across the campus will continue to develop and that staff will continue to build on the work showcased at the festival.

The theme of this year’s event was ‘Engaging students with Learning’. The first sessions examined ways of improving participation and transition of students. This was followed by a very informative talk on Higher and Degree Apprenticeships and the news that a new centre will be opening at Medway to work on this area. The final session looked at methods for engaging students with learning and we had some interactive (and challenging!) talks on using audience response technologies. Looking forward, Dr Louise Naylor (UELT) spoke about the impact of TEF and ways we can respond- including continuing innovation and reflection on our teaching practices.

Picture Gallery and presentations.

Hold this date: Next year’s event will be on Thursday 14th September. Contact Judy Cohen for more information on presenting or attending the next Medway Learning and Teaching Festival.

Dr Bike at Medway

On Friday 7 October Dr Bike came to the Medway campus to offer his services as a trained bicycle mechanic to University of Kent staff and students.

Dr Bike was located right outside the Rochester Building and gained lots of attention. He checked and adjusted a number of bikes and is keen to come back and help out more people with their bicycles.

Missed Dr Bike in October? Well don’t worry, Dr Bike will back for more visits over the next few months.

The next Dr Bike Session is on Thursday 10 November 2016 and he will be located outside the Rochester Building on the grass between 11:30- 14:30, so come along to get a free bike check-up.

Look out for more Dr Bike sessions at Medway on twitter @unikent_travel or on our Transport News blog.
Let’s Play - Medway

The Let’s Play program provides students and staff, regardless of ability or age, with the opportunity to enjoy a minimum of 30-minute activity sessions. These sessions can be in the form of traditional sports such as football, basketball, badminton etc as well as fitness classes like yoga, Zumba, and Pilates.

So far the Let’s Play Program have organised two weekly staff yoga sessions as follows:

1. Wednesday 5-6pm at the Historic Dockyard – Clock Tower building, room CT302
2. Thursday 1-2pm at the Medway building, room M1-06

We are planning on having more classes such as Kettlebells, Pilates and Body tone and stretch. These will be advertised when an instructor has been appointed.

If you wish to purchase a ticket/pass there are 3 options:

1. £1 per session
2. £8 for 10 sessions
3. £20 for unlimited sessions throughout the year

To purchase a ticket/pass please use the following link: http://store.kent.ac.uk/browse/extra_info.asp?compid=1&modid=1&deptid=35&catid=190&prodvaid=62 or if you have any questions or suggestions for classes/sports then please email: Vinesh Kurup at: V.Kurup@kent.ac.uk

Arriva Bus 191 Trial Service: Connecting Liberty Quays – Campus - Dockyard

The Transport Team, Estates, have been working with the Arriva bus company to improve bus services to campus. As a trial for 2016/17, the 191 service now operates to and from Liberty Quays- Campus- Chatham- Isle of Grain.

This includes stopping on Pembroke campus and at Western Avenue and Dock Road for access to the Historic Dockyard Chatham. This helps staff and students getting to campus, particularly students travelling between Liberty Quays and the Historic Dockyard Chatham.

Don't forget to check out the discounted tickets, routes and timetables at www.kent.ac.uk/transport/arriva. The annual staff ticket is £280 which works out as only 78p per day!

We are monitoring the service and welcome any feedback to transport@kent.ac.uk.
Alan Le Grys Retirement Party

Nick Grief, Jane Glew and colleagues from the Student Learning Advisory Service (SLAS) and from a wide range of Schools/Departments/Sections and Services attended a lovely event on 31st August to say farewell and to congratulate Alan Le Grys on his retirement. A card and a gift of Waterman fountain and ballpoint pens was presented to Alan. Alan has been a wonderful and great colleague and we will miss him enormously.

We particularly would like to acknowledge and thank most sincerely Nick Grief, Jane Glew, Denise Flockhart and Emma Harrington for their support and assistance with Alan’s retirement party.

Alan is a colleague with a sharp and amazing intellect and mind, and his knowledge and thirst for knowledge are remarkable.

Alan is the embodiment of the work ethic we all strive for: hard work, diligence, dedication and an unwavering willingness to help. His demand for excellence is not only of himself but of his students as well.

Alan exemplifies the highest level of service to the students, the Student Learning Advisory Service, and the university, and this commitment is what “separates the outstanding from the merely competent.” He has built excellent partnerships with the various constituencies of the university through his work with the Student Learning Advisory Service and through his chaplaincy activities.

As the rolling PPT showed during the event on 31st August, Alan will not be idle as he has many exciting projects, endeavours and events already pencilled in his diary. Indeed, he will be a very busy retiree!

We will miss Alan enormously and wish him all the best. Nevertheless, this is not a farewell but an au revoir, as we look forward to continued partnerships with Alan.
News from Research Services

New Grants Factory and ECR Network Programme Launched
The 2016/17 programme of training offered by Research Services has been launched (please see below). It will include a number of sessions on the Medway campus, including ‘How to Use Social Media to Support your Research’ (30/11/2016) and ‘Essential Elements of a Successful Application’ (24/02/2017).

In addition, RS will be running a ‘Shut up and Write!’ week (date TBC). This offers a secluded and supportive ‘retreat’ where academics can concentrate solely on writing a proposal. It was run successfully in Canterbury between 12-16 Sept 2016, and followed a similar form to the Humanities Writing Weeks. Ten academics took part from across the Faculty, including SSPSSR, Economics, KBS and Psychology. After four days of writing they put their proposals to a peer review panel, and received constructive feedback to further develop their drafts. ‘It was a very positive experience,’ said one participant. ‘Being in a different location helped me switch off from the piles of admin I would normally be dealing with this term and gave me a legitimate excuse NOT to deal with issues, but instead to say I will deal with them when I get back. I would never have gotten this amount of writing done without the retreat.’ If you would like to be involved, do drop a line to Helen Leech (h.leech@kent.ac.uk).

Working with Developing (ODA Recipient) Countries: Workshop – 24 November 2016
We’re planning to hold a half-day session on 24 November to help and support colleagues who are planning to apply for funding to work with Developing (or ODA Recipient) countries. The main focus will be on the Global Challenges Research Fund and the Newton Fund. It also coincides with a visit of five colleagues from Malaysian universities and Ministry of Higher Education. Whilst it will be held on the Canterbury campus (venue TBC), staff at all Kent’s campuses and study centres are warmly invited to take part.

The session will be fairly informal and based around small group work. Within each small group, there will be someone with experience of either working with ODA Recipient countries, or even in receipt of funding to do so. One such is Head of Computing at Medway, Prof Ian McLoughlin. They will speak from experience about the specific challenges and benefits of working in certain regions or with certain countries. An email invitation to all staff will go out shortly, but if you would like to get involved do get in touch with Phil Ward (p.ward@kent.ac.uk).

Grants Factory & Early Career Researcher Network 2016-17
Research Services offers a broad range of workshops that help academics understand the research environment, and gain the skills necessary to succeed within it.

Events are free, open to all, and refreshments are provided. However, spaces are limited, and offered on a first come, first served basis. If you want to come to any of these sessions, contact Phil Ward (p.ward@kent.ac.uk, xtn 7748.)

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<tr>
<th>Event</th>
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<td>Essential Elements of a Successful Application (Canterbury)</td>
<td>14/10/2016</td>
<td>12:00-14:00</td>
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<td>British Academy Visit</td>
<td>19/10/2016</td>
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<td>Applying to Arts Council England</td>
<td>20/10/2016</td>
<td>13:00-14:30</td>
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<td>Costing a Proposal: What Can I Include?</td>
<td>01/11/2016</td>
<td>12:00-14:00</td>
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Applying for a Leverhulme Fellowship | 16/11/2016 | 13:00-15:00
Global Research Opportunities Workshop: Global Challenges & Newton Fund | 24/11/2016 | TBC
How to Use Social Media to Support your Research (Medway) | 30/11/2016 | 14:00-16:00
European Funding for the Humanities | 05/12/2016 | TBC
Finding External Partners outside of Academia | 14/12/2016 | 14:00-16:00
Humanities Writing Week/Social Sciences 'Shut up and Write' | w/c 09/01/2017 | 09:00-17:00
How to Overcome Imposter Syndrome | 25/01/2017 | 12:00-16:00
Developing Resilience | 26/01/2017 | 10:00-14:00
Finding Funding: Using Research Professional | TBC | TBC
Essential Elements of a Successful Application (Medway) | 24/02/2017 | 12:00-14:00
How to Use Social Media to Support your Research (Canterbury) | 28/02/2017 | 12:30-14:30
Getting Published: Targeting Top Journals & Writing Book Proposals | 07/03/2017 | 12:30-14:30
The REF: An Introduction | TBC | TBC
Understanding Open Access | 29/03/2017 | 14:00-16:00
Applying for a Marie Curie ITN | 10/05/2017 | 14:00-16:00
Measuring your Research: an Introduction to Metrics | 25/05/2017 | 14:00-16:00
How to Manage an Award | 29/05/2017 | 12:00-14:00
Who Owns What - and Why? Understanding Intellectual Property & Copyright | 07/06/2017 | 12:00-14:00
Finding Funding: Alternative Funding for Research | 13/06/2017 | 14:00-16:00

News from the School of Sport and Exercise Sciences

Dr Lex Mauger featured on BBC 2’s Horizon on Tuesday 19 July talking about sports doping and winning at any cost. Dr Mauger’s research looked at the role of exercise-induced pain on fatigue and pacing, and the use of self-pacing in testing for maximal oxygen uptake and exercise performance. Prior to the Rio Olympics, BBC presenter, Dr Xand van Tulleken investigated the world of performance enhancing drugs and which are currently undetectable. Dr Xand van Tulleken with the help of his twin brother Chris, used the Medway sports laboratory to look at the legal ways some athletes try to gain the edge. View Article
Dr Sakis Pappous, Interim Head of School, worked in Brazil to produce an important guide for journalists at the Paralympics this summer. The guidelines are aimed at ensuring focus on the person rather than the disability and provide the opportunity to promote positive perceptions of disability and sports internationally. Dr Pappous used knowledge gained from London 2012 to guide media coverage of Paralympic Games to change societal perceptions about disability.

Dr John Dickinson, Head of the Respiratory Clinic/Senior Lecturer will be speaking the BASEM/FSEM Annual Conference in October about the support provided by the University of Kent Respiratory Clinic to the GB Swimmers over the past 4 years in the build up to the Olympic Games. Over this time we worked with swimmers to optimise total airway health. This involved investigating upper and lower airway function and screening the team for asthma related issues. We also provided specific breathing training programmes for athletes with Dysfunctional Breathing.

As a result of this work we have recently published a research paper that compares the respiratory health in GB Boxers and Swimmers.

- Supported athletes competing at the Rio Olympic and Paralympic Games.
- From Olympic Team GB squad the Respiratory Clinic tested 26 % of athletes involved with Gold Medals, 35% Silver and 18% Bronze
- Respiratory Clinic has screened several Professional Football teams for asthma over the past 12 months including: Arsenal FC, Hull FC, Brentford FC and Gillingham FC. We have also worked with individual players from Liverpool FC and Everton FC.
- All the work carried out by the Respiratory Clinic is support by PhD and MSc students who gain valuable work experience with elite athletes, coaches and medical staff.
Luke Debono


View Video

Publication Dates for 2016/17

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<th>Medway Staff Briefing No: 17</th>
<th>Friday 17 February 2017</th>
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<td>Friday 3 February 2017</td>
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