

FACULTY NEWS BULLETIN

13 May 2020



ANNOUNCEMENTS

PhD Approval

Many congratulations to the following student who has recently completed their PhD:

| | | |
|-----------------|-------|--|
| Veronica Corona | DAMTP | Variational Multi-task Models for Image Analysis: Applications to Magnetic Resonance Imaging |
|-----------------|-------|--|

Congratulations to John Hinch who has been awarded the the [BSR Gold Medal 2020](#).

Congratulations to Jack Thorne who has been awarded an [EMS prize](#).

Congratulations to John Barrow who has been awarded a Leverhulme Emeritus Fellowship by the Leverhulme Trust.

FDSE Summer School 2020

Due to the current restrictions in place, this years FDSE summer school has been postponed. The rescheduled FDSE summer school will be held in Cambridge from 12-24 September 2021.

Royal Astronomical Society – Medal and Prizes 2020

Nominations are invited for the RAS Medals and Prizes to be awarded in January 2021.

The deadline for nomination this year is **31 July 2020**, with the exception of the Patrick Moore Medal and the Annie Maunder Medal for Outreach, which have a deadline of **Friday 25 September 2020**. A list of awards available this year can be found on the [Royal Astronomical Society website](#).

EVENTS



Mental Health Awareness Week 18 - 22 May

The theme for this year's [Mental Health Awareness Week](#) is 'kindness', so please be kind to yourselves by taking some time to benefit from what's on offer.

A [programme](#) of talks, mindfulness sessions and other activities are available. It may not be possible for you to attend all these events, so where possible sessions will be recorded and posted on the well being pages to be accessed whenever is convenient for you.

Activities include:

Optimise Remote Working

Monday 18 May 10.30am-11.30am

Sam Thorogood, from [Tiny Pause](#), will lead this session covering three main aims:

- How to manage your time and tasks while remote working, protecting focus and energy for the most important work
- Make a simple personalised plan to form an effective routine when remote working/working from home
- Learn a simple technique to optimise restorative breaks (mini mindfulness based) - studies show restorative breaks help us cope and recover from stress

Attendees will receive regular communication from Tiny Pause for 4 days after the session to help convert proven techniques into useful habits. Further information will be provided during the session. To attend register [here](#).

Workout Of The Week

Wednesday 20 May 10.00am-10.30am

[Coach Lewis](#) (University Sports Service) will provide you with a 30 minute workout, ideal for completing at home. Aimed for those new to home exercise, he will detail out exactly what to do, providing demonstrations for each exercise you need to complete. To view the workout, please visit: www.sport.cam.ac.uk/mhaw.

Kindness In The Grip Of A Pandemic: How Counselling Can Strengthen Resilience

Thursday 21 May 11.00am-12 Noon

Yvonne McPartland, Deputy Head of the [Staff Counselling Centre](#), will be leading a one hour live event to offer attendees the opportunity to understand how counselling can support personal resilience, especially in the current climate of fear and anxiety. You will have the opportunity to safely ask questions to Yvonne and other members of the Staff Counselling Centre team. Click [here](#) to book and join via Zoom.

Connecting With Calmness In These Uncertain Times

Thursday 21 May 2.00pm-2.30pm

Join Lucy Highton from [White Lotus Meditation](#) for a 30 minute mindfulness session.

Combining gentle breath work, mindful techniques and guided meditation you'll be led into your own space of inner calm and stability. A welcome pause for busy, anxious minds. Click [here](#) to register and join via Zoom.



Office of Postdoctoral Affairs

Events are still being held online by the OPdA, please see here for their [events calendar](#). The following may be of interest to you:

Postdoc Welcome Event

15 July 9.30am

The next event for new post-docs will be held on 15 July. At this event, you will be given information about:

- your contract
 - professional development & the careers service
 - the postdoc community at Cambridge
- and have ample opportunity to meet other postdocs and network.

Please book through: <https://www.training.cam.ac.uk/opda/event/3137614>

Research statements for lectureships - online webinar - STEM postdocs

5 June from 12 Noon - 1.00pm

This online event will look at what a good research statement looks like, how to get across your past achievements, convince others your research ideas are worth pursuing, and capture your readers' attention with examples to see how it works in practice. To book, please click [here](#).

GENERAL INFORMATION

New Online Support and Wellbeing Community – Qwell

[Qwell](#) is a new online counselling and wellbeing platform that ALL University members are eligible to sign up to launched this month by MIND. Qwell provides free and confidential chat-based counselling from qualified and BACP registered counsellors, between 12noon and 10pm on weekdays and between 6pm and 10pm on weekends.

Alongside counselling services which can be accessed via instant chat or messaging, Qwell also provides online community forums and self-help materials for exploring emotions, mental health and wellbeing. This government-funded online service provides an alternative for those unable to access face-to-face counselling services, especially at this time.

To join:

- To register for the service: Visit [MIND](#)
- Select 'JOIN QWELL'
- Fill in the online registration form using your University email address
- Select 'Cambridgeshire and Peterborough MIND' as the place you live.

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SPACE Website (Supporting Parents and Carers in cambridgE)

The [SPACE website](#) offers support and information for members of the University with caring responsibilities for children or other dependents. There is also information on the new SPACE support network and related events organised across all University sites. Currently, it has a great list of [activities for children](#) from earning Blue Peter badges, to coding challenges or to wildlife activities.

CMS



To finish we thought that you might be missing your normal place of work and wanted to remind you what a beautiful facility we have in CMS.

The gardening staff have been keeping on top of the gardens in the last few weeks and this year the south side should have a full border of lavender plants as to the original landscaping some 18 years ago.

We look forward to welcoming you back when the time is right.



Immediately above the sleeping cat, nesting safely in an ash tray beneath Pavilion B cycle racks is a family of tits. They make such a racket when their parents return to feed them!