

## Staff Bulletin

THE STAFF NEWSLETTER OF THE UNIVERSITY OF SUSSEX  
21 APRIL 2017

### In this issue

- Cycle to Work scheme starts on Monday
- Try something new and get active for Commit To Get Fit
- First evidence for higher state of consciousness found
- The digital haunting of Brighton
- Pupils celebrate life of Brighton-born secret agent
- Active US celebrates milestone target of 50,000 visits
- University of Sussex Marathon runners raise £34,000 to fight disease
- Spotlight @ Sussex Impact Day: call for speakers
- Your Wellbeing: Populaire - the mindful practice of kicking back and watching a film

You can also read this newsletter on the *Bulletin* website.

#### **CYCLE TO WORK SCHEME STARTS ON MONDAY**

University employees can choose a new bike and safety accessories worth up to £1,000 under the new discount scheme.

[Read more](#)



#### **TRY SOMETHING NEW AND GET ACTIVE FOR COMMIT TO GET FIT**

Sussexsport's month-long fitness and wellbeing challenge runs throughout May.

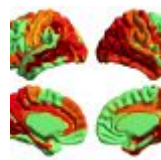
[Read more](#)



#### **FIRST EVIDENCE FOR HIGHER STATE OF CONSCIOUSNESS FOUND**

Scientific evidence of a 'higher' state of consciousness has been found in a study led by the University of Sussex.

[Read more](#)



#### **THE DIGITAL HAUNTING OF BRIGHTON**

A new festival of events explores the hidden digital world that haunts the city through a range of installations, tours and talks.

[Read more](#)



#### **PUPILS CELEBRATE LIFE OF BRIGHTON-BORN SECRET AGENT**

School pupils have taken part in a special ceremony to honour the life of a Brighton-born Jewish secret agent.

[Read more](#)



### ACTIVE US CELEBRATES MILESTONE TARGET OF 50,000 VISITS

The campaign has far exceeded its three-year target to increase student sport participation at the University.

[Read more](#)



### UNIVERSITY OF SUSSEX MARATHON RUNNERS RAISE £34,000 TO FIGHT DISEASE

More than 100 runners from Sussex took part in the Brighton Marathon and 10K events on 9 April, raising nearly £34,000 to help fight disease.

[Read more](#)



### SPOTLIGHT @ SUSSEX IMPACT DAY: CALL FOR SPEAKERS

Sussex postdoctoral research will be celebrated through a series of short engaging TED-style talks at Sussex Impact Day 2017.

[Read more](#)



### YOUR WELLBEING: POPULAIRE - THE MINDFUL PRACTICE OF KICKING BACK AND WATCHING A FILM

One of the ways I nurture my wellbeing is my watching a good film now and then.

[Read more](#)



Revd Chris McDermott, Lead Chaplain for the University of Sussex

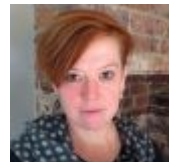
### OTHER NEWS STORIES FROM THE WEEK

Sussex professor appointed Research Director at UK's oldest economics research institute

Head of University's Life Sciences School awarded prestigious Biochemical Society Award

Tracey Fuller wins prestigious national Counselling Research Award

Bus service changes from 23 April



### EVENTS NEXT WEEK: OUR TOP PICKS FOR STAFF

Haunted Random Forest festival  
Friday 21 until Sunday 23 April - Sussex Humanities Lab

Lewes Science, Technology, Engineering, and Mathematics (STEM) Fair  
Saturday 22 April - 12:00 until 15:00 - Lewes Town Hall

Women in STEMM Mentoring Circles - Working Internationally  
Monday 24 April - 12:00 until 14:00 - Barlow Room, Library Ground Floor

Show & TEL  
Wednesday 26 April - 9:30 until 12:00 - Quiet Room, Meeting House

45 minutes of music... Toccatas! Toccatas!  
Wednesday 26 April - 12:00 until 12:45 - Meeting House Chapel

Journalism at Sussex hosts Peter Jukes  
Wednesday 26 April - 16:00 until 17:00 - Fulton B

Staff-only yoga course  
Wednesday 26 April - 17:45 until 18:45 - Barlow Gallery, the Library

Geology, Landscape and Local History of the Parish of Falmer  
Thursday 27 April - 18:30 until 19:30 - Meeting House, University of Sussex

[View all Sussex events.](#)

### ABOUT THE STAFF BULLETIN

The weekly *Staff Bulletin* is produced by the Internal Communications team and is intended for all current staff and postgraduate researchers at the University of Sussex. The next issue will be out on 28 April.

For advice on ways to tell people about your news or story ideas, please E [internalcomms@sussex.ac.uk](mailto:internalcomms@sussex.ac.uk).



[SussexUniStaff on Twitter](#)

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Internal Communications team  
Communications and External Affairs  
Sussex House  
T (01273) (67)8888  
E [internalcomms@sussex.ac.uk](mailto:internalcomms@sussex.ac.uk)