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Sussex Centre for Research on Kindness

Dear ROK members,

We hope that 2024 is off to a good start for you. To help you add more kindness to your year, we wanted to share some events and news, from the Sussex Centre for Research on Kindness (ROK), and our friends/partners/members.

ROK News and Events

Upcoming Talks

Mark your calendars for a set of kindness-related talks this spring:

1. [Scaling-up Kindness - exploring the connections between small acts, charity, rights and systemic change](#)

On 28-Feb-2024, 3-4:30pm, as part of the Anthropology Department Seminar series, we have a panel debate: "Scaling-up Kindness - exploring

the connections between small acts, charity, rights and systemic change". Panellists will include: [Dr Amy Clarke](#), [Prof Ben Rogaly](#), [Dr Liz McDonnell](#), Muthanna Sari, and [Prof Meike Fechter](#). If you're on the University of Sussex campus, you're welcome to join us in person, in the Global Studies Resource Centre (Arts C157). If not, then keep an eye on the [Events](#) page on our website for a link to join the event live, online. We are investigating the possibility of recording the event.

2. [Online Talk by Dr Bryant Hui](#)

On 29-Feb-2024, 1-2pm, as part of the School of Psychology seminar series, we have an online talk by [Dr Bryant Hui](#), from the Hong Kong Polytechnic University. In 2023, Dr. Hui was named a Rising Star by the Association for Psychological Science, in recognition of his research on prosocial behaviour. Keep an eye on the [Events](#) page on our website for a link to join the event live, online. We will make a recording available after the event.

3. [Talk by Dr Richard Milne](#)

Save the date on 24-Apr-2024, for a talk by [Dr Richard Milne](#). More information to follow - keep an eye on our [Events](#) page.

[Kindness Exchange:](#)

ROK placement students Freya and Ray developed and ran an event called 'The Kindness Exchange' back in November, in conjunction with World Kindness Day. They asked people on campus to 1) reflect on five different kindness-related themes, and 2) write a message for a stranger. Check out the [Kindness Exchange](#) page on our website to read their blog post reporting on how the event went, and to see participants' reflections on the five questions/the messages that they wrote for strangers.

[Keys to Kindness - Now in Paperback:](#)

ROK member Claudia Hammond's book, *The Keys to Kindness*, featuring research from ROK members, is now [out in paperback](#).

Other News and Events

Frome Kindness Festival:

Want to celebrate Kindness? [Frome Kindness Festival](#) is coming up, Mar 16-22, 2024. From their website: "Frome town will come alive to celebrate the contribution that kindness makes to our relationships, to our mental and physical health and to our marvellous community." ROK founder Robin Banerjee [gave a talk](#) at last year's festival, as did ROK member Claudia Hammond.

Just One Thing - Be Kind:

BBC series *Just One Thing*, with Michael Mosley, has short episodes, each sharing just one thing that you can do to improve your health and wellbeing. We are delighted that a [recent episode](#) highlighted the benefits of being kind.

News From Members:

Another cohort of students from our [Psychology of Kindness and Wellbeing at Work PG Certificate course](#) has [graduated!](#) Congratulations to our inspiring students.

PGCert alumna Helen Rimmer shared: "I have the honour of my business, [\[The Kind Brave Leader\]](#) being awarded the first Small Business Sunday (#SBS) of 2024, a recognition of my work in promoting kindness and wellbeing in the workplace. This accolade resonates deeply with my studies at Sussex, where I was an early graduate from the innovative [PGCert in Psychology of Kindness and Wellbeing at Work](#). The insights and principles from this course have been

instrumental in shaping my approach to workplace wellbeing".

ROK mailing list member, and one of the >60,000 people who participated in The BBC Kindness Test, Valerie-Jane Morley tells us: "Wanted to let you know kindness / empathy for trees & plants in 'my neck of the woods' was rewarded with the [Civic Award](#) this year!" According to the award website: "Val Morley has had a long-standing relationship with Friends of Apex, a founding member of the park and actively involved in all aspects of its care and development. Almost on a daily basis you will find Val there with her secateurs ensuring that no path has become overgrown, noting where plants are not thriving and finding possible relocation spots for them, picking up litter and generally being involved in the planting and maintenance of the park itself. Her commitment to the maintenance and care of the park has undoubtedly played a key part in the regular Green Flag awards that Apex Park receives – Val is a truly committed volunteer."

If you have any news that you'd like us to share in a future newsletter, please let us know.

All the best!

Gillian



Do you have any news or events for our newsletter? Email kindness@sussex.ac.uk

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