

This weekly email, sent to all University of Sussex staff, contains important news, as well as events and actions for the week ahead.



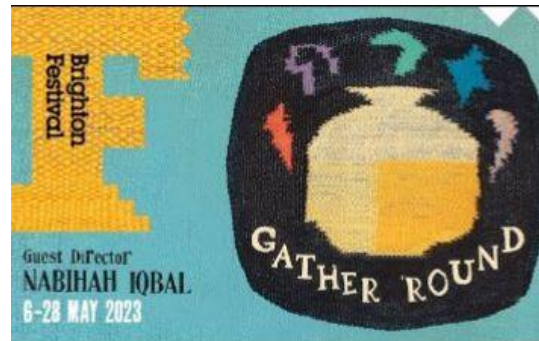
This week at Sussex

Monday 22 May 2023



Rosemary Martin is our new Chair of Council

[See Dame Denise Holt's message](#) welcoming Rosemary and saying thank you to colleagues.



Exclusive Brighton Festival staff ticket offers

[As Higher Education Partner for Brighton Festival](#), we're delighted to offer you unique access to the programme starting at just £10.

Tomorrow in the Attenborough Centre

Book now: VC Open Forum

Tuesday 23 May | 2.00 until 3.30pm | Attenborough Centre / Zoom

The forum, titled 'Politics, markets and regulation: higher education today', takes place in the Attenborough Centre, with refreshments served in the café afterwards. During the event, Vice-Chancellor Sasha Roseneil will discuss the changing regulatory landscape and what we must do to continue to be a successful and distinctive university.

Sussex Employee Benefits Fair

Tuesday 23 May 2023 | 12 noon until 2pm and 3.30pm until 4.30pm | Attenborough Centre

At the fair, open before and after the VC Open Forum, we'll have representatives from our Cycle to Work partners, our upcoming Electric Vehicle salary sacrifice scheme partner as well as Easit, who offer discounted public transport options. The Reward, Pension and Organisational Development Teams will also be there to highlight the other benefits available to you and answer questions. No booking required.



Student update

[Read the most recent student update](#)

which includes information on Mental Health Awareness Week, favourite study break activities and more.

Don't miss out

Resilience workshop with Dr Rona Hart

[Tuesday 23 May | 2pm until 4pm | online](#)

Resilience is a skill that can be developed through training. In this workshop, participants will be offered knowledge, tools and techniques to increase resilience and wellbeing.

How to delegate effectively

[Wednesday 24 May | 1pm until 2.30pm | online](#)

Part of the Management Essentials series, this workshop will cover different approaches to delegating tasks and how these can be applied within your team.

Giving feedback - how to lead an effective conversation

[Thursday 25 May | 10am until 11.30pm | online](#)

Workplaces need effective communication to succeed and thrive. This workshop will cover the benefits of giving effective feedback, for both the giver and receiver; reasons we may avoid giving feedback; and models for giving more effective feedback.

Becoming a mentee

[Thursday 25 May | 10am until 11.30am | online](#)

Learn more about the mentoring programme for staff at Sussex and explore how mentoring can benefit your personal and professional development at any stage of your career.

Module Canvas sites for 2023-2024 are now available

[You can find updated module set up guidance on the Educational Enhancement web pages.](#) The guidance will help you ensure your sites are up to date, accessible and have all the information your students need, along with signposting to critical module information and key University services.

Sussexsport

Tai Chi taster

[Wednesday 24 May | 4pm until 5pm | Sport Centre](#)

Tai Chi is the expression of a relaxed body and mind in flowing movement and has a huge range of health benefits. All are welcome to join this fun and friendly class.

Sussexsport mountain biking

[Thursday 25 May | 12 noon until 1pm | Falmer Sports Complex](#)

As part of Commit to Get Fit month this year, Sussexsport are organising guided cycle rides around Stanmer Park and the Sussex Downs with one of our qualified mountain bike leaders. The rides are suitable for all abilities and helmets and bikes will be supplied.

Sussex in the media

Key stories from the past week

- [Professor Keith Caldecott \(Life Sciences\) discussed his research](#) and shared his thoughts on becoming Royal Society Research Fellow. BBC Radio Sussex & Surrey (2:08:05)
- [Mathematical and Physical Sciences academics behind the 'maths of sex' research](#) on the formulae for reaching male climax recently produced an opinion editorial in The Conversation.
- [Kick carbon out of football is a joint piece written by Freddie Daley](#) from the School of Global Studies and Frank Huisingsh from Fossil Free Football. They explore the potential for improving football's green footprint by reconsidering sponsorship deals with some of the biggest polluters on the planet. The Ecologist.



ACCA video tour

[Join Digital Media Creators Ping and Odwin for a tour](#) of our on-campus arts centre in the first episode of Exploring Sussex.

Other important news

Transport update

[Read this week's transport update](#) which includes information about upcoming rail

strikes in May and June, changes to train timetables, cheap bus fares, and work on campus roads.

Cyber incident experienced by Capita

[Capita has experienced a cyber incident](#) that may impact staff who are members of the Universities Superannuation Scheme (USS). Read important actions you can take to protect yourself.

Hundreds take part in survey on managing our facilities

[Thanks to everyone who took part in our consultation on the future of our critical campus services](#) – more than 2,000 of you completed our survey and a further 90 joined our focus groups to share their views in more detail. We've already informed the 20 winners of our £50 high street shopping vouchers.

The HESA Data Futures Project

[The Higher Education Statistics Agency \(HESA\) is the official agency](#) for the collection, analysis and dissemination of data about Higher Education in the UK. Its Data Futures project is preparing the University for the changes to the way our student data is collected, organised and returned to HESA - providing Sussex with more timely, high quality data, enabling better planning and decision making at all levels.

Contact us

This week at Sussex is issued at the start of every working week. If you would like to include something in the newsletter please submit this

to internalcomms@sussex.ac.uk by 2pm the preceding Thursday.

[Visit the Staff Hub for more news, events and useful information](#)



Sent by

Internal Communications, University of Sussex