FEATURED

Introducing the new UCS Strategy and Structure
Graduation celebrations
Inside the School of Arts and Humanities

Going Global
How UCS plans to attract students from across the world
Welcome

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Message from the Provost

I would like to welcome you to the first edition of ‘INSIDE UCS’, a newsletter addressed to staff and students at UCS and our partners. UCS is an exciting new university provider that prides itself on its flexible ‘can do’ innovative approach. This issue covers a range of aspects of UCS from infrastructure developments to academic changes, which are being implemented within the newly developed strategic plan.

These are currently challenging times for the higher education sector in the wake of substantial reductions in central funding allocations and the desire of Government to implement a number of key elements of the Browne Review. The latter is likely to mean that universities will need to pass an increased proportion of costs on to students, with Government plans to allow tuition fees to rise up to £9,000 per year from 2012 onwards.

UCS is at present considering its position on where the level might lie. While it needs to cover its costs, UCS is mindful of its commitment to widening participation – an area which the Government is also very keen to see addressed through bursaries and other means. Students themselves should be aware that the proposals envisage a loan that would not need to be repaid until after their period of study is complete, when earnings from employment reach £21,000 – an increase from the present threshold of £15,000.

Nonetheless, it is vital that UCS is as competitive as possible in the educational environment of the future. In this sense, the current consolidation of the UCS Learning Network and the development of new state-of-the-art teaching, learning, social and living spaces in Ipswich and beyond are crucial. So too are the wide range of courses that UCS now offers, the direct links of many of these to employment, and their increasing research underpinning.

Importantly, UCS works closely with the University of East Anglia and the University of Essex, two prestigious ‘1994 Group’ universities that validate our degrees. It is also encouraging that recent reviews of our educational provision by bodies such as Ofsted and the Quality Assurance Agency have been very positive. Plans to further enhance student satisfaction have been formed in all parts of UCS – the implementation of which should bear fruit in the National Student Survey starting in early February 2011.

This all bodes well for the future and I very much hope that you enjoy this and subsequent issues of ‘INSIDE UCS’.

Professor Mike Saks
Provost and Chief Executive
University Campus Suffolk

Talk to us

We want to give you a voice and make ‘INSIDE UCS’ as relevant to staff and students as possible. You can get in touch to submit a news story or simply to let us know what you think of ‘INSIDE UCS’. You can also find an online copy on the UCS website and Wolsey which you are able to view just like the real thing. We hope you enjoy reading the first issue of ‘INSIDE UCS’ and look forward to hearing your views.

@ inside@ucs.ac.uk
**New Strategy and Structure for UCS**

From January 2011, UCS will be based on the following Schools which will work across the Learning Network: Applied Social Sciences, Arts and Humanities, Business, Leadership and Enterprise, Nursing and Midwifery and Science, Technology, and Health. These will be supported by the Offices of Academic Development and Research and Enterprise, which will report to the Deputy Provost (Academic) on appointment at the end of academic year 2010/11.

Support to the Schools will also be provided by the Directorates of Estates, Information Technology, Planning and Partnerships, Support Services and Marketing and Communication – the Directors of which will be accountable to the Deputy Provost (Academic) on appointment at the end of academic year 2010/11.

Deputy Provost, Richard Lister has been appointed as Deputy Provost (Professional Services) with effect from 15 November 2010. Richard was previously Director of Planning and Resources and Executive Director at UCS. Richard was seconded to the partnership planning group which brought about UCS and has worked for the organisation since 2006. Richard has previously worked at Brunel, Hull and Essex Universities. The post will be responsible for five new administrative directorates: IT, Estates, Academic Services, Partnerships and Planning and External Relations and Marketing.

Deputy Provost, Richard Lister commented: “This is a really interesting role at a time of great change and challenge for higher education. I have been involved in UCS since it was merely the glimmer of an idea and I am determined to help the organisation prosper in the difficult times that lie ahead”.

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Professor Mike Saks, UCS Provost and Chief Executive, explained the conception of the impending restructure. “These changes have taken place as part of the implementation of the new Strategic Plan for UCS, which has emerged as a result of wide consultation. The desire is to position UCS in the most positive fashion for the next five years of its development and beyond, based on a complementary and cooperative approach with the two well established and high profile Universities of East Anglia and Essex and a range of other partners – as well as synergistic working between the Schools and the Learning Network.”

The Strategic Plan has many dimensions. However, the headline vision is that by 2015 UCS will be a fully functioning, cohesive, student-centred higher education institution. Its high quality and innovative teaching and learning focused on vocationally relevant areas will be cost effective and underpinned by selected nationally/internationally recognised research and scholarship.

Professor Mike Saks added: “This is supported by a range of strategic objectives covering all key aspects of the activities undertaken by UCS and a mission to be a distinctive ‘can do’ university provider that aspires to the highest standards in teaching and learning, research and enterprise and works flexibly with a range of partners to fulfil mutual objectives at local, regional, national and international level. With its updated strategy and structure UCS looks forward to a positive, high impact future.”
Thousands graduate from UCS

Over 1,500 students have become the most recent cohort to graduate from UCS after receiving their awards at ceremonies held across Suffolk.

Students from across the network received their awards at ceremonies held in Ipswich, Bury St Edmunds, Lowestoft and Great Yarmouth.

Graduate swaps Navy for red, gold and blue

Daniel Borrett went from serving time shipboard in the Arabian Gulf with the Royal Navy, to picking up his first class diploma in Adult Nursing at UCS within just four years.

After leaving the Navy, Daniel decided it was the right time to begin a career in nursing and he chose UCS as the perfect place to learn.

UCS Lecturer gains a degree of her own

Landscape and Design lecturer Mia Witham has graduated alongside some of her own students at this year’s ceremony in Ipswich after becoming a role model for her own students when she took to practising what she preaches.

31 year old Mia, originally from Sweden, received a 2:1 BA (Hons) in Professional Studies.

First class result for graduating trio

Three UCS students, who all previously attended Stowupland High School and Sixth form, have graduated together with first class Honours degrees in Business Management.

UCS graduates Madeleine Lee, Myles Gould and Rachel Beckett were joined at their graduation ceremony by Mike Hill, Head of Sixth at Stowupland High School, and Carol Faiers, Lecturer in Business at UCS.

All three students paid special tribute to their tutors and lecturers who they described as “amazing” during their time at UCS.

All change at the Waterfront

There have been a number of developments at the Ipswich Campus over the past few months with two new cafes, a new gallery space and Infozone all opening.

Room 1, operated by Whitehouse Enterprises and supported by Suffolk County Council, opened its new dining facilities in the Arts Buildings of the Ipswich Campus, while the UCS Union run Theta also opened at the Waterfront Building.

The newly renovated Waterfront Gallery has already hosted several successful exhibitions with many artists selling significant amounts of work. The old Gallery space has now been taken over by the Infozone; a one-stop shop for current and potential students.

Community Grant Scheme is a hit

The UCS Community Engagement Office has been inundated with enquiries about the Community Grant Scheme which was established earlier this year.

The application process is now closed and grants will be awarded to those who have requested financial assistance in supporting a range of activities and groups within local communities, including community events, charity groups, sport activities and educational clubs.

Local groups and individuals have been able to bid for grants of between £50 and £250. Look out for a follow up report on those who have been awarded grants in the next issue of ‘INSIDE UCS’.

Kai opens for business

UCS Unions’ newest venue, Kai, has officially opened its doors to students, staff and the general public. The opening was marked with a launch party on Friday 12 November.

The 300 capacity venue is located at the James Hehir Building in Ipswich and provides a wide range of entertainment throughout the week, as well as a fantastic menu of hot food served throughout the day and into the evening. A full list of opening times and an event guide can be found at www.ucsunion.com
Research and Enterprise

Developments in Research and Enterprise

Research and enterprise are the cornerstone of external engagement for UCS. They are undertaken primarily through Schools with the support of the Office of Research and Enterprise – and meet a number of strategic objectives of UCS going forward, from underpinning our teaching and learning to diversifying income streams.

Research funding

UCS will be collaborating with the Geron Corporation, a biotechnology company based in California, to develop human embryonic stem cell-derived chondrocytes for the treatment of cartilage damage and joint disease. The development will be led by Professor Brendon Noble, Head of the School of Science, Technology and Health at UCS, within the new biotechnology unit in the James Hehir Building in Ipswich. The project is jointly supported by Geron, Suffolk County Council, and the East of England Development Agency.

Sarah Costelloe from UCS is centrally involved in a study of childhood dysfluency, funded by the Dominic Barker Trust with University College London. Dr Penny Cavenagh, Director of Research and Enterprise at UCS, has also collaborated with the University of East Anglia Medical School in a successful bid to the NHS Research for Patient Benefit scheme for a project investigating the preparedness of newly qualified doctors to practise.

Andrea Tocca and Dr Olivia Sagan from UCS are working on a project for Suffolk County Council looking at ways in which carers for family members access information and advice, making practical recommendations to improve how information is made available. Another project with Suffolk County Council is being conducted by Dr Sue Hollinrake and Dr Will Thomas on ways in which older people can be supported living in their own homes for as long as possible.

Published research

Emotional Labour in Health Care: The Unmanaged Heart of Nursing, by Dr Catherine Theodosius, UCS Lecturer in Health and Wellbeing, received an honourable mention from the American Sociological Association (ASA) as an example of “excellent scholarship”. Dr Theodosius was invited to join the ASA Annual Meeting in Atlanta in August 2010 for a formal presentation in recognition of her achievement.

Dr Penny Cavenagh, Director of Research and Enterprise at UCS, has produced an important jointly edited text on The Changing Face of Medical Education with Professor Sam Leinster and Susan Miles at the University of East Anglia, to which Penny has also contributed a chapter.

Melanie Selfe, Course Leader in English at UCS, has written a prestigious article on “Reading Hegel with Brecht”, for the The Brecht Yearbook published by the University of Wisconsin Press which forms part of her PhD studies at the University of London.

Conference/Workshop organisation

Professor Mike Saks organised over a dozen sessions in the summer at the high profile International Sociological Association World Congress held in Gothenburg. He did so in his capacity as the current President of the International Sociological Association Research Committee for Professional Groups, with a membership drawn from over 25 countries.

At the recent European Union Regions and Cities Open Days in Brussels, UCS also organised a workshop on ‘Positioning for competitiveness: The role of regional universities in promoting economic growth’. Staff presented alongside colleagues from a number of other European universities.

Leadership and Enterprise

A regional leadership conference, ‘Winning Hearts and Changing Minds’, held in September drew 140 professionals and senior managers across Suffolk and beyond reflecting on the challenges that lie ahead for the NHS. One of the keynote speakers, Sir Stuart Rose, delivered an inspirational and entertaining talk based on his experience of heading up Marks and Spencer.

The Suffolk Leadership Academy’s reputation for delivering high quality and innovative leadership development has recently led to its expansion into Norfolk and the formation of the Norfolk Leadership Academy. This was launched at a well-attended event in November at the Norwich City football ground.

Sarah Goodwin has also played a key part in running customised and accredited Continuing Professional Development days for clients including Adnams and Suffolk County Council – as well as Executive Master Classes for Ipswich Borough Council, the Suffolk Police and others; aimed at developing senior managers. This complements work in other joint education and enterprise areas, with partners ranging from Willis to BT.
As the Arts Building at UCS Ipswich starts to take shape, staff and students in the School of Arts and Humanities are beginning to feel at home in their new surroundings. “We are thoroughly enjoying our newly refurbished Arts Building which, along with the superb Waterfront Building, creates really good spaces for teaching, learning, investigating, experimenting, showing work and socialising. Room 1 café has become the hub of the Arts Building - the staff are brilliant and we have already had our first ‘Open Mic Night’, and our first ‘Art on the Prom’ Exhibition.”

Chrissie and her team are constantly working on a range of events and projects and are delighted with the positive response they have received from staff, students and those outside of UCS.

“Our stimulating weekly Arts and Humanities Lecture Series, delivered by top academics and professionals are becoming increasingly popular, frequently resulting in a full house of students, staff and friends from Ipswich and beyond.”

The School continues to curate the Waterfront Building Foyer space and is running a series of high quality local, national and international exhibitions in the new Waterfront Gallery - perfectly situated next to Theta café.

“We have created new degrees and re-designed existing ones, making sure that they contain challenging, exciting and relevant skills and knowledge for 21st century practice and employment.”

For the last three years we have hosted key literary and visual arts events and exhibitions in conjunction with the IpArt and Pulse Festivals, as well as workshop sessions with Schools as part of our commitment to enabling access to and experience of high quality work. Our annual Degree Show in June is a culmination of our students’ talent, energy and determination and is simultaneously an end and a beginning.”

Since the start of UCS, in September 2007, the School has grown from just over 400 to around 700 students.

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Over the past year, the School has launched the BA (Hons) Dance in the Community degree, the first of its kind in the UK, the BA (Hons) Interior Architecture and Design degree, an extended BA (Hons) History degree to include local and maritime history, and a refined BA (Hons) English degree to include creative writing and poetry.

“We have also developed courses such as BA (Hons) Graphic Design and BA (Hons) Computer Games Design, to include more professional relevance and opportunities for cross-disciplinary dialogues.

“In their new state-of-the-art studios, students on the BA (Hons) Film, Photography and Fine Art courses are exploring best practice within each discipline as well as investigating the relationships that can occur when disciplines meet and interact.”

In the pipeline are a suite of further Masters courses for the School. “All our academic delivery is facilitated by a team of highly proactive and inspirational staff, many with internationally renowned artists and welcoming an increasing number of students on to a range of new courses. We spoke with Chrisie Harrington, Head of the School of Arts and Humanities, to find out more.

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Welcome to the School of Arts and Humanities

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experience of other HE institutions and all of whom are dedicated to making the student experience the very best.”

Chriissie believes that the graduates the School produce will make a valuable contribution to the future of the creative industries, business and education, and will have the potential to impact on the economic and cultural growth of the region.

“Key events, such as the ‘Moving On’ conference with partners from the cultural sector, the Suffolk Archaelogical Society two day conference, the planned Creative Media Workshop for high schools, and the ‘Images 33: The Best of British Illustration 2009’ exhibition, continue to enable the development of fruitful partnerships.”

“Our strong links with employers and partners mean that our students are benefiting from highly relevant and first class professional experiences. We have also built links, for instance, with schools, museums, theatres, galleries and national arts organisations, as well as professional production companies such as Sony, Nintendo, and other key business organisations.”

**Exhibitions**

The School of Arts and Humanities have proudly hosted a diverse and dynamic programme of exhibitions providing everyone with the opportunity to engage with contemporary art. The programme has included exhibitions such as:

- **Images 33, Best of British Illustration 2009**: A leading UK wide touring exhibition of the best contemporary illustrations. The exhibition displayed over 90 pieces of work presented in a broad range of media covering a diverse range of themes and subjects for Children’s Books, Editorial design, Advertising and Media. Russell Walker, Senior Lecturer and Course Leader in Graphic Design at UCS, was selected to exhibit his work titled ‘2 HB’ at the prestigious exhibition.

- **The Anna Airy Award**: Held in collaboration with Ipswich Art Society, the exhibition showcased the work of young artists from local high schools.

- **SOLO 2010, Nayan Kularchi ‘The Impossibility of Flight’**: A new initiative which offered a solo exhibition to an emerging artist. Nayan Kularchi was selected from an open application of over 70 artists drawn from across the UK.

- **Landfall**: An exhibition showcasing the work of Wendy Brooke-Smith, a BA (Hons) Fine Art graduate of UCS who draws her inspiration from the docks, rivers and beaches of Suffolk and North Essex.

In the New Year, the School will to continue to offer a varied and vibrant programme which can be found on the UCS website.

**Student Achievements**

- **Angela Wright**, a BA (Hons) Fine Art student was commissioned by the Salthouse Harbour Hotel to make contemporary visual artwork.

- **BA (Hons) Graphic Design student Scott Frazer** received the Bronze Award in the National Student Design Packaging Award and a two week internship with Tiger Print, exclusive suppliers of cards and wrapping for Marks and Spencer.

- **Virginia Ingr and Jonathan Cheney** won the UCS netwerk Award.

- **BA (Hons) Graphic Design student Luke Hall**, won the TCM Adam Easdon Internship.

- **BA (Hons) History student James Fisk** won the John Brian Weller Prize for best dissertation in 2010.

- After graduating with a BA (Hons) in History, Jamie Scott acquired an Internship in the summer within Nick Ogg’s office (Deputy PM).

- **BA (Hons) History students, Charlotte Suleyman, Jacqui Pearson and Jenny Gurton** completed a community-based oral history project interviewing women on ‘Experiences of Courtship, 1950-1970’.

- **Tessa Barker, Maggie Andersen and Tina Brinkley** completed a community-based oral history project interviewing ex-WWII evacuees.

- **BA (Hons) Fine Art students Angela Wright, Melanie Read , Laura Leahy and graduate Sonia Symonds** were commissioned to make a site specific installation for the Art on The Prom festival.

- In the summer term 2010, students were invited to support the South Suffolk Primary Dance Project. Seven students volunteered to participate in this project.

- In July 2010, Victoria Jacobs, a BA (Hons) Dance in the Community student, undertook a month long internship at DanceEast as PA to Akram Khan and his Dance Company who were in residency at the Jerwood DanceHouse making a new work.
International Development at UCS
One key aspect of the institution’s new strategic direction is the focus on internationalisation. There are a number of aspects to this; in the academic sphere it will be increasingly important to have an international dimension to research and scholarship and staff will be encouraged to attend conferences, become involved in cross-border consortia and develop a greater range of links with colleagues working in other countries.

Staff exchanges will be encouraged and facilitated. A greater international dimension to the student experience will also be a key component; students will be encouraged to undertake international placements and the internationalisation of the curriculum will be driven through Academic Board.

A more extensive range of student exchanges, especially through the Erasmus programme, will be made available and it is hoped that many students will see the opportunity of spending time in another country as being an important part of the student experience. UCS also intends to recruit a significantly higher number of international students, partly as a result of the need to develop a range of new income streams for the institution and partly because a broader educational and cultural base is a central aspect of a higher education experience for students.

UCS already attends a number of international recruitment fairs, particularly in Europe. For example, a strong link with the Cyprus University of Technology (CUT) was recently established by Charles Wilby who visited the University in November 2010. CUT was established around the same time as UCS and the two universities have many similarities. Collaboration between the two is expected to develop.

A new drive is underway to attract students from beyond the European Union and UCS shall be recruiting from a wider range of countries, in particular China, India and Brazil. One recent visit was to Azerbaijan where UCS hopes to be among the first Universities involved in recruiting students. During the trip, UCS was able to build on links developed by Ipswich Borough Council, which has led to the town hosting the Azerbaijan Olympic team in 2012 and Azerbaijan looks to be a potential market for UCS in the future.

As UCS continues to grow, international development will become an area of intense focus to ensure the institution progresses to the next level. UCS will be setting out its international strategy over the coming months, but what will this involve and what will the likely benefits be for UCS?

Azerbaijan

In October 2010 Polly Bridgman, Head of Marketing, went on UCS’s first international recruitment visit to Baku, the capital of Azerbaijan. Polly gives us a brief summary of the visit.

“This was the first year that any UK universities had attended the fair, with eight institutions of varying sizes attending the event. The idea of Azerbaijan citizens studying abroad is a totally new concept to students in the part of the world, and it is very much an emerging market. It soon became clear to all of the eight universities attending that the students had little understanding of the costs involved or the value of the education they would receive in the UK.

However, there was a definite interest and enthusiasm at the idea of studying abroad and enhancing what qualifications they currently had. Postgraduate study was the most popular area of interest, particularly the MBA programme, but many students were also interested in studying a second undergraduate degree in the UK. Many universities in Azerbaijan do not offer accredited recognised degrees.

Whilst I was there I also managed to give talks at The British School in Baku and also at the Azerbaijan University, building links for the future. I also made contact with some potential Agents and a further Agent visit looks likely in the spring.

As a wealthy country full of young people keen to explore opportunities available to them, Azerbaijan is fast becoming a market full of potential for international recruitment. Add to this the fact that Ipswich will be hosting the Azerbaijan Olympic team in 2012 and Azerbaijan looks to be a potential market for UCS in the future.”
UCS Students

Talent doesn’t go to waste

Two Graphic Design students have been collaborating with Suffolk County Council to help reduce waste in the county and promote household waste recycling.

Dan Welsh and Luke Mitchell, both final year BA (Hons) Graphic Design students, have been working alongside the waste management team at Suffolk County Council to help develop innovative ways in which to promote the notion of recycling in Suffolk.

The students have produced thought provoking images which feature in the newly launched ‘Suffolk Waste Reduction Handbook’, as well as a short film entitled ‘Reuse’ which can be seen at the county website: www.suffolkrecycling.org.uk.

Lisa Chambers, Portfolio Holder for Waste for Suffolk County Council, praised the two students for their creative approach to the project.

“My congratulations to these young students for using their creative talents to come up with new and innovative ideas to promote the reduction and reuse of waste in our county, we have such talented young people in Suffolk.”

Dave Pescod, Senior Lecturer in Graphic Design at UCS, helped run the project and was delighted with the work produced by the students.

“It can be quite a daunting area for designers with many clichés, but the students showed their creativity by finding some original approaches and it’s great that the council have recognised their talent.”

The students were awarded book tokens by Suffolk County Council for their hard work.

Inspiring expedition for business student

Daniel Popescu-Richardson, a Business Management student at UCS Bury St Edmunds, has returned from a trip to Hangzhou University in China where he attended lectures, Tai-Chi lessons and visited the bamboo forests after securing a place on a funded programme available to UK students.

Daniel was also given £350 towards the trip by West Suffolk College Education Opportunity Trust which is a charitable fund built by donations from local businesses and alumni of West Suffolk College and UCS Bury St Edmunds.

Anyone who would like to support the Trust or find out more about its work should contact David Kent, Clerk to the Trust, on 01284 716318 or e-mail david.kent@wsc.ac.uk.

Awards for talented students

Two UCS students have had their achievements recognised by the Chartered Management Institute (CMI), receiving individual awards at an annual ceremony.

Marie Finbow received the MBA Shield for the best all round level of achievement and Myles Gould received the BA Business Management award for his two essays on Change Management.

Students take the initiative

FdA Landscape and Garden Design students based at UCS Otley have teamed up with a Woodbridge cafe to create a brand new garden area.

Six students presented their ideas to the owners of The Moorish Lounge last year and have since formed a working group to create the perfect outdoor space for the restaurant.

Amy Melhuish, Owner of The Moorish Lounge, said: “The initial idea was for us to choose our favourite design that will then be developed in conjunction with UCS over the next two years. However, the standard was so good it was impossible to choose one winner!”

Meanwhile, Football Development and Coaching students from UCS Lowestoft will be gaining invaluable coaching experience as they team up with the Football in the Community charity based at Norwich City Football Club.

The five students have signed up for a six week placement with the club to help coach school children, people with disabilities and those involved with community projects.

As well as coaching different groups, the students will also be able to develop particular areas of interest which range from marketing, to health and obesity in children and working with disabled people.

Stephen Walker, Chair of the Suffolk and North East Essex Branch Management Team, presented the awards to the students.

“Now in its third decade, the awards aim to celebrate the success of students across the region with ceremonies being held here at UCS and at Colchester Institute. We would like to extend our congratulations to this year’s winners”.

Football Development and Coaching students from UCS Lowestoft

Marie Finbow

Myles Gould
There are lots of services available to students at UCS and the Infozone means that there is a single point where these can be accessed.
**Art Exhibition: Russell Walker presents ‘Friends and Acquaintances’**  
Where: UCS Waterfront Gallery, Ipswich  
When: 2 December – 22 December 2010  
Time: 9:30am – 4:30pm  
The course is specifically designed to help lecturers and professors in universities successfully deal with their nerves and fears of teaching large groups and doing formal presentations at conferences.  

**FLR and EFT Officer Training with Mark Lapper**  
Where: UCS Ipswich Campus, T021  
When: 14 December 2010 and 6 January 2011  
Time: 9:30am – 12:30pm and 2pm – 5pm  
The course will enable the attendee to understand and recognise the hazards posed by small fires, implement correct emergency procedure and to select an appropriate extinguisher and operate it correctly. A certificate of completion will be awarded.

**Culture and Diversity with Gulshan Kayembe**  
Where: UCS Waterfront Building, Ipswich, W414  
When: 9 February 2011  
Time: 10:00am – 12:00pm  
A two hour session designed to provide awareness of the above areas, how to avoid discrimination and case study examples of good practice.

**Assertiveness Skills with Jackie Clifford**  
Where: UCS Waterfront Building, Ipswich, W413  
When: 25 January 2011  
Time: 12:00pm – 2:00pm  
This session provides an insight into specific learning difficulties (aspergers, dysproxia, oyskolia, dyscalculia, ADHD, Scotopic Sensitivity) and teaching strategies to support learning.

**Recruitment and Selection (Staff) with Jackie Clifford**  
Where: Co-op Education Centre, Ipswich  
When: 9 February 2011  
Time: 1:00pm – 3:00pm  
Delegates will explore culture and cultural values and how these link into broader moral and social value systems. There will be an opportunity to understand how culture and cultural differences manifest themselves in the way people behave and act as well as how it shapes their attitudes to the world around them. Delegates will examine some of the popular mythologies currently in circulation about different cultural groups and how they lead to stereotyping.

**When:** 2 February 2011  
**Time:** 9:30am – 4:30pm  
This session is designed to provide participants with the skills to effectively contribute to the recruitment and selection of staff members.

**Cultural, Disability, Gender, Sexual Orientation, Age & Religious Awareness with Gulshan Kayembe**  
Where: UCS Waterfront Building, Ipswich, W414  
When: 9 February 2011  
Time: 9:30am – 12:30pm  
This session is aimed at those who carry out manual handling activities at work and introduces staff to the hazards of manual handling, the risks involved and controls available.

**FLR and EFT Officer Training with Mark Lapper**  
Where: UCS Waterfront Building, Ipswich, W413  
When: 1 February 2011  
Time: 9:00am – 4:30pm  
This course gives staff at any level grounding in the essentials of health and safety.

**Sing-a-long-a Rocky Horror**  
Where: Theatre Royal, Bury St Edmunds  
When: 5 February 2011  
Time: 7:30pm  
The campiest cult classic of all time gets the sing-a-long-a-treatment it’s been SCREAMING for! Featuring the film, starring Tim Curry, Susan Sarandon, Meatloaf and Richard O’Brien, it’s the most outrageous, riotous, kitsch, wonderful romp ever.

**Movers and shakers promotions present ‘Nine Below Zero’**  
Where: The Manor Ballroom, St Margarets Green, Ipswich  
When: Friday 18 February 2011  
Time: 8pm  
For three decades Nine Below Zero have delivered an explosive mix of blues & rock in live performances that never fail to leave their audiences illuminated and exhausted.

**Delegates will explore culture and cultural values and how these link into broader moral and social value systems.**  
There will be an opportunity to understand how culture and cultural differences manifest themselves in the way people behave and act as well as how it shapes their attitudes to the world around them. Delegates will examine some of the popular mythologies currently in circulation about different cultural groups and how they lead to stereotyping.

**Emails - Friend or Foe with Jackie Clifford**  
Where: UCS Waterfront Building, Ipswich, W315  
When: 10 February 2011  
Time: 10:00am – 12:00pm  
More and more communication takes place via e-mail – it is estimated that organisations spend 20% of their time dealing with e-mails. This can lead to ‘e-mail overload’ and overflowing inboxes that begin to feel unmanageable. This workshop will provide hints, tips and tools for managing the e-mail flow resulting in participants feeling more in control of this area of their work.

**Powerful and Inspiring Presentations with Jackie Clifford**  
Where: UCS Waterfront Building, Ipswich, W415  
When: 16 February 2011  
Time: 2:00pm – 4:00pm  
This session is designed to provide delegates with the tools to present a powerful and inspiring presentation.