

Austin, Hannah

From: Psych-all-users <psych-all-users-bounces@listserv.csv.warwick.ac.uk> on behalf of HOD.Psychology Resource <HOD.Psychology@warwick.ac.uk>
Sent: 08 December 2023 09:39
To: psych-all-users
Subject: [Psych-all-users] Weekly Bulletin - 08/12/23
Attachments: FW: MWT - November Newsletter; WHEN November newsletter!; Sustainability at Warwick Newsletter- December 2023 (Staff/PGR); All Sites Trial Poster V1 all logos.pdf; All Sites Trial Poster V2 all logos.pdf; Reducing Worry Poster (1).pdf; ATT00001.txt

Department of Psychology – Weekly Bulletin: 08/12/23

Please send any information to hod.psychology@warwick.ac.uk you wish to share.
Each weekly bulletin will be shared every Friday – We hope you have a lovely weekend!



Thomas Bilterys – Eutopia SIF Fellow

Hi all, I'm Thomas. I am an EUTOPIA SIF fellow and started my 2-year fellowship in October. My research mainly aims to increase insight into the interaction between sleep and pain and to improve the treatment of insomnia and chronic pain. I completed my PhD in health science from Ghent University (Belgium) and Rehabilitation Sciences from the Vrije Universiteit Brussel (Belgium) in 2022. After my PhD, I worked as a postdoctoral fellow in the Pain in Motion Research Group at Vrije Universiteit Brussel and the Sleep Disorders and Research Center at Henry Ford Health. My current research project focuses on insomnia in people with chronic pain and possible treatment adaptations which consider the sleep-pain relationship to further enhance treatment. I am excited to work here and to get to know you all. I am currently back in Belgium, but I will return in January (after the Holidays). Wishing you all a joyous holiday season!



To start the festive season, please find a Christmas message here from our Vice Chancellor, Professor

Stuart Croft. [Merry Christmas from our Vice-Chancellor \(warwick.ac.uk\)](https://warwick.ac.uk)



Dear colleague,

Following your support in promoting the Staff Family day in the summer we wanted to reach out and make sure you knew about the upcoming **Staff Festive Drinks at the Slate on the 18th December, 12pm-2pm.**

There will be food, drinks, music and a presentation to December's Wonders and Wows winners - as voted for by staff!

This is a great opportunity to get into the festive mood, catch up with colleagues, and meet some you don't know yet.

Open to all University of Warwick staff we would love to see you and your colleagues there – **please do make sure to spread the word to your teams, and [register](#) to let us know you are coming.**

We also have some hardcopy posters to be displayed, that we will be delivering today.

Best wishes,
The Events Team

Dear Colleague,

Each year it is my pleasure to highlight an exceptional scholarship opportunity - the Branco Weiss Fellowship. This month, the global application process has opened again and will close on 15 January 2024.

The legacy of Branco Weiss, a well-known Swiss entrepreneur and science patron, was to dedicate nearly all of his wealth to supporting exemplary postdoctoral fellows (see <https://brancoweissfellowship.org>). Since its inception in 2002, the Branco Weiss Fellowship - Society in Science has supported more than 150 promising researchers. Fellows may carry out their projects at any academic institution in the world that best suits their research.

I would be delighted if you could forward this information to doctoral students and postdoctoral researchers. We welcome applications from all academic disciplines, including the humanities and social sciences. A range of materials, from posters to digital flyers, are available on a dedicated landing page (<https://brancoweissfellowship.org/campaign-material.html>).

If you have any questions, please contact our team at brancoweissfellowship@ethz.ch.

We would be particularly pleased to welcome a new fellow from your institution to our programme.

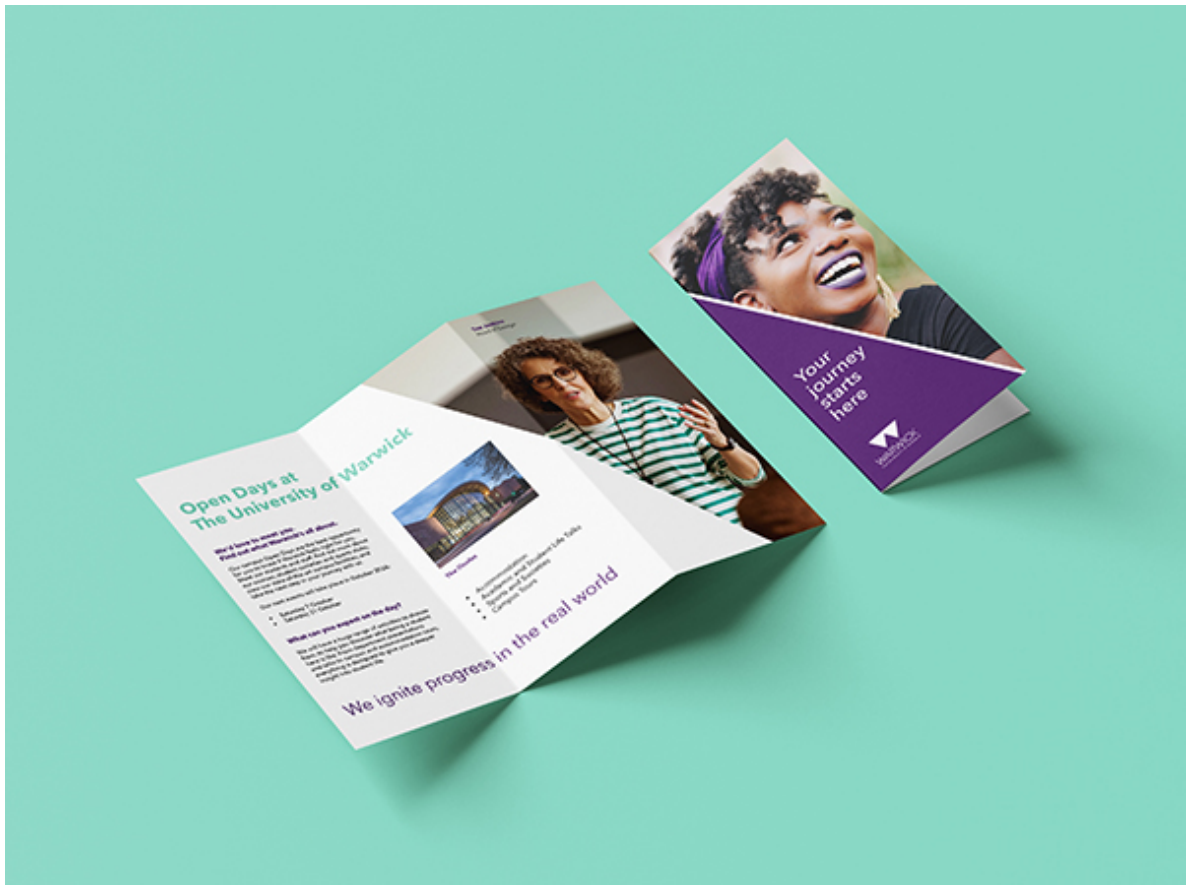
Kind regards,

Professor Christian Wolfrum
Vice President of Research, ETH Zurich
Patron of the Branco Weiss Fellowship

Dear colleagues,

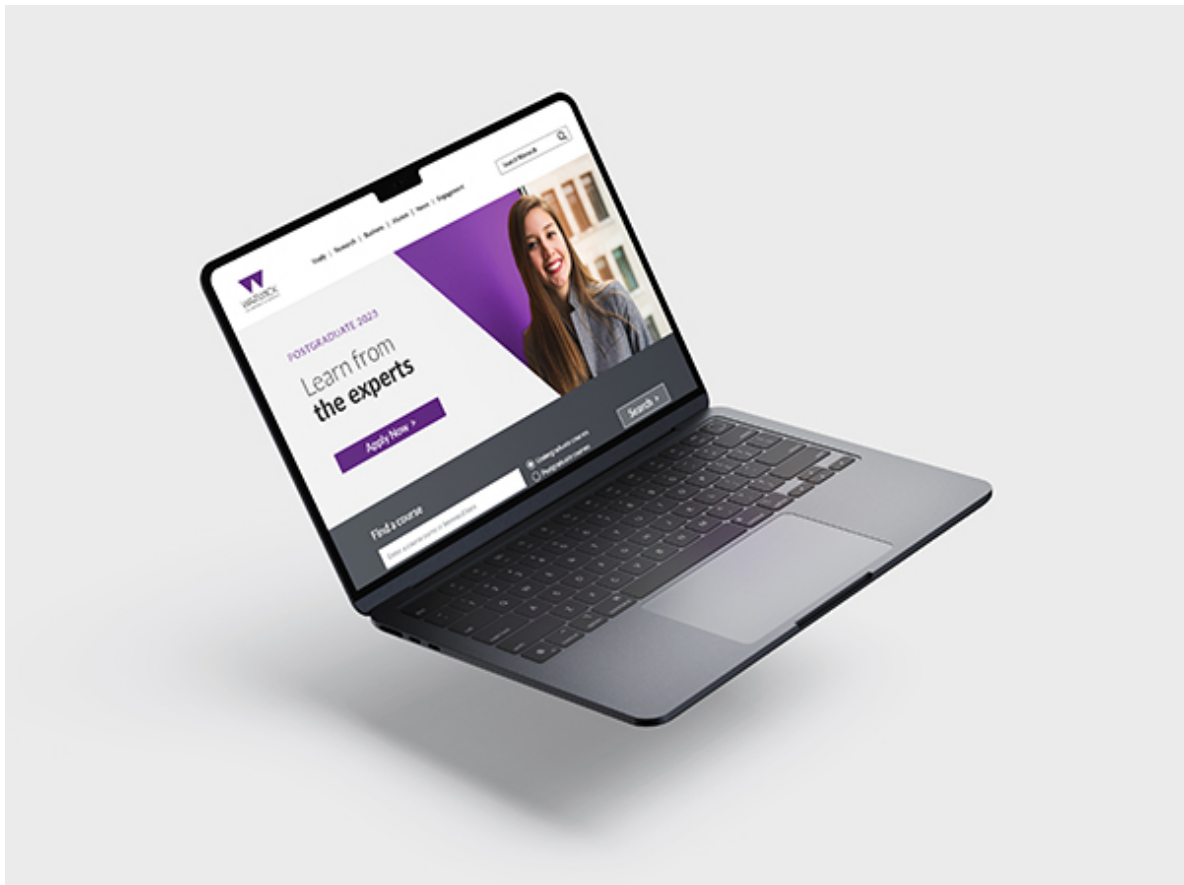
We'd like to share an exciting update with you on The University of Warwick's brand identity. At the beginning of the year, the brand team audited the University's brand and its associated assets. This entailed conducting interviews with stakeholders from across the institution. During our audit, we aimed to understand the pain points of our current brand. We listened to your feedback, and simplified our brand so that it is easier to understand and simpler to use.

Below you will find more information, including [where to find the new self-service brand portal](#), brand guidelines, useful templates, downloadable logos, and what you need to do next.



Introducing our simplified brand

The [simplified guidelines](#) make our brand easier to apply and help reinforce Warwick's identity across all communications. To support with this, we have been collaborating with Heads of Departments and colleagues on how we can achieve consistency for the benefit of our audiences. Please note that some of our sub brands will continue to use their own guidelines but should refer to our new brand assets when using the University brand. Please contact brand@warwick.ac.uk if you are unsure if your area should be using The University of Warwick brand.



Get your templates from our new brand portal

On the [brand portal](#), you will find a new PowerPoint template, Teams backgrounds, email signatures, and much more. We ask you to use them from now on, as this will help our brand look and feel more consistent across the University.

What you need to do

Please visit the [brand portal](#) and start using the new resources.

If you have any printed stock with our existing branding, please use it until depleted to avoid extra costs and environmental impact as much as possible. Please feel free to start implementing our simplified brand in your digital communications as soon as possible.

Our brand team is on hand to offer advice and guidance on any queries you may have on our institutional brand. Please email brand@warwick.ac.uk to get in touch.



Join us at our brand roadshows

We would like to invite you to a series of brand roadshows, which will take place from **23 January 2024**.

During the roadshows, we will talk about why it is important that our brand is consistent across the whole University, and we will explain our brand identity in more detail. We will also highlight key areas of the new brand portal where you can find our new branded assets.

The roadshows will be particularly useful for our colleagues with communications and marketing duties in their role, but everyone is welcome. You can find more details about the [roadshows on our brand portal](#).

Kind Regards,

The Brand Team

Ajay, Sinead, Tracey, Jo, Ece & Lucy

Marketing Communications and Insight (MCI)

[The University of Warwick](#) | brand@warwick.ac.uk

University House | Kirby Corner Road | Coventry | CV4 8UW

Freshfields Stephen Lawrence Scholarship and Career Development Programme 2024

Want to explore a career in the City? The Freshfields Stephen Lawrence Scholarship Scheme is a fantastic 15-month programme of legal work experience, coaching and mentoring in London, for first year students identifying as male Black African or Black African-Caribbean (or mixed race Black African/mixed raced Black African Caribbean). Due to the scheme's partnerships with Bank of England and Aon, it is ideal for students interested in working in London in legal or financial related organisations. With the support of the university's Careers Service, four Warwick students have secured places on the scheme and each year the Scheme offers 'runner-up' careers support in the form of mentoring and insight activities which have resulted in some past students landing job offers with

Freshfields/Aon/Bank of England. Find out how to apply and more, here:
<https://myadvantage.warwick.ac.uk/students/jobs/detail/3218677>

Kind regards,

Millie

(Senior Careers Consultant for History, History of Art, PAIS, Film and TV Studies and Centre for the Study of the Renaissance)

Dear colleagues

We are all aware of how student mental health is an increasing priority and of the need to find better ways to improve mental health and wellbeing in students.

To that end, colleagues in the department here in Exeter (and collaborators in Oxford, Newcastle, Southampton, King's College London, and Cardiff) are leading a large MRC grant to better understand and improve university student mental health called Nurture-U.

Within that project, the Nurture-U team are conducting two large trials of digital interventions open to all UK university students, which are recruiting now. This is an opportunity for students to access state-of-the-art interventions at no cost and to contribute to improving mental health support across the sector and may provide a useful and interesting resource for students.

The trials are:

1. Comparing a digital app to build confidence and reduce worry versus usual practice for students with high levels of worry and overthinking (but who are not currently depressed)
2. Comparing therapist-supported internet CBT versus self-guided internet CBT for students with elevated levels of anxiety and/or depression

All the trials have full University of Exeter ethical approval. Students can access the trials via the study website www.nurtureuniversity.co.uk or a QR code to a RedCap electronic data capture system (see attached materials), and the interventions are all being provided and supported from University of Exeter remotely.

The goal is to make as many students as possible aware of these studies – and so it would be great if you could circulate the relevant attached material around your departments to all your students. This research may also be of particular interest to psychology students.

For your convenience, here is some draft text to circulate:

“Dear students

As part of an ongoing study to improve student mental health, the Nurture-U project (from Universities of Exeter, Oxford, Newcastle, Southampton, King's College London, and Cardiff) is looking for students across the UK to take part in two studies testing digital treatments expressly designed for students:

A study testing a digital app to build confidence and reduce worry for students with high levels of worry and overthinking;

A study comparing therapist-supported internet CBT versus self-guided internet CBT for students with elevated levels of anxiety and/or depression

This is an opportunity to access free state-of-the-art psychological interventions that have been proven to be of benefit for mental health and well-being and to help to improve mental health and wellbeing services for university students.

A flyer for Nurture-U with a light green and yellow background. It features a stylized illustration of a woman with her arms outstretched, holding a yellow circle. The text is arranged in several sections: a logo at the top left, a large headline in a green cloud, a question, a statement about testing two different student support options, two boxes describing the support options, and a final line at the bottom.

nurture-u

Help us improve student mental health!

Are you feeling anxious, depressed or stressed at university?

Nurture-U are testing two different types of student support and we need your help!

an app to reduce worry and build confidence

psychological support through self-guided online therapy for anxiety and depression

You can earn shopping vouchers!

If you are interested, please go to www.nurtureuniversity.co.uk for more information or use the link on the attached flyer.”

Thank you for your help.

Dr Joanne Smith (she/her)
Professor of Social Psychology
Head of Department
Psychology, Faculty of Health and Life Sciences
University of Exeter
Ext: 01392 724688

The Royal Society open their Royal Society Wolfson Fellowships programme on 24 Jan 2024 which continues to support in partnership with the Wolfson Foundation. The Royal Society Wolfson Fellowships programme enables UK Universities and Research Institutions to attract talented international researchers to the UK's scientific community.

The Royal Society will support this programme, through one of two complementary routes a 5-year fellowship scheme for recruits to the UK (£300,000) and a visiting fellowship scheme for flexible 12-month sabbaticals to the UK (£125,000). Further details below.

Both schemes open **24 Jan 2024**. The deadline is not specified on the webpage yet, but the funder informed us that they expect to open the call for 8 weeks. Additional information on the schemes and details on how to apply are available [on the Royal Society website](#).

Candidates must be nominated by the Institution, and additional justification is required should there be more than one candidate nominated to each scheme. We therefore request that **Departments to email if you would like to nominate a candidate for either scheme and which scheme it is for, with title of "Royal Society Wolfson Fellowships programme" to Research & Impact Services at ResearchStrategyDev@warwick.ac.uk by noon 15 Dec 2023.**

Thank you for your cooperation.

Scheme details:

1) A five-year [Royal Society Wolfson Fellowship](#), which focuses entirely on recruitment of research leaders to the UK, enabling UK institutions to enhance their offering with a £300,000 fellowship award to scientists wishing to relocate here. The purpose is to support the recruitment of a researcher from overseas to hold the grant in a UK institution who will contribute to its scientific strategy. These funds can be used to enhance the salary of the Research Fellow (up to a maximum of 20% of the total salary) but it can also be used flexibly by the Research Fellow to support members of their team, research expenses such as equipment, travel and PhD studentships.

Eligibility:

Prospective Fellows

- Can be of any nationality
- **Must** have received a firm offer of employment from Warwick at the time of application to this scheme
- **Must** be moving from a non-UK institution. I.e. the grant cannot be used for moves *between* UK institutions
- Are expected to hold (the equivalent of) a full-time post at Warwick
- **Must not** have previously held a Royal Society Wolfson Research Merit Award.
- **Must not** hold an externally funded UK fellowship

2) A [Visiting Fellowship](#) strand, which allows excellent international researchers a flexible 12-month sabbatical period at a UK university or research institution with an award of up to £125,000, to build and develop international collaborations and networks with the host UK university or research institution. This scheme is aimed at exceptional

international researchers of all nationalities at the peak of their career as well as those established leading researchers whose career is on a steep upward trajectory, and who wish to undertake a 12-month sabbatical period (full time or flexibly over 24 months) at an eligible UK academic institution. The budget can be used to provide a bursary for the Visiting Fellow and can be used flexibly by the award holder to fund research expenses and other appropriate justified costs. The fellowship can be held full time for one year or flexibly over two years. Visiting Fellow alumni will also be welcome to apply for longer term support provided by the Royal Society Wolfson Fellowship.

Eligibility:

Prospective Fellows

- Can be of any nationality
- **Must** have received a firm offer from Warwick to host them for a sabbatical at the time of application to this scheme
- **Must** be visiting from an overseas organisation. I.e. sabbaticals *between* UK institutions are not eligible.

EDI matters

The Royal Society recognises that equality of opportunity, diversity and inclusion is essential for delivering excellence in science, technology, engineering and mathematics. The Society wants to encourage applications from the widest range of backgrounds, perspectives and experiences to maximise innovation and creativity in science for the benefit of humanity. The Royal Society regularly review and revise processes to help ensure that all talented applicants have an equitable chance to succeed as per the assessment criteria. This includes ensuring all panel members are briefed on unconscious bias in decision making as part of their assessment process.

Tomomi Kimura, PhD
Research Strategy Development Manager, Research & Impact services

The University of Warwick
Coventry
CV4 7AL

[Forum for Leaders of Inclusive Cultures – Religion at Work](#)

Date: Thursday 1 February 2024 | Time: 9.30-10.30 | Location: Online

Join us for a thought-provoking event on religion at work, featuring prominent panellists who will shed light on the often-overlooked aspect of religious diversity and inclusion in the workplace.

Pearn Kandola's '[Religion at Work](#)' research project aims to raise awareness about the experiences of people who have a faith in the workplace, the obstacles they face regarding religious expression, and what organisations can do to create more inclusive environments. Professor Binna Kandola OBE, Senior Partner and co-founder of Pearn Kandola and an expert in unconscious bias in organisations, will share insights gained from this research and his extensive work over the past three decades.

Accompanying him, to contribute their perspectives on inclusive practices will be:

- Professor Eleanor Nesbitt, Honorary Fellow of Warwick Religions and Education Research Unit and a specialist in Sikh Studies, recognized for her lifetime achievements in the field.
- Reverend Mark Rowland, Warwick's Free Church Chaplain and currently completing a PhD exploring 'a queer theology of holiness'.

This event promises a rich exploration of religious diversity in the workplace, fostering understanding and promoting inclusive environments for all employees. Don't miss the opportunity to engage with these insightful speakers and join the conversation on religious identity at work.

Take care,
Michaela.

Michaela Hodges.
Social Inclusion Manager | [Social Inclusion Group](#) | Strategy Group | [The University of Warwick](#).
m.hodges@warwick.ac.uk | External: 024 761 50057 | Internal: 50057.

If you see or have an accident, or feel unwell summon a First Aider (in the Humanities Building):

The departmental First Aiders are:

Hannah Austin - H1.41, call x73910 (or 024 765 73910 from a mobile phone)

Catherine Johnstone - H2.53 call x23745 or (024 765 23745 from a mobile phone)

Professor Thomas Hills - H0.26, call x23182 (or 024 765 23183 from a mobile phone)

Dr Pete Trimmer - H0.29, call x50909 (or 024 761 50909 from a mobile phone)

If it is not possible to contact one of the first aiders, please contact Community Safety on ext: 22222 (024 765 22222).

Automated External Defibrillators (AEDs)

location https://warwick.ac.uk/services/healthsafetywellbeing/guidance/first_aid/defibrilators/.

Procedure for reporting Accidents

(a) Report incident to [Linda Wilson](#) or, in her absence, your line manager / supervisor / tutor.

(b) Complete the online [Accident / Incident / Near Miss Report Form](#)

[UOW Portal b61470bf-91f9-4f38-a1c9-8b2cce40b052 \(sheasure.net\)](#)

When working on campus outside normal hours it is recommended that you keep a mobile phone with you at all times and have the Community Safety number saved as a contact on it. The Community Safety number is 024 7652 2083 (or 22083 from internal phone).

Kind Regards,
Hannah.

Hannah Austin (She/Her)

PA to Derrick Watson, Head of Psychology, University of Warwick

Please note my working hours are 8:30am till 4:30pm Monday to Thursday and 9:00am till 4:00pm on Friday.

Room H1.41, Humanities Building | Coventry | CV4 7AL

www.warwick.ac.uk/ or chat with me on Teams!

Hannah.o.austin@warwick.ac.uk



Department of Psychology

