

Spot the Difference and win £20!

Can you spot 15 differences between the two pictures below?

Please send your answers to Jennie Bond, Unit 8, Science Park or e-mail j.bond@shu.ac.uk by Friday 22 April 2005.

The winner will receive £20 in vouchers for a High Street store of their choice.



Issue 30 Quiz Winner



In our last issue, we featured a Christmas Spot the Difference competition. We had a great response but there can only be one winner and this time it's Val Swift from Room Bookings. Val wins £20 worth of M&S vouchers.

Caption Competition



In the last issue, we featured this photo of Nick Nelson, SHUcard Administrator, at a recent wedding. We asked for caption suggestions and we had a number of hilarious entries which have kept the editorial team laughing but the best by far was John Helm's suggestion....

'Always the bridesmaid, never the Head of Security'

Sorry Nick, it's all in the name of fun!

Noticeboard

For rent 2 bedroom apartment Costa del Sol, 20 minutes from Malaga airport.

Seafacing with seaview and pool, five minutes from beach, fully-equipped.

For further details contact 01325 332784

For sale Oval beech folding dining table and four chairs £50 ONO.

Contact Phil Walton 07711 616074

FACILITIES DIRECTORATE

ISSUE 31 SPRING 2005



Welcome

Spring is in the air!

Well, love was anyway during the Love2B celebrations which took over the city recently. It's been a positive start to the year for Estates, with the opening of the impressive new Students' Union building, and the grand new main entrance at City campus.

Features in this edition include FD's new mission statements, leadership and team building, Conference 21's recent visit to Confex and the launch of their new virtual tour facility.

Travellers' tales from India will warm up your day, and stories from the slopes of the Alps, will remind you of the recent wintry weather!

Jennie Bond
Georgina Kersey
Anita Staniforth
Gill Turner

Editorial team

Copy deadline for the Summer issue is 29 April 2005

Sheffield's steel drums beat to a new rhythm



New Students' Union gets a warm reception

Valentine's day launched with style the opening of the long-awaited new Students' Union, to be known as HUBs (The Hallam Union Building of Sheffield), housed in the distinctive steel drums of the former National Centre for Popular Music. The dramatic conversion, which has taken two years to complete, has breathed new life into the building, and provided a new home to Union staff as well as an exciting and unique venue for SHU students. It is set to become one of the leading student union venues in the country.

Continued overleaf ▶



HUBs continued



year. The vibrant conversion was intended to complement the original concept of the building, and includes four separate bar areas, social and activity spaces, a live venue, for staging concerts and shows, two multi-functional entertainment rooms, a shop, and two areas on the ground floor, one specially designed for union staff and the student advice centre, and another which houses Hallam Volunteering and the student activity area.

Both staff and students are delighted with their new home, which replaces the old Nelson Mandela Building (NMB) opposite the station, and the main downstairs bar, which is open to the public, has been named The Phoenix Bar, after the original Phoenix Bar which stood on the site of the NMB.

FD's Estates division was involved from the beginning with Sheffield-based architects Axis. Senior Building Surveyor Andy Ridge was responsible for overseeing the project and for liaising with the many consultants, builders and workmen involved in the conversion. Due to the nature of the building, half of the project value was mechanical services. So, Dave Livingstone, Senior Building Services Engineer was on the job from the start, working on a daily basis with Engineering consultants Ove Arup. Andy is really



The drums, originally designed by London architects Branson Coates, were purpose-built for the NCPM in 1999, as a lottery-funded project aimed at creating an international music centre and tourist attraction to rival the USA's Rock & Roll Hall of Fame in Cleveland, and as a way to key in to the local music industry. Unfortunately the centre was not successful and an application was submitted by SHU in August 2003 to change the building into a multi-purpose venue for our students.

The conversion was completed in December 2004, Union staff moved over to the new building shortly after, and it opened to students on 17 January this

pleased with the results, saying that he's found the project deeply satisfying.

'I aim to achieve customer satisfaction, so if the building has had that sort of impact, and the customers are delighted with it, then my job doesn't get any better than that.'

HUBs has struck a chord with everyone who has visited the site, and has received a warm reception from staff, students and also the general public. Education minister Kim Howells recently visited the building and declared it was the best Students' Union he had ever seen.

Alex Pettifer, Director of Estates and Facilities, said of the project,

'It's a great building in the right location to be used as the new Students' Union. Anyone visiting the building will realise what a fantastic job this has been and it is a real credit to all the FD staff who worked on it.'

You can see a virtual tour of the new Students' Union at

www.shu.ac.uk/university/hubs



Well done to...

Congratulations to **Liz Payne** who has successfully completed stage two in the RSA Fast Track word processing course and is currently undertaking stage three.

Well done to the following staff who have successfully attended Safe Working; **Monica Arnberg, Kim Caney, Amy Connelly, Gareth Cunliffe, Anna Dowd, Jim Finlayson, Peter Flint-Murray, Tina Foster, Cassie Green, Adam Hawker, Adele Hunter, Gillian Jones, Amanda Kelly, Jacqueline Kelly,**

Joe Milne, Michelle Murray, Jamie Proctor, Dave Simpson, and Leslie Staniforth.

Congratulations to the following who attended the Tourist Board accredited Welcome Host training; **Monika Arnberg, Diane Bell, Edith Blandy, Janet Chapman, Marlene Gibbs, Margaret Larden, Caroline Morris, Lulu Pad, Diane Seagrave, Weiming Wang, Hongliang Yan, Ernest Bloomer, Kathryn Brewin, Kim Caney, Amy**

Connelly, Anna Dowd, Jim Finlayson, Joanna Fulton, Jamie Procter, Paul Salmen, David Simpson, Leslie Staniforth, Tracey Trickett and Libby Wainwright.

And finally, congratulations to everyone who passed their BTEC Control Room Supervisory Skills course; **Dave Allen, John Clegg, Shaun Colliver, Richard Kershaw, John Kilmartin, Shaun Powell, Matthew Smith, Jeff Stengerski, David Womack and Chris York.**

FD charity update

Tsunami Disaster Appeal

A big thank you to everyone who bought tickets for the recent FD charity raffle and tombolas held in aid of the Tsunami Disaster Appeal.

So many prizes were donated we were able to hold three tombolas in different locations on the same day and a fantastic **£1,125** was raised in total!

All raffle winners have now been contacted, and a full list of the winning ticket numbers is available on the FD staff intranet.

Many thanks to all staff and the following companies for donating prizes and a special mention to Sharon Sutton, a Domestic at City Campus, for convincing so many of her local shops to donate a prize.

Donations were received from

- Blackwells Hallam Bookshop

- Catering Services, FD
- Coca Cola
- Your Nuts Health Food Store, Broomhill
- Hobsons the Butchers
- Jackson's Butchers, Parson Cross
- Nautilus Fitness Equipment
- SPAR, Parson Cross
- Thorncliffe Arms, Chapeltown
- Securit World Ltd
- Sherwood Electronics
- Sport Hallam, FD

Jackie's Story - By Joanna Fulton

Last year a friend of mine, Jackie Burton, was relocated to Sri Lanka. She thought it was the opportunity of a lifetime until the Tsunami struck. Living in Columbo, Jackie and her family were lucky to escape the Tsunami but just 30 minutes away, there was total devastation. She emailed telling me of the disaster and her ambition to

raise money for fishing boats for the locals to begin to rebuild their lives.

In the village of Ambalagoda she recounted that children were left only with the clothes they escaped in, the looks of anguish on faces as homes had been completely destroyed. People were searching through debris for anything they could salvage. These people make their living from the sea, their boats completely destroyed and livelihoods ruined. The village is off the main road and all aid is bypassing them en route to major towns.

Jackie's aim is to raise money to buy boats for the villagers to start working again and rebuild their lives. If you wish to make a donation or help out in any way with the fundraising, please contact Joanna Fulton on extension 3576 or e-mail j.fulton@shu.ac.uk

Moves and changes

Since the Winter issue, we welcomed **Gareth Cunliffe** who replaces **Amanda Tolson** as the Sustainability Co-ordinator.

In Security **Lesley Staniforth** joined as a Patroller, as did **Tracy Trickett** who transferred over from the Catering team at City Campus.

Val Swift retired from Facilities Planning in February after 16 years with the department.

In City FM Team **Joe Milne** started in the role of Administrative Assistant, we also welcomed **Lydia Cannister**. We said goodbye to **Christine Mappin, Everlyn Pearson, Susan Rodgers** and **Christine Humphries** who have 50 years service between them!

At Sport Hallam we said goodbye to **Nina Gordon**, Senior Fitness Instructor, and **Emma Allen**, Recreation Supervisor.

In Conference 21 **Marie Jones** returned to Student Services in December after a 10 month temporary contract as Special Events Co-ordinator. **Julie Smith**, Special Events Co-ordinator returned from maternity leave on 4 January, but sadly left on 18 February to start a new post in Registry so our best wishes to her!

Catering at Collegiate Crescent Campus welcomed **Melissa Priestly** and **Adam Murray** and said goodbye to **Chris Orton, Roger Akenga** and **Cassie Green**.

Catering at City Campus had eight new starters as General Assistants - **Joanne**

Summer, Angela Bolsover, Natalie Smedley, Kirsty Rodgers, Kathleen Maddock, Patricia Smith, Giselle Bowns and **Gemma Williams** who transferred from Collegiate Crescent to City Campus. We said goodbye to **Linda Taylor** and **Rose Patterson**.

In Facilities Management at Collegiate Crescent Campus we said goodbye to **Cheryl Martin, Pat O'Connor, Frank Mason** and **Donna Shannan** and welcomed **Mary Martin, James Finnie, Nicola Pollard, Janet Wilson** and **Fidel Kom** as the new Service Supervisor.

And in Estates we welcomed **Carol Clarke** to Unit 8 and **Ria-Louise Housley** to Unit 4 as Secretarial/Clerical Assistants.

Dates for your diary - 2005

Sun 20 March	Farmers' Market, Sheffield	Week of 16 May	Teamtalk
Thurs 24 March	Sheffield Theatres Talkback: Lear	Sun 22 May	Farmers' Market, Sheffield
Fri 25 March	Good Friday	Mon 30 May	Spring Bank Holiday
Mon 28 March	Easter Monday	Tues 31 May	Spring Bank Holiday
Tues 29 March	Easter Tuesday	Thurs 9 June	Sheffield Theatres Talkback: Comedy of Errors
Tues 5 April	Sheffield Theatres Talkback: Girl in a Goldfish Bowl	Fri 10 June	Jumpstart's Tenth Birthday Party (see article page 4)
Week of 18 April	Teamtalk	Week of 20 June	Teamtalk
Sun 24 April	Farmers' Market, Sheffield	Sun 26 June	University Open Day
Wed 27 April	University Celebrity Lecture: Adrian Gilpin		Farmers' Market, Sheffield
Mon 2 May	May Day	Fri 1 July	Standard Teaching Year ends

Senior managers revealed

- Christine Booth

Professor Christine Booth was recently appointed Executive Dean for the Faculty of Organisation and Management. Christine has held various senior academic roles within the University and was previously Deputy Dean for the Faculty of Development and Society.



Christine is an experienced planning practitioner and researcher in the fields of planning practice, equal opportunities, gender and diversity. For over sixteen years, she worked in local government as a senior manager, specialising in development planning, consultation and client-based approaches to planning. This work involved both positive action and mainstreaming gender and diversity issues into policy formulation and service delivery in town planning, as well as across the local authority.

Since joining the University, Christine has undertaken extensive research and consultancy in this field at the European, national, regional and local level and has developed a European dimension through the EuroFEM network and a series of research contracts. She is currently a Neighbourhood Renewal Advisor for the UK Central Government Neighbourhood Renewal Unit.

These are some of the things Christine is well known for in academic circles, but we wanted to find out what the person behind the reputation was really like. One of our reporters caught up with her in the Stoddart Building and asked her a few personal questions.

What is your favourite book?
I have many, but my current favourite is 'Small Island' by Andrea Levy, which has just won the Whitbread Prize for Literature. Andrea is actually my sister-in-law and this is her fourth novel. It's great to see her getting some recognition for her writing – and it's a really fascinating read.

Where do you buy your underwear?
Wherever is nearest and most convenient – usually John Lewis.

What's the best place you've ever visited?
It has to be North Karelia on the Finnish-Russian border. Last Easter, we went to stay with some Finnish friends of ours who have a log cabin on the side of a frozen

lake in this most remote of areas. We had ten glorious days of blue skies, cross-country skiing and walking in the wilderness.

What makes you happiest?
Pottering about at home. I am never happier than being at home with my family, cooking and cleaning, tending to the garden, emptying the rubbish (it's good for the soul!). I'm a real home-maker.

Where's the best place to eat in Sheffield?
Thyme Café in Broomhill.

What's the best thing about working at SHU?
On a good day, the people.

And the worst?
On a bad day, the people! And also the bureaucracy, the hurdles, the barriers to getting things done.

What's SHU's biggest challenge over the next five years?
The University needs to be resilient and flexible in order to flourish in this period of marketisation of Higher Education. We need to transform ourselves and keep in step with external changes. We need to get better at what we already do well.

What was your first paid job?
Saturday jobs while at school. My first job was in my uncle's sweet shop, which I later gave up to work in a much more exciting place for a teenage girl – the local hairdressers!

Do you believe in love at first sight?
No.

Where will the University be in twenty years time?
I hope it will regain and retain its institutional confidence to be in there with the best, sustaining its excellent reputation for teaching and learning, student support and graduate employability.

Where would you like to be in twenty years time?
Retired and perhaps cycling across Europe, or something equally challenging. I shall probably be 'wearing purple' and hopefully still surprising myself.

What's your star sign?
Virgo.

What's your favourite Beatles song?
Here comes the sun.

What was the best day of your life?
I have two. The first was meeting my husband and the second was giving birth to my daughter.

Name the achievement of which you are proudest?
My daughter - watching her grow and develop through all the stages of childhood and now into young adulthood – she makes me a very proud Mum!

Who would be your dream date?
I tried to think of some witty answer to this question, but, very conventionally, I have to say it would be and is my husband.

What would you have written on your gravestone?
Again, I tried to think of something light-hearted and came up with, 'Finally, she stopped talking'. I think my friends and family will all say 'At long last, she's shut up!'

Finally, the mystery question. As it was Chinese New Year (2005 is the Year of the Rooster) when the interview took place, we asked Christine...

What twelve animals feature in Chinese astrology?
She managed to think of nine. They are: rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, boar.

Find out which year you were born in: www.chinese-astrology.co.uk

A new mission for FD

As you will know, the Directorate has a brand new staff mission statement and a brand new customer mission statement!

A number of colleagues were involved in identifying a range of suggested new statements and all of the Directorate were then invited to choose the ones they preferred (via December's Teamtalk).

So what did they choose and what do they mean?

Staff Mission – Together we make a difference

'Together we make a difference' depicts how members of staff individually and collectively contribute to the Directorate's success. This is all about team working, sharing information and continuously improving what we do. Most importantly, this Mission Statement says that working well *together* helps us succeed in supporting the University and its customers and

visitors. Working together gives us the tools to serve our customers well.

Customer Mission – You can count on us to deliver service excellence

'You can count on us to deliver service excellence' is our Customer Mission Statement and will be displayed on posters in our outlets and included in our service level statements. This statement is intended to sum up that reliability, value for money and high standards of service are our customer priorities. By reading this our customers will know that the Directorate's focus is to deliver an excellent service and to contribute to the overall success of the University.

How can you help make these statements mean something special?

As individuals, your role could be to think about what you do and how it might affect colleagues in other teams. Ask yourself,

'What do others need to know? Should I be talking to others about what I'm doing? How can I help them? And so on.

Someone from your divisional or operational teams recently attended a workshop to discuss the benefits of putting these new statements in place. These colleagues are your contact for more information and have agreed to be FD's 'champions' to enhance team working across the Directorate. Please don't hesitate to contact them for more information on either of the new Mission Statements.

Gareth Cunliffe	Juliet Ramsden
Joanna Fulton	Andy Ridge
Sharon Horton	Steve Short
Steve Kelly	Anita Staniforth
Georgina Kersey	Sandra Stephens
Pat Maddock	Duncan Storey
Lee Mansell	Mark Swales
Danny Porter	Graham Sykes
Tina Needham	Deborah Toone
Nicola Neville	

Working together really does make a difference - for everyone!

Your kids could be sporting champs this Easter

By Dan Porter

Good news for parents! School holiday blues can now be kept at bay thanks to Champs Sport Camps. Champs Camps are about children having fun, learning new skills, trying different sports, and developing sporting ability in a wider range of sports than normally offered at school and not just in one specific sport. The camp aims to give all the children a fun-packed and enjoyable time in an environment where they can not only develop a wider range of sporting capabilities but also develop teamwork and interpersonal skills at the same time.

Champs Sport Camps
Collegiate Crescent Campus
Easter - 29 March to 1 April
Summer - 25 July to 2 September

Special Offer - 25 per cent off the usual camp price for Sheffield Hallam staff

	Normal Price	Price for SHU staff
5 day week	£89	£67
4 day week (Bank Holiday)	£72	£55
Day rate	£21	£16

For more details or to book please call 01709 375313 and quote Sport Hallam to qualify for the special offer.

www.champs-sports-camps.co.uk

Sustainability Update

G8 Summit takes place in Gleneagles

What a lot of national and international events taking place in March! Hardly surprising really if you consider the truly exceptional opportunity 2005 presents for making inroads into world poverty. Poverty in Africa and across the globe will be a key theme of the G8 summit in Gleneagles, Scotland – and is in keeping with current Government thinking. But what can we do to support 'Make Poverty History'? During March we have *Fairtrade Fortnight* (1–13), *Comic Relief* (11) and *World Water Day* (22).

Fairtrade aims to offer a better deal to those small scale producers who can be

disastrously impacted by falling commodity prices, by buying direct and paying a better price. So, go on, make the effort – keep your eyes peeled for the Fairtrade symbol and give the products a try! Remember these people supply a lot of the produce we take for granted. Find out more at www.fairtrade.org.uk

World Water Day grew out of the 1992 'Earth Summit' in Rio de Janeiro. Water plays a key role in eliminating poverty and is critical to sustainable development - it is vital for environmental integrity and is indispensable for human health and well-being. Many poor countries struggle to provide adequate, quality water supplies to their people and water deprivation can

become a source of conflict – water is one of the major stumbling blocks in attempting to establish peace in the conflict between Israel and the Palestinian population. For ways in which you can help provide secure and quality water supplies across the world visit www.wateraid.org.uk



Let's party possums!

By Graham Sykes

This year Jumpstart is ten years old and so a celebration 'Aussie' themed party is to be held in the new Students' Union building on Friday 10 June. If you have done a Jumpstart course over the last ten years you are invited to come and you can bring family and friends along if you want to (over-18s only please).

The theme of the party is Australian, for no other reason than the Jumpstart logo is a jumping kangaroo and of course because it will be great fun. Aussie dress is optional and there will be barbecue food, free raffle and a free drink included in the admission price of just £2.50 a head.

Hopefully it will be a lovely summer's evening and we will be partying in the unique and recently refurbished HUBs.

The fun will begin at 7.00pm and continue until closing at 11.00pm. Tickets will go on sale at reception desks at City (new entrance) and Collegiate (Heart of the Campus). Initially tickets will only be sold to Jumpstart participants and their managers, before being opened up to others if numbers permit.

All Jumpstart participants and committee members have been issued with 'gold' pin badges that are unique and exclusive to Jumpstart, in celebration of Jumpstart's tenth birthday. In future, these badges will replace the certificates which were previously issued for participating in Jumpstart.

So, please wear your pin badge with pride. It is a visible sign that you are part of one of the most successful and lasting Employee Development Schemes in the country. The badges look good too! If you think you should have been sent a badge, but have not received one yet, please let Cherie know on extension 4970.



The Jumpstart pin badge

And, let's party in June... 'You can bring your Sheilas and Cobbers (but not your Joey) and even your didgeridoo and have a fair dinkum time', which roughly translated, means, 'You can bring your relatives and friends but unfortunately not your children (if under 18), although you can bring your didgeridoo (a wind instrument) and have a great time. See you there mate'.

Conference 21 attend Europe's leading exhibition

Sheffield Tourism went on show recently as one of the UK's top destinations for conferences and business tourism. Sue Collett and Jill Hitchenor from Conference 21 shared an exhibition stand with Sheffield Conference Bureau and staff from Sheffield International Venues at Europe's leading conference and events exhibition, International Confex.

The show, at Earl's Court in London, is renowned for the high calibre of its exhibitors and visitors from the UK and around the world, making it the ideal place to showcase our facilities.

'Organisations book conference space years in advance, so it's vital that we exhibit at events such as International Confex to raise our profile and ensure that we are in line with other national conference cities.'

Sue Collett

'By partnering with the City's Conference Bureau we got the opportunity not just to sell Sheffield Hallam but to sell Sheffield as a venue overall, which is great for attracting new and repeat business to the city.'

Jill Hitchenor

Confex marked the launch of the Spin Sheffield website, a 360° virtual tour guide of Sheffield and the surrounding area



Sue Collett with Gemma Bradshaw and Emma France from Sheffield Conference Bureau

featuring related business - hotels, restaurants, bars, tourist attractions and most importantly conference venues including Conference 21. To see the virtual tour in action, go to www.spinssheffield.com

The exhibition was also the first outing for Conference 21's new brochure design, highlighting the qualities that make Sheffield Hallam an attractive choice for event organisers.

The conference brochure is accompanied by Conference 21's special hotel rates brochure which contains details of hotels in Sheffield offering discounts for SHU staff, students and visitors.

If you would like more information about what Conference 21 does or a copy of the new brochure please call Sue on 5340 or Jill on 5319. Or visit the website at www.shu.ac.uk/conference21

Longley College, ghost stories and meeting the Prime Minister

By Katie Baker



Having been asked to give an update on how I'm getting on at Longley College, I thought I'd start with a bit of history about the college itself.

Longley Park Sixth Form College stands on the remains of the old Firth Park School near the centre of Firth Park. It was once a grammar school which only allowed boys to attend, however grammar schools were later abolished, leaving the rest to amalgamate. Consequently, the new Firth Park Comprehensive first allowed seven girls to walk through its doors in 1968, and fun was had by all!

However, before any of this happened, the building was home to Lady Grey. Lady Grey lived with her husband and their butler, but on discovering that she was

pregnant with the butler's baby, she threw herself from the top of the famous tower. It is said that Lady Grey haunted the tower from that day on. It was rumoured that if you were in a certain part of the school you could hear her chilling screams from the top of the tower and feel her presence if you walked up to it. Consequently, the builders had the site blessed before rebuilding the new college so she could rest in peace.

The new college opened in September 2004, with expectations of holding 400 students. It has already exceeded this level and currently houses over 700 AS and A level students, one of them, of course, being me. It was officially opened by David Blunkett and Tony Blair in December 2004 and students had the privilege of meeting them both to welcome them to our new college. Half way through the opening ceremony, the principal of the college stood up to give his speech, which included the unexpected words 'now one of our students, Katie Baker, will present Mr Blair with a golden apple, as a gift of



Katie meeting PM Tony Blair

thanks from Longley Park'. I was standing innocently in my ignorance when the next thing I knew someone had shoved an apple into my hand and thrown me onto the stage!

I would like to take this opportunity to say how nice Mr Blair was, especially under the circumstances of some random student, me, saying 'um...yeah. Thanks'.

On the whole I'm really enjoying life at Longley College and the lessons are ok too!

Computer users 'over the limit'

By Anthony Barker

Do you know what to do when you receive a **'Your mailbox is over its size limit'** message? It usually looks something like this:

Your mailbox has exceeded one or more size limits set by your administrator. Your mailbox size is 28670 KB.

This message will be received as soon as your mailbox exceeds 23 megabytes (23000 KB) and when you reach 28 megabytes (28000 KB) you will not be able to send any more messages (although mail sent to you will still be received).

In most cases the problem is caused by just one or two large e-mails. The first thing to do is to check the overall sizes of your mail folders.

Ensuring Outlook is open, go to Tools (on the Menu), Mailbox Cleanup...

A dialog box will then open prompting you to **Click Here** to see the size of your mailbox.

A further dialog box then opens showing you the sizes of all the folders.

In the example shown you can see that the Inbox folder is the largest so start looking here for oversized mail.

Large e-mails can then be moved to Personal folders (which do not count against your allowance) or deleted.

Tip: don't forget that the Deleted Items folder counts against the limit. The size will not reduce until you empty it!

Subfolder	Size	Total Size
Deleted Items	4 KB	4 KB
Drafts	4 KB	12 KB
Drafts\Templates	8 KB	8 KB
Inbox	14908 KB	22895 KB
Inbox\Club Hallam	5 KB	5 KB
Inbox\DSE	8 KB	8 KB
Inbox\Footy	59 KB	59 KB
Inbox\IT E-Mails Information	3397 KB	3435 KB

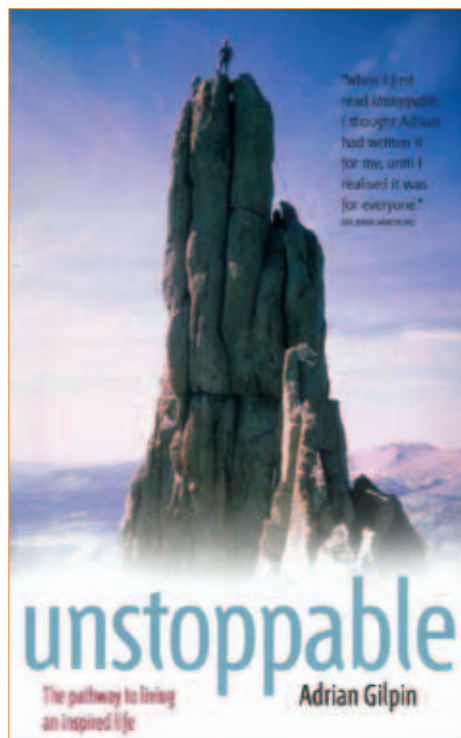
Book review - *Unstoppable*

By Andy Ridge

This is a book by Adrian Gilpin, founder of the Institute of Human Development but if you think that sounds dry and dull please don't switch off just yet. Why? Because it's a great read. Adrian chronicles his journey of exploration as he looks for the role in life that he knows he is suited to, if only he can find it.

He describes his learning experiences, how he came to understand who he is and what he should be doing in life, and how that led him to turn his life around.

Having worked in high pressure jobs where he succeeded (and failed), he now runs the Institute of Human Development where he shares with others the insight and understanding he has gained over the years. This is a very motivating story, and it avoids the brash style that is so often associated with this type of book. Instead you get the sense that Adrian is a really nice bloke who has something to share. He uses stories, anecdotes and quotes in



abundance to describe his experiences in a way that is easy to relate to. He says that whilst he was very good at climbing the career ladder, his particular ladder was against the wrong wall; he needed to change. To emphasise this, he quotes Alice's encounter with the Cheshire cat from Alice in Wonderland:

Would you please tell me please, which way I ought to go from here? 'That depends a good deal on where you want to get to,' said the cat. I don't much care where 'said Alice. Then it doesn't matter which way you go 'said the cat.

Adrian's journey to where he is now was not always an easy one or a comfortable one and some of this rang bells with me. He explains how he has worked at discovering ways that we can all develop as individuals in order to realise our full potential in life, not just at work. It's packed with positive messages and good sound sense.

The bottom line is that he believes that each of us has the potential to be unstoppable! Sound good? Then read it and enjoy.

Love is in the air

Sheffield Hallam University has been all loved up recently and was at the heart of the *Love2B in Sheffield* celebrations which took place from 11-20 February.

The unique nine-day celebration of love, staged more than 100 special events, activities, shows and public performances. A whole host of Sheffield organisations teamed up to join in and show off what our City has to offer. The love celebrations were split into four strands covering music, sport, the arts and romance.

There was something for everyone from children to pensioners and the main University event included the official opening of HUBs, our new Students' Union on Valentine's Day, 14 February. Celebrations included two gold-painted human cupid statues firing arrows at arriving guests, a jazz band in the main drum, and a chocolate fountain, which was a big hit on the night.

FD didn't want to miss out on the fun so Catering Services and Sport Hallam entered into the spirit of things. Staff and students could choose to spoil themselves with naughty but nice treats including homemade cakes and special Valentine's day cappuccinos in catering outlets whilst being serenaded by the Silver String Quartet. But if all that over indulgence turns people's thoughts to looking after their heart, they could pop down to Sport Hallam and take up one of their New Year, new you offers encouraging people to Love 2B Fit.



Chocolate heaven at the Valentine's Ball



The Silver String Quartet playing in Millers



Cupid takes aim during the ball

Varsity sports challenge 2005

'The Steel Storm'

Every year for the last eight years the two titans of Sheffield Hallam and Sheffield University have collided in an epic sporting event, and this year is no different; Varsity Challenge 2005: 'The Steel Storm' is coming to a sporting venue near YOU!

After an annihilation of Sheffield University 16 points to 9 last year, and tying the score at four wins each, Hallam is determined to finally put themselves at the top of the pile with a win this year. To mark this year's competition as the biggest so far the Varsity competition has



expanded its length with Showcases spread across a full week.

Showcases include; Men's and Women's Basketball at the EIS on Friday 11 March, Women's and Men's Football on Sunday 13 March, Men's Volleyball at Ponds Forge on Wednesday 16 March and the Rugby Union finale at Abbeydale Sports club also on Wednesday 16 March.

All proceeds raised from the events are going to this year's Comic Relief appeal so please try and get along to support your Hallam teams and celebrate with them when we become Varsity champions once again!

For more information please visit www.Varsitychallenge.co.uk or contact Phil Wood on p.h.wood@shu.ac.uk



Superteams

By Graham Sykes

As reported in our Winter issue, when FD was assessed against the Investor in People standards, the assessor Meryl Evans praised us very highly indeed, even using the word 'awesome'.

However, one significant area for improvement was identified, 'Encourage managers to put teams more on their radar when they are reflecting on what their department needs. There may well be collective needs of the whole or sub-groups as well as individual things which need to be addressed.' Meryl indicated that she thought we were particularly good at individual development but not so 'hot' on team development.

With these recommendations in mind and the agreement of FDMG, I am working with FD managers to ensure that teams within FD are going forward together as they should, as well as working to form the bigger team that is the Facilities Directorate.

High performing teams have

- leadership that builds and guides the team
- clear challenging common purpose

- willing, skilled and available membership
- a flexible but defined structure with clear roles
- plans that are appropriate and comprehensive
- active participation from all members
- open communication channels
- critical decisions made by consensus
- joint ownership and shared responsibility
- high synergy and total team energy
- appropriate rewards and recognition
- sufficient empowerment of staff

S. Pokras (1997)

The first point about leadership is very important indeed. Many of the University's senior managers are currently undergoing a programme of development organised by the Human Resources department and delivered at Ross-on-Wye.

The British Quality Foundation says of leaders, 'The best leaders are approachable and considerate toward their staff and colleagues, and demonstrate that they appreciate the work that others do for them'. They go on to state, 'A natural born leader has ambition, charisma, emotional intelligence and wit, a tendency to be

audacious, is self-motivated, persistent, brave, energetic, composed, lucky and flexible.' However, 'The real point is that there are certain steps that can be taken to cultivate the leadership skills that exist in almost everybody.'

We are all part of teams and need to work collaboratively for our customers. For that to happen we need well developed leaders and teams. The old adage that 'empires fall from within' is still very true, so we need to carry on going forward and work closely together, create strong teams and develop our inspirational leaders. The Quality Foundation concludes, 'It is important to show that no task is below you if it is in the interests of your organisation. Lead by example. No longer is it enough to be a Winston Churchill; the successful leader of today must be a Ghandi too.'



Travellers' tales

Indian sunrise

By Paul Clark

I have recently been travelling in India and the two most rewarding places I visited were the Taj Mahal in Agra and the Golden Temple in Amritsar.



The walkway to the Golden Temple in Amritsar

Agra has a palace called the Red Fort, built mainly of deep red sandstone. It is an enormous complex of fortifications, palaces and harem and since later buildings are of white marble the contrast between the red and the white is stunning. In the late afternoon we could see through the ramparts a distant view of the Taj Mahal along the bank of the River Yamuna, lit by the rosy glow of the setting sun.

Our visit early the following morning was in complete contrast. Fog. We had hoped to see the sunrise and see the Taj Mahal appear blue and pink out of the darkness but the mists swirled, revealed a bit, hid a bit and it was cold. We shivered in our fleeces and our bare feet were freezing on the white marble. Disappointed, we decided we had to return after breakfast. What a contrast! The mist had gone and

The Taj Mahal

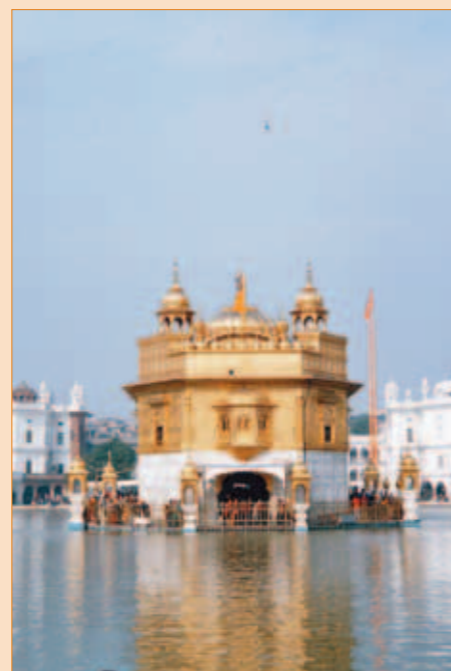


the clear, sunny, winter morning revealed a white vision which brought tears to my eyes. The beautiful symmetry of the Taj, the slender minarets and the red mosques on each side is outstandingly beautiful.

The Taj was built by the Emperor Shah Jahan as a mausoleum for his wife Mumtaz Mahal who had died in childbirth and it was completed in 1653. The white marble of the building is carved with flowers and inlaid with semi-precious stones in patterns and the great entrance is encircled by words from the Quran. As you approach the apparent overall whiteness becomes a wealth of different textures and detail. Inside under the main dome are the memorials of Mumtaz Mahal and her husband. The marble screens which surround them also richly inlaid but the darkness in the chamber means that the beauty of the decoration remains unseen. The Taj Mahal is a triumph of architecture and beauty.

A few days later I was in Amritsar, in the Punjab. We travelled from our hotel by cycle rickshaw into the heart of the city. I felt sorry for the skinny rickshaw driver when he has to stand on the pedals to move two plump westerners. As in all of India the traffic is crazy and we barely missed motorbikes, cycles, donkeys, cattle, pigs and pedestrians as we rode through the narrow streets. We got down with some relief in front of the Temple and we were issued with yellow scarves to cover our heads and then removed our shoes and washed our feet before entering.

The Golden Temple in Amritsar is the holiest shrine for Sikhs and a centre for pilgrimage from all over the world. The temple stands in the centre of a large pool



Rear view of the Golden Temple

called the Amrit Sarovar from which Amritsar takes its name. The pool is surrounded by beautiful white buildings which house the Sikh parliament and museum as well as accommodation and dining areas for over 3000 pilgrims. The complex is vast. The temple is reached by a walkway from one side of the pool and is beautiful and dazzling in the sunlight. There is said to be over 100kg of gold covering the top of the building.

The temple has often been the centre of fighting and bloodshed but on the day of our visit all was calm, and the chanting of Sikh texts from the temple had a relaxing, numbing effect. At the entrance the Sikh pilgrims prostrated themselves in prayer at the sight of the temple. I walked round the pool taking it all in and joined the slow moving queue across the walkway to the temple. The pilgrims all had offerings of money and food. The temple was full of chanting, flowers and prayers.

There were no other western visitors and my first thought was that I was intruding into another world in this holy place. But people smiled, came up to speak, to help, to ask where I was from, to shake hands. Even if we had no language in common there was warmth in the greeting. When we left the group all felt that we had witnessed something quite special and there was the sort of silence when people need to think rather than talk. This was a visit I shall not forget.

Partnership working – the way forward

By Nicola Neville

The University has, over a period of time, been developing a new approach to Industrial Relations – that of working in Partnership with staff and Trade Unions. The aim is to develop trust and mutual respect across the University, to create an environment that enables everyone to work together in meeting the challenges that we face in Higher Education.

This way of working should increase the understanding amongst staff of the 'business', enable feedback from staff at an early stage and also help to resolve workplace problems quickly and informally.

As part of this approach, a workshop took place in January to look at how we can take this positive way of working forward. The workshop, led by Kay Higgins and Alan Dainty from HR and Iain Colquhoun from Unison, was attended by a range of FD staff and trade union representatives (full list of attendees below). The day commenced with an introduction from Ros Edwards, Director of Human Resources.

The workshop explored the principles of partnership working and potential benefits and the implications for managers, employees and their representatives. It also looked into the differences between communication, (meaningful) consultation and negotiation. It was agreed by workshop participants at the end of the session that an increase in partnership working is a positive move for FD.

The workshop also considered the possibility of setting up a local Joint Consultative Committee (JCC) which would include management, staff and Trade Union representatives who would meet on a regular basis to enable local information sharing and early consultation on change and other issues.

The group have agreed to meet again in three months time. During this time participants will reflect on the workshop and take the opportunity to speak to colleagues about working in partnership and the possibility of setting up a local JCC in order to complement other channels

of communication and ensure all staff have a voice.

If you have any issues or questions you would like to put forward, please speak to Nicola Neville or a member of FD staff from the list below.

So what did some of the workshop participants think of the day?

'Although a bit cynical at first I really do believe that the University, HR, the Unions and Alex are committed to making it work. I think we would be foolish not to take the opportunity to make sure that everyone in FD has the chance to have their views heard through partnership working.'

Tina Needham

'It really brought home the commitment of the Facilities Directorate to move towards partnership working. I (as an outsider) enjoyed the workshops and hearing the positive experiences of employees at Sheffield Hallam University.'

Sue Hill (GMB)

'I enjoyed putting names to faces. I felt this assisted me; I was able to put across my opinions and was given confidence to do this. It was a really positive experience for me and has helped develop my experience.'

Andrew Fitzpatrick

'I think it was overall interesting and informative. I hope that we can take things forward and that the difficulties in gaining representation for staff not represented by the unions can be overcome.'

Lee Mansell

'I think the day was a great success, it showed us that there is a great opportunity for FD to improve communication and to get more people involved in the process of decision making.'

Richard McGloin

'I thought it was a good start at something which is quite difficult. It will be a challenge to get buy in, representation and commitment right across FD. However on a positive note (and there were many positives) I thought Alan Dainty and Iain Colquhoun had a very constructive approach and came across very well. The big positives for me were the obvious commitment to partnership by the unions and HR and the bringing together of staff from all over FD to start to build new working relationships and cultures.'

Neil Cameron

'The mood of the workshop was very positive with individuals from all levels of FD entering into honest and open dialogue with one another. We need to capture the initial enthusiasm and maintain the momentum in taking this forward. I feel the workshop was a great kick-start to the whole process.'

Michelle Boughton

All in all it was an enjoyable and constructive day. We will keep you informed of the outcomes of the next meeting but in the meantime if you have any questions please give Nicola Neville a call on 3406.

FD attendees

Susan Ault
Michelle Boughton
Ian Culver
Kerry Hague
David Holland
Brian Jenkins
Pat Maddock
Richard McGloin

Richard Barker
Neil Cameron
Andrew Fitzpatrick
Ian Heath
Sharon Horton
Georgina Kersey
Lee Mansell
Tina Needham

Denise Nelson
Roger Nunn
Alex Pettifer
Sandra Stephens
Graham Sykes
Nigel Thurlow
Phil Walton

Nicola Neville
Janet Pawley
Paul Salmen
Mark Swales
Helen Tipple
Libby Wainwright
Kay Wilks

Non FD attendees

Sue Hill - GMB
Bert Jackson, Alan Dainty, Kim Dickens - Human Resources
and
Kay Higgins, Pete Melrose, Iain Colquhoun - Unison

Keeping an eye on you

By Gill Turner

Do you know who's watching you and why? These are just some of the types of monitoring the University may carry out

- routine use of CCTV to check that health and safety rules are being complied with or to assist in the prevention of crime, for example, theft
- keeping recordings of telephone calls that come into the University for training purposes or for dealing with complaints

- examining website logs to ensure that staff or students are not visiting inappropriate sites
- randomly checking or using software to check if staff or students are sending or receiving inappropriate e-mails
- checking telephone logs to detect misuse of telecommunications
- checking for SPAM e-mails
- examining the contents of computer hard disks to check for any unlicensed software or to see if updates are needed

The University has just published a new Monitoring Policy and, if you want to read more about your rights and responsibilities as a member of staff, it's on the intranet at https://staff.shu.ac.uk/university_secretariat/monitoringpolicy.asp



The art of de-stressing

Here's some golden advice we should all take heed of. Read on and relax . . .



A lecturer, when explaining stress management to an audience, raised a glass of water and asked, 'how heavy is this glass of water?' Answers called out ranged from 20g to 500g. The lecturer

replied, 'The absolute weight doesn't matter. It depends on how long you try to hold it.'

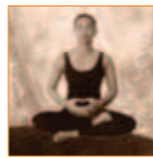
'If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes.'

He continued, 'And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we

won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden.'

'So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow.

Whatever burdens you're carrying now, let them down for a moment if you can. Relax, pick them up later after you've rested. Life is short... Enjoy it!



The Disability Discrimination Act

Lee Brownlow and Peter Flint-Murray

The Disability Discrimination Act was first passed through Parliament on 8 November 1995. It was fully implemented in October 2004 providing disabled people rights in the areas of employment, access to goods, facilities and services, and buying or renting land or property.

The passing of this Act has had a big implication for the University in the provision of good services, but perhaps more significantly for FD and Estates, in the sense that buildings must now be made accessible to all.

In 2001, the Estates division carried out an extensive programme of access audits across all campuses and residences. The access audits highlighted all aspects or features of each individual building which could be a barrier to access. As a result, a decision was taken to carry out a programme of works to improve access to each building. These works started in June 2002.

Although it is a common perception that DDA work involves just ramps and lifts, and indeed we have installed these in the Pearson Building (Collegiate Crescent), Main Hall (City) and F Block (Psalter Lane), there are also many other installations that you may not see. We have also provided Assistive Technology Resource PCs which assist people with visual impairments and dyslexia, and induction loops, for people with hearing

impairments, have been installed in many of the University lecture theatres and reception areas.

Improvements are still taking place throughout the University and we are working with student services to continually upgrade access. The Disability Discrimination Act has presented an opportunity to improve access across the University and Estates are doing their utmost to develop services and provide buildings which everyone can use.

Estates have also been working with Sport Hallam to prepare for the Inclusive Fitness Initiative accreditation at Club Hallam's City fitness suite. The launch event, which took place on 4 March, will feature in the next issue of FD News with photos and news from the event.

Turino

By Graham Sykes

On Boxing Day last year, my partner, my brother, my 16 year old son and I set off on a skiing holiday to the Italian Alps via Manchester Airport. We were heading for Turino (Turin) where the next winter Olympics will be held in February 2006.

The flight with First Choice was great, and the turkey meal very appropriate for Boxing Day we thought! We were heading for the Sport hotel at Sagnalunga 2000 metres up the Monti della Luna (Mountain of the Moon), in Italy and very close to the French border.



Lift down to Cesana

It would be great to ski and not see the TV, newspapers or a car for a week, (we thought). However, the hotel did have the important things in life like a bar, pool, sauna and Jacuzzi. It wasn't until later that week that we were shocked to hear of the extent of the terrible things that had happened as a result of the Tsunami in Asia.

When we landed at Turin we were told to find the 'cherry' bus which we duly did and of course it was the wrong bus. Speaking 'schoolboy' French to an Italian bus driver, we managed to find the right bus, which was a minibus behind the 'cherry' bus. Most of the way was motorway, with many tunnels cut through the rocks, but eventually we turned uphill towards Claviere, 1760 metres above sea level. We were abandoned by the kind bus-driver, in sub zero temperatures, (with another family who had two children, Anthony aged 13 and Alex aged 11), at the bottom of a lane which led to a hotel. The bus sped off and we dragged ourselves and our considerable suitcases up the snowy lane about 100 metres and found a hotel

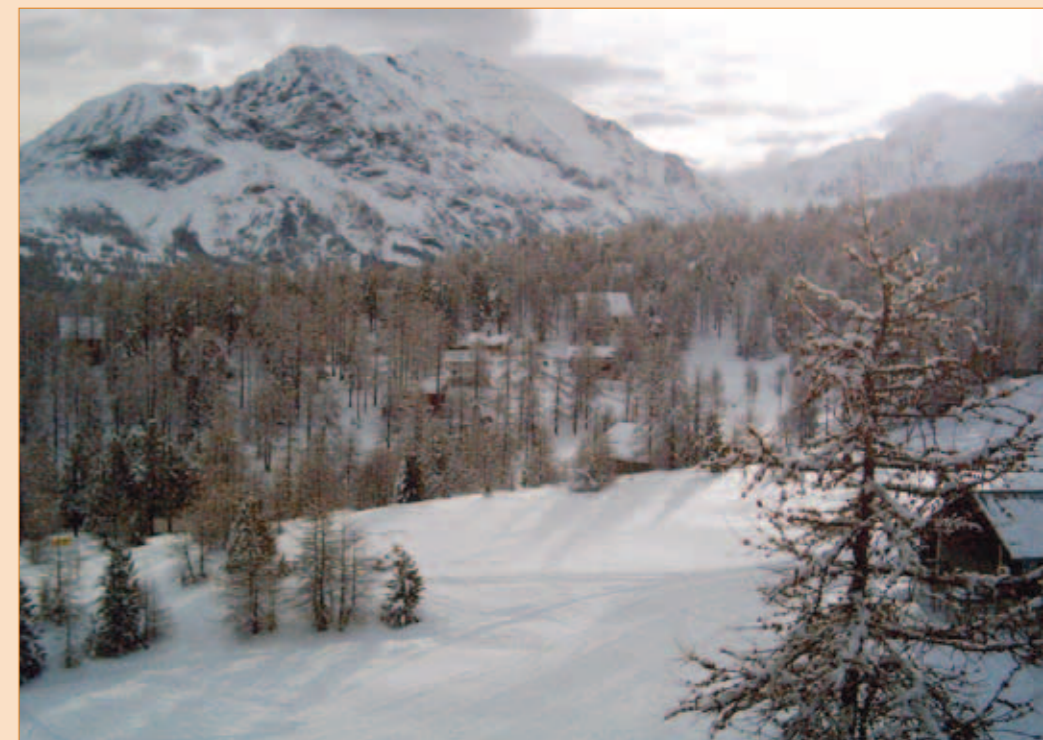


View of the chairlift from the hotel window

that happened to have the number of a First Choice representative. He proved to be very helpful and organised skidoos (motorised sledges) to shuttle our bags and us, up from Claviere to Sagnalunga. The ride was exciting, zipping through the night up a mountain track with snow falling heavily, but I was glad I had my big brother in front of me to act as a windshield, he is expected to thaw out by May at the latest.

The skiing was fantastic, it was possible to just step out the front door and ski to the lifts. The hotel was comfortable and it was brilliant to be able to take a dip in the pool, go in the sauna and then back into the pool to relax those aching limbs. The food was excellent too but there was nearly a riot when one night they ran out of white wine and beer and we were forced to drink red wine only!! A skidoo expedition was sent by the hotel and a separate one (just in case) by the guests to Claviere to make sure that we didn't run out of essentials again, especially on New Years Eve. A gala

Monti della Luna



dinner and fireworks was held by the hotel for New Year (at no extra cost) which was incredible and only one person was able to eat right to the last course (not me).

One of the benefits of being in a hotel half way up a mountain is that you get to know other guests and we became good friends with the family we had been abandoned with. Another benefit, and luckily for them it was too, the other guests couldn't get away from my Karaoke Elvis and Beatles impressions. But it wasn't all culture, skiing down or taking the chairlift to Cesana Torinese revealed the work on the opposite side of the valley. A brand new Gondola took us to where the Cresta run for the bob-sleigh is being built, and to where we could ski on the wide, but steep, Olympic slopes. That, along with the excellent tuition from Marco improved my 'game' no-end and I was officially rated at silver level. I don't think that relates directly to Olympic standards but I do have another whole year to make the British Team!

You can see from the photographs how stunningly beautiful it was, the slopes were not crowded despite it being the holiday season, the tuition was good and you could ski for miles, even to France. I did count my blessings.

Paul's eye opening visit

By Anita Staniforth



Paul and his team of chefs Sally Beal, Jamie Proctor and Lee Dyson

Paul Rutter, Head Chef at City Campus recently visited the University of Nottingham's catering facilities to compare ways of working and to look for areas of good practice.

Paul was greeted by Russ Allen, Nottingham's Catering and Residential Services Manager and Derek Giles, Head

Chef, who gave him a tour of six units including the main kitchen and five snack/coffee areas. Paul found that, although Nottingham and Sheffield Hallam both have large student populations, they have slightly differing ideas on how to cater for them. At Nottingham, their kitchen brigade comprises a Head Chef, eight chefs and a trainee. At Sheffield Hallam there is a Head Chef, plus four chefs and a trainee.

Nottingham has fifteen catered halls of residence where all students eat their evening meals. Sheffield Hallam has three catered halls which are all serviced by Millers Restaurant.

Nottingham buy in sandwiches, quiches and cakes for the catering units and sandwiches for buffets, whereas at Hallam, everything is prepared freshly each day in all units. Something which surprised Paul was the fact that their Graduation ceremonies take place in July when normal meal production is closed down. They use three Marquees and serve approximately 12,500 guests over six days. At Sheffield Hallam we maintain normal food production, whilst also stepping up a gear to service approximately 6,000 guests over two weeks.

Paul also observed that their food waste is more than twice ours; proving that vigilance in food waste management pays off. We use some of the food waste in quite versatile ways – the orange peel from the freshly squeezed oranges in the Cutting Edge, for example, can be used to make orange cake. Nottingham does have bigger facilities and more advanced equipment, but in general the prices are higher. Paul says that he feels that Sheffield Hallam's commitment to our customers is much more evident in our daily working practices and pricing.

The visit was a real eye-opener to Paul and he offered to reciprocate the hospitality. Derek will be visiting Sheffield Hallam in the near future and Paul hopes to continue his research by visiting other facilities at Northumberland, Huddersfield and the University of Sheffield later in the year.

And, to tie in with the India theme from our travellers' tales, Paul has kindly submitted some tantalising recipes for our Recipe Corner.



Recipe corner with an Indian flavour . . .

Did you know there is a very complex philosophy behind what is a very ancient cuisine? To try to explain the philosophy of Indian cuisine is no simple task but here goes:

The strongest influence on Indian cuisine is *Ayurveda*, which is an ancient body of knowledge on health. The word is made up of two parts *Ayus* meaning 'span of life' and *Veda* meaning knowledge - *Ayurveda* is the knowledge concerning the maintenance of life! It discusses the purpose of life, the importance of mental as well as physical health and a code of ethical conduct for healthy living. The aim is 'salvation' to keep the body as well as possible and to give life such quality that one can progress beyond it. Life is a combination of the mind, body and soul; this is the central key to *Ayurveda*. It is believed that following this lifestyle will bring equilibrium to the body preventing the symptoms of disease to manifest. Good energy flow is encouraged through the body's channels, and medication is only used if the foods fail. The treatments using foods are based on six tastes - sweet, sour, salty, pungent, bitter and astringent. Each taste has therapeutic actions and proportions differ according to the problem.

Sweet: *honey, rice, ghee and fruits*
Gives strength and is good for overall nourishment and harmonises the mind

Sour: *lime, tamarind, vinegar, mango and yoghurt*
Stimulates the digestive enzymes and are good for the heart

Salty: *cumin, fenugreek, garlic, ginger, anise, turmeric and curry powder*
Stimulates digestion, causes sweating and a healthy flow to the body channels

Pungent: *garlic, onions and pepper*
Improve the metabolism

Bitter: *fenugreek seeds and lemon rind*
Eliminates bacterial elements, purifies the blood and is easy on digestion

Astringent: *most green vegetables, tannin and betel nut leaf*
Possess properties that can help heal ulcers and wounds

So next time you go out for a curry you can appreciate the *raison d'être* of the complexity of the Indian meal, which should include a spicy/sour taste mix (main course), a yoghurt based item, a dash of hot and bitter pickle and a sweet taste – check out the pickle tray!

Cheese and Onion Naan Bread

Makes four

6oz / 150g self raising flour

1/4 pt / 150mls whole milk

1 medium onion, sliced

3oz / 75g grated cheese

1 tsp cumin

1/2 tsp salt

1/2 tsp pepper



Combine the flour, spices, cheese and onion. Add the milk; you may need to add a little more milk to get a good consistency. Make into dough, divide into four balls. Roll the ball out into a pear shape. Place on an oiled tray and grill until the bread starts to rise and goes brown. Turn over and do the same on the other side, serve brushed with melted butter.

Chicken Pakoras

Serves four people

3 x chicken fillets cut into thin strips

Batter

8oz / 200g self raising flour

1-2 tsp ground cardamom

1 tsp turmeric

1/2 tsp salt

1/2 tsp ground white pepper

1/3 pt / 200mls water approx

Vegetable oil for frying (about 1/4 of a deep pan)

Mix dry ingredients together then add liquid. Mix to a thick batter, you may need to add a little more water/flour as necessary. Dip the chicken strips into the batter, then fry in very hot oil in a deep pan until crispy (test a piece first) and the chicken is cooked. Serve with salad, lemon wedges and dip of your choice.

Lamb and Spinach Madras

Serves four (measurements can be altered according to personal taste)

1lb / 400g diced lamb

1 medium onion

4 tbsp curry powder

1 tbsp chilli powder

1 tbsp ground ginger

4 cloves garlic

2 sticks cinnamon

3-4 bay leaves

1 tsp cumin

1^{1/2} tsp ground coriander

2 tins chopped tomatoes

2 stock cubes

1/2 tsp salt

1/2 tsp pepper

10oz / 250g washed spinach leaves

1/2pt / 300ml oil for frying

1^{1/2} tsp garam masala

Dice the onion, chop the garlic and add to the hot oil in the pan. Add the lamb and all the spices. Do not add the Garam Masala. Fry the meat and spices for approx 5 minutes. Add the tinned chopped tomatoes and the stock cubes. Reduce the heat and simmer for approx 20-25 minutes. When the meat is tender, remove the cinnamon sticks and bay leaves. Remove the pan from the heat and add the garam masala and the spinach. Do not return the pan to the heat as Garam masala will turn the meat bitter.

Serve with pilau rice or naan bread and plain yoghurt.

Enjoy!