

Together we spot the difference!

Can you spot the 10 differences between the original 'Together we make a difference' photo (A), and the amended one (B) below? If so, you could win £20 in vouchers for a high street store. Send your answers to Tim Steele, Unit 8, Science Park or e-mail t.steele@shu.ac.uk.



Issue 35 wordsearch winner

We are pleased to announce that Ken Clewes from Security won Issue 35's ghostly wordsearch competition. Ken wins £40 worth of Debenhams vouchers – which he'll be donating to his wife!



Noticeboard

For Sale

Set of junior sized golf clubs, ideal for any budding Tiger Woods! Includes 3, 5, 7, 9 irons, putter and wood all in golf bag with stand. Used twice - £20. Contact Joanna Fulton on extension 3576 or email.

For Sale

Tico 3 wheel pram. Black with green stitching. Excellent condition, only used 3 times. £40 ono. Contact Helen on 07821 430901.

For Sale



Caravan - 'Avondale Perle Orestes' 2 berth tourer. Lightweight chassis, fire, fridge, cooker, gas, battery, mains. Double glazed, radio cassette, spare wheel. Easily towed, dry, vgc, hardly used. £690. Contact Steve on 0114 2345368.

For Sale

Roof bars for a Ford Focus Sedan 4 dr sln, hatchback 5 dr, estate - 1999 onwards. Includes fitting kit and locks. Good condition. Used very little. £35. Contact Lee on extension 4508 or 07850 684179.

For Sale

Clover pink suite. 3 seater + 2 seater + stool. All in good condition. A bargain at £100 ono. Contact Lee on extension 4508 or 07850 684179.

FD news

FACILITIES DIRECTORATE

ISSUE 36 SUMMER 2006

Welcome

Welcome to the summer issue of FD News, and the second edition of 2006.

Summer is finally here, but whether the sun makes much of an appearance is a different matter! Let's hope that we enjoy good weather more often than not throughout the summer, as we begin to look forward to the new academic year.

In this issue you'll find an exclusive interview with the Vice-Chancellor, Diana Green, news of a prestigious energy award won by FD staff members, as well as a diary account from a Sheffield Hallam athlete who competed in the Commonwealth Games. There's also useful hints and tips on energy saving and personal security.

Additionally, you'll find the usual favourites inside including Travellers' Tales from Morocco and a therapeutic Hidden Treasure, plus an unusual story of an unexplained mystery... all will be revealed inside.

And don't forget there's £20 worth of vouchers to be won in a new competition based on an iconic FD image – see the back page for details.

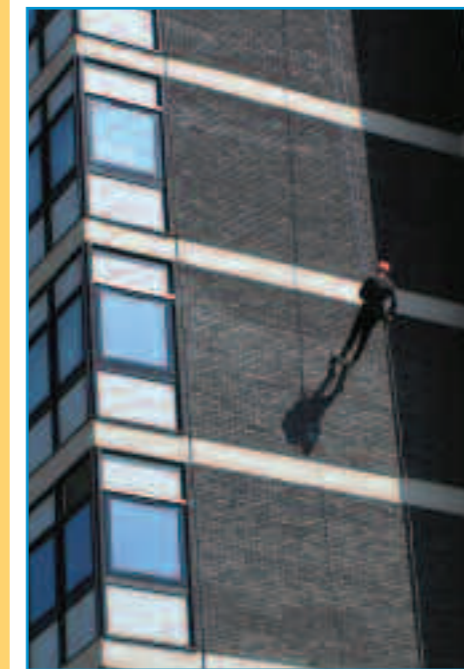
INVESTOR IN PEOPLE

Tim Steele
Georgina Kersey
Claire Hamilton
Anita Staniforth
Gill Turner

Editorial team

Staff descend to new depths for charity!

Facilities Directorate staff recently took part in a charity abseil for Marie Curie Cancer Care, proving that together we can make a difference.



See page eight for more details...

Vice-Chancellor – Exclusive interview inside... see page 15

Sheffield Hallam University

SHARPENS YOUR THINKING

Copy deadline for the autumn issue is Friday 11 August 2006.

Developing a dynamic estate

Exciting plans for changes to the estate are now well underway and over the next few issues we'll be keeping you up to date with what's happening with individual projects.

It's not just about putting up buildings though, and in our project by project guide we'll be talking to different stakeholders about what the project means to them. The only reason for investing in the University's estate is to help grow the University's business and secure a future for the University, its staff and students. This means incorporating the University's proposed updated vision and its core values into the estates and facilities we provide.

We need an estates plan that helps the corporate plan flourish and encourages growth and innovation through synergies between the faculties and departments. We have to develop our estate in a way that provides faculties with the spaces to achieve their objectives and meet their future business needs, efficiently and cost effectively.

You may have already seen information about the new building on Furnival Street which will house much of the Faculty of

ACES and is due for completion in September 2008. The Faculty of ACES will also benefit from the refurbishment of Harmer and Sheaf Buildings, which begins this summer.

There will also be several other projects, including a new building already under construction to house many of the Development and Society staff and students, who will be relocated from Collegiate Crescent Campus.

The Stoddart Building will be refurbished for Organisation and Management to deliver their teaching, research and consultancy through their key business units. Work on this project has already begun.

Adsetts Centre will be reorganised and extended to cope with the collections moving from Collegiate Crescent and Psalter Lane to support Development and Society and ACES students. This is partially funded by the Centre for Excellence in Teaching and Learning (CETL) money the University recently won to improve the delivery of teaching.

At Collegiate nine of the villas across the Campus are being refurbished to cope with the expansion of the Faculty of Health and Wellbeing following the successful bid for the nursing and midwifery contract. A new

Post-experience Centre, dedicated to non-standard teaching, will be created on Collegiate Crescent Campus. This build will be on the site where the squash courts currently sit and these will be incorporated into future plans for the Pearson Building.

Alex Pettifer explains more, 'These new buildings, refurbishments, acquisitions and disposals will mean many moves and changes for staff and students. There will be disruption and there will be change, but we will be creating a sustainable estate which will serve our immediate business need and meet the individuals' interest wherever possible. We have also identified a set of principles that underpin any space allocation within the University and these are available at www.shu.ac.uk/facilities/estates/

He added, 'We are an important partner in the city. When planning our estates plan we work closely with partners in the city such as the City Council, the Cultural Industries Quarter Agency and Creative Sheffield. The University is at the centre of a series of very exciting developments for Sheffield.'

For further information on current estates projects check out the website www.shu.ac.uk/facilities/estates/ or e-mail fd-marketing@shu.ac.uk.

Golf Day – Graham Creaser Memorial Plate

The annual golf day in memory of Graham Creaser is almost here again. The day is a charitable event and players have been battling it out for the Plate since 1998.

As well as the winner receiving the silver salver for twelve months, the player with the lowest score wins the wooden spoon. This is mounted on a solid oak piece of polished timber with a brass plaque listing all previous losers – so it's not only the winner who walks away with all the prizes and has difficulty carrying them home!

Last year's winner, Tim Jones, chose the Sheffield Children's Hospital charity and a fantastic sum of £420 was donated. To date, the total raised for charities is just under £2,000. The event is supported by University contractors including Barraclough, English and Wright, Jefferson Sheard Architects and measured term contractors Dolphin who donate sums of money towards charity, green fees and prizes.

Like last year, the event will be taking place at Dore and Totley Golf Club on Bradway Road, having been played at Hallows in previous years. The date is Friday 28 July 2006 and tee-off times will be between 1.00 and 2.30pm. The round

will be followed by a three course meal and prize presentation in the evening. David Holland, Project Manager in Estates, would like to thank everyone for their support and is looking forward to another great day.

Finally, David would like to know if there are any fellow golfers out there who would like to give him a hand in resurrecting THUGS (The Hallam University Golf Society). THUGS was founded in May 1996 and boasted over 35 members. However, THUGS has lay dormant for a while due to other commitments.

If you would like any further information on the golf day or THUGS, please contact David Holland on extension 2009.

A sad goodbye to Barbara

We said a very untimely farewell to our colleague Barbara Hukins in June. Barbara had been away from the University since July 2005 due to illness, and sadly passed away recently. Barbara was a Domestic Assistant at City Campus, and had worked at the University since 1991.

She will be remembered with great fondness by all who knew her.

Barbara's funeral took place on Monday 19 June and Barbara had requested that any donations in lieu of flowers be given to cancer research at Western Park hospital via C and A Reeds.

Dates for your diary

2 0 0 6

Throughout June
17 - 25 June
Week of 20 June
Tuesday 11 July
Week of 10 July
Week of 18 July
Friday 28 July
Week of 15 August
Thursday 14 September

Sport Hallam 'BOGOF' offer (see article on page three)
Bike Week (look out for exhibitions stands on Campus during the week)
Teamtalk
Local Joint Consultative Committee
Sport Relief (see article on page eight)
Teamtalk
Graham Creaser Golf Tournament (see article on page three)
Teamtalk
Local Joint Consultative Committee

Buy one, get one free, and get fit!

Sport Hallam is offering you another chance to take up the fantastic 'bring-a-friend-for-free' offer. Bring a friend along to join any time before the end of June, and get the second membership free. The offer is available on three month Gold memberships in any category. You pay for highest priced membership, and get the cheapest free.

Just pop in to Club Hallam at City or Collegiate Crescent Campus and pick up an application form.

Further details are available on the staff intranet at <https://staff.shu.ac.uk/fdr/sport/>

Satellite Navigation Warning

The Police have recently been urging motorists with satellite navigation systems to follow some simple crime prevention advice. The main thing is not to leave them, or the suction mounted fitting, in an unattended vehicle. The suction mounted fitting is included because it indicates that the navigation system might be somewhere in the car. They also advise that any markings the devices leave on the windscreen be removed again because it indicates that a sat nav has been used and might still be in the vehicle. Keep a note of serial numbers etc and users might want to consider registering in car devices with a tracking agency such as www.immobilize.com.

Security

The approaching summer is traditionally a time when crime at the University is at its lowest levels. However, staff should also be aware that it can be a time for complacency. We are all reminded not to forget to lock our offices, put valuable property out of sight, and be on our guard against suspicious activity just because of the relative quiet of the period. We should all try to take a minute out of our busy days to reflect on our responsibilities for the safety and security of each other, and the wider University community.

Immobilise your property

The Immobilise Property Register is a free online service which provides police forces with information to assist them to check the ownership of mobile phones and other property they recover. The details you register with Immobilise will be made available to the police to help them identify mobile phones and any other recorded property. If your phone or other property is lost or stolen, registration will improve your chances of getting it back. Police and lost property offices will also be able to locate you if they find your property.

You can register anything that has a serial number, such as a mobile phone, DVD player or a laptop. To register a mobile phone for instance, you need the phone's 15 digit IMEI number (your phone's unique serial number). You can view this on your phone's screen by pressing *#06#. You then register this number, along with your contact details.

If the phone is lost or stolen you need to report this. The phone will then be blocked and will be useless to anyone who has it. If police recover it you could get it back by the serial number being registered.

For further information visit www.immobilise.com

Dog Show at Bawtry Road

Last October Bawtry Road held a very prestigious dog show – the First British Sieger Event, a world renowned event showing world class German Shepherd dogs. It had never been held in the UK before so it was quite a coup for the Sheffield German Shepherd Dog Club (SGSDC), and also for Sheffield Hallam!

You might not realise it but dog shows are a regular occurrence at Bawtry Road, showing that our facilities can be used for quite a diverse range of events. We were approached by a contact from the

SGSDC, who hold their own dog shows twice a year at Bawtry Road, and asked if we could take an event of such calibre and size. ‘No problem’ said Jeff Knight, the Service Supervisor on site. ‘It really was a leap of faith,’ Jeff told us, ‘we just didn’t quite know what to expect, but it all went very smoothly!’

On the day there were two dog shows running side by side – the SGSDC, which usually attracts 300 dogs and between 400-500 people, and the Sieger show, which has approximately 350-400 entrants from the UK, Germany, Holland and Ireland. There were Best of Breed competitions in many different classes and obedience competitions. With so many dogs on site the question has to be asked ‘What happens to the dog mess?’ This is



taken care of in a very matter of fact way, with regular patrols of the site by members of both clubs who even bring their own collecting bins.

Throughout the day the catering staff were very busy coping with almost 1,000 people on site and although it was indeed very hard work, it was also very enjoyable. At the end of a long 12 hour shift Jeff said ‘Hindsight is a wonderful thing and yes, looking back, perhaps we could’ve done some things differently. But, all in all, it was a very successful day and the organisers were very pleased with how the day went.’

Give me a sign...

People often ask us marketing types here in FD how signage is organised throughout the University, so we sent one of the FD news editors to meet Andy Ridge in the Estates Technical Services team to find out more.

What should a member of staff do if they need a new or temporary sign in their area of work?

If you feel there is a need for signage in your area of work/location please contact Gill or Jim in the Technical Services team. Whether it is for a name plate, safety sign, directional signage or a temporary banner they will be able to offer you help and advice and arrange for new or temporary signage where appropriate. If you are unsure of your needs, simply give them a call, they will be more than happy to help and can be reached on extension 4088.

What else do the Technical Services team do?

The Technical Services team provides a professional surveying and design service. The team comprises building surveyors, mechanical and electrical engineers, CAD staff and relocation managers.

Management of relocations, office moves and the co-ordination of any type of signage are also carried out by the small dedicated team who are able to offer advice on all aspects of a move.

The team is also responsible for creating and maintaining an accessible environment. A programme of improvements is underway to improve accessibility across the University’s Estate in line with the Disability Discrimination Act. The team’s aim is to make as many areas as accessible as we can.

What should someone do if they encounter difficulties in using an area or service?

This is exactly the kind of feedback we need to receive so that we can continue to improve accessibility around the University. If someone does have a problem or has seen another person struggling with accessibility we would appreciate it if they could let us know as soon as possible on extension 4440 stating the location and nature of the issue.

For more information on the work of the Technical Services team check out the staff intranet or call Andy Ridge on extension 4440.



The relocations team got to grips with their own relocation earlier in the year

University cleans up with water-saving scheme

Millions of us may be reeling from hosepipe bans this summer, but Sheffield Hallam, and Facilities Directorate in particular, has come up with a novel way to help plug the water crisis – by recycling plastic milk cartons.

Energy savers in FD have won a national award for their innovative and low-cost method of conserving water, in the same week it was revealed insufficient amounts of water were being collected and used in Britain.

The University took first spot in the energy and water efficiency category at the prestigious Green Gown Awards, after saving more than four million gallons of water last year – enough to fill around six Olympic-sized swimming pools.

Water consumption was cut by 15 per cent across 36 different University properties

between 2002 and 2005. This was thanks to the resourceful idea of former plumber and now University energy conservation technician, Bryan Kirk to make use of old milk cartons. The cut-to-size containers were fitted under the ball valves of toilet cisterns in student halls and teaching buildings, saving water each time the toilet was flushed, without any risk of water contamination.

Bryan developed the idea after discovering that a single student hall was drinking up a quarter of the University’s total water consumption. The makeshift water-saving containers were so successful, they have now been fitted across the University, helping it save £35,000 a year in water costs.

Charles Morse, Energy Manager, said, ‘Recycling the plastic milk cartons meant that we have not only made use of waste cartons, but we have also raised staff awareness, as people saved bottles at work and also started to report more drips and leaks.

‘Even limited time and resources can produce significant water savings. We used simple techniques and basic materials, combined with the most important ingredients – the enthusiastic support of a large number of staff and a ‘champion’ in Bryan, who made things happen on the ground.’

The Green Gown Awards, which began in 2004/5, celebrate the UK universities and colleges that are taking positive steps to improve the environment and save energy. They are organised by The Higher Education Environmental Performance Improvement (HEEPI) project, which is funded by the Higher Education Funding Council for England (HEFCE).

Three major UK water companies have recently brought in domestic hosepipe bans, while the GMB union has admitted not enough water is being collected and saved.

Sheffield Hallam University received its Green Gown Award at the Association of University Director of Estates conference on 5 April 2006 in Glasgow.

Energy saving awareness

Following on from winning first place in the Energy and Water Efficiency category at the Green Gown Awards, and previously the Waste and Water Management Award at the EIC Utility Awards in 2001, what can staff do on a daily basis to contribute to saving energy?

Electricity accounts for the largest part of the University’s spending on energy, and the sharp increase in prices has made this spend even bigger. But what can we do? Obviously we can’t be asked to do less work, spending less time on our PC!

Charles Morse, Energy Manager in Facilities Directorate, has suggested simple day-to-day activities can significantly contribute to saving energy. This could be anything from turning off your monitor while in a meeting and shutting down your PC at the end of the day, to switching off lights in an empty room or if you’re the last one out.

Reporting incidents such as leaks or dripping taps should still be done as routinely as necessary. However, the University aims to not just replace like-for-like when, for example, replacing lighting or fixing a dripping tap. A more efficient option is always looked for, even if the short-term costs may be slightly higher. ‘Spend to save’ is a phrase commonly used to underline this strategy.

A new group has been set up in an attempt to formalise the way in which energy saving at the University is approached. The energy action group consists of Charles Morse from the Energy Team, Roger Nunn (Chair), David Livingstone and Richaard Barker from Estates, and Andrew France from Sustainability.

The group has been put in place to consider suitable ideas and projects relating to saving energy and reducing power costs. They will identify a programme of potential projects, and the possible values of savings that could be achieved. These discussions will then be turned into actions for the relevant staff – firm targets for people to achieve. Staff are encouraged to input suggestions to the group, and all suggestions will be considered. A key message is that everybody has a role to play in saving energy.

Many measures have already been introduced in an attempt to combat the ever increasing cost of powering the University, and to make it a greener place. A greater emphasis is being placed on using gas, as this is cleaner to burn than oil. A new heating control system has been introduced at Broomgrove Hall and more efficient heating control systems are being implemented in various locations around the University. These systems manage when the heating is turned on and off, and this is determined by outside temperatures rather than the time of the year. Controls on ventilation systems have also been introduced in the Adsetts Centre, as well as in the University’s large lecture theatres such as Pennine, Peak and Stoddart.

A Moroccan Adventure

By Dave Hembrough

Holidays seem very quickly to become just a distant and fading memory. Once a break is over and you've returned to the real world it's amazing how fast that tranquil holiday feeling deserts you. Sometimes you wonder whether it really happened, memories of relaxation seem to fade faster than a good tan. A brilliant five day break with my parents in March to Marrakech seemed a bit like that, until last week when I got round to sorting out the holiday photos. Isn't it strange how a simple picture can let you momentarily relive past experiences, not just awaken memories but also enliven your other senses when sounds, smells and tastes all come flooding back. So with renewed memories I thought I'd put pen to paper and share some of my experiences with you in FD News.

The flight was good and as we descended through the clouds towards the landing strip, the city came into view for the first time. Wherever you are in Marrakech there's no escaping the snow capped Atlas Mountains that stare over the city. This was never more apparent than when you're looking down on to the city for the first time from 10,000 feet in the air.

Marrakech is divided into two parts, the Old Town and the New Town. The Old Town is the original city that has changed very little in the last few centuries while the New Town is much more modern and western in its appearance. The two areas are separated by an ancient and immense wall which surrounds the old city of Marrakech. The city wall is interspersed with regular turrets and occasional huge ornate wooden gates that are staffed by armed guards. Most tourists don't stay in the Old Town, opting for something more modern in the New Town. Tourists normally venture into the Old Town with guides for day trips and excursions. My parents and I, however, were booked into an old ornate Riad that was well inside the city walls. A Riad is a typical Moroccan building with a central courtyard, an open terraced roof and no out facing windows; all rooms face inwards with windows looking over the orange trees and fountains in the courtyard. Our



A Moroccan Candle Dancer.

accommodation was fairly cheap and although a little alternative, very comfortable.

Marrakech is a really energetic city with a constant carnival type atmosphere, it took the first day to relax into the flow of the city. It's such a different place like no where else I've been which makes it a little disconcerting at first. Particularly striking are the Jalhaba traditional robes that most people wear, they're like something from Star Wars, big hooded cloaks with long sleeves revealing very little other than a dark face and white eyes staring out at the world.

The city consists of a number of open public squares each linked by a crazy network of close streets and alleyways. Shops and stalls line the streets and although the alleys may only be a few metres wide, the flow of pedestrians is often disturbed by bikes and scooters zooming past. The main squares have market and food stalls everywhere but also have big open areas with storytellers, dancers and shamans drawing crowds. The sounds and the smells are so vivid, to stand and take it all in is almost overwhelming. It seems you're never very far from the sound of drums or the shrieks of the whirling dervish dancers in their trances.



Dave tries on hats with his Mum and Dad.

The city, although it does acknowledge tourism, seems to be unaffected by modern influence. The street entertainment is predominantly there for locals, it is all very much Moroccan, for the tourists to look in on and try to understand. This is one of the reasons the city appealed to me, it's true to itself and its history and doesn't seem to have been particularly influenced by tourism.

The Riads are the standard building in the city and are everywhere. The streets are lined with mysterious carved wooden doors ten feet high. Behind many of which are the cafés and restaurants that were populated in the 60's by the likes of the Beatles, Hendrix, Donovan and Crosby, Stills and Nash. Although these refuges are

barely metres away from the hustle and bustle of the busy streets they are quiet and peaceful with chez lounges under canvases to lie on, while smartly dressed waiters serve freshly squeezed orange juice and sweet pastries.

When I went to Marrakech I was expecting it to be a mix of African and European culture. It was actually closer to a complete new world, different from anything I'd ever experienced and expected. I'd thoroughly recommend it to anyone wanting something a little different to a beach holiday. If there's a little Indiana Jones in you I'm sure you'll be quite at home. I definitely intend to go back, for longer next time. Until I do I'll keep flicking through the photos. They bring back the drums...

A Circus with Style – Cirque du Soleil

By Sandra Stephens

When I saw these guys on TV a couple of years ago I was seriously amazed! Cirque du Soleil is a French Canadian circus which describes itself as a dramatic mix of circus arts and street entertainment. And dramatic it certainly is.

My trip to see *Alegria*, one of their stunning new shows, was a birthday surprise from my daughter. Our destination was the Royal Albert Hall in London, somewhere I'd never been before. What a place it is, oozing pomp and circumstance.

I was entertained from start to finish. Before the performance actually started, the orchestra entered the hall via the stairs that I usually watch Chelsea Pensioners struggling down every year at the Remembrance Service. Instead of red they were dressed all in white and had an intriguing array of instruments. They were more like an 'oompa' band than an orchestra and they meandered through the audience in no particular hurry to start the proceedings.

Next onto the stage tottered a number of very strange looking individuals. They chatted amongst themselves, came down into the audience and chatted with them, and generally came and went at will. They were fascinating.

After about 20 minutes of this the performance actually began. The floor split apart to reveal floor level trampolines and on came what can only be described as a troop of what looked like ninja turtles! They literally bounced into the roof. Amazing acrobats, contortionists and hip swivelling hoop-la acts all followed. Fire juggling and trapeze acts enthralled us all. It was colourful, it was fast and most of all very professionally done.

But for me the stars of the show were the clowns. They were wonderfully entertaining and silly – just my cup of tea. So if you get the chance to go to a circus, make sure it's Cirque du Soleil.



Charity Update

A big thank you from Dan Porter

Dan Porter would like to thank all FD staff for their generosity in giving their Christmas card money, buying raffle tickets, coming along to support the testimonial charity rugby match and just giving donations. Overall he has managed to raise nearly £22,000 for Neurocare and Weston Park Hospital. Dan would also like to say thanks for all the kind words and encouragement he has received throughout the last six months whilst he has been back at work. It has really helped him. Together you have made a difference.



Race for Life

Well done to the Catering staff from Collegiate Crescent who recently took part in the Race for Life to raise money for Cancer Research UK.



Owen Building Abseil



A number of FD staff took part in the Abseil on 10/11 June to raise money for Marie Curie Cancer Care including Margaret Turner, Val Armitage and Paul Curry, Domestic staff at City Campus, Chris Dales, Andy Ridge, Dave Holland and Brian Badger, from the Estates team, Anna Dowd and Alison Dawber from Procurement, Georgina Kersey from FD marketing, Nicollette Queenan from Catering Services (participants known at time of going to print). To date, over £1,000 has been raised by FD staff, with money still rolling in!

Sponsored Mini-Slimathon

Congratulations to Margaret Turner, Domestic Assistant who raised £80.50 for Children in Need by taking part in a sponsored slim. Margaret lost seven pounds in six weeks.

Sport Relief 2006 – Go the extra mile!

Sport Hallam is offering you the chance to come and do your mile in aid of Sport Relief. Free use of Club Hallam fitness suites is available to everyone from 10-15 July 2006.

Come along and walk, run, row or cycle your mile for Sport Relief at Club Hallam!

Donation boxes will be placed in the Sport Hallam receptions.

Thank you from Tina Needham

Lee, Kayla and I would like to thank everyone for their kindness and consideration at the untimely death of our son and brother James.

It was very touching to know that we were thought of during the time of our sad loss and your amazing contributions will be appreciated by families in situations like ourselves. You are wonderful.

With our heartfelt thanks

Tina, Lee and Kayla

Mansell's mysterious mammal prints – A Tale of the Unexplained!

Lee Mansell contacted a colleague recently with a rather unusual story! This is how Lee's story goes....

'I take the dogs out for a walk on a local field everyday, the field is mainly grass but there are areas which are quite damp although not muddy so that your foot would sink into. I tend to be down there at the moment after the sun has set and early morning when the sun has risen. Now, back at home after the walk I put my trainers onto the cellar-head at the top of the stairs into the cellar.

One morning I came to get my shoes and when I looked there were these two footprints across the toe cap.



We have looked on the Internet to try and see what could have made them, such as rats, mice, cats etc – anything domestic that could be either in the cellar or on the field that could have crossed my shoes.

All this was to no avail, so I decided to send the picture to the Natural History Museum and ask for their advice.'

This was the response I got from the Natural History Museum (mammal enquiries section)

Dear Mr. Mansell,

As I mentioned we are not able to do positive identifications from an image alone. However my colleague and I have studied your photograph. As far as we can tell from the image, we can only conclude that the footprints do not appear to have been made by a small mammal. It is interesting to note that whatever made the footprints appears to have either only one foot (left) or two left feet and produces very uniform prints.

Please find attached a booklist that may be of use to you. I hope that you are able to identify the source of the prints.

Yours sincerely,

Louise Tomsett
Natural History Museum

Intrigued? What could the mystery mammal possibly be?

Turn to page 15 for the solution to this intriguing riddle.



Hallam's Elite at the Commonwealth Games

Did you know that the following current and ex-students recently participated at the Commonwealth Games for England? All of them were on the Sport Hallam's Elite athlete scheme which provides support to students who have established themselves at international level. The programme provides fitness and physiotherapy facilities to the athletes plus lifestyle and academic mentoring.

Richard Windle, a former HND Leisure Studies student, played basketball for England and came third.

Kristie Lavin and Katie Crowley, former BSc Sports Coaching students, played basketball for England and also came third.

David Hughes, former BSc Sports Science student, competed in the 110m hurdles for England and came seventh in the final.

Dave Strettle, former BSc Sports Coaching student, and **Ben Lewitt**, former Business Studies student, were in the rugby 7's squad for England. Although the pair didn't actually play the team came second.

And last but not least, current Physiotherapy student **Damian Thacker** competed in the triathlon and finished in 20th place. Here's Damian's account of his remarkable experience at the Commonwealth Games...

Excerpts from Damian Thacker's diary account, 'An athlete's view from the Commonwealth Games'

Well it is now a few days after the race and I have had time to fully reflect on my performance, the whole day and that of the athletes around me.

On the day of the race after the usual waiting around and warming up, we were allowed to set up our transition and got our first taste of the crowds and atmosphere we had been protected from. At this point it really hit home that suddenly we were just about to race in the games!

Lined up next to the other 31 international athletes on the dive start was awesome, I was keen to start what I had been training for the last four years! Suddenly, we were off, I had a good strong dive but as I surfaced the Northern Irish athlete caught me on the side of my head with his first stroke and my goggles instantly filled with water. After removing the water I got going but had lost contact with the other swimmers. In swimming you get a similar drafting benefit that you do in cycling so maintaining the contact with other swimmers is paramount to saving energy. It suddenly dawned on me that it was not just the swim that I was going to be doing on my own. It was going to be a long day out on the bike on my own as well, so energy conservation was what it was all about.



I finally managed to exit the swim a staggering three minutes down on the leaders and in 21st out of 32nd place. It was a struggle putting the negative thoughts to the back of my mind as I had dedicated so much of my training time over the last year to swimming and was quick enough to exit with the leaders.

As I went quickly through transition I wasn't sure whether to wait for some other competitors so I could cycle with them or whether to start hammering the bike and try and catch some riders in front. I couldn't see any swimmers exiting close behind so I chose to give it my all on the bike.

By the end of the bike I was starting to struggle with cramps in the quads, (having substituted a lot of cycle training for swim training, this took its toll), but headed out confident of catching the pack ahead on the run.

Heading back down towards transition and the end of the first lap, I was really starting to struggle with cramps in the quads and had reeled back the speed on the run so I could keep going, and at two places I actually had to stop and stretch the muscles just learnt in the physio classes prior to leaving. Frustratingly the others kept closing in, so I couldn't stop for too long. When I got going again the noise was incredible and seemed to pull me down the road, I certainly couldn't have done it without that support.

The last 5k lap seemed to go on forever as I was running on the edge of cramping. As athletes we spend so much time training our cardio vascular system, as this is invariably the limiting factor, but to be slowed to a jog for other reasons was incredibly frustrating. If it had been any other race I would have quit and rested the legs and come back another day, but this was the Commonwealth Games and ducking out half way round the run was not an option!

Slowly the kilometres ticked by and the finish was in sight, luckily I had enough time to grab the Guernsey flag waved at me to carry across the line and to give as many high fives to the crowd as I could before being caught by the chasing athlete. The atmosphere itself was fantastic and made the occasion unique and incredibly special. Thanks very much to Sport Hallam for their support in helping me achieve my dream of competing in the Commonwealths. Apparently, according to rumours, this is the last time triathlon will be featured in the games, which makes me feel especially luckily at being able to compete.

You may have thought the day was complete but that was only stage one! There remained a far more important and memorable duty to perform. Stage two had started earlier in the day when my coach and good friend Calvin had been given strict instructions to bring friends and family members to a little band stand after the race. There had also been a call back to my girlfriend Amy's parents back home just before the race to ask an important question!

After the race I made my way to the band stand, found Amy and my family, went down on one knee, cut off the ring I had tied to my running shoe, and carried round the run course, and asked Amy to marry me!

She, luckily, said yes and made me and my family extremely happy. Just when I didn't think the day could get any better, I suddenly realised that all that free food was waiting for me back at the athletes' village!



Top ten albums of all time

By Mark Swales, Assistant Director of Business Services and Facilities Operations

I have never been able to play a musical instrument but I have always enjoyed listening to a wide range of music. I started my collection from about the age of 15 when I started earning money on my paper round, and I still have about 300 vinyl albums at home. It helps me relax on my way home after work and I listen to more music than I watch TV most days. So here is my top ten albums of all time that reflect some of the formative times in my life, and albums that I feel I can just enjoy listening to time and time again. So here goes.

1. Tapestry by Carol King

Beautifully crafted songs with great melodies that have stood the test of time. With classics like 'You've Got a Friend' and 'I Feel the Earth Move' this still moves me every time I listen to it.

2. Lil Beethoven by SPARKS

Released two years ago this album, from one of my all time favourite bands, gained high praise from critics on both sides of the Atlantic. It takes three or four listens to cope with the sheer oddity of it all but then you'll be hooked! Highlights include 'My Baby's Taking Me Home' and 'Your Call Is Very Important to Us. Please Hold'.

3. Motown Story

Not really an album but a box set of six LPs spanning the whole of the '60s from the very first release. This rarity is unusual, in that, before each track the artists are interviewed and talk about how the track came about, or interesting facts about themselves and how they came to record for Motown. It's a fascinating insight into the period and a real collector's item.

4. Tubular Bells - Mike Oldfield

This is the album that started Virgin Records and I am in prize possession of a picture disc version. It still sounds fresh today when you listen to it - a real masterpiece and one to chill out to.

5. Goodbye Yellow Brick Road - Elton John

This double album not only contains the now famous 'Candle in the Wind' but a huge variety of musical styles from air rock to calypso. I am still a big fan but have not managed yet to see him live. The bright yellow vinyl really sets this off!

6. Christopher Cross by Christopher Cross

An American artist, this album won five Grammys and was around when I was just about to start work in London back in 1981. It has the classic 'Sailing' and 'Ride like the Wind' tracks and is still played regularly after 25 years in the house.

7. The Undertones by The Undertones

This early punk band wrote and played good tunes with famous tracks on this album like 'Teenage Kicks' which became classics. I saw them here in the Students' Union when I was a student at the Poly. Great live band and great fun.

8. Once Upon a Time - Donna Summer

From punk to disco, this artist is the only disco performer to last beyond the '80s and is still going strong. This double album is still regarded at the best example of the genre and tells a story over its four sides and was way ahead of its time. Donna Summer was the first artist to have three number one double albums back to back in America and is a multiple Grammy award winner in five different categories. For me she is still the best female vocalist around and regularly fills large concert venues around the world.

9. The Kick Inside - Kate Bush

One of the very first albums I bought. There was nothing around quite like Kate with her thrashing arms and high pitched voice on 'Wuthering Heights' to the more gentle 'Man with a Child in his Eyes'. She is still a very innovative artist producing challenging music.

10. Dirty Boogie - Brian Setzer

Put this CD on and no one will keep their feet still - it's a fantastic CD from the guy who used to be in the Stray Cats. Lots of bold brass and thrashing guitars, a great swing album and one definitely for the summer parties.

Do you have an interesting or eclectic taste in music? If so, let us know and you could be the next person to have their top ten albums of all time featured in FD News. Please contact Tim Steele (t.steele@shu.ac.uk).

Book review

A Good Life: The Guide to Ethical Living

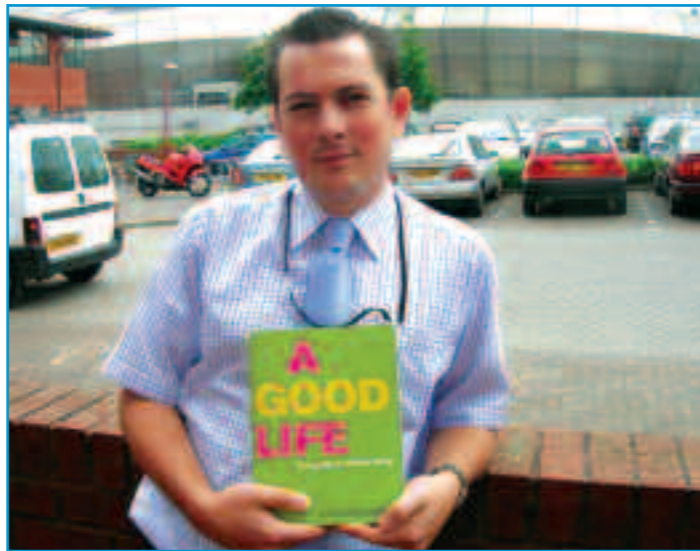
By Andrew France, Sustainability Co-ordinator

Working as Sustainability Co-ordinator in FD, friends, family and colleagues regularly ask me 'What exactly does your job involve?' After many different attempts at answering I still don't have a good answer to that question. That's not because I still don't know what my job involves but rather because it always proves impossible to briefly summarise what my work encompasses. One day I can be looking at finding ways for us to recycle our cardboard, another day could involve promoting Fairtrade products. For many people it seems difficult to draw a link between these two areas but in a very simple way that's sustainability. Sustainability is interlinked with making ethical decisions. It is from this angle that Leo Hickman has written his book *A Good Life: The Guide to Ethical Living*.

The title makes you think of Richard Briers and Felicity Kendal in wellies and torn woolly jumpers endlessly coming up with ways to live self sufficient lives which, although making them happy, keeps them endlessly busy. This book helps to dispel that image of sustainable living and making ethical choices. Instead it provides you with the knowledge and the understanding to maintain and improve your way of living but in a far more sustainable and ethical way.

A Good Life actually provides information that is practical. Not only that, it also explains the reasons for changing your habits and gives some very damning evidence of what will happen if we don't. For example, if the world's population lived at the consumption levels of the USA we would need six planet earths to provide our natural resources. With countries such as China and India developing at the rates they are, facts like this suddenly make you stop and think. Sometimes books produce so much compelling evidence on this subject, such as global warming, sweatshop slave labour or animal cruelty, that people develop the belief that their small actions will have no impact on the global or even local environment. However, as the book's introduction states, it's designed to remove the belief that an individual can't make a difference. The practical layout of this book is part of why it works so well. Each chapter addresses a new topic. It then highlights all the different areas and issues that this topic covers. In doing this it provides simple examples and case studies to ensure the reader understands the issue. It then gives a list of 'to do' items which help you make the transition into a more ethical life.

Many of the topics you would expect to see in this book are present, such as chapters on food and drink, travel, community and work. However, this book again excels in not only explaining some of the fundamental issues but goes far enough to explain the difference between buying an organic apple from New Zealand, a Fairtrade apple from South Africa or a non-organic apple grown locally. By then weighing up the ethical and sustainability issues it helps you decide which is the best to buy. It manages to do this in a way that doesn't make you feel pressured into making an ethical



and sustainable purchase, but instead leaves you feeling informed on how best to do so and why it's right to do so.

This book cleverly covers many different areas of ethical and sustainable living, and at no point appears like a crusade against large corporations, businesses and industries as so many books of this kind do. It also goes one step further than most books by providing comprehensive directories in each section of suppliers and contacts to enable you to make the right decisions and source the products you want.

A Good Life also covers topics in which people may never have considered sustainability or ethical issues. It explains where money can be invested to avoid being involved in oil companies or weapons manufacturers and why an ethical investor would avoid investing in these sorts of organisations. It then also backs this up with enough evidence to prove it makes mathematical sense. How often do people finish a journey and contemplate the environmental impacts it just had? When we fly off on holiday the environmental impacts of that flight are often the last thing we think about as we sit by the pool. This book doesn't tell us we shouldn't travel, but it does make us aware of how best to travel, be it to work or on holiday. It also accepts that in a global community, plane travel is the only effective way to make certain journeys, but does point us to what to do to offset our environmental impacts of that journey, or any others we make.

I have read numerous books covering these sorts of issues before and never have come across one that is so practical. Not only does this book go into the details and the backgrounds of many of the ethical issues, but it dispels many of the common misconceptions and answers many of the frequently asked questions. It's hard to believe a book could change the way people live their lives, but this one genuinely can.

Senior managers revealed

Professor Diana Green, Vice Chancellor

Professor Diana Green, the University's Vice Chancellor, is committed to improving internal communications and, as part of the drive for more openness and transparency, she has recently endorsed a series of webchats with members of the University Executive. The first one of these was held at lunchtime on Thursday 25 May with Ros Edwards, Director of Human Resources. A transcript can be read at <https://staff.shu.ac.uk/Webchat1.asp>.

If you want to join in future webchats, then keep your eye on the programme for the opportunity to put your questions to whoever – Philip Severs, Philip Garrahan, Liz Winders... or the Vice-Chancellor herself.

Professor Diana Green became the Vice-Chancellor of Sheffield Hallam University in 1998, after a varied career including posts as a civil servant, consultant, partner in a small business and lecturer. Professor Green established an academic reputation for her research and publications on economic and industrial change, and an international reputation for her work on quality management in Higher Education. She is a member of numerous national bodies and chairs a number of regional and national strategy and task groups. She had a regular column in the Times Higher Educational Supplement until 1996 and is now an occasional contributor. In her spare time she is a pilot, flying light aircraft, and is a member of the Guild of Air Pilots and Navigators.

We asked the Vice-Chancellor to reveal a few more personal details about herself for FD News.

What's the best thing about being a Vice-Chancellor?

Being an ambassador for the University of which I am tremendously proud.



And the worst?

Failing to control my diary and achieve what I set out to do each day! There is never enough time...

What's Sheffield Hallam's biggest challenge over the next five years?

Firstly, achieving the ambitious vision and values we have now set out, in a globally competitive world. And secondly, staying true to that vision and mission.

What was your favourite subject at school?

French.

When you were at school, what did you want to be when you grew up?

Chancellor of the Exchequer!

What was your first paid job?

Civil Servant.

What is your favourite book?

There are too many to list. But, I greatly enjoyed 'A Short History of Tractors in Ukrainian', by our own Marina Lewycka (and I am delighted she's autographed my copy!).

What do you do to relax?

I fly a light aeroplane.

How do you keep fit and healthy?

I don't manage to keep fit – I'm always joining health clubs and failing to attend! Being a vegetarian helps me keep to a healthy diet, despite all the eating out I have to do as part of my job.

If someone were to buy you flowers, what flowers would you prefer?

Lilies and red roses.

Where in the world would you most like to live and why?

Sheffield for its friendliness and culture, Birmingham for its cosmopolitan atmosphere and fantastic shops, and Lincoln (my birthplace) for its sense of history and fantastic cathedral. But I sometimes wish they could all be towed south into a warmer and sunnier climate – round about the geographical position of the Cote d'Azur!

What is your favourite TV or radio programme?

TV: 'Have I Got News For You'.
Radio: 'The Today Programme'.

What's your star sign?

Aries.

What's your favourite colour and why?

Red – it's bright and optimistic.

What has been the best day of your life so far?

Every day is the best day! Too many to list.

What was the most frightening experience you have ever had?

Working briefly (as a student) in a haunted pub.

Name the achievement of which you are proudest?

Becoming Vice-Chancellor of Sheffield Hallam University.

How would you like to be remembered?

For making a difference.

In FD we believe in 'making a difference', and it seems that our Vice-Chancellor is of the same view!

Hallam's Hidden Treasures aims to highlight services or parts of the University that may be fantastic, but are often overlooked. If you think there's a hidden treasure in the University which needs to be discovered, an unsung hero or a service which is hiding its light under a bushel, let us know and it could feature in an upcoming issue.

Reflexology – treat your feet at Hallam

By **Tim Steele**

Reflexology is a complimentary therapy, which works on the feet to help heal the whole person not just the prevailing symptoms. This therapy is offered to University staff by Debbie Fox.

Debbie first presented this service at Hallam during the European Health and Safety Week around five years ago. As part of a number of talks and demonstrations, Debbie was asked if she would like to perform reflexology free of charge, to give staff a taste of something they may never have experienced. The taster sessions proved successful, so much so that subsequent feedback highlighted a want for a more frequent reflexology service. Since then, Debbie has been offering reflexology to University staff on a regular basis.

Debbie became a qualified reflexologist in 1999, after previously working as a policewoman for 18 years. She's never advertised, preferring to rely on word-of-mouth and recommendations. Following one such referral, I decided to book an appointment with Debbie to find out if we really did have a 'Hidden Treasure' on our hands – or should that be our feet?

I met Debbie at 12 noon – very handy for those who can only take time out from work around lunchtime. I was shown to a chair, and was then gently reclined into a laid-back position. I felt totally at ease as Debbie positioned my feet correctly and then began the treatment.

Debbie explained that energy flows through our body in lines, from the top of our head to the tips of our fingers and toes. If a blockage occurs in a certain 'zone', this causes energy to move in different paths. This then manifests as an ailment. Every part of the foot relates to a part of the body, much like a map. By manipulating the reflexes in the foot, blockages can be pinpointed and this helps to clear up any ailments. Reflexology also has the added benefit of boosting the immune system by 'taking the pressure off', aiding the natural healing process. This has the potential to

reduce sick days, and the fact that you leave feeling stress-free can only be good for the workplace.

Debbie stressed that while reflexology cannot diagnose an illness, it can identify imbalances and potential problems in areas of the body. Any changes can be spotted instantly in regular clients, including things such as a change in diet. Debbie first came into contact with reflexology when she was experiencing excruciating back pain. Visits to the physiotherapist and chiropractor proved unsuccessful, and so reflexology was the last throw of the dice. However, after only one session the difference was tangible and Debbie hasn't looked back since. She believes that an open mind is the only prerequisite. Reflexology doesn't work for everyone, but it's extremely relaxing no matter what your physical state may be. Debbie believes that the best time to visit a reflexologist is when you don't feel anything is wrong. Reflexology helps to keep you feeling this way, giving you a head start against any potential ailment.

Debbie treats a vast range of ages, but unfortunately almost all her clients are female. This is something she would like to change. In fact, Debbie's husband was very sceptical of reflexology before he saw first hand the impact it had on Debbie – however, he can't deny it worked for her.

I went to see Debbie with no specific ailment to treat. As Debbie began the treatment she asked me to let her know if at any time I felt any kind of twinge or heightened pressure, as this would give an indication of an area of my body which was showing signs of an ailment. As Debbie continued the therapy I felt something in my Achilles tendon. Debbie told me that this area relates to the lower back – an area where I do actually get aches and pains from time to time. As she finished the treatment, Debbie said that, overall, my feet were very healthy.

Debbie finishes each treatment with a foot massage, using cream and a cooling spray. This helps to calm the feet down – after all, feet aren't used to being poked and prodded! Reflexology can over-stimulate the reflexes, highlighting underlying problems as manipulation stirs up toxins.



For this reason, Debbie recommends drinking plenty of water for four hours following the treatment to flush the toxins through. I certainly found my first reflexology session a relaxing experience and, even though I didn't have any specific ailments to treat, it was a nice change of pace from my usual working day. I can certainly understand the feeling of extreme relaxation which the majority of Debbie's clients experience – I'm told that some even nod off.

I had to agree with Debbie when she said that feet are often taken for granted, neglected even. So why not give Debbie a call and give yourself, and your feet, a treat.

Debbie offers treatments at City Campus one and a half days a month, with one full day and a half day over lunchtime. She visits Collegiate Crescent Campus one day each month. Debbie also makes home visits and has a treatment room at her own home. Outside the University, Debbie offers three further treatments – Indian head massage, Reiki and Hopi ear candles, which I'm told is very relaxing and good for sinus problems, ear infections and tinnitus (ringing in the ear).

Anyone wishing to book a treatment with Debbie should telephone 0114 245 3826. The answer machine is always on if she is away from the phone, and she will ring back if a message is left. Reflexology is charged at £13.50 per session, and is well worth it when you compare this with a typical charge of around £25.00 you find in salons.

Well done to...

Well done to **Dave Athorn** and **Bryan Kirk** who have recently completed the Water Industry Approved Plumber Scheme. A special mention for Bryan who achieved 100 per cent in the assessment.

Congratulations to **Melvyn Jeffries, Jeff Knight, Duncan Storey, Helen Tipple, Sue Walker** and **Andy Whelan** from Catering Services who have successfully completed the Audit Reports Course.

Congratulations to **Geoff Ward** who has successfully completed the Building Controls Industry Association's Advanced Technical Certificate. Geoff has also been nominated for a certificate award in the category of 'Technical Training Award'.

Good All-Round Approach and Achievement in a Training Room'.

Well done to the following staff who recently undertook the 'Making a Difference' course: **Matthew Bairsto, Chris Dales, Alison Dawber, Linda Fletcher, Donna Frank, Nicola Furniss, Anthony Guy, Andrea Hartley, Levi Houghton, Jackie Helliwell, Dan Kemp, Julie Lane, David Munks, Charlotte Pinfold, Geoff Ward, Cheryl White, Wendy Zoutine.**

Congratulations to the following staff who recently completed the Safe Working course: **Matthew Bairsto, Janine Beck, Paul Bishop, Julie Booth, Susan**

Bussey, Josephine Daff, Chris Dales, Hayley Daughtry, Alison Dawber, Julie Duncan, Linda Fletcher, Donna Frank, Andrea Hartley, Julie Lane, Linda McDevitt, Joel McDonald, David Munks, Stephen Skinner, Cheryl White.

Well done to Estates who have recently won in the Energy and Water Efficiency category in this year's prestigious Green Gown Awards. Well done to all those involved, particularly **Bryan Kirk, Charles Morse** and the plumbers in Estates (See article on page five).

Happy 50th Birthday to **Graham Sykes.**

Moves and Changes

New starters

Welcome to the following staff who have joined FD over the last few months

Conference 21/Graduation

Rebecca Stanyard, Conference Co-ordinator - Graduation Portfolio

Estates

Alan Watkins, Assistant Building Services Manager

James Macnamara and Amanda Hughes will start their student placements in the Projects and Technical Services teams respectively in June. Both are currently studying for BSc (Hons) in Building Surveying in the Faculty of Development and Society.

Facilities Marketing

Tim Steele, Marketing Officer

Security

Richard Moore, Security Operative, City Campus

Craig Pearman and Christopher Nixon, Security Operatives, Collegiate Crescent Campus

Sport Hallam

Peter Dyke, Fitness Instructor

Farewells

We said goodbye and best wishes to the following members of staff

Catering (Collegiate)

Elaine Bevin, General Assistant retired after 24 years service

Catering (City)

Maureen Thompson, General Assistant retiring in July after 25 years service

Conference 21/Graduation

Helen Webster, Special Events Co-ordinator

Facilities Management (City)

Albert Jones, Porter retired after 22 years service

Paul Watson, Residential Support Co-ordinator

Facilities Management (Collegiate)

Carol Wilkinson, Domestic Assistant

FD Management Group

Neil Cameron, Assistant Director Estates Operations and Services

Finance and Management

Farewell to Gill Turner, who retires in July. Gill has been seconded to the University Secretariat for the last couple of years.

Changes/Relocations

Room bookings have recently taken on Linda Fletcher and Liz Payne from Customer Services on a secondment basis to replace Rosemary Bates who has been seconded to the Faculty of Health and Wellbeing.

Gillian Baverstock has been promoted to the position of Administrative Assistant in Facilities Management.

Jim Finlayson has been appointed to the position of Project Assistant - Relocations in the Estates Technical Services team.

Danny Kemp has been appointed to the post of Porter at City Campus

Following Neil Cameron's departure the following temporary appointments have been made whilst determining a way forward with this key appointment

- Roger Thrush to take up the role of Acting Assistant Director Estates Operations, be a member of FDMG and retain oversight of his professional area
- David Furniss to take up the role of Acting Deputy Head of Estate Operations with responsibility for overseeing the work of all the project managers and have responsibility for estates activities in Roger's absence
- Joanna Fulton will take over as Head of Facilities Procurement on a full-time basis
- Andy Ridge is developing knowledge of property issues for the Directorate

Mansell's mysterious mammal solution

Message from Lee to a colleague:

The mystery footprints have been solved... slippers!

Yup, I have found a pair of novelty slippers with footprints on the bottom - they must have been rested against the wet shoes when they dried and moved before the morning!

And I had just booked Derek Acorah to investigate... never mind... thank goodness no rats though!