

# Community

Winter  
2022

## EXPLORE OUR CAMPUSES THIS NEW YEAR

### Penryn Campus parkrun

The Penryn Campus parkrun takes place every Saturday at 9.00am, starting outside Tremough House. This is a free, friendly, inclusive event where you can run, walk or jog the 5K route at your own speed.

Children under 11 are welcome as long as they are kept close or in a pushchair, you can also bring your dogs on a short lead. The Stannary café is open afterwards for hot drinks and cake.

If you don't fancy running, you can cheer on others by volunteering! There are plenty of ways to help out.

For more information, visit [parkrun.org.uk/penryncampus/](https://parkrun.org.uk/penryncampus/) or email [penryncampus@parkrun.com](mailto:penryncampus@parkrun.com)

### Take a stroll through our gardens

Our campuses in Penryn and Falmouth have been given the Green Flag Award, the international quality mark for parks and green spaces, for the fifth year in a row.

The campus grounds blend historic sub-tropical gardens with newly created landscapes, famous shrub collections, terraces, parkland, orchards and woodlands.

The gardening team are working to protect and increase the biodiversity of the gardens with increased wildflowers, tree planting and organic gardening methods.

Our campuses are open 365 days a year for you to explore and enjoy. Why not make a visit soon?

### JOIN THE GYM

The Sports Centre at Penryn Campus has a 90-station gym with qualified Fitness Advisors to provide advice and guidance. The studio offers over 40 weekly classes, including Bodypump and Bodycombat, Spinning, Yoga and Pilates. You can get access via a membership or 'pay as you go'.

The Sports Hall and the and the outdoor Multi-Use Games Area, (MUGA) can also be hired.

Opening hours for all facilities:  
Monday to Friday 6:30am-10:00pm  
Weekend and bank holidays 8:30am-6:00pm



For more information please email: [sportscentre@fxplus.ac.uk](mailto:sportscentre@fxplus.ac.uk) or phone **01326 370770**



## Exeter student receives prestigious award from Prime Minister

Environmental campaigner and University of Exeter student **Amy Bray** received the Points of Light award for her work on fighting the climate and ecological crisis. Amy, who is studying marine biology at the Penryn Campus, is founder of the charity **Another Way**, which empowers people to become more eco-friendly.

Amy set up the charity at the age of 16. Three years later, Another Way has opened two zero-waste shops, planted 12,000 trees, and inspired over 4,000 people to make changes to live more sustainably.

“I am honoured to have been recognised by the Prime Minister for my work with Another Way alongside so many other individuals doing wonderful things for their communities,” said Amy.

You can find out more about Amy’s work, and how you can live more sustainably, on the **Another Way** website ([another-way.org.uk](http://another-way.org.uk)).



## Crucial testing for sub-sea cable protection takes place on campus



Renewable Energy experts at the University of Exeter have carried out crucial testing for the next generation of sub-sea cable protection equipment.

Swedish company Greenpipe Group has recently completed a test programme on their range of Snap Panzar sea cable protection products at the University’s Dynamic Marine component test facility (DMaC), based at Penryn Campus.

The products are designed to ‘snap’ around existing underwater cables that are showing signs of wear and tear through time, to help preserve their lifetime and prevent the need for replacement.

Dr Pete Halswell, from Exeter’s Renewable Energy department and part of the research team said: “This research has allowed the Greenpipe Group to develop their product from a shore based solution to an offshore solution to cable protection, which is essential for reliable offshore renewable energy generation.”

## Climate Change policy decision-making tool “highly commended”

A simple tool to help local authorities and other organisations use the latest evidence to adapt to climate change in ways that benefit human health was highly commended in the international Climate Challenge Cup, as part of COP26.

The Local Climate Adaptation Tool was developed by the University of Exeter and Cornwall Council with support from Cornwall-based non-profit organisation Then Try This.

Professor Emma Bland, of the University’s European Centre for Environment and Human Health, based in Truro said: “We were thrilled by the exciting opportunity to showcase research that could have real benefits to local people, helping organisations tailor the best solutions to climate change to benefit their own communities.”





## Using creativity and technology to tackle trauma

Researchers from Falmouth University and Oxford University have teamed up with clinicians, academics and service providers from across the UK to explore how creative practices can play a role in tackling the effects of adverse childhood experiences in children and young people.

The study hopes to spark a change in the way mental health is understood and then addressed by community services.

Anna Mankee-Williams, Senior Research Fellow in Technology and Innovation in Health and Care at Falmouth University said:

“Using arts as a therapeutic practice isn’t new - but blending technology, psychology and cutting-edge creative practice to develop products and services is a bold step.”

## Shaping the future of care in rural communities

The Connected Health Care research project, led by Falmouth University, is asking whether satellite connectivity can help deliver mental health care, diabetes care and clinical education in remote communities.

For the next stage of their study, they’re looking for unpaid carers who can help the team understand the pressures facing carers in rural and isolated areas, and what support might help them in future.

If you’re interested in helping to shape the future of carer support, find out more and join the study by texting ‘CHC’ to 07770 654 123 and a member of the project research team will be in touch.



## Total immersion

Last year saw the launch of Immersive Business, which enables small and medium-sized enterprises in Cornwall and the Isles of Scilly to explore and apply virtual, augmented and mixed reality technologies to get a competitive edge.

Led by Falmouth University, in partnership with the University of Exeter, this two-year programme is part-funded by the European Regional Development Fund and based at a new, state-of-the-art facility on the Penryn Campus.

Eligible SMEs can access bespoke support, expert technical advice and state-of-the-art immersive facilities to develop new products, experiences or productivity tools.

If you’d like to find out more or sign up to be part of the programme, email [immersivebusiness@falmouth.ac.uk](mailto:immersivebusiness@falmouth.ac.uk)







## Music, theatre and performance

### on campus

Check out the exciting new Spring season of professional theatre, music and dance at Falmouth University's public performance venue, AMATA

We're also proud to present the next in our series of stand-up comedy nights: Luke Kempner. Star of Spitting Image, Steph's Packed Lunch and with over 10 million views of his online videos, Luke is one of the UK's hottest mimics and stand-up comics.

More info and tickets at [amata.org.uk](http://amata.org.uk)



## The Students' Union raise

### nearly £3,000 for charity

The Students' Union were pleased to raise nearly £3000 for charity in November. Via a combination of sponsored miles run and moustaches grown, the hockey, shinty, lacrosse, cricket, rugby and football teams raised £2952 for Movember.



# MOVEMBER

## If you're interested in

### studying in Cornwall

Falmouth University and the University of Exeter have a range of virtual and in-person activities to help you find out more about studying in Cornwall. They're a great way to find out about the universities' world-class facilities, speak to their academic staff and meet current students.

Find out more about their campus tours, open days and digital sessions at:

[falmouth.ac.uk/experience](http://falmouth.ac.uk/experience)

[exeter.ac.uk/studying](http://exeter.ac.uk/studying)

