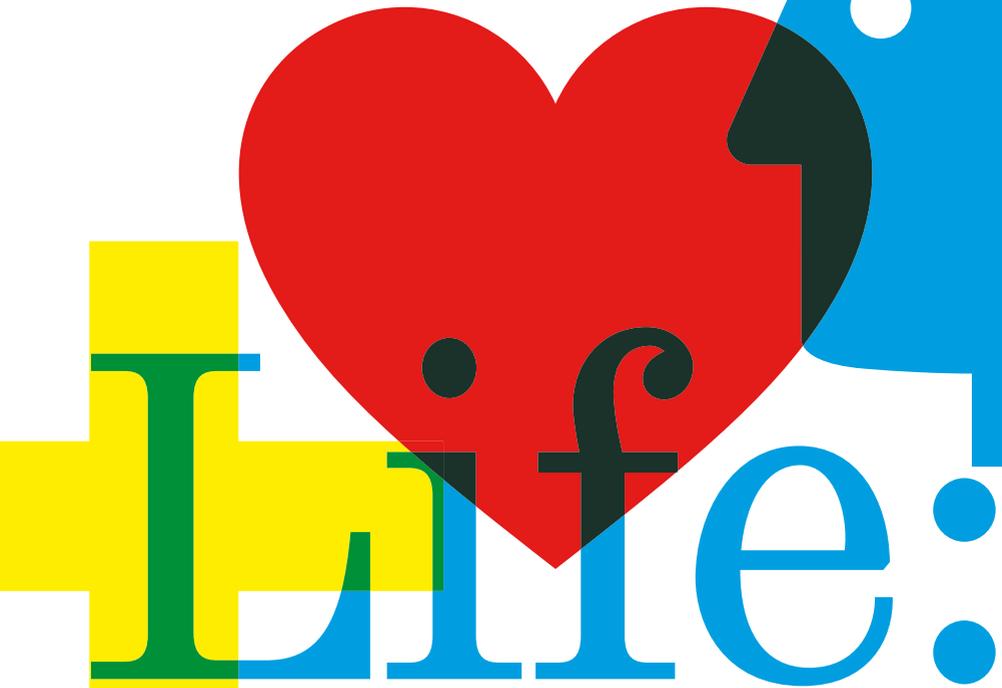




The
University
Of
Sheffield.

Faculty Of
Medicine,
Dentistry
And Health.

Improving
lives.



A Festival of Health, from Head to Toe.

Free activities, talks and events – open to everyone

16–24 April 2016

www.sheffield.ac.uk/life

#lifefestshef

Venues

Full addresses are provided for all event venues. Further information on University campus venues can be found at: www.sheffield.ac.uk/maps

Access information

All venues are accessible, except for the Porter Cottage. If you have any queries regarding access please contact engage@sheffield.ac.uk or phone 0114 222 0563.

Key to event type

 Discussion	 Quiz
 Exhibition	 Talk
 Film screening	 Tour
 Health benefits	 Workshop / Activity
 Performance	

Event themes

There are three broad themes running throughout the events in the festival programme which link with our health research:

- 1** Wellbeing – keeping people fit and healthy
- 2** Diagnosing disease and illness
- 3** Rehabilitation – getting people better

Life: A Festival of Health, from Head to Toe. 16–24 April 2016

Life festival is a celebration of the innovative medicine, dentistry and health research taking place in Sheffield. There will be hands-on activities, interactive lab demos, free health checks, theatrical performances, sporting events, film screenings and talks from our researchers on the latest medical discoveries.

Life festival is organised by the University of Sheffield in partnership with Sheffield Teaching Hospitals NHS Foundation Trust and Sheffield Children's Hospital NHS Foundation Trust.

The festival is open to everyone and there are events for all ages.

Entry is free – except that fees apply for the Varsity 10K race and The York pub quiz. You'll need to book a place for some events via the website – please check the event details. If you do not have internet access, please call on the phone number below.

Come along and find out how we're making it better in Sheffield and around the world.

Life festival is part of Year of Making Sheffield 2016:
www.sheffieldcityofmakers.co.uk

Events are subject to change – for up-to-date details see
www.sheffield.ac.uk/life

For further information:

Web: www.sheffield.ac.uk/life

Email: engage@sheffield.ac.uk

Phone: 0114 222 0563

Twitter: @UniShefEngage

#lifefestshef

Sheffield Teaching Hospitals 
NHS Foundation Trust

Sheffield Children's 
NHS Foundation Trust



Summary of Events

Monday 18 April to Saturday 23 April

8.30am–5.30pm Life Stories of People with Dementia 

Saturday 16 April

9am parkrun 

5.30–7.30pm Sheffield Steel, Yemeni Dreams: A Life Story Documentary
Exploring Ageing and Emotional Wellbeing in a Migrant Community 

Sunday 17 April

10am Sheffield Varsity 10K 

Monday 18 April

5.30–6.30pm Rehabilitation Research: Life Matters 

6–7.15pm Changing Perceptions of Human Beauty: An Interdisciplinary Debate 

7.30–8.30pm Myth Busters: Human Reproduction 

8.30pm Life Festival Infectious Pub Quiz 

Tuesday 19 April

Sessions throughout the day The Big Knit: 100 Hats for 100 Babies 

1–2pm Tour of the Medical Advanced Manufacturing Research Centre (AMRC) 

6–6.45pm Tackling Antibiotic Resistance: From Bench to Bedside 

6–7pm What's Yorkshire Eating? 

Wednesday 20 April

9am–5pm Free Body Health Checks 

Tours set off from Genetics Lab Tours at Sheffield Children's Hospital 

4–5.15pm We're on the CaSE! Using 3D Technology in Medicine 

4.30–5.30pm and 5.30–6.30pm Bootcamp 

5.30–6.15pm The Future of Genomic Medicine 

6–7.15pm 



Thursday 21 April

11–2pm Our Sight: Improving Detection and Support for Older People with Sight Loss 

1.30–4.30pm Page Turner or Digital Learner? Young Children's Experiences of Print and Ebook Reading 

6–7pm Gluten Attack 

7.30–9.30pm From Head to Toe: An Evening of Storytelling 

Friday 22 April

1–4pm Our Microscopic Army Against Disease 

5.30–7.05pm Children's Emergency Rescue plus Q&A 

Saturday 23 April

9am parkrun 

11am–4pm Hands-on With Medical Research 

11am–12pm Looking Inside Bones: A Tour 

1–4pm Your Amazing Brain 

2–4pm Quilt to Quit: How Making Patchwork Can Change Your Life 

Sunday 24 April

2–3.30pm The Experience of Stroke 

8.15pm Life Festival Infectious Pub Quiz 

In schools iTooth - Use of Digital Technology About All Things to Do With Teeth 

Exhibitions

Monday 18 - Saturday 23 April

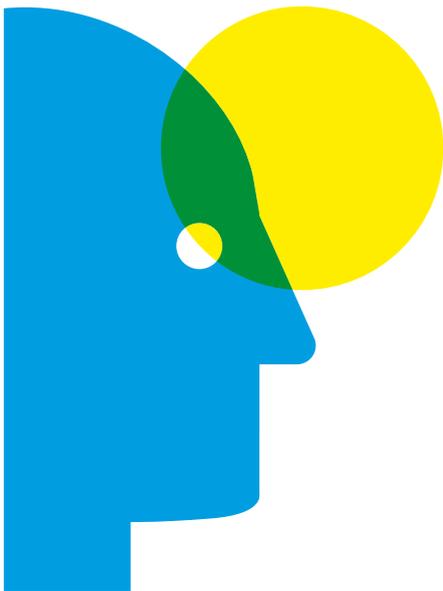
Life Stories of People with Dementia

Led by: Emma Yarwood, Department of Human Communication Sciences  
Time: 8.30am–5.30pm (drop-in)
Venue: Moor Markets, Earl Street, Sheffield S1 4PF
Suitable for: General audience – aged 14+

We all have a story to tell. We are all unique. People with dementia share their experiences with University students in life story work which offers a positive way to interact with individuals with dementia. Life story work focuses on valuing the person and provides an accessible way to communicate. This photographic exhibition captures their interactions and extracts from the stories they created together.

Emma Yarwood will be present to discuss the life story work on Saturday 23 April from 2-4pm.

Booking: Not required



Events

Saturday 16 April

parkrun

Time: 9am
Venue: Hillsborough Park, Middlewood Road, Hillsborough, Sheffield S6 4HD
Suitable for: All ages  

We've teamed up with Hillsborough parkrun for a special Life festival edition – there will be the chance to find out about the Move More app developed by the University of Sheffield and Sheffield Hallam University, as well as spot prize giveaways of Life festival T-shirts. parkrun is a weekly 5km run – it's you against the clock.

Booking: Advance registration required via www.parkrun.org.uk/register. You must print and bring your barcode to record your time.

Sheffield Steel, Yemeni Dreams: A Life Story Documentary Exploring Ageing and Emotional Wellbeing in a Migrant Community

Led by: Dr Tony Ryan, School of Nursing and Midwifery, Cathy Soreny & Emma Vickers, Optical Jukebox and Dr Abdul Shaif, Chair of the Yemeni Community Association  
Time: 5.50–7.30pm (doors open at 5.30pm)
Venue: Vestry Hall, Burngrave Road, Sheffield S3 9DD
Suitable for: General audience aged 11+

A film screening of 'Sheffield Steel, Yemeni Dreams', with a question and answer session with a researcher, the film directors and members of the local Yemeni community. The postwar Sheffield steel industry reached out for manpower and thousands migrated from the Yemen, drawn by dreams of a better life. Today they live in limbo between families back home and often isolated lives as Yorkshire Arabs. Combining life story research from the School of Nursing & Midwifery with documentary film, this project communicates their tales to the next generation of Yemenis and health and social services across the region.

Booking: Not required – first come, first served

Sunday 17 April

Sheffield Varsity 10K

Led by: Fairplay Events

Time: 10am

Venue: Arts Tower, University of Sheffield, Western Bank, Sheffield S10 2TN

Suitable for: Entrants must be at least 15 years old and have the required fitness to complete the race.

Race entry fee applies (£16.50/£18.50).

Sheffield Varsity 10k's multi-lap and undulating route starts and finishes at the University of Sheffield Arts Tower. This scenic 10k is part of the Varsity competition between the University of Sheffield and Sheffield Hallam University which takes place across a whole range of sporting events – who will you race for? The race will be chip timed and you do not need to be affiliated to either university to take part – everyone is welcome!

Enter: Via www.sheffield.ac.uk/life



Monday 18 April

Rehabilitation Research: Life Matters

Led by: Dr Sally Fowler-Davis, Combined Community and Acute Care Group, Sheffield Teaching Hospital NHS Foundation Trust

Time: 5.30–6.30pm

Venue: Seminar Room 9, Medical School, University of Sheffield, Beech Hill Road, Sheffield S10 2RX

Suitable for: General audience – aged 14+

Meet patients, clinical staff and researchers to find out how they have come up with creative rehabilitation solutions to tackle life after illness or with disability. Carry out a remote home visit using a smart phone app that helps therapists with hospital patient discharge, use specialist rehabilitation fitness equipment, look at how modifying cutlery enables people to eat independently after stroke and consider how our shoes live out our identity in our daily lives.

Booking: Via www.sheffield.ac.uk/life



Changing Perceptions of Human Beauty: An Interdisciplinary Debate

Presenters: Members of the Construction of Human Perfection Network at the University of Sheffield & representatives from the charity Changing Faces

Time: 6–7.15pm

Venue: Lecture Theatre 2, Medical School, University of Sheffield, Beech Hill Road, Sheffield S10 2RX

Suitable for: General audience – aged 11+

The film, fashion and cosmetics industries constantly bombard society with images of human beauty. These are often associated with desirable characteristics such as integrity or wealth. Not surprisingly, people are increasingly concerned that society has become too comfortable with these associations, and the concept of beauty has become clichéd and destructive. The Construction of Human Perfection Network researches different



aspects and perceptions of human beauty, including overlap with clinical practices and related industries that are engaged in modifying the human face for a wide variety of reasons. This debate will revisit the evolution of the modern concept of beauty, and challenge contemporary stereotypes and assumptions. The event will feature a presentation from national charity Changing Faces, who work to advocate for and support individuals living with conditions, marks or scars which affect their appearance.

Booking: Via www.sheffield.ac.uk/life

Myth Busters: Human Reproduction

Presenter: *Dr Elspeth Whitby, Department of Metabolism & Oncology*   

Time: 7.30–8.30pm

Venue: *St Andrew's United Reform Church, Upper Hanover Street, Sheffield S3 7RQ*

Suitable for: *General audience – aged 14+ (younger people at parental discretion)*

An interactive discussion based on common myths about human reproduction, the effects of modern society on fertility and new medical treatments that can assist in reproduction. Experts in reproductive health will be on hand to answer questions. The discussion will be followed by a hands-on activity session related to the talk, with refreshments provided.

Booking: Via www.sheffield.ac.uk/life

Life Festival Infectious Pub Quiz

Led by: *Florey Institute researchers*  

Time: 8.30pm

Venue: *The York, 243-247 Fulwood Road, Sheffield S10 3BA*

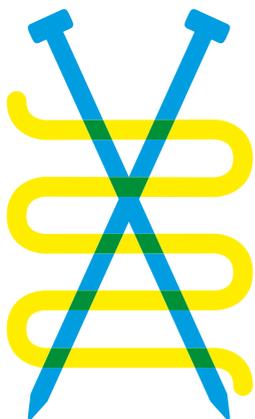
Suitable for: *General audience – aged 18+*

£1 entry fee per quiz sheet – includes half time chips. Just like your favourite pub quiz but with some extra health and disease questions thrown in. The Infectious Pub Quiz will test general knowledge along with Sheffield's infectious history and how much you know about illness and treatments.

Booking: Not required



Tuesday 19 April



The Big Knit: 100 Hats for 100 Babies

Led by: Researchers from the Jessop Wing, Sheffield Teaching Hospitals NHS Foundation Trust



Time: Sessions throughout the day, check website for time slots

Venue: BBC Radio Sheffield, 54 Shoreham Street, Sheffield S1 4RS

Suitable for: Anyone who can already knit and crochet.

Hosted by BBC Radio Sheffield, this event brings together knitters and those that prefer crochet to make 100 hats for 100 babies born within the Jessop Wing. The event will offer tea, biscuits, wool and knitting patterns – all you need to do is bring your needles (specified in the patterns provided online). We have patterns to suit all needles/hooks and skill levels. Whilst at the event and crafting we will give you information about the amazing research we do at the Jessops and how to get involved in all our research. Thank you to the Wool Monkey Penistone for supporting this event: www.woolmonkey.co.uk

Booking: Via www.sheffield.ac.uk/life

Tour of the Medical Advanced Manufacturing Research Centre

Led by: Medical AMRC

Time: 1–2pm

Venue: Design, Prototyping & Testing Centre (DPTC), University of Sheffield Advanced Manufacturing Research Centre (AMRC) with Boeing, The Advanced Manufacturing Park, Wallis Way, Catcliffe, Rotherham S60 5TZ

Suitable for: General audience – aged 16+



The Medical Advanced Manufacturing Research Centre (AMRC), part of the world-leading University of Sheffield Advanced Manufacturing Research Centre, combines cutting-edge manufacturing technologies with world-class research, design and development for the healthcare and medical sectors. The tour will highlight the incredible capabilities of the centre and cover examples of their current project work. Upon arrival, all visitors should sign in at the reception of the AMRC Design, Prototyping & Testing Centre. Visitors can park in any of the AMRC site car parks where space is available.

Booking: Via www.sheffield.ac.uk/life

Tackling Antibiotic Resistance: From Bench to Bedside

Presenters: PhD students from the Florey Institute for Host-Pathogen Interactions

Time: 6–6.45pm

Venue: Council Room, Firth Court, University of Sheffield, Western Bank, Sheffield S10 2TN

Suitable for: General audience



Teams of researchers at the University of Sheffield are all working together towards solving the biggest problem facing modern medicine: antibiotic resistance. In this short talk, PhD students from the University will discuss their projects showing how work progresses from frontline research on the lab bench to real world bedside treatments. The talk will give an in-depth idea of how research becomes part of the world and how researchers are helping make the world a better place.

Booking: Via www.sheffield.ac.uk/life

What's Yorkshire Eating?

Presenters: *Dr Clare Relton and Ellie Holding, School of Health & Related Research*

Time: 6–7pm

Venue: *The Circle, 33 Rockingham Lane, Sheffield S1 4FW*

Suitable for: *General audience*

Come and find out what Yorkshire is eating! Hear about the food choices of the 10,000 people who have taken part in the Yorkshire Health Study and see how your dietary choices compare. The study is the largest long term health study in the region, with over 30,000 participants since 2010. We'll also be seeking your views on what should be included in a new Yorkshire food calculator – the next version of the 'How Yorkshire Fit Are You?' calculator which compares users' health to someone of the same age and sex in Yorkshire. Find out more and give it a go at www.yorkshirehealthstudy.org

Booking: Via www.sheffield.ac.uk/life



Wednesday 20 April

Free Body Health Checks

Led by: *Juice Health & Wellbeing*

Time: *30-minute slots available from 9am–5pm*

Venue: *Report to Level 1 Reception of Arts Tower, University of Sheffield, Western Bank, Sheffield S10 2TN*

Suitable for: *General audience aged 16+*

Get your BMI, body fat percentage and blood pressure checked in this one-to-one session, run by a qualified fitness instructor.

Booking: Via www.sheffield.ac.uk/life



We're on the CaSE! Using 3D Technology in Medicine

Led by: *Dr Andrew Narracott, Department of Infection, Immunity and Cardiovascular Disease*

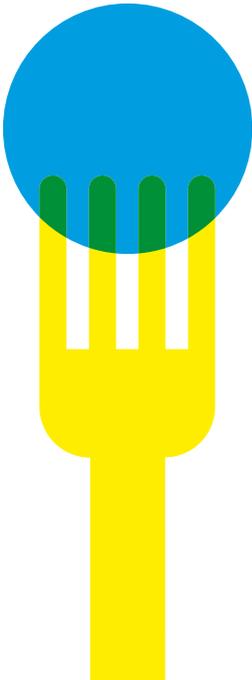
Time: *4.30–5.30pm and 5.30–6.30pm*

Venue: *Seminar room 9, Medical School, University of Sheffield, Beech Hill Road, Sheffield S10 2RX*

Suitable for: *General audience – aged 11+*

Join us for an interactive event that will provide an opportunity for hands-on experience of state-of-the-art research in medical physics. Explore the application of experimental 3D technology to the design of medical devices and the use of computer simulation to improve the design and accuracy of medical devices. The event will be delivered by the Sheffield research team who lead a European Virtual Physiological Human Cardiovascular Science Simulation and Experiments (CaSE) research project.

Booking: Via www.sheffield.ac.uk/life



Wednesday 20 April

Genetics Lab Tour at Sheffield Children's Hospital

Led by: Sheffield Children's Hospital Genetics Team



Time: 4pm, 4.15pm, 4.30pm, 4.45pm, 5pm and 5.15pm (tours last approximately 30 minutes)

Venue: Sheffield Children's Hospital, Western Bank, Sheffield S10 2TH – meet at main reception

Suitable for: General audience – aged 11+ (under 16s must be accompanied by an adult)

Take a tour of the genetics labs at Sheffield Children's Hospital, following a sample through its testing journey. See the variety of equipment, skills and processes used to test and analyse the human genomes, and how this can help us develop healthcare for the future.

Booking: Via www.sheffield.ac.uk/life

Bootcamp

Led by: Juice Health & Wellbeing



Time: 5.30–6.15pm

Venue: Weston Park Bandstand, Weston Park, Western Bank, Sheffield S10 2TP

Suitable for: General audience aged 16+

A fun taster session of different outdoor exercises. All abilities welcome.

Booking: Via www.sheffield.ac.uk/life

The Future of Genomic Medicine

Presenters: Professor Win Hide, Department of Neuroscience & Clinical Leads from the Yorkshire & Humber NHS Genomics Medicine Centre



Time: 6–7.15pm (followed by a drinks reception)

Venue: Richard Roberts Auditorium, University of Sheffield, Brook Hill, Sheffield S3 7HF

Suitable for: General audience – aged 11+

Find out about the future of genomic medicine and what your genes can say about your health. Professor Hide, a world-leading genomics researcher, will discuss the potential of genomic medicine to transform the NHS. The recently established Yorkshire & Humber NHS Genomics Medicine Centre, part of the national 100,000 Genomes Project launched by the Prime Minister in 2012, is set to play a key role in the development of personalised medicine. Hear about this groundbreaking project which involves looking at the genomes of patients with certain rare diseases and patients with certain cancers. There will be a chance to ask the experts questions about the changing face of clinical care and genomic medicine. You can also book onto a tour of the Genetics Lab at Sheffield Children's Hospital before the event.

Booking: Via www.sheffield.ac.uk/life



Thursday 21 April

Our Sight: Improving Detection and Support for Older People with Sight Loss

Led by: Surinder Bangar, Dr Peter Cudd,  **3**
Jennifer Read, School of Health and Related Research & Suzy England, Occupational Therapy and Sight Loss Consultant, Thomas Pocklington Trust

Time: 11am–2pm
Venue: St. Mary's Church and Conference Centre, Bramall Lane, Sheffield S2 4QZ

Suitable for: General audience, policymakers, commissioners, health and social care professionals, voluntary and community sector professionals

Join us at this interactive workshop to explore how we can improve services and support for older people with sight loss. We'll demonstrate a new tool which can help to identify sight loss and discuss how this can be used as part of local services. The workshop will be facilitated by health and social care researchers, older adults and healthcare professionals who are all working together as part of this new project.

Booking: Via www.sheffield.ac.uk/life

Page Turner or Digital Learner? Young Children's Experiences of Print and Ebook Reading

Led by: Jen Roche, Human Communication Sciences  **1**
Time: 1.30–4.30pm (drop-in)
Venue: Central Children's Library, Surrey Street, Sheffield S1 1XZ
Suitable for: Young children and families

An interactive and informative event looking at young children's experiences of paper books and ebooks. The whole family can come along and have a go at reading in different digital ways. There will be stories and activities for children to share in with their parents/carers and the opportunity to help with our research into young children's tablet and smartphone use.

Booking: Not required

Gluten Attack

Presenter: Professor David Sanders,  **3**
Gastroenterology, Sheffield Teaching Hospitals NHS Foundation Trust
Time: 6–7pm

Venue: Lecture theatre 2, Medical School, University of Sheffield, Beech Hill Road, Sheffield S10 2RX

Suitable for: General audience

Mankind may have existed in some progressive form for 2.5 million years, and it is only in the last 10,000 years that we have been exposed to wheat. Wheat was pivotal to mankind's development and allowed us to escape from the hunter gather state, but it could be considered that wheat and therefore gluten is a relatively novel introduction to man's diet. We are now seeing the medical consequences of this with the prevalence of coeliac disease and gluten sensitivity, which affects more than 10% of the population. Hear about the gluten attack from one of the country's leading experts, Professor David Sanders.

Booking: Via www.sheffield.ac.uk/life

From Head to Toe: An Evening of Storytelling

Presenters: Researchers and patients involved in medical research  **1**  **2**
Time: 7.30–9.30pm  **3** 

Venue: Roco, 342 Glossop Road, Sheffield S10 2HW

Suitable for: General audience

Storyteller Tim Ralphs hosts a night of intriguing tales, bringing to life the spectrum of health research that takes place at the University of Sheffield. There will be short stories from a host of researchers and a patient who has been involved in medical research – all of the storytellers have worked with Tim to create engaging, entertaining tales covering topics including fertility, dental decay and cancer cells. A full list of speakers and topics is available on the Life festival website.

Booking: Via www.sheffield.ac.uk/life

Friday 22 April

Our Microscopic Army Against Disease

Led by: Researchers from the Department of Infection, Immunity and Cardiovascular Disease

Time: 1–4pm (drop-in)

Venue: Moor Market, Earl Street, Sheffield S1 4PF
Suitable for: General audience – including young children / families



We look down the microscope, studying simple organisms, to understand how our white blood cells (our ‘microscopic army’) interact with each other and disease-causing pathogens to keep us healthy. Come and view the organisms that we use in the lab including amoeba, fruit flies and zebrafish to advance disease understanding. See fluorescence microscopy in action and discover how white blood cells protect us against disease and what happens when things go wrong and disease develops.

Booking: Not required

Children’s Emergency Rescue plus Q&A with Embrace

Presenter: Dr Steve Hancock, Critical Care Transport Consultant, Sheffield Children’s Hospital

Time: 5.30–7.05pm

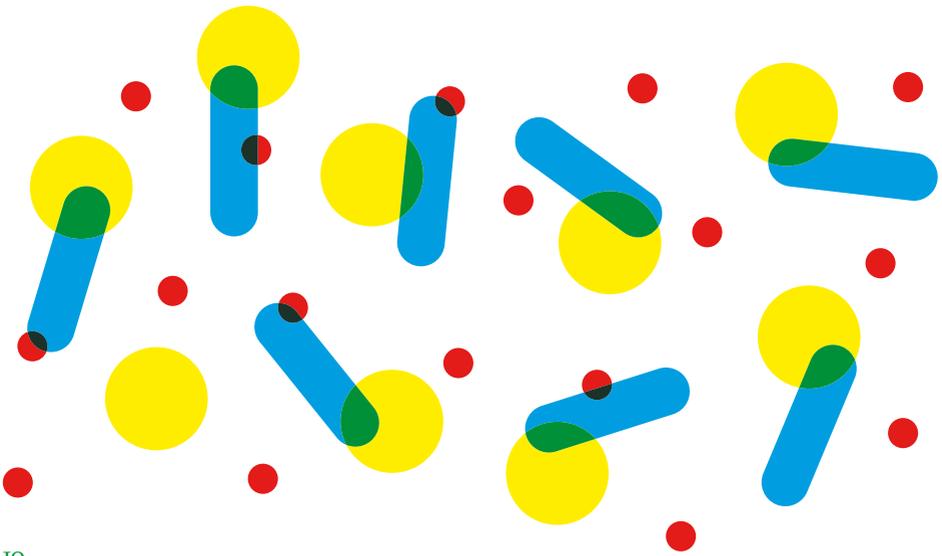
Venue: Firth Hall, Firth Court, University of Sheffield, Western Bank, Sheffield S10 2TN

Suitable for: General audience



Watch a screening of a BBC documentary following the Embrace Critical Care Patient Transport Service following a special team of doctors and nurses dedicated to transporting some of the UK’s sickest children and infants to expert medical care. Flying doctor Hazel Talbot scrambles an RAF rescue helicopter to race a 13-year-old patient 200 miles from Leeds to London in time for a life-saving heart transplant. Followed by a Q&A with a member of the Embrace team from Sheffield Children’s NHS Foundation Trust.

Booking: Via www.sheffield.ac.uk/life



Hands-on With Medical Research

Saturday 23 April

Venue: Moor Market, Earl Street, Sheffield S1 4PF

Time: 11am–4pm (drop-in)

Suitable for: General audience including families and children



Come along and get hands-on with activities, exhibits and demos about the latest medical research in the new Moor Markets, and browse the fresh, local produce on offer.

Booking: Not required

The Application of Virtual Reality to Medicine

2

An opportunity to experience virtual reality and see a selection of medical applications currently under development. The Oculus Rift and Google Cardboard virtual reality headsets will allow you to fly through a real patient's colon, experience a potential treatment app for visual vertigo sufferers and see what it's like to have nystagmus (where sufferers experience involuntary eye movement).

How Do We Make Energy?

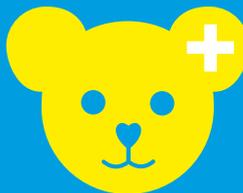
2

Have a go at this experiment which shows why energy is so important in the brain and how it can go wrong, as is the case in Parkinson's disease. On a special electrical circuit, you'll be able to change how energy is supplied, block it and then rescue it; scientists will be on hand to explain and show how this applies to Parkinson's and other diseases.

Live Well in the Community Using Technology

3

New technology is changing the world for many groups of people, including people with disabilities and people with long term conditions. Come and see our latest technologies that help people live independently in their own homes and communities.



Teddy Bear Hospital

1

Children can bring their teddy bear for a full health check-up with one of our teddy doctors.

Breathe Easier: How Can We Avoid Chest Infections?

2

The back of your nose is home to dozens of bacteria and every day you sniff them into your lungs. Urghh! Aren't these bugs dangerous? Why don't we all get pneumonia? Can they be good? Who should worry? Come to our interactive exhibit to see inside lungs, discover what lives in your own throat, meet the cells that keep your lungs safe and learn why people get chest infections and how to prevent them.

Our Microscopic Army Against Disease hands-on activity

2

See activity description on Friday 22 April (page 10).

Uncovering Clinical Trials

2

Clinical trials are enormously important for improving healthcare. Find out what really happens in clinical trials from the team in the Cancer Clinical Trials Centre at Weston Park Hospital. Take part in myth busting and randomisation games, and talk to the experts.

The Science of Bones

2

Come and learn all about the skeleton and why you really should eat more ice cream!

Saturday 23 April

parkrun

Time: 9am

Venue: Endcliffe Park, Rustlings Road/Ecclesall Road, Sheffield S11 7AA

Suitable for: All ages

We've teamed up with Sheffield Hallam parkrun for a special Life festival edition – there will be the chance to find out about the Move More app developed by the University of Sheffield and Sheffield Hallam University, as well as spot prize giveaways of Life festival T-shirts. parkrun is a weekly 5km run – it's you against the clock.

Registration: Advance registration required via www.parkrun.org.uk/register. You must print and bring your barcode to record your time.

Looking Inside Bones: A Tour

Led by: Professor Ilaria Bellantuono, Department of Oncology and Metabolism

Time: 11am–12pm

Venue: Meet in Medical School reception, University of Sheffield, Beech Hill Road, Sheffield S10 2RX

Suitable for: General audience – aged 11+

Have you ever wondered what you can see inside your bones? Learn how scientists look inside bones using special machines such as x-ray, CT scans and microscopes – and give it a go yourself. You'll be able to see things normally invisible to the naked eye, such as the cells which build your bones and the intricate mesh of bony structures which make your bones stronger.

Booking: Via www.sheffield.ac.uk/life

Your Amazing Brain

Led by: Department of Neuroscience

Time: 1–4pm (drop-in)

Venue: Sheffield Institute for Translational Neurosciences (SITraN), University of Sheffield, 385a Glossop Road, Sheffield S10 2HQ

Suitable for: Children (aged 5-10) and families (under 16s must be accompanied by an adult)

An afternoon of hands-on activities for children. Our staff and students will keep children busy with fun educational activities: making brain hats to learn about anatomy, looking at real animal brains and brain cells under the microscope, exploring senses, testing reflexes and making hand print neurons. This workshop will give children a fun introduction into the world of neuroscience. Come along and find out awesome facts about the brain and what it is like to be a neuroscientist.

Booking: Not required.

Quilt to Quit: How Making Patchwork Can Change Your Life

Led by: Dr Helen Baston, Jessop Wing, Sheffield Teaching Hospitals NHS Foundation Trust

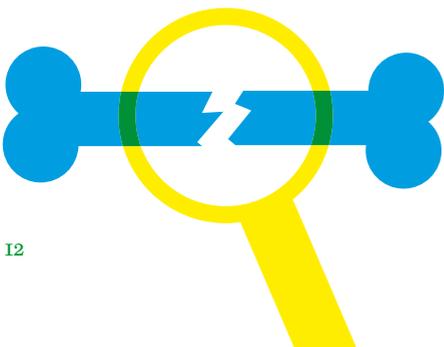
Time: 2–4pm

Venue: The Art House, 8 Backfields, Sheffield S1 4HJ

Suitable for: General audience – aged 10+ (under 16s must be accompanied by an adult)

As part of a research study, midwives have offered pregnant women who set a quit date to stop smoking, a starter pack of quilting templates, fabric, sewing thread, needle and easy to follow instructions. Come along to this session and have a go at making your own small piece of patchwork. No previous sewing experience is required. Learning this skill or re-kindling a previous passion for sewing will allow you to share this technique with friends and family and make use of this valuable past time in other areas of your life.

Booking: Via www.sheffield.ac.uk/life



Sunday 24 April

The Experience of Stroke

Led by: *Dr Nasrin Nasr, School of Health & Related Research*



Time: 2–3.30pm

Venue: *Drama Studio, University of Sheffield, Shearwood Road, Sheffield S10 2TD*

Suitable for: *General audience*

Watch a short film and a series of short plays which represent the experience of living with stroke. The plays have been developed by stroke survivors in conjunction with University researchers and drama students. These tools enable an open dialogue between members of the public, people with stroke, clinicians and researchers to inform the provision of stroke care and guide the direction of stroke research.

Booking: Via www.sheffield.ac.uk/life

Life Festival Infectious Pub Quiz

Led by: *Florey Institute researchers*



Time: 8.15pm

Venue: *Porter Cottage, 286 Sharrow Vale Road, Sheffield S11 8ZL*

Suitable for: *General audience - aged 18+*

Just like your favourite pub quiz but with some extra health and disease questions thrown in. The Infectious Pub Quiz will test general knowledge along with Sheffield's infectious history and how much you know about illness and treatments.

Booking: Not required.

School Event

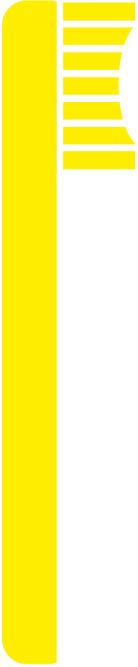
iTooth - Use of Digital Technology About All Things to Do With Teeth

Presenter: *Dr Zoe Marshman, School of Clinical Dentistry*



This event is taking place at local secondary schools as part of the festival. Tooth decay is one of the most common diseases in the world and lots of people are worried about going to the dentist for treatment. Dr Marshman will visit schools to discuss how technology offers the opportunity to develop innovative ways to prevent, measure and make treatment less scary.





Faculty Of
Medicine,
Dentistry
And Health.

Improving
lives.



The
University
Of
Sheffield.



For further information:

Web: www.sheffield.ac.uk/life

Email: engage@sheffield.ac.uk

Phone: 0114 222 0563

Twitter: @UniShefEngage

#lifefestshef