

HEREFORD

# UNIVERSITY CENTRE



University  
of Worcester



Herefordshire &  
Ludlow College

## PROGRAMME OF EVENTS September to December 2019





## Welcome

Hello everyone,

Welcome to the Hereford University Centre at Herefordshire and Ludlow College.

The Hereford University Centre is a cultural hub jointly funded by Herefordshire and Ludlow College and the University of Worcester. Since 2015, the local community has been invited to attend the free lectures and events it has to offer, with hopes of encouraging increased participation in higher education.

All events are free of charge and open to anyone who is interested in attending.

If you would like to join our mailing list or come along to a lecture, then please see details at the back of the brochure.

We hope you enjoy the Hereford University Centre's lecture series for September – December 2019.

Sarah Harris

Student HUB Coordinator



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By Dr Daniel Farrelly, lecturer at the University of Worcester

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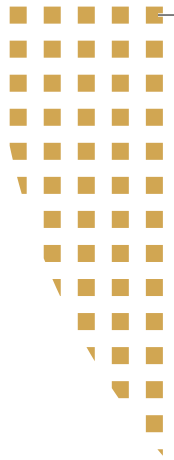
By Dr Derek McDougall, principal lecturer at the University of Worcester

### **Tuesday 19th November** **Happiness is a Choice**

By Jo Howarth, founder of 'The Happiness Club'

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# Do Altruists Attract?

## The Role of Prosociality in Mate Choice

By Dr Daniel Farrelly, lecturer at the University of Worcester

**Date:** Wednesday 18th September 2019

**Time:** Arrivals from 17.45, a 18.00 start and a 19.15 close.

**Where:** Hereford Campus, Folly Lane

Does being helpful (or seen to be helpful) make an individual more attractive as romantic partner? Will this make it more likely for their offspring to inherit their kind nature?

For Darwin, the existence of altruism in nature was a puzzle he couldn't solve with his theory of natural selection. However, we now know how individuals can help their own prospects by helping others, for many different reasons.

The adaptive role of altruistic behaviours in human mating has been extensively investigated recently. It consistently shows the positive benefits of being altruistic in romantic relationships. This talk will briefly review this growing area of research and explore some interesting and important questions. Recent research will be presented where there will be investigation into how different types of altruistic behaviours such as trustworthiness, fairness and sustainability, can operate in different ways and signal different qualities in human mate choice. The talk will finish with a Q&A session.



*Daniel is a senior lecturer in Psychology. He obtained his BSc (Hons) in Psychology from Liverpool University in 1999, followed by an MSc in evolutionary psychology from Liverpool University in 2000. He gained his PhD in Psychology, studying the evolution of human cooperation, from Newcastle University in 2005. His main interests are in how evolutionary theory can help explain human behaviour and psychology. This includes how cooperation has evolved in humans, particularly in different social situations and pressures.*

# Glaciers and Climate Change in the European Alps

By Dr Derek McDougall, Principal lecturer at University of Worcester

**Date:** Wednesday 23rd October 2019

**Time:** Arrivals from 17.45, a 18.00 start and a 19.15 close.

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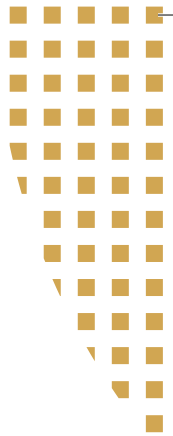
This free, public lecture explores glaciers and climate change in the European Alps.

Glaciers in the European Alps are retreating at an alarming rate, which has implications for those who rely on them and the meltwater they release. The geological record, however, reveals that mountain glaciers have fluctuated many times, and around 6,000 years ago they were probably less extensive than glaciers today. What does this mean, if anything, for our understanding of present-day changes? This talk considers the causes

and evidence for geologically-recent mountain glacier fluctuations in the Alps.

Dr Derek McDougall will then conduct a Q & A session about the lecture and the effects of climate change and global warming.

*Derek is a Physical Geographer with particular interests in glaciers and glaciation, mountain geomorphology, and Quaternary environmental change. These themes feature in both his teaching and research activities. He has plenty of experience in present-day glacial environments, and has been taking students to study glaciers in the European Alps since 1995. His research expertise, however, is the reconstruction of former glaciers and climate in the Lake District, which involves deciphering and mapping subtle and fragmentary landform evidence.*



# Happiness is a Choice

By Jo Howarth, founder of the 'Happiness Club'

**Date:** Tuesday 19th November 2019

**Time:** Arrivals from 17.45, a 18.00 start and a 19.15 close.

**Where:** Hereford Campus, Folly Lane

We all want to be happy. Whatever the thing is, whatever it is that you are chasing in life or trying to change in life, what you want at the end of it all is to feel happy. A lot of people view happiness as an end point.

"If I do this, then I'll be happy."

"If I get that, then I'll be happy."

During this lecture, Jo will talk about what happiness is and what happens in life to get in the way of that happiness. She will explain why we do the things we do, why we think the way we think and why we act the way we act. Jo will explain that happiness is actually our birth-right. Happiness is a choice we are all capable of making every single day, regardless of what's actually happening in our lives. Come along and find out how to make that a reality for you.



*Jo Howarth is an inspirational speaker and bestselling author of three books. Jo runs a company called The Happiness Club, which in 2017 she won two national awards for. With over 20 years of studying mindfulness and hypnotherapy, Jo believes it is a simple choice – that everyone can choose happiness every day. Jo's mission is to teach people the tools and techniques that will set them on the path of happiness, whatever their definition may be. She also works with corporate and private sector organisations that are committed to changing the way their employees feel and therefore work. She works within schools to teach students techniques to develop their own resilience to stress. The Happiness Club ([www.thehappinessclub.co.uk](http://www.thehappinessclub.co.uk)) is a monthly membership club where members receive a daily tool, tip or technique directly from Jo to help them with their personal development and positive outlook.*

# Hard to Swallow

## An insight into Eating Disorders

By Becky Vanden Bogaerde, founder of BVB Equestrian training

**Date:** Tuesday 10th December 2019

**Time:** Arrivals from 17.45, a 18.00 start and a 19.15 close.

**Where:** Hereford Campus, Folly Lane



What is an eating disorder? How can you tell if someone is struggling?

In support of Beat, the UK's leading eating disorders charity, Becky has been doing talks across England to raise awareness surrounding eating disorders. This talk covers statistics and facts, potential triggers and how to help. The aim of the presentation is to give an insight into eating disorders and to improve understanding. It includes a direct and honest account of Becky's own experience, what it feels like from the

inside and her road to recovery. It is presented in a personal and accessible way that Becky hopes will reach people and encourage awareness and understanding, as well as breaking down the stigma of eating disorders.

The talk will end with a question and answer session and a brief overview of information points to help those that may be suffering.

*Becky has worked as a freelance groom for a number of clients across a variety of disciplines, taught both privately and at riding schools and run her own livery yard. Becky has battled her way back to full health and is back riding and teaching full time. She believes that riding well is as much about your mind set and approach as it is about skill and ability. She strives to educate and inspire riders by encouraging them to challenge their preconceptions about themselves and sense of their limitations. As a result of her own experiences with an eating disorder, Becky is passionate about raising awareness and breaking down the stigma around eating disorders. She has spoken across the UK on the subject at colleges, clubs and this year at the BHS National Conventions.*

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## JOIN OUR MAILING LIST

Email: [studenthub@hlcollege.ac.uk](mailto:studenthub@hlcollege.ac.uk)

Sign up to stay up to date with future public lectures, research seminars and other events.

## HOW TO FIND US

Our visitor car park is located at Hereford campus, Folly Lane, and signposted as Car Park B Visitor Parking.

Visitor parking is limited, and you will need to consider parking in the city, or using public transport. Both bus and train stations are close to Hereford campus.

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