Winter UK Clock Club
January 9th 2026

Nottingham Trent University

10am	**Registration with tea and coffee**
11am	**Welcome and Introductions**
Session 1	
11:10-11:50	**Henrik Oster (University of Lübeck):** Circadian appetite regulation - a tale of two clocks
11:50-12:05	*TBA*
12:05-12:20	**Amy Preston (University of Bristol):** Alzheimer's-associated Ctl2 regulates sleep via glial cell function
12:20-12:35	**Cian Sweeny (Nottingham Trent University):** The impact of exercise on metabolic markers, appetite, and cognitive function in response to a simulated nightshift in healthy adults
12:35-12:50	**Patrycja Orlowska-Feuer (University of Manchester):** Visual coding in the suprachiasmatic area of the diurnal rodent Rhabdoms pumilio
12:50-13:00	**Sponsor short talks**
13:00-14:30	**Lunch with Poster Presentations**
Session 2	
14:30-14:45	**Gisela Helfer (University of Bradford):** Clocks in the dark: Circadian rhythms of naked mole rats
14:45-15:00	**John Groeger (Nottingham Trent University):** Pragmatic assumptions in 24/7 shift work scheduling - reducing the risks of falling asleep
15:00-15:15	**Rebecca Hughes (University of Manchester):** Circadian reafference, the impact of self-selected light on activity rhythms in the diurnal striped mouse (Rhabdomys pumilio).
15:15-15:30	**Adam Webb (University of Leicester):** PER-fecting treatment scheduling according to circadian genotype can alter the severity of radiotherapy side-effects in breast and prostate cancer patients
15:30-15:45	**Hannah Heinrichs (University of Munich):** Longitudinal circadian characterisation of a sighted individual with suspected non-24-hour sleep-wake disorder
15:45-16:00	**Emmanuel Molefi (Newcastle University):** ChronoSSA: A MATLAB toolbox for chronobiological rhythm extraction
Session 3	
16:30-17:15	**Martha Merrow (University of Munich):** The circadian clock in *Bacillus subtilis*
17:15-17:30	Poster prizes and Closing Remarks
17:30-20:00	**Drinks Reception**

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Posters

Adam Bradlaugh (University of Manchester): How the Drosophila Cryptochrome C-terminus mediates magnetosensitivity

Asshen Dedigama Acharige (University of Manchester): Investigating photoreceptor-specific modulation of amygdala activity as a mechanism for light-induced effects on affective state

Chloe Roddis (University of Manchester): A Naturalistic Light Monitoring Study Identifies Correlations Between Light Exposure and Positive Mood

Umut Gerlevik (University of Oxford): Cold shock reprograms chromatin architecture to reset the circadian rhythm and regulate energy homeostasis essential for recovery upon rewarming

Sophie Smith (University of Bristol): Modeling the Role of L-Type Voltage Gated Calcium Signaling (CACNA1C) in epilepsy and Alzheimer's disease

Sam Stagg (University of Surrey): Diurnal Variation and Group Differences in NULISA250-assessed (Neuro)inflammatory Proteins: A 24-hour Time Series in Aging and Dementia

Jake Ahern (University of Birmingham): Chronotherapy in Epilepsy: A Modelling Approach to Optimising Dose Timing

Billy Christopher Smith (Newcastle University): How daily behaviour shifts circadian rhythm timing: insights from a free-living 4 week study using wearables and ecological momentary assessment

Shubhangi Mahajan (University of Southampton): Rhythmic determinants of foliovory by Brassica specialist Lepidopteran pests

Christiane Reick (University of Leicester): What has haem to do with the clock? A fly perspective

Amy Ferguson (University of Edinburgh): Research priorities for mental health and circadian science: a priority setting partnership of individuals with lived experience, carers, clinicians and researchers

Abigail Pienaar (University of Manchester): Are retinorecipient regions uniformly influenced by circadian rhythms?

Stephanie Little (John Innes Centre): How do fluctuating temperature conditions reprogram the Arabidopsis circadian clock?

Holly Kay (John Innes Centre): Uncovering the temporal interactions between plant and bacterial clocks

Leo Creasey (University of Haifa): Climatic Adaptation of Human Circadian Genes

Bharat Muthukumar (Nottingham Trent University): Brown adipose tissue gene expression is altered in mice harbouring a missense mutation in Zinc Finger Homeobox-3 (ZFHX3)

Mae James (University of Leicester): The regulatory role of haem on the transcription-translation feedback loop driving the circadian clock

Jacob Davies (University of Bristol): Using Drosophila to Characterise Bipolar Risk Genes with Known Circadian Function

Emily Birt (University of Bristol): Rhythms in pain-like behaviour and the nociceptive processing pathway

Steph Williams (John Innes Centre): Seasonal regulation of the plant circadian clock