

Connected

London South Bank University

LSBU Association Magazine

Issue Two > Summer 2007

Keyworth II

Building a sustainable future at LSBU

Just the job!

Make your way up the career ladder

Enoch Showunmi

On life, football and the future

The ultimate challenge

How do you train for the world's toughest race?



LONDON SOUTH BANK
UNIVERSITY

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Welcome from the Vice Chancellor



The changes which have taken place in the higher education world over the past few years are posing new challenges for universities. Historically, the government has been the prime benefactor of higher education, but a continuing reduction in government funding and minimal state support for capital building projects means that all institutions, working to maintain and enhance the reputation of higher education at home and abroad, will have to explore new avenues of funding.

At LSBU, we are investing heavily in our students, our staff and our buildings. However, it is only through a vigorous and committed campaign to find alternative sources of funding that the University will be assured of its place in the future. We want to continue to be able to offer a curriculum that addresses the real needs of our students and of the growing economy in London, as we have done over the last 115 years.

Commercial loans, entrepreneurial activities, research contracts and the strategic use of funds, are all part of the University's long-term financial plan. Further, the Government has recently launched a new scheme which will give £1 for every £2 a university raises from donors. The addition of gift aid means that a donation of just £6 a month could be worth over £150 a year, presenting a substantial new opportunity for universities and their students.

The introduction and expansion of student scholarships and prizes, bursaries to cover hardship and improvements to the University's facilities can make a real impact to the quality of the student experience at LSBU. We want to continue to provide a stimulating and creative environment where our students can learn, contribute and achieve success. Individuals including former students, businesses and grant-making bodies can help us to shape our future.

We welcome your thoughts on this and on the rest of the issues covered in this edition. Through Connected, we hope to establish a dialogue which will help us develop and strengthen our alumni network, bringing benefits to both the University and its graduates.

Deian R. Hopkin

Professor Deian Hopkin
Vice Chancellor and Chief Executive

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Welcome

I'm delighted to welcome you to the second issue of Connected, the magazine created especially for you



This edition is packed full of the latest news from across the University, the faculties and your fellow alumni. We've also taken a fresh design approach – we hope you like it!

Climate change and renewable energy are hot topics these days, so find out how LSBU is helping to do its bit to help lower carbon emissions by reading about our ground-breaking plans for a new energy centre on page 4 – and there are some practical tips to help you do your bit.

Need a helping hand to kickstart your career? Whether you're making your way up the career ladder, perfecting your CV or searching for the right vacancy, LSBU's Careers Service can help – find out how on page 18.

Feeling more active now spring is here? Why not try out Leon's exercise programme on page 20 to help you de-stress and shape up for summer. To help inspire you, turn to page 8 where you can find out how would-be polar adventurer Sarah Lucas and her partner are gearing up for what's been described as the world's toughest race. Or, if that all sounds a bit too energetic, check out the special offers we've negotiated on your behalf and treat yourself and the family to a cut-price holiday or day out.

In the Alumni News section you can find out what your friends have been up to and read about how Enoch Showunmi's career has taken him from LSBU to the Champions League – via a stint in Rome as Patrick Vieira's double.

Thanks to everyone who contacted us following the last magazine. Get in touch and tell us what you're up to – it's a great way to raise your profile and publicise your work. Send your contributions and suggestions to us at alumni@lsbu.ac.uk and you'll be entered into a prize draw to win Amazon.co.uk gift certificates.

I look forward to hearing from you.

Xanthe Lewendon
Alumni Marketing Officer

LSBU Association

Stay connected benefits and services

The LSBU Association helps you to stay in touch with the University, your faculty and friends and gives you the opportunity to continue to make the most of the University's facilities.

You can take advantage of a great range of benefits and services including free reference use of the Library, free access to the Learning Resource Centre and discounted rates at the Sports Centre. You can also apply for Library borrowing rights for £25 a year*.

Full details on how to apply for an Association membership card to use these services are available at www.lsbu.ac.uk/alumni

*Terms and conditions apply www.lsbu.ac.uk/alumni/terms.shtml

Don't forget to update your details

If you have recently moved, have a new email address or telephone number, don't forget to tell us. Please take a few minutes to visit our website and complete the 'Update your details' form at www.lsbu.ac.uk/alumni

Building

a sustainable future

LSBU's new energy centre will provide a showcase for ground-breaking low carbon technologies and a vital resource for students, building professionals and the local community

As concern about the environment and climate change heats up, there is a growing need for efficient, workable technologies that can cut carbon emissions at the same time as satisfying demand for new offices and living spaces.

LSBU's new energy centre is designed to meet that need by providing a focus for teaching and research in sustainable building design – and a dramatic showcase for new technologies. The centre will form part of the University's new Keyworth II building, designed by Grimshaw, the architects responsible for the Eden Project in Cornwall.

'Ken Livingstone's London Plan states that at least 10 per cent of the resources used in all new developments in London should be renewable,' explains centre director Professor Tony Day, 'so developers are facing a steep learning curve. At the new energy centre, they'll be able to see for themselves how new technologies – like photovoltaic cells, solar and geothermal energy and wind power – actually work.'

The centre itself will be a living example of low-carbon technologies in action. 'Pumps will take heat from the ground to warm the building in winter, then cool it in the summer by taking the heat out and pumping it back into the ground', explains Tony Day. 'We'll also be using solar tubes to heat up our water and solar cells to provide some of our electricity.'

As well as educating today's developers, the centre will play a vital role in building capacity among the designers of tomorrow. 'The centre will give students the chance to benefit from the combined expertise of LSBU and our partners, City University and Kingston,' says Tony. 'LSBU is the largest provider of building services engineers in the UK and the energy centre will play an important role in keeping our research and teaching at the cutting edge.'

Professor Day also expects the energy centre to raise awareness of sustainability among people living locally. 'Renewable resources play a big part in the current regeneration of Elephant and Castle,' he points out. 'By bringing technologies to life in an accessible way, I hope we can encourage local people to become more energy efficient in their everyday lives.'

Make your own energy!

Making energy from renewable sources – such as the sun, the wind or waste products – is one of the most effective ways of tackling climate change and you can do it yourself without changing your lifestyle.

It could be as simple as using the sun and wind to dry your clothes instead of the tumble dryer, or you could think about installing your own solar panels or wind turbine and heating your own water or generating your own electricity. Find out more from the Energy Saving Trust at www.est.org.uk

Make a difference today

Are you taking energy for granted? Follow our simple steps and start reducing your carbon footprint today. It's not only better for the environment, it could save you money too

1. Switch off

Don't leave appliances like TVs, stereos and DVD players on standby and don't leave mobile phones or laptops on charge unnecessarily.

2. Install at least three energy saving bulbs

They cost a bit more than ordinary light bulbs, but they last 12 times longer, saving you up to £100 over the bulb's lifetime.

3. Only boil as much water as you need

If everyone boiled only as much water as they needed, we'd save enough electricity to power two-thirds of street lighting in the UK.

4. Insulate your loft

Insulating your loft is easy and cost-effective. A standard 270mm layer could cut your fuel bills by as much as £220 a year.

5. Insulate your walls

Did you know that an uninsulated house loses around a third of its heat through the walls? Putting in cavity wall insulation could save you up to £160 on your annual heating bills.

6. Upgrade your boiler

If your boiler is over 15 years old, it's probably time to replace it. By law, new boilers must now be of the high-efficiency condensing type. They can help you save up to a third on your heating bills.

7. Buy energy saving appliances

Next time you buy a new appliance, look out for the Energy Saving Recommended logo. The logo appears on all sorts of appliances, including fridges, washing machines and dishwashers.

8. Turn your thermostat down by 1°C

Reducing your room temperature by 1°C could cut your heating bills by up to 10%.

9. Wash your laundry at 30°C

Washing at 30°C uses 40% less electricity than higher temperatures.

10. Don't use the car for short journeys

You can reduce carbon dioxide emissions and air pollution by reducing the amount of fuel you use. That means walking, cycling or taking the bus whenever you can.

Vice Chancellor appointed as skills champion

LSBU's Vice Chancellor Professor Deian Hopkin has recently been appointed as a champion for the Government's planned educational reforms for 14-19- year-olds. He explains why the reforms – and the UK's future skills needs – deserve to be at the top of the agenda

'How many adults in the UK have the literacy or numeracy levels expected of an 11-year-old? How much is China's economy expected to grow over the next 10 years, compared with the UK's? And how many people are getting the training they need from their employers?'

'The answers may surprise you. They certainly gave me and the 300 other educationalists, employers and members of the public gathered at a recent debate on Britain's future skills needs food for thought. The event, hosted by Chancellor Gordon Brown and Secretary of State for Education and Skills Alan Johnson, showed that skills are now top of the Government's agenda, and with good reason.

'A recent review carried out by Lord Leitch found that the UK is slipping down the international skills league tables. To stay competitive, we need another three million people with degree-level skills and millions more with basic skills. That means making radical changes to the way we develop and deliver education.

'Naturally, LSBU is doing its bit. We play a leading role in the London Engineering Programme, which aims to attract non-traditional audiences into engineering. We're also involved in Lifelong Learning Networks, Aimhigher and a range of other collaborative programmes.

'Change is also in the air in our schools, with new specialised diplomas for 14-19-year-olds scheduled for 2008. Designed to meet specific employer requirements, they offer far greater integration of generic skills, specific knowledge and work experience than anything we've seen before and with 14 available by 2010 will provide a wider choice than ever for students looking for an alternative to the traditional curriculum.

'At the other end of the scale, the Government is launching new programmes, including advice and guidance services, for older workers. With the retirement age set to rise, older workers need to have their skills and expertise replenished every bit as much as their younger counterparts.

'At LSBU, we see this as a vindication of our historic mission to extend learning opportunities to the widest possible audience and as a wonderful opportunity to extend our reach. LSBU graduates may well want to return to the University throughout their careers to develop their knowledge base or expertise; maintaining close contact with our graduates is the key to keeping pace with the latest workplace developments and building strong working relationships with employers. Such partnerships form the basis of true lifelong learning.'

* The answers are: 11 million; 100 per cent and 25 per cent respectively; and it depends – around 25 per cent of those with a high level of skills get the training they need compared with only 4 per cent of those with low skills.

'To stay competitive, the UK needs another three million people with degree-level skills and millions more with basic skills'



INVESTOR IN PEOPLE

The mark of quality

How did LSBU get accreditation?

LSBU started working towards the IIP award in January 2004, gathering evidence and developing clear action plans at faculty and departmental level. External assessors then carried out a rigorous examination of the impact of training and development on individual staff members, on teams and departments and, ultimately, on LSBU's progress towards its strategic goals. LSBU was measured against a flexible framework which sets clear standards, but recognises that different organisations will meet them in different ways. We will be re-assessed in three years time.

What the assessors said

'London South Bank University has an outstanding culture of respecting people and valuing learning and development. The benefits of this culture can be felt across all aspects of people management and support to the students.'

A new Investors in People award reflects LSBU's ongoing commitment to raising standards and developing its staff

LSBU is the first university in London to be awarded institutional Investors in People (IIP) status under the new, more stringent, assessment criteria. The award reflects our commitment to giving employees the opportunity to realise their full potential, and represents a significant milestone for the organisation.

'IIP is about improving organisational performance by improving the performance of individuals, teams and faculties,' explains staff development manager Dymna Coughlan of LSBU's human resources team. 'The assessors want to see that learning and development is having an impact in the workplace and supporting the University's overall strategic aims.'

'In practice, that means anyone studying at the University or thinking of coming back can expect the very highest standards of professionalism from all staff. They should also feel part of an organisation with a clear vision, where morale is high and where everyone is working to achieve the same goals.'

In February, the Government announced that for every £2 an English university raises from alumni and other donors, it would give £1, up to a maximum of £2m a year for each institution. The scheme will start next year

Combined with gift aid it means that LSBU and its students could benefit from a total of £13 for every £6 given. With this kind of financial support available, every university will be keen to understand how to use the scheme to best support its bursary and other programmes.

Government to give £1 for every £2 gift to universities

The government hopes that the three-year scheme, worth £200m, will stimulate an extra £400m in private donations to universities by building on the established tax benefits and making giving to universities even more productive and attractive for supporters.

This announcement is an extension of a scheme launched last year through which a number of universities, including LSBU, received substantial DfES grants through Universities UK to begin to establish a fundraising programme.

For more information please contact development.office@lsbu.ac.uk

The ultimate challenge

How do you train for the world's toughest race? We spoke to would-be polar adventurer Sarah Lucas and Pat Fox of LSBU's Human Performance Centre about preparing for the challenge of a lifetime

London-based estate agent Sarah, 26, and her team-mate Charlotte Eddington will be aiming to become the youngest all-female team ever to reach the Magnetic North Pole when they set out to compete in the 2007 Polar Race this May. The race, which takes around 30 days and has been described as 'the world's toughest', involves covering 400 miles from Resolute Bay in the former North West Territories of Canada to the Magnetic North Pole on foot or skis.

'We wanted to push ourselves further than we've ever done before and prove that if you work hard enough, you can achieve anything', says Sarah. 'While we're both pretty fit, preparing for the race has been a huge challenge. We do four structured training sessions each week as well as playing hockey, while the weekends are taken up with walking and cycling plus specific targeted activities like pulk pulling and navigation exercises on the sand dunes at Porthcawl in Wales.'

'As girls, we've really had to focus on building our upper body strength. Pat Fox at LSBU has devised a programme to strengthen the core muscles we'll be using during the race. It's been incredibly tough



–120 press-ups, 80 stomach crunches, 80 burpees, 90 lunges and squats plus strength holds and sprints twice a week, plus weekly eight mile sledge pulling sessions around Richmond Park – but invaluable. With our six-packs and our new-found skill with the tent (you've got to be quick when it's minus 40 degrees!) we're confident that the two "weedy girls" are ready for the challenge!'

Sarah and Charlotte are raising money for Cancer Research UK. If you'd like to sponsor them, go to www.justgiving.com/bluetits. For more information about the race go to www.polarrace.com or visit the girls' website at www.polargirls2007.co.uk. Sarah and Charlotte would like to thank their chief sponsors, CB Richard Ellis.

Peak performance

LSBU's Human Performance Centre provides high quality sports science support for individual athletes and teams wanting to boost their performance.

'We look at athletes' current training programmes and what they want to achieve, then devise a programme to help them meet that goal', explains the Centre's strength and conditioning specialist Pat Fox.

'With Sarah and Charlotte, the challenge has been to build up their strength and endurance. They're going to be pulling 100kg of equipment for 11 or 12 hours a day, every day. And they need to be mentally tough, too. If something goes wrong out there, they've got to know they can rely on each other.'

'But you don't need to be taking part in an extreme event like the Polar Race to benefit from the Centre. We devise programmes for people doing all sorts of sports, including running, diving and rugby union. We look at strength and conditioning, physiology, nutrition – the whole package. We also work with promising young athletes, helping them realise their potential.'

The Centre can even help the resolutely non-sporty to boost their well-being by leading a healthier, more active life. The LiveWell programme includes an online health risk assessment and a comprehensive range of health checks. For LiveWell members, there's also a confidential helpline offering help with practical day-to-day issues like finding a plumber or a childminder as well as more information and advice on health and lifestyle.

Find out more at
www.lsbu.ac.uk/sports/hpc

Faculty of Health and Social Care

Health network brings
new opportunities

Best research for best health is a new Department of Health strategy designed to make the UK a world leader in health research. A key part of the strategy involves setting up a series of research networks designed to give patients more opportunities to get involved in clinical studies and research

The networks focus on priority areas – including cancer, mental health, neurodegenerative diseases and dementia, diabetes, medicines for children and stroke – and crucially, primary care. Primary care, which covers the care given by GPs, dentists, midwives and pharmacists, accounts for around 80 per cent of all patient contacts with medical services in the UK.

The primary care research network (PCRN) will cover the whole of England. A team from LSBU's Institute of Primary Care and Public Health has led a successful bid for the PCRN for Greater London. The bid also involved London's strategic health authority, several primary care trusts, the capital's five medical schools and a number of other higher education institutions.



'The aim of the networks is to ensure that clinical research is focused on what patients really need', explains the Institute's director, Professor Gill Rowlands. 'After all, they're best placed to understand their own conditions and health needs. Our role is to involve as many patients and potential patients in studies and projects as possible, not only as participants but at all levels of the research process.'

'Leading the winning bid is a great opportunity for LSBU. It puts us at the heart of primary care in London and really embeds us in the Government's research and development strategy for health. We'll be able to build strong working relationships with the Department of Health, trusts and practitioners – and that should generate more research opportunities.'

'Since the network was established in October 2006, we've appointed a manager and an administrator, so we're in a strong position to move forward. By this time next year, our aim is to be an established network with a strong portfolio of projects and an excellent patient recruitment record.'

Faculty of Arts and Human Sciences

It's a real honour,
both for me
and for LSBU



Claire Callender, LSBU's Professor of Social Policy, is an international expert on student funding and finance. Now, she's been awarded a prestigious Fulbright New Century Scholarship in recognition of her work

'I'm one of 30 New Century Scholars from around the world and the only one from the UK. This year's theme is higher education, equity and access. Clearly, funding and finance have a critical role to play in this area and I'm delighted to be able to contribute.'

'The programme is unique in that it gives the group the opportunity to work together over a sustained period of time. At the first meeting, at the State University of New York in Buffalo, we aimed to set goals and devise a work plan for the rest of the year. My group looked specifically at finances as a barrier to access and reconciling cost-sharing and accessibility. We're scheduled to meet twice more, in Brazil later this year, then again in the US in 2008. Between meetings we're collaborating online.'

'I'll also be spending three months at Harvard. The 2004 Higher Education Act introduced variable tuition fees in England and encourages universities to provide financial help for students. Universities in the US have a long history of both, so I'm keen to learn from their experiences and to draw on the specialist knowledge of colleagues at Harvard.'

'Competition for the scholarships is stiff, so being chosen is an honour, both for me and for LSBU. It's an opportunity to share ideas and shape policy at an international level. I'm sure we've got a lot to learn from other countries' experiences and that they can learn from us too.'

Faculty of Arts and Human Sciences

Faculty welcomes
new Visiting Professor

LSBU's new Visiting Professor of Law Vera Baird, QC MP, marked her new appointment with an appearance at the South London Law Society's AGM

Vera Baird has been a regular speaker at LSBU for a number of years and recently lent her expertise to the development of a new Master of Laws (LLM) in Crime and Litigation. Her first trip to the University following her appointment as Visiting Professor featured a lively debate on the government's planned Legal Aid reforms. Vera Baird reassured the 100 local solicitors present that the government had listened carefully to their concerns and taken on board the Society's submissions to the consultation process.

The meeting also marked the appointment of Andy Unger, LSBU's Head of Law, as President of the South London Law Society for 2006/07. The appointment will strengthen the department's already close working relationship with the local legal community.

Your University
needs you

The Law Department's new Career Development Skills Unit has been set up to equip students for an increasingly competitive marketplace. Now, it's asking former students for their help...

The Unit has been set up to give students advice on career choices, applying for jobs and a practical insight into the legal job market. Our aim is ensure that all students get a minimum of 24 hours' work experience, giving them a chance to boost their CVs and get some real experience of what it's like to work in a law firm.

The department already has strong working relationships with the legal profession, but our new focus on work experience means we're keen to establish new partnerships with London firms. If you or your firm would like to offer a placement to one of our students, or you'd simply like to find out more about the Unit and its work, contact Risham Chohan on risham.chohan@lsbu.ac.uk or 020 7815 7833.

Faculty of Business, Computing
and Information Management

BCIM alumni and Friends of the Faculty annual lecture and prize giving ceremony

BCIM's alumni and Friends of the Faculty (FoTF) annual lecture and prize giving ceremony is taking place 6pm – 9pm, Thursday 3 May in the Abbey Conference Centre, London Road. Guest lecturer Professor Chris Clare, BCIM's Executive Dean, will be giving a lecture entitled: "Seeing the wood for the trees: the development of business information systems".

The event will be followed by refreshments and the opportunity to network and socialise.

Invitations will be sent out in shortly. Any alumnus or registered FoTF can contact Kalpesh Khetia at khetiak@lsbu.ac.uk or on 020 7815 7721 to arrange an invitation.

Be a
better manager

Want to get ahead in management? BCIM's management courses are designed to give you a hand up the career ladder

The faculty offers courses in management at Certificate, Diploma and Masters levels – so whatever stage you're at, you can expand your knowledge and get a qualification that's accredited by the Chartered Management Institute (CMI).

The courses are designed to help you analyse management concepts and put management theories into practice in realistic settings. The Certificate focuses on the operational level, while the Diploma takes a more strategic approach, looking at issues like creating a positive culture and empowering staff and colleagues. The Masters course focuses on two main areas – problem-solving and personal development.

Candidates for the Certificate in Management Studies will normally need a first degree and two years' management experience. If you don't have this experience, but are interested in the course, please contact Course Director Nick Briggs at briggsn@lsbu.ac.uk.

You can find out more about all the courses, plus the department's in-company management training and apply online at www.lsbu.ac.uk/bcim/progs/management/. Alternatively, call 020 7815 7815 for an application pack.

Faculty of Business, Computing and Information Management

The longer view



The idea of wise leadership is widely used, but rarely addressed by leadership and management gurus. BCIM’s Professor Bruce Lloyd invited alumni to explore the concept at a masterclass held on 1 March

We all say we want wise leadership, but what do we really mean by ‘wise’? What’s the connection between wisdom and leadership? And how can understanding the links improve the quality of our decision-making?

Professor Lloyd defined wisdom as ‘value-driven knowledge with a long shelf-life’ and suggested that it has a key role to play in helping us understand the world we live in. A proper understanding of wisdom could lead to the conventional knowledge management pyramid being turned on its head, with wisdom providing an overarching framework for managing knowledge, information and ultimately data – the category of knowledge with the shortest shelf-life of all.

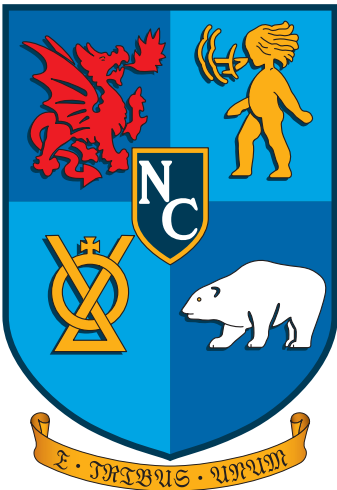
While this may all sound highly theoretical, Professor Lloyd argued that the opposite is true – that wisdom can have a very practical impact on the choices we make, by providing a way of integrating values into the decision-making process. Increasingly, ‘abstract’ concepts like values and meaning are seen as essential to the success of businesses and other organisations. Could wisdom therefore be a critical factor in ensuring long-term corporate success? Could it help leaders – and politicians – start to see the bigger picture and take a longer-term view? Could it help us all make decisions that safeguard rather than threaten our future?

Want to know more?

If you’d like to find out more, handouts from the masterclass are available from Professor Lloyd at lloydba@lsbu.ac.uk. The Wisdom Page at www.cop.com/wisdompg.html and Wikipedia’s entry on wisdom are also useful starting points.

Faculty of Engineering Science and the Built Environment

Happy birthday



...to the National College of Heating, Ventilating, Refrigeration and Fan Engineering, which celebrates its 60th anniversary this summer

The National College will celebrate its 60th anniversary on 18 June this year. Since its inception in 1947, the college has prided itself on its close links with the industry it supports and the high standard of its teaching and research.

However, the College’s story actually begins in 1917, when Borough Polytechnic appointed its first lecturer in ventilating and engineering. During the 20s and 30s, strong working relationships were built up with the industry. By the 1940s, businesses were paying students’ fees, providing teachers and supplying much of the College’s equipment.

Since becoming a distinct entity in 1947, the college has gone from strength to strength, creating its own coat of arms and expanding its range of courses. In 1960, the College moved to a new building on the corner of Southwark Bridge Road and Keyworth Street, part-funded by its industry partners.

Today, the College is part of the Faculty of Engineering, Science and the Built Environment. Low carbon energy engineering forms a key part of its work and one which is set to expand significantly in the next few years with the construction of the University’s new energy centre (see page 4).

All National College alumni are invited to attend the 60th anniversary celebrations on 18 June. To find out more and book a place, contact alumni@lsbu.ac.uk or call 020 7815 6712.

Faculty of Engineering Science and the Built Environment

Playing it

LSBU is part of a new joint research project which aims to find a new way of keeping electronic chips cool – and therefore boosting computer performance

The faster an electronic chip works, the more heat it generates. And with their capacity currently doubling every 18 months, current techniques for keeping chips at their optimum temperature are struggling to keep pace. A new research project involving teams from Newcastle, Oxford and London South Bank universities is working on solution that will cool even the most powerful chips, paving the way for dramatic increases in computer performance.

‘Currently, chips are cooled by air and in some cases by water,’ explains Professor Graeme Maidment of the Department of Engineering Systems, who heads up the LSBU team. ‘What we’re working on is a miniature refrigeration system about the size of a large matchbox that will cool them much more effectively. It also opens up the possibility of using the heat generated by the chips for other purposes, thus reducing waste.’

The three year project, funded by the Engineering Physical Sciences Research Council, draws on specific expertise from each of the teams. Oxford will be developing a compressor, while Newcastle will investigate the links between the system and the chip and LSBU focuses on assessing system performance through modelling, building on the work the University has been doing since the 1980s. Industrial partners Thermacore, Panasonic and Honeywell Hymatic will contribute technical and other resources. For more information contact Graeme Maidment at maidmegg@lsbu.ac.uk



Enoch Showunmi

Double VISION

Enoch Showunmi's career has taken him from LSBU to the Champions League – via a stint in Rome as Patrick Vieira's double. He talks about his journey so far and his plans for the future



'I'd always loved football and used to play for a local team, but I hadn't thought seriously about it as a career. In 2000, I had a trial with Luton Town, but when it came to it university seemed more important. I knew that whatever happened with football, having a degree meant I'd have something to fall back on. I chose LSBU because I knew it had a good business school and I graduated with a degree in Business Administration in 2003.

'Ironically, it was while I was studying that I realised I did really want to be a footballer. I was playing for my club in Willesden one night when a woman called me over and invited me to an audition for Patrick Vieira's double for the 2002 Nike World Cup advert. I went along and got the part. They flew me to Rome for two weeks and I met players like Ronaldinho, Roberto Carlos, Thierry Henry and Paul Scholes. I was a legend on campus when I got back – and meeting the greats made me realise I really did want to make a go of it in football.

'After graduating I went back to Luton Town. At first it was difficult to make the transition from the amateur to the professional game, but I really got into my stride at Luton and made over 100 appearances for them before moving to Bristol City in summer 2006. I've also played for Nigeria twice, which was a great experience. At the moment, I'm really focused on seeing how far I can go with my football.

'But I'm also looking ahead. I know football is a short-lived career and it's important to plan for the future. I might do a Masters in business and I'm also looking at ways of making something out of my hobbies – I'm really into music, so that takes up a lot of my free time. It might not seem like there's much of a link between a business degree and playing football, but I think it's really helped me. Understanding how the business works has given me a clear picture of where I'm going with my career and a better sense of my own worth.'

'My degree has really helped me understand how the football business works'

A model business

Architectural Technology graduate Andrew Hoskins explains how his business is helping to shape the cities of the future

'I did a two-year Construction Studies course and a degree in Architectural Technology at LSBU, then worked for a property developer for a year before setting up my company, Lattico Ltd, in 2004. I'm in partnership with two other LSBU graduates, Nicholas Edmonston, who did the same course as me, and Pete Simpson, who studied Special Effects.

'We use cutting-edge software to produce highly accurate 2D and 3D models of buildings and urban environments in a fraction of the time it would take to carry out a ground-level survey and for a fraction of the cost. Architects, planners and developers use our models to see how new buildings fit into the existing environment. By slotting their designs into one of our models, they can see whether there are any height restrictions, whether the new building is liable to flooding – they can even see how the sun shines on it at various times of the day.

'Other uses include "smart" tourist guides, where the data is used to create a virtual 3D stroll through a town or city. And we're currently building up a database of landmarks in major UK cities – including the LSBU campus! The idea of that is to make GPS and satellite navigation more user-friendly by making the images more accurate and detailed.

'Starting up a company has its lows as well as its highs. It takes a lot of time and dedication, and the software and hardware we use isn't cheap. On the plus side, it's exciting, innovative work and there's lots of positive feedback from the clients. And being young is an advantage too – I could have worked for a few more years to get more experience, but I don't know if I would have been so ready to take the risk 10 years down the line.'

Find out more at www.lattico.co.uk

Student invention goes global



Engineering Product Design graduate Paul Sheedy recently appeared on the live final of Sky One's The Big Idea alongside his invention, the 'spinning straw'

The straw, which is aimed at drinks companies and the leisure sector, features a ball that carries advertising and spins round as the straw is used. Paul has already sold two million straws to global big-hitters including Coca-Cola, Pepsi and Disney.

Paul won his place in the final following a landslide victory in the wildcard public vote. Although he missed out on the £100,000 prize money, the programme generated a huge amount of positive publicity for the straw, with the Discovery Channel including it in their top 10 list of inventions, along with the Dyson and the Rubik's cube.

Paul is now turning his attention to a range of other products, including a new loyalty card for major global retailers. Packed with cutting-edge technology, the card promises an innovative and effective new approach to securing customer loyalty. It recently featured in an episode of Radio 4's In Business looking at small companies, which are making dramatic steps to win new business in a fast-changing global economy.

See the straw in action at www.vodafone-smallbusiness.co.uk/bigidea

Hitesh Tailor



I'm still looking for new challenges

Entrepreneur Hitesh Tailor graduated from LSBU with a first-class degree in Business Studies in 1979. Since then, his career has spanned a spell as an accountant, a stint in the oil industry and building up an international property portfolio, as well as taking him all over Europe, Africa and the Middle East. A keen supporter of LSBU, he sits on the University's Board of Governors, chairs the Audit Committee and serves on various other committees, including Student Affairs. In 1998, Hitesh set up an annual prize for the best graduating Business Studies student.

Connected caught up with Hitesh, who's recently sold his property businesses in Canada and Belgium, to find out more about his career to date and his plans for the future.

What are you up to at the moment?
'Taking a break before looking at new opportunities, probably in fund management. I'm still keen to learn new skills and take on new challenges, which includes making myself useful in the voluntary sector.'

You've lived and worked all over the world. Which place have you enjoyed most and why?

'They're all special, but I was particularly fascinated by Algeria, Egypt and Nigeria. The lakes and fjords of Norway are beautiful too and I also found Belgium very interesting. I'm now back from Montreal, which is a really dynamic city and a wonderful place to live. Wherever I am, what I enjoy most is experiencing the different approaches to business and social life. People make the world go round.'

What's your biggest achievement to date?

'I'm proud of having built up a number of businesses abroad and then selling them with all the personnel in place. I'm also proud of the fact that I stick to my word and lead from the front.'

What challenges have you had to overcome?

'When you build up a business abroad language is always a challenge. When I first started out, I also underestimated the importance of marketing. Another challenge is realising what you're not good at and learning to delegate.'

How do you stay motivated?

'The key to staying motivated is to find something you're passionate about and then to have the courage to go after it. I never feel like I'm at work.'

What inspires you?

'Watching the people who work with me grow and develop. I'm also really enjoying my involvement with LSBU. We're fortunate to have a very committed group of governors and senior management team.'

Who do you most admire?

'If I could have lunch with anyone, I'd invite investor and philanthropist Warren Buffett.'

How do you maintain a healthy work/life balance?

'It's hard. Modern communication means people expect instant replies and that leaves very little time for thinking and creativity. I'm trying to be more disciplined about when I deal with email and answer my mobile phone.'

How do you unwind?

'I love reading and music, especially jazz and choral music. I go to the gym and I've just learned to ski.'

What are your plans for the future?

'To carry on doing what I love and helping other people.'

If you could give one piece of advice to a recent graduate, what would it be?

'Be focused, stick to your principles – and always get to meetings 10 minutes early!'

Your news

Ever wondered what your old friends and colleagues are up to? Now's your chance to find out! If you'd like to appear in the next issue, email us your words – and pictures – to alumni@lsbu.ac.uk

Win an Amazon.co.uk gift certificate

All entries received by 30 June will be entered into a prize draw for the chance to win one of 10 Amazon.co.uk gift certificates worth £25 – gift certificates can be used towards the purchase of all products listed in the Amazon online catalogue.

All entries will be entered into a prize draw and 10 winners selected at random. Winners will be contacted shortly afterwards with details of how to redeem their certificates.

2000s

Isaac Adjei, Accounting and Finance

2006: 'I joined the National Grid graduate training scheme in September 2006. I've been working as a Commercial Analyst and I've just completed six enjoyable months as part of the Commercial Strategy team. I've now started my second placement as an Energy Analyst in Network Operations Balancing Services as part of the Forecasting Strategy Team in Wokingham. I'm only one week into this post and it's already proving to be interesting.'

Carly Lewis, BA (Hons) Marketing

and Media, 2006: 'I've landed my dream job working in marketing for a skincare company. The company's expanding and it's very busy and exciting. They're sending me on a beauty therapy course one night a week – I didn't think I'd be studying again so soon, but I love it!'

Chinenye Emecheta, BA (Hons) Business

Administration BA, 2005: 'I completed a Masters degree in Business Management at Middlesex University. I'm hoping to start up a career in consultancy in the retail sector or the general aspects of business management.'

Sue Campagna, MSc Charity Accounting and Financial Management, 2004:

'Studying at LSBU was fantastic for me as it re-awakened my passion for learning. I now have my dream job as a finance and administration manager in a children's hospice and am looking forward to studying again soon for my ACCA exams.'

Veemi Jhurree, BSc (Hons) Media and Society, 2001 and PGCE 3-7 years, 2003:

'The last time I was at LSBU, I was doing a PG Certificate in Education. I chose LSBU because it had a good atmosphere and I'm glad I did! The tutors on the PGCE course were supportive and the course was intensive but well worth it. Now I'm a teacher!'

Ruth Eunita Herd, BSc (Hons) Media and Psychology, 2002:

'I relocated to Newark, New Jersey after graduation and worked with Hairradio.com. I returned to the UK working with a UK salon to create an award winning themed design at the Chicago ABATIL awards in 2004. I plan to return to my studies to complete an MSc in Rehab Therapy in 2007.'

1990s

Michael O'Driscoll, Certificate in Applied Advice Work, 1994:

'I worked for the Job Centre until recently, specialising in work with the street homeless. I was a founder member of a Housing Association Management Committee, founded two soups runs and help set up seven others. I was also a founder member of a Housing Advice Centre. I've worked behind the scenes on advice lines for many radio and TV programmes and written homeless advice booklets, advised senior civil servants, a government minister and housing charities. I received an MBE in the 2004 Honour's List.'

Arvinder Marjara, MBA, 1996: 'After graduation, I worked as a Personal Business Adviser with Business Link Essex Ltd. In 2001 I became self-employed as a business consultant and am Non-Executive Director of Suerral SMB's in Essex. In 2006 I bought a scaffolding company, which I now run whilst working as a consultant.'

Kevin Pender, BA (Hons) Politics, 1996:

'After graduating I continued my studies and was awarded an MA in International Relations from Kent University. I followed this with a PGCE and am now teaching Politics and Sociology at Canterbury College and continuing my studies with the Open University in Social Sciences.'

Anne Haworth, MBA Education (part-time), 1996:

'Gaining my MBA helped me to get a post at the University of Manchester, working on various projects. I'm currently involved with the training of secondary mathematics teachers on PGCE courses and the Teachfirst programme.'

Mandie Lavin, LLB (Hons), 1992:

'I'm now married and have a daughter, who is three and a half years old. I work as the Legal Director of the Royal Pharmaceutical Society of Great Britain.'

1970s

Mary Edwards, BA Hons Town

Planning, 1974: 'I've worked in variety of local authorities. I also did VSO in Indonesia and I set up own Business in Glasgow. Now, after career break, I'm working in Government Office for the North East.'

Just the job



The Careers Service helped me get a positive response from employers

'I had a great time at LSBU', says alumnus Louise Hunte. 'There were loads of opportunities to get involved in sport and I played in the basketball and netball teams. I'd been working on getting coaching qualifications since I was 16 and in my second year I started coaching in local schools and abroad to get some real-life experience.'

'After I graduated, I got a job in sports development and started a part-time masters degree, but I quickly realised I wanted to get into teaching. That was when I went to the Careers Service for some advice. They helped me put together a really effective, professional CV and covering letter. Without that, I don't think I would have had such a positive response from employers. Now I'm working as a PE teacher, which I love. My plan is to work my way all the way up to headteacher.'

Whether you're making your way up the career ladder, perfecting your CV or searching for the right vacancy, LSBU's Careers Service can help. Connected took a look at what's on offer and spoke to former student Louise Hunte about how the service helped her

Careers interviews

These 45-minute sessions are designed to help you explore your career needs in-depth. Qualified advisers can help you improve your job-hunting techniques, work through tricky application forms and prepare for tough interview questions and psychometric tests. If you've got an interview coming up, you can also talk to your adviser about setting up a mock interview – a realistic practice run to help you prepare for the real thing.

Quick queries

These 15-minute one-to-one sessions with a careers adviser are ideal for CV checking.

Careers events

The Careers Service runs a wide range of workshops and seminars including:

Visits from employers

Intensive summer workshop programmes, and

Practice psychometric test sessions

Go to the website at www.lsbu.ac.uk/careers for information about forthcoming events.

JobShop

JobShop offers online access to the latest full and part-time job vacancies, placements and work experience opportunities. Go to www.lsbu.ac.uk/learningsupport/jobshopandcareers to register. A Careers Service adviser will run through your CV with you either in person or online to make sure it's as effective as possible before you start your job-hunt. Once you're registered, you'll get regular email alerts telling you about careers events and new vacancies.

JobShop also features a link to the Graduate Prospects website at www.prospects.ac.uk. The site includes comprehensive information on job-hunting tailored for graduates, plus an interactive 'e-mail an adviser' service and a self-assessment questionnaire. Once you've registered, you can also post your CV online for employers to browse.

Careers library

The library offers a wide selection of career guides, graduate brochures and directories and videos, plus computers for online job-searching. Opening hours are 9am-5pm Monday to Friday, extended to 7pm on Wednesdays during term-time.

Essentials

The Careers Service is open to all LSBU students and alumni who've graduated within the past two years. Quick queries sessions are on a first come first served basis, but careers interviews need to be booked in advance. Go to www.lsbu.ac.uk/careers (click on 'JobShop and Careers') for information about session times and call 020 7815 6710 to make an appointment.

Get active

As a nation we're more stressed than ever. At the end of a long day exercise is probably the last thing on your mind, but as Leon Marshall from the LSBU fitness centre explains, it's the most effective – and healthiest – way to wind down

Bulging in-trays, constant emails, targets, coping with the kids, paying the bills – is it any wonder we're stressed? And, as if you weren't already worried enough, recent studies have shown that stress can make you more vulnerable to illness and disease.

Believe it or not, exercise is one of the best ways of beating stress. Exercise tackles tension, helps you sleep better and releases feel-good chemicals called endorphins that actually enhance your sense of well-being. So why do so many people make excuses not to do it? Any of the following sound familiar?

Excuse 1: 'I just don't have the time'

If you've got time for a drink after work or Eastenders, you've got time to exercise. 30 minutes, 2-3 times a week, is all it takes.

Excuse 2: 'It's boring'

Try working out with a friend or a personal trainer. It's a great way to stay motivated.

Excuse 3: 'It's too expensive'

Walking and jogging are the most effective exercises around and they cost nothing.

Leon's 30-minute stress reliever

Still not convinced? Then why not try this easy stress-relief programme? You can do it at home with the TV on and the only kit you'll need is a gym ball (cheap and widely available)

1. Warm-up (5 mins)

Step up and down the first step of your staircase – work up a sweat!

2. Squat to overhead arm swing (12 reps)

- > Stand tall, arms stretched overhead, feet shoulder width apart
- > Squat down, push hips back, allow your knees to travel forward
- > At the same time, swing your arms down and back
- > Keep chest lifted throughout
- > Return to starting position by swinging your arms 'up to the sky'
- > Breathe in as you descend, breathe out as you ascend
- > Too easy? Try holding the gym ball out in front of your chest

3. Squat to overhead arm swing with rotation (12 reps)

- > Stand tall, arms stretched overhead, feet shoulder width apart
- > Squat down, push hips back, allow your knees to travel forward
- > At the same time, swing your arms down and back
- > Keep chest lifted throughout
- > As you rise from the squat swing your arms overhead while rotating your upper body to one side
- > Change sides with each rep
- > Breathe in as you descend, breathe out as you ascend
- > Too easy? Try holding the gym ball out in front of your chest

4. Pelvic circles on ball

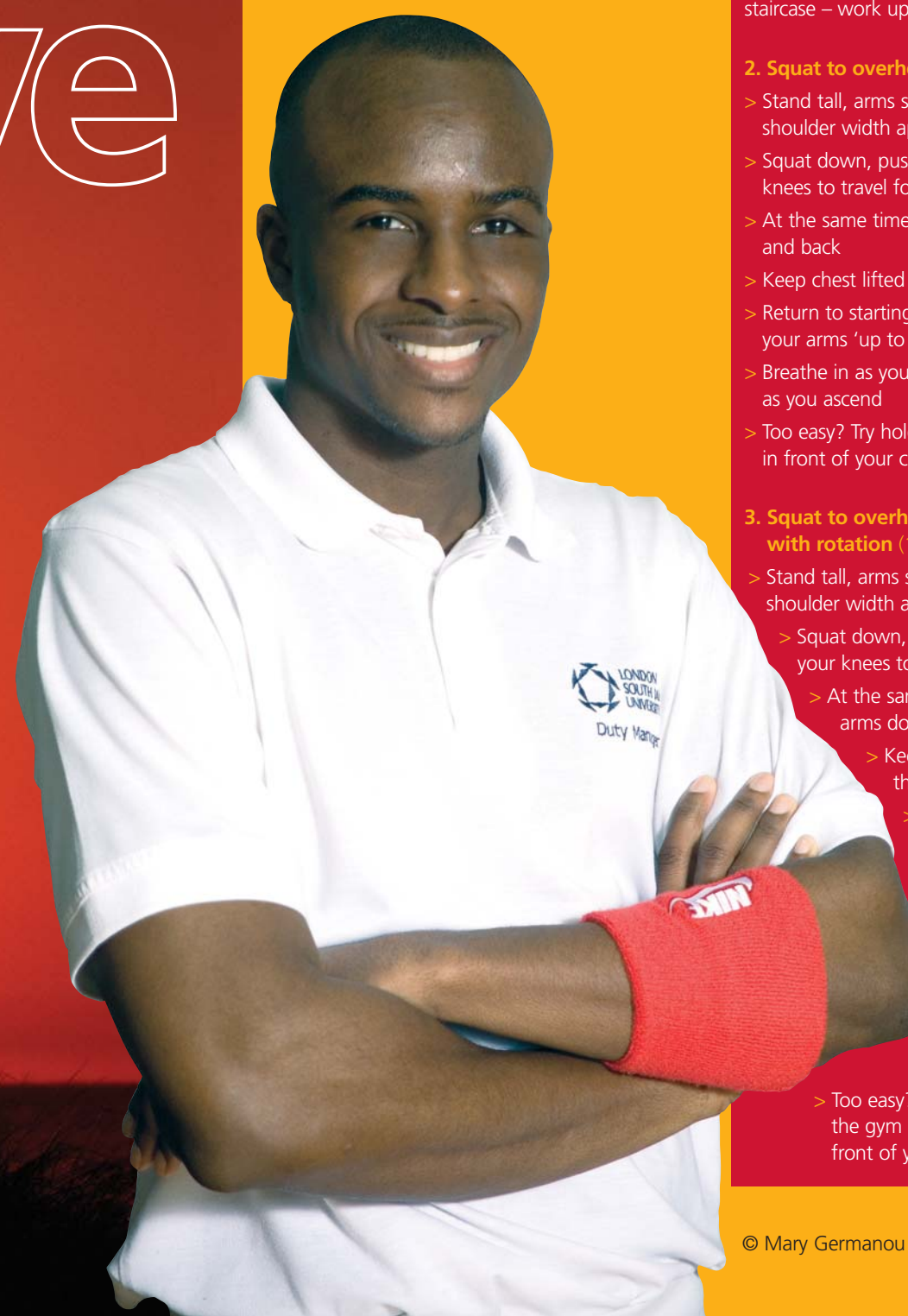
- > Sit on the ball, keep your back straight, and tense your abs
- > Knees at 90 degrees, feet flat on the floor, bottom right in the middle on top of the ball
- > Gently bounce to make sure you're stable
- > Now make a circular motion with your hips on the ball
- > Change direction after five circles one way
- > Keep your abs tense throughout

5. Crunches with punches (12 reps)

- > Stay seated on the ball. Roll your hips down so the ball is supporting your whole back
- > Raise both arms so they're pointing at the ceiling and slightly clench your fists
- > Raise your right shoulder blade off the ball by tensing your abs and rotating your spine to the left – it should look like a right hand jab to the left
- > Change sides with each rep

6. Drape (hold for 2 mins)

- > Lie face down on the ball and let yourself sink down into it
- > Make sure the bulk of your weight is on top of the ball
- > Relax all your muscles
- > As you breathe in (no less than 3 seconds), say 'calm' ('c-a-a-a-l-l-l-m-m-m')
- > As you breathe out (no less than 3 seconds) say 'peace' ('p-e-e-a-a-c-c-c-e-e')
- > Repeat, but this time lie face up on the ball



Treat yourself

and all the family

to a fun day out or cut-price holiday!

The Tussauds Group are giving LSBU alumni a fantastic opportunity to benefit from special discounted rates at a number of exciting attractions

Alton Towers – escape to the extraordinary world of Alton Towers. Act your shoe size, not your age, as you make it your very own must do experience for 2007. It's a quirky world for kids, for adults and for thrill seekers where the unexpected happens routinely. Crawl into the new Dung Heap playground, take an eerie adventure through the new Haunted Hollow, visit Willy Wonka in his fantabulous Chocolate Factory or scream your way to Oblivion.



Chessington World of Adventures and Zoo – THE theme park for families looking to share an adventure! With over 90 per cent of rides and attractions for under 12s, plus a host of exciting rides

for the more thrill seeking Adventurers such as the spin-sational Dragon's Fury and the fang-tastic Vampire coasters.

Thorpe Park – the UK's most thrilling theme park is just 20 minutes from central London. Dare to experience the tantalising twists of Colossus – the world's only ten looping roller coaster; or Nemesis Inferno – which takes the body through an unbelievable experience of a 4.5 G-Force. Completing the 'unholy trinity' of rollercoasters is the powerful Stealth – Europe's fastest launch coaster, with a super acceleration of 0-80mph in under 2 seconds plus the fourth steepest drop in the world.

Madame Tussauds – pucker up and plant a kiss on Robbie Williams' cheek and see if you can be the one to put a twinkle in his eye. Join Beyonce, Angelina and Brad at the most glamorous A-list celebrity party.



Warwick Castle – action, excitement and adventure at Britain's greatest mediaeval experience. Bursting to the towers with action and adventure including the world's biggest siege machine, thrilling jousting tournaments,



breathtaking birds of prey, daredevil knights, an entire castleful of colourful characters plus a NEW fully interactive and immersive attraction – "Dream of Battle", Warwick Castle guarantees a mighty day of mediaeval fun in 2007.

To find out how to take advantage of these great offer visit www.lsbu.ac.uk/alumni/association/offers/



Cottages4you – 10% discount offer

cottages4you

Get a 10% discount on your next holiday with Cottages4you. Choose from a cosy thatched cottage deep in the countryside or a fisherman's cottage by the sea...with thousands to choose from across the UK, France, Ireland, Spain, Portugal and Italy, you're sure to find your ideal property.

To find out how to take advantage of this great offer visit www.lsbu.ac.uk/alumni/association/offers/

Postgraduate and Professional Open Evening

entry 2007

Wednesday 25 April 2007, 4pm – 7pm

Reception, London Road Building, Southwark Campus, SE1

We offer a great range of postgraduate courses. From Arts & Human Sciences, Business, Healthcare, Design & Engineering, to Science & Technology, choose from hundreds of courses and set yourself on course for a better future.

Come to our Open Evening to find out more and where you can have one-to-one discussions with tutors about your interests and aspirations. You can also pick up all the relevant information covering application methods, fees and finance.

No need to book – our doors are open and we'd be delighted to meet you and discuss your future needs.

For further information contact Joyce Okoro:

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Fax: 020 7815 6199

Email: okoroj@lsbu.ac.uk

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what you want to be

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