

Connected

London South Bank University

LSBU Association magazine

issue 3 > autumn/winter 2007

Building a greener future

LSBU wins major award

The sweet life

A recipe for success

The flipflop that makes you fitter

Summer's health and beauty sensation

LSBU a retrospective

From past to present

Nitin Sawhney

Passion and principles

Congratulations to the graduates of

2007

This July 1,900 of you graduated with 4,700 of your family and friends attending the ceremonies at St. George's Cathedral followed by a reception in the grounds of the Imperial War Museum.



When you graduate

we automatically make you a member of the LSBU Association for free, so you can stay in touch and continue to make use of our great facilities.

Check out the full range of benefits and services available to you at www.lsbu.ac.uk/alumni and don't forget to update your details with us.



"A degree ceremony is a significant milestone, but I think we all accept that we face a number of milestones. In America, a graduation ceremony is called a commencement – the beginning of the next process. If we are to meet the continuing challenge of change, we have to keep on acquiring skills, developing expertise, improving professional attributes – these are lifetime activities."

Professor Deian Hopkin, Vice Chancellor



Publication details

Connected is published by the LSBU Association, London South Bank University Editor: Xanthe Lewendon Writer: Louise Bell Design: Indigo www.indigocreative.co.uk Tel: + 44 (0) 20 7815 6712 Email: alumni@lsbu.ac.uk Web: www.lsbu.ac.uk/alumni

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Welcome



Welcome to the autumn issue of Connected. This issue features an in-depth interview with Nitin Sawhney, one of the UK's most influential and versatile creative talents, and an Honorary Graduate of LSBU. Find out what inspires the artist of whom The Guardian once said, 'It would be easier to jot down what this man can't do than what he can.'

There's more inspiration to be found in the Alumni news section where you can catch up with what other alumni are doing and find out how former student Micah Carr-Hill ended up with the dream job, inventing new chocolate bars for pioneering organic food producer Green & Black's. Plus find out how up and coming designer Nicholas Groves combines work with pleasure in his new career as toy designer for LEGO.

You'll also find plenty of University and Faculty news covering a huge range of topics from stem cell research to flip flops that make you fitter, and from creative student film-makers to how LSBU is building a greener future for itself and the surrounding community. It's a busy time across the University!

On page six, we take a break from future-gazing to take a look back at the University's history. LSBU has played a key role in providing educational opportunities to the people of South London and beyond for over 115 years, and we've come a long way in that time. Why not take a look and see where you fit in to the LSBU success story? You can also find out how the University is continuing to open the door to higher education for local people through its Widening Participation Unit.

Connected is created especially for alumni and friends of LSBU, so thanks to everyone who contacted us following the last issue. This time, the magazine is going out to more alumni than ever before so do get in touch and tell us what you're up to. We need your input to make Connected a success.

Send your news and contributions to alumni@lsbu.ac.uk or by mail (address on back cover).

We look forward to hearing from you.

Xanthe Lewendon
Alumni Marketing Officer

Seven reasons to stay connected

1. You can carry on using the University Library, the Learning Resources Centre and the Sports Centre*
2. You'll automatically receive copies of our alumni magazine, Connected
3. You'll be invited to a range of events
4. You can get discounted entry on great days out
5. You can use our mail forwarding service to get back in touch with old friends
6. We can help you arrange your own alumni reunion event
7. We negotiate some fantastic special offers that can save you money

Find out more at www.lsbu.ac.uk/alumni

* You'll need to apply for a membership card in order to use these services.

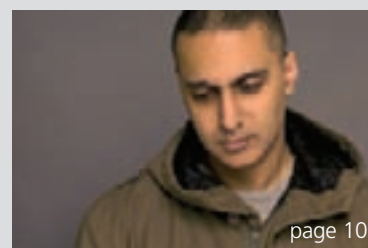
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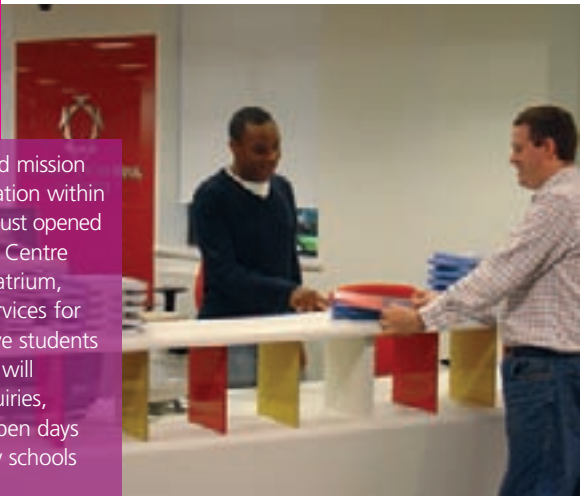
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ARC

As part of its regeneration plans and mission to widen engagement and participation within higher education, the University has just opened a new Admissions and Recruitment Centre (ARC). With a large entrance and atrium, the ARC brings together all the services for enquirers, applicants and prospective students into a welcoming public space that will be available for drop in course enquiries, information evenings, small-scale open days and group visits to the University by schools and colleges.

The ARC has been developed with funding from the Higher Education Funding Centre and is based in the South Bank Technopark on London Road near the Elephant and Castle Bakerloo line station and Skipton House (Department of Health). The centre will also house all international and national recruitment and admissions staff.



Green energy for Elephant and Castle



A new collaborative partnership between LSBU and Southwark Council's Elephant and Castle Regeneration team aims to assess whether wind turbines offer a viable form of energy generation in urban settings.

The project involves placing a nine-metre turbine on top of Ashenden House, a residential block near South London's Old Kent Road. Its performance will be monitored by a team led by LSBU Professor of Energy Engineering Tony Day over a 12-month trial period.

'We already know how turbines perform in large, open rural areas,' he explains. 'This is the first comprehensive evaluation of whether they can work in cities. Wind technology could play a key part in the renewal of Elephant and Castle, but we need to make sure we're maximising its potential. The data we gather will be invaluable for the planners and developers involved in the regeneration project.'

'In November, we'll be adding a second turbine, this time with a vertical instead of a horizontal axis, so we can compare the performance of the two different models. Ultimately we hope to re-site the turbines at LSBU. Wind power is one of the technologies we'll be demonstrating through our energy centre, which will form part of the new Keyworth II building scheduled for completion in early 2009. By showcasing sustainable technologies, the centre will provide a valuable resource for the construction industry and put LSBU at the heart of the drive for greener buildings.'



Give a day to change a life

If you are a black and minority ethnic engineer or scientist in London, the London Engineering Project (LEP), is urging you to give a day of your time every year in schools.

You can be an ambassador for your profession and show what you have achieved as a role model for the next generation. Inspire and motivate young people to follow in your footsteps and help address the lack of black and minority ethnic young people currently entering jobs, which are vital to the future of the economy and have particular significance to the capital.

By securing a few hours of your time, the LEP hopes that more school students will thrive in their classroom science and technology studies, apply for degree courses and then go on into rewarding careers. The project is supported by The Royal Academy of Engineering and LSBU is proud to be a partner of the LEP.

Any working engineer or scientist interested in getting involved should contact the London Engineering Project at contactus@thelep.org.uk, on 020 7717 1670, or visit the website www.thelep.org.uk/ to find out more.

Building a greener future

LSBU is committed to building a greener future both for itself and for the local community. Now that commitment has been recognised with a major award from the Carbon Trust

The environment is at the top of the news and political agenda. So it's not surprising that there is a growing emphasis on green issues and sustainability across all of LSBU's activities. The University's commitment to protecting the environment is reflected in its highly respectable showing in the recent Times Higher Education Supplement Green League Table and in its recent prestigious Carbon Trust/Daily Telegraph Innovation Award.

The Awards were set up to recognise and reward individuals and organisations who are pioneering innovative technologies and energy efficiency measures aimed at cutting the UK's carbon emissions. Professor Graeme Maidment of LSBU's Air Conditioning and Refrigeration Research Group heads the team responsible for the prize-winning project, a revolutionary cooling system for the London Underground, which exploits one of the capital's natural resources, rising underground water.

'The award is a real honour for the team and for LSBU,' says Graeme Maidment. 'There are so many UK universities doing excellent work on carbon innovations, for us to come out on top is a real testament to the quality of our work. The project also reflects our commitment to helping the community by finding innovative ways to address local challenges. It's good to be recognised for that too.'

Following a successful pilot at London Victoria station, where it has been used to cool the concourse area, London Underground is now looking to roll the system out to up to 30 stations across the network. And, as the judges noted, the system has the potential to be used in underground systems in other countries. Professor Maidment's team has also been invited to work with London Underground on a system which will cool Tube trains themselves. 'The idea is to put blocks of ice – or a man-made equivalent – in refrigerated tanks under the seats. Air will then be cooled by passing it over the blocks and circulated around the carriage. It's simple, it's energy efficient, and it could make a real difference to the quality of life of everyone using the Tube.'



'LSBU's combination of innovative thinking and practical application can reduce carbon emissions as well as delivering tangible business benefits.'

It's encouraging to know that there are so many forward-thinking organisations out there committed to making the UK a leader in low carbon technology and reducing our carbon footprint.'

Tom Delay, Chief Executive, Carbon Trust



From the
Vice Chancellor

LSBU
from strength
to strength

I am delighted to welcome you to another edition of Connected, the magazine which creates the link between the University and one of our most important stakeholders, our graduates and former students.

This year, the University embarks on one of its largest ever investments in its estates, the construction of a new home for the Faculty of Health and Social Care. It is designed by the internationally renowned architects, Grimshaw, among whose famous buildings are the Waterloo International Station and the Eden Project in Cornwall. More developments will occur in due course as we progressively improve the quality of the physical environment and services for students and staff.

The need to invest is clear. Over the past couple of years UK higher education has moved much more closely to the market – not only in terms of attracting students, but also in terms of preparing them for future employment. The relationship between universities and the economy is now a central theme.

For over 115 years, LSBU has been engaged very deeply with the economy, both in London and also more widely. Over the past century we have altered our name several times, merged with other institutions and changed our structures, modified practices and procedures and, of course, transformed our curriculum and portfolio. One thing we have not changed – our mission and purpose. And this seems to chime with our audience, with a huge

32.6% increase in applications over the past three years, compared to the national average of 12.3%.

A key to delivering our mission is our success as an enterprise and the evidence of this is becoming clear. We are about to announce a fifth consecutive year of financial surplus and look forward to continuing this progress in the future. Why is this important? In the old days, if we wanted to develop our campus or facilities or improve our provision and services, we would turn to central funding bodies for capital grants. Nowadays, while those agencies or their successors remain very supportive, we have to find our own way of sourcing the bulk of the money required to invest in our institution. This is the new world, where universities are both publicly accountable but privately managed. What remains inviolable, however, is our commitment to giving opportunity to the widest range of students. In this way we will pursue our mission through providing the best teaching, learning, research and enterprise in the best possible environment. This is a great ambition. We are determined to fulfil it.

Deian R. Hopkin
Professor Deian Hopkin
Vice Chancellor and Chief Executive

1892

1 October 1892
Borough Polytechnic Institute opens
'In 1892, charitable funds and personal donations from the City and South London were brought together in a spirit of social philanthropy and economic pragmatism. Through the combined generosity of the City and the people of South London, the Borough Road Polytechnic, one of Britain's first, was created.'

1970

1 September 1970
Borough Polytechnic becomes **Polytechnic of the South Bank**
1 April 1970, Polytechnic of the South Bank joins with:

- **National Bakery School** - founded 1894
- **Brixton School of Building** – founded 1904 and known as the **London County Council School of Building** until 1943

LSBU

a retrospective

Starting life as the Borough Polytechnic in 1892, London South Bank University has been part of the local landscape for over a century

Our journey has seen us join forces with a number of other colleges along the way, but we've always stayed true to our original vision – to help our students develop relevant, practical employment skills and to supply employers with a skilled workforce. Today, we're not only one of the capital's oldest universities, we're one of the largest, with over 23,500 current students and many thousands more alumni living and working all over the world.

We're sending this issue of Connected out to as many of our former students as possible to bring them up to date with the latest news and developments from the University. Take a look at the timeline to see where you fit in to LSBU's success story.



The University greatly values the support of its alumni and is committed to developing a genuine ongoing relationship with all of you.

The LSBU Association is your main point of contact with the University and fellow alumni once you have graduated and offers a great range of benefits and services to members.

Find out more at www.lsbu.ac.uk/alumni

Widening participation, realising potential

LSBU's Widening Participation Unit continues to build links with schools, colleges and the community, opening the door to higher education for local people. Connected found out more about its work



The Unit's goal is simple: to get more people from disadvantaged backgrounds involved in higher education. 'Our work directly supports the University's aim of encouraging applications from people with the potential to benefit from higher education, but who don't think university is for them,' explains Bronwyn Murphy of the Unit's Lifelong Learning and Community Liaison team. 'We want to show people what university could do for them and help them overcome the barriers that are stopping them from taking advantage of the opportunity.'

While Bronwyn's team focuses on working with the wider community and engaging adult learners, the Schools and Colleges Liaison team is building relationships with schools and colleges. Both teams make extensive use of trained student ambassadors, mentors and volunteers. For schools and colleges, the Unit's offer includes one-to-one support for pupils in the run-up to their GCSEs plus taster sessions and week-long Summer Schools designed to give them a real insight into university life. The Unit's ongoing collaboration with the London Engineering Project is encouraging local pupils to study science, technology and maths.

For adult learners, the focus is on raising awareness and providing practical advice on entry routes into higher education.

Ambassadors, LSBU staff and student volunteers are also helping local people improve their numeracy, literacy and other skills for life through local community projects like the Engine Room. 'It's a chance to give something back,' says Volunteering Co-ordinator Katie Reed. 'And the beauty is, everyone benefits.'

Like so much of the Unit's work, projects such as Engine Room depend on effective partnership working. 'As well as community organisations, we work with other universities and the Connexions service,' says Mark Ellis, manager of the Schools and Colleges Liaison team. 'We're also keen to build links with our former students. If you're interested in getting involved in any of our activities, do get in touch. Perhaps you'd be willing to spend time talking to local children about your own experience of education and work, or maybe the organisation you work for now could offer volunteering opportunities or work placements for current students.'

To find out more about the Unit's work, go to www.lsbu.ac.uk/wpu or call Bronwyn on 020 7815 6707, Mark on 020 7815 6783 or Katie on 020 7815 6878.

Getting a kick start at the Engine Room

One of the projects benefiting from the support of LSBU students is the Engine Room in Southwark. The project was set up by the Bricklayers' Arms Tenants Association and has been running since 2003.

The project offers a range of services for local people, as Centre Manager Patricia Byrne explains. 'We offer numeracy and literacy qualifications at levels 1 and 2, and we've got a dedicated employment training adviser who can help people get email accounts, put together a CV and practise their interview technique.' The centre also runs a weekly homework club and trips to places of interest like the London Eye and Hampton Court.

'Funding the centre is an ongoing challenge,' says Patricia, 'so help in kind is very

important. At the moment, we've got two fantastic students from LSBU. Tareq is studying computing and Shola's doing law. They've got exactly the skills we need. And because the University attracts students from such diverse backgrounds, they provide positive but realistic role models. A lot of the families on this estate have barely heard of university, much less thought about going. When they meet someone who's actually doing it and can identify with them, they start to think, "Well, maybe I could too..."'

'The Engine Room was a vital stepping stone in guiding me to higher education.'

Centre user, now post-grad management student at LSBU

'It's a mutually rewarding experience'

The Widening Participation Unit trains over 100 new student ambassadors each year. Former LSBU ambassador Paul Beckley (BA Psychology) shares his experiences of the scheme.

'I first got involved in the ambassador scheme when one of my lecturers suggested it would help me put my learning into practice. He was right. I'd done a unit on developmental disorders and one of my mentees was autistic. Knowing the theory really helped me relate to him.

'I've just about finished my Masters in Clinical Psychology at King's now, but I've maintained my involvement with LSBU through the Summer School. This year I was the strand leader for psychology, which meant guiding the students and the other ambassadors to make sure

everyone got the most out of the week. It's really satisfying work. I won't be able to take part next year – I'll be doing my new job, working with people with mental health problems. I see that as building on what I've learned as an ambassador and mentor at LSBU.

'For me, mentoring has been a mutually rewarding experience. The young people get a positive role model, and you develop too. It improved my leadership, communication and organisational skills. And it's so rewarding when they make progress. One of my mentees wasn't expected to pass any GCSEs – now he's at Southwark College studying business and photography.'

A week in the life: Volunteering Co-ordinator Katie Reed

Monday: The Volunteering project has only just been set up, so we're doing a lot of promotional work. Talked to the designer about the posters and flyers she's developing for us and about our new web pages. They'll include an up-to-date list of volunteering opportunities and online registration for staff and students.

Tuesday: Finalising the list of attendees for our information session on Thursday. The sessions give community organisations a chance to meet us, ask questions and network with each other. At the end, we hope they'll register with us. Also did some work on our next LSBU Team Challenge event for staff volunteers – I've found a local community centre who'd love to get their hall repainted!

Wednesday: Finalised our volunteering policy and agreements. These will ensure volunteers and organisations know exactly what they can

expect from each other and from us. Spent the afternoon planning. We're going to have a strong presence at this year's freshers' fair and we're involved in National Student Employment Week in November. I'm keen to get as many of our organisations along as possible.

Thursday: Lunchtime info session for representatives from 12 local organisations. Interested to find that one is a learning centre specialising in helping children with dyslexia and other learning difficulties. That could be a great opportunity for a psychology student to get some hands-on experience.

Friday: Success! All 12 organisations have agreed to register with us. Another four couldn't make it to the meeting, so I sent them some information and asked if we could meet up. Face-to-face contact really is the best way to make sure we understand their needs.

Passion and principles

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Connected spoke to Nitin Sawhney, one of the UK's most influential and versatile creative talents, and recent recipient of an honorary degree from LSBU

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Composer, musician, DJ, producer, patron... how do you fit it all in?

I work fast. When I'm really into something, I'll work really intensely. Plus I think the things I do cross-fertilise each other. I'm always learning something new and that feeds into the next project.

Are you more creative alone, or when you're working with other people?

Both. When I'm on my own, I'm totally committed to following through my ideas and realising my vision. When I collaborate, I make sure it's with people who are open to experimenting and who can express themselves emotionally as well as being skilled at what they do. On the new album, I'm working with people like Imogen Heap and Anoushka Shankar who I've admired for a long time, so that's pretty exciting.

Tell us about the new album. Is it inspired by London?

Very much. The title, London Undersound, is a play on words. It's about the city and how I've felt about it since the bombs on 7/7 and the shooting of Jean Charles de Menezes. For me, London's changed. Sometimes, I feel alien here. There are still lots of positives and I love the creativity of the place, but I'm disturbed by what we've come to accept as the norm from the government and the media. That worries me and it's something I've been wanting to explore.

In the light of those comments, how did you feel when you were asked to take part in this year's Proms? Isn't that about as Establishment as it gets?

Yes and no. When I was younger, I thought it was outdated and jingoistic. But as I've got older I've seen it evolve to embrace diversity and innovation. I was stunned when Nicholas Kenyon invited me to perform a retrospective of my own work. It's a great honour.

Do you see yourself as a role model? Are you consciously trying to push back boundaries?

Not at all. I'm much more interested in promoting creativity and encouraging diversity. I want people to approach something like the Prom with open minds, and not make assumptions about what it is or what I'm trying to do simply because of my colour or because we had people up there playing certain types of instrument.

How important is it to you to spread those ideas through your work with the wider community?

It's very important. And it's also extremely rewarding seeing children and young people realising their potential. Last year, I worked on a project called Anthem for Northumberland, working with school children to write music for a film they were making about their local area. It culminated in a performance at The Sage in Gateshead, featuring the Northern Sinfonia. It was brilliant seeing the musicians working

with the children. Aftershock, which is based in London, is another really exciting project. We've brought together rappers, poets, cellists, people who play the oud – people who'd never normally have the opportunity to get together and share their ideas and learn from each other. This summer, they all performed at the newly-reopened Royal Festival Hall.

You've managed to follow your own path and achieve success without compromising your ideals. What advice would you give to recent graduates and other young people just starting out?

Hang on to who you are. It might sound a bit trite, but it's not. There are so many people wanting to tell you what you should be, and try to make you into something you're not. The hardest thing to do is resist that and stay true to yourself.

You must have a mantelpiece full of awards. What does the honorary degree mean to you?

It means a lot. I feel very proud to be recognised and honoured by LSBU.



CV: Nitin Sawhney

- > **Born 1964**, Rochester, Kent
 - Studies piano, classical and flamenco guitar, sitar and tabla as a child
- > **1993** releases debut album, Spirit Dance, on his own label
- > **2000** fourth album Beyond Skin nominated for Mercury Music Prize and wins South Bank Show Award for best album
- > **2001** Prophecy wins MOBO Award and BBC Radio 3 World Music Award
- > **2002** works with dancer Akram Khan and sculptor Anish Kapoor on score for Khan's Kaash
- > **2004** commissioned to write piece for the Birmingham Symphony Orchestra
- > **2005's** Philtre wins Radio 3 Crossing Culture Award
- > **2006** composes score for the 1929 silent film A Throw of Dice and performs live with the London Symphony Orchestra at screenings all over the world. Writes score for Mira Nair's The Namesake and for films Blindsight and Living Goddess
 - Works with Akram Khan, Sidi Larbi Cherkaoui and Anthony Gormley on Zero Degrees, which is performed at Sadler's Wells
 - Receives LSBU Honorary degree
- > **2007** performs retrospective of work as part of the BBC Proms series
 - Launch of Playstation game Heavenly Sword featuring four hours of original orchestral music
 - Composes for the play Fallujah, the musical Mahabharata and Complicite's Disappearing Number
- > **2008** eighth studio album, London Undersound, scheduled for release

'There is no disputing the valuable creative contribution Nitin Sawhney has made to British and international culture. It is nothing short of remarkable. His contemporary style uniquely transcends cultural barriers and stereotypes.'

Citation for Nitin Sawhney's honorary degree from LSBU

Faculty of Arts and Human Sciences

Major research grant for LSBU and Open University team



LSBU's Dr Lucy Henry and her research partner Dr David Messer of the Open University have won a grant worth £220,000 from the Economic and Social Research Council (ESRC) for their work with children with specific language impairment

Although specific language impairment, or SLI, gets far less publicity than disorders like autism and attention deficit hyperactivity disorder (ADHD), it nevertheless affects around 7% of children. Typically, children with SLI will have significant problems with language while other aspects of their development are perfectly normal. The project aims to investigate the impact of SLI on children's ability to carry out a range of activities known as 'executive functioning' tasks.

Lucy Henry explains. 'Recent research suggests that, in children with SLI, there are abnormalities in the parts of the brain used to carry out executive functioning tasks – tasks that require us to plan steps in order to achieve a specific outcome. Our project will compare the performance of children with SLI with that of their non-SLI peers and look at how the condition affects their ability to perform visual and spatial tasks as well as language-based ones.'

'The aim is to identify links between different aspects of executive functioning skills and specific language weaknesses like poor vocabulary or grammar. That information will be invaluable to speech therapists working with children with SLI. We are delighted to have this opportunity to further our understanding of this condition and to build on LSBU's strong tradition of research into developmental disorders.'

The project will start in January 2008. For more information, contact Lucy Henry on henrylc@lsbu.ac.uk

Faculty of Arts and Human Sciences

Lives and times

Timescapes is a unique research study aimed at creating the first ever large-scale archive of information about people's everyday lives and relationships

Timescapes was launched in February 2007, with £3.8 million of funding from the Economic and Social Research Council (ESRC). The study, which will run for the next five years, will explore the dynamics of personal relationships and identities in an attempt to understand the significance of time in people's lives.

But what really makes Timescapes unique is not the subject-matter, but the nature of the research itself, as LSBU's Professor of Social Research and study co-director Janet Holland explains. 'This will be the first time qualitative research has been carried out over such an extended period of time and with such a large sample – around 400 people will be involved. It should give us a unique insight into how people understand and interpret their own lives and how those lives are shaped by changing circumstances.'

LSBU is one of five universities taking part in Timescapes. Leeds University is taking the lead, with Dr Bren Neale acting as project director. The other consortium members are the universities of Edinburgh and Cardiff and the Open University. Each is responsible for one or two of the study's seven projects, which look at different stages of people's lives and different types of relationships. LSBU will be working on the siblings and friends project, as well as archiving a major study of youth transitions, 'Inventing Adulthoods'. One of the key aims of the study is to develop a comprehensive archive of qualitative data. This will provide a valuable resource for policy-makers, showing them the impact policies in areas like education, health and welfare are having on the ground and for practitioners such as teachers and health professionals. Other researchers will also be able to use the data for secondary analysis.

'Timescapes is a truly unique project,' says Janet, 'and I'm delighted that LSBU is involved in it. The grant is worth £900,000 to us over the next five years so the financial benefits are clear, but the project will also keep our profile high and enable us to strengthen links with the other universities. It's very collaborative. We're holding regular residential meetings plus seminars and workshops so we can share our knowledge as we go along. That way, we can make sure Timescapes is more than the sum of its parts.'

Faculty of Arts and Human Sciences

Talent show

This year's crop of digital film and video students are taking the film world by storm. Connected shines a spotlight on their work

Students on LSBU's Digital Film and Video BA course are breaking new ground and winning industry recognition with their innovative, high quality work. 'It's great to see our students doing so well,' says course director Chris Elliott, 'and, in particular, to see them combining tremendous creativity with real commercial awareness. All the students here have already shown they've got what it takes to make it in a highly competitive world.'



Bertie Stephens, Daniel Shirley and Jenna Street: Roanoke: The Lost Colony

What? A period adventure based on the true history of Roanoke, Virginia, the first English colony in America.

Why? 'The story of Roanoke is an adventure and a mystery wrapped into one,' says director Bertie Stephens. 'It's the perfect subject. Plus making a feature-length period drama meant we stood out from the crowd.'

How? The team called in favours from museums and other historic settings, and persuaded cast and crew to work for expenses only. 'Juggling everyone's schedules often meant starting work at 4am,' says Bertie.

Future plans Following Roanoke's premiere at the Ritzy in Brixton and a road trip across the US to promote the film, Bertie, Daniel and Jenna are planning their next feature, The Horse's Tale.

Find out more

<http://roanokethemovie.com> and
www.roanoketrip.com



Simon Smith: Je suis un robot

What? A depressed robot delivers a two-minute monologue in the style of French New Wave cinema.

Why? 'I made the film to a brief,' explains Simon. 'It was actually supposed to be 90 seconds long, so this version is a luxurious director's cut! The time constraints helped make it quite poetic, I think – and viewers don't have time to get bored.'

How? Working to a tight deadline and with no budget, Simon made the robot costume from cardboard boxes and filmed his younger brother wearing it at various London tourist spots.

Future plans Je suis... was a finalist in London's City in Motion Competition and was also shown at the Barbican's French Film Festival and Cannes fringe event, 'Cannes in a Van'. Simon is now working on a Channel 4 documentary and developing a script for a new short film.

Find out more

www.myspace.com/simonsrobot



James Gardner: Carousel

What? Two skateboarders on a spur-of-the-moment trip to Paris explore the city's back streets by board.

Why? 'I was inspired by Godard's Breathless and in particular by his groundbreaking camera work,' says James. 'Plus I really wanted to go to Paris!'

How? James and his actors worked closely together to bring his vision to life, following their noses around city. Shooting on 8mm film gave James the freedom to experiment with technique.

Future plans James is spending his £2,000 award from the City of London Film Festival on a new video camera and editing software. Other plans include a sponsored round-the-world skateboarding tour and uploading Carousel on to the internet.

Find out more

www.youtube.com/watch?v=DwQqznBfQbQ

Faculty of Health and Social Care

The building blocks

of life

LSBU's Dr SH Cedar believes that stem cells hold the key to treating many serious diseases – and to breaking the link between ageing and ill-health

Since 2003, Dr Cedar, a Reader in Biomedical Science, has been working at King's College London in one of only two UK labs to be granted an original licence to isolate stem cells. 'When the lab won the licence, it was a pretty big deal,' she says. 'We've only been able to isolate human stem cells since 1998 and the number of labs working in the area is very tightly controlled.'

The cultivation process is labour intensive, and the failure rate currently stands at around 90%. Cedar's work, which is funded by an LSBU Promising Research Fellowship, focuses on finding methods that can be repeated and scaled up to generate a viable supply of stem cells for clinical work.

'We currently have three lines up and running,' she says. 'Two are normal and one carries the gene for cystic fibrosis. We're also making a line that carries the gene for Huntington's disease. We want to find out more about how the disease works – what are the triggers that switch it on?'

Currently though, lines can only be sustained by using animal cells and by-products, rendering them unsuitable for clinical use. 'It's a long-term project,' acknowledges Cedar. 'It's extremely hard work and it can be very frustrating. What keeps me going is the knowledge that the scope for repairing and regenerating the body's tissues is endless – that, and curiosity.'

Cedar is now planning a new project that aims to separate longevity from ageing. 'Most diseases are associated with ageing,' she explains, 'but we don't fully understand why. My plan is to take young stem cells and look at what known ageing factors such as ionising radiation and free radicals do to them. Then we can start to tease apart the ageing process. The potential this offers us to help people and push forward our understanding of how the human body works is huge. It's a very exciting prospect.'

Faculty of Health and Social Care

Seminar shows

the way forward

for radiographers

Radiography is changing – and changing fast. That's the message emerging from this year's annual seminar and prize-giving for student radiographers at LSBU

The event, held in July, featured a keynote lecture by Noelle Skivington of NHS London, which focused on the impact of changes in health policy on radiography and diagnostic imaging.

'Moves to bring care closer to patients' homes and to increase the range of services offered by primary care trusts, combined with the advent of new technologies, mean that the radiographers of the future will need different skills sets,' explains Diagnostic Radiography lead Ian Henderson. 'The pace of change is really hotting up now. Staying in touch with the health policy agenda is a high priority for us. As a result, we've recently revamped our undergraduate programme and I'm confident that we're ready to face the challenges of the future.'

The seminar also featured presentations from staff and students. Prizes for clinical and academic excellence were awarded by Professor David Sines, Dean of the Faculty of Health and Social Care.

And the winner is...

Congratulations to 2007's prize-winning students:

- Diagnostic clinical – Duncan Mackay and Charlotte McAree
- Diagnostic academic – Wavell Vigers
- Radiotherapy clinical – Hannah Sadler and Rhian Woods
- Radiotherapy academic – Jonathan Rogers

Stem cells: a short guide

A human body is made up of 206 different types of cell – for example kidney, skin, muscle and blood cells. These cells constantly wear out and are replaced by stem cells. There are two types of stem cell: those that are found in specific parts of the body, like the kidneys or the stomach, and those that exist only when we are first conceived, before our cells started to replicate and differentiate.

These 'embryonic stem cells' are our bodies' building blocks, with the capacity to turn themselves into any one of the 206 cell types and, therefore, to repair or regenerate any part of the human body. Embryonic stem cells must be isolated from embryos, leading to a conflict between those who believe that a potential human life should never be sacrificed and those for whom stem cells' enormous therapeutic potential outweighs the disadvantages.



Faculty of Engineering Science and the Built Environment

The flipflop that makes you

fitter

With demand far outstripping supply, the Fitflop is a big hit across the UK. Connected found out how a team from LSBU played a key role in this summer's health and beauty sensation

A shoe that makes exercising more effective sounds too good to be true, but according to Dr David Cook of LSBU's Sports and Exercise Research Centre, that's exactly what the Fitflop is. 'Research shows that wearing Fitflops increases muscle activity by up to 12%. Effectively, that means each time you wear them, it's as if you're doing up to 12% more steps.'

The story of LSBU's involvement with the Fitflop began when cosmetics guru Marcia Kilgore, former CEO of successful beauty company Bliss, contacted David to ask for his input into a new shoe that would provide similar benefits to the highly successful Masai Barefoot Technology shoes. 'Marcia had heard that myself and Darren James, one of my post-graduate students, were really interested in feet,' says David. 'So we met up with her and the team from her company, Brand Handling. They brought along a prototype shoe – it just looked like a big flipflop! Our first reaction was, how are we going to develop this and make it into something that's really different to what's already on the market?'

David and Darren decided that the answer was to focus on how the foot works naturally. 'Most people, even when they take their shoes off, still walk as if they're shod,' explains David. 'What Darren and I are interested in is training feet. What happens if you train your feet by, say, walking around barefoot for 30 minutes each day and doing simple exercises, like using your toes to pick things up? What we were trying to achieve with the Fitflop was a shoe that stimulated the foot in a similar way.'

The answer lay in the sole. Whereas most soles are constructed in layers, the Fitflop utilises 'micro-wobbleboard technology' to change the stimulus given to the plantar surface of the foot. The sole is firm at the heel and softer in the midsole. That combination helps hold the foot – and therefore the rest of the body – in the correct alignment, but the instability caused by the variable density means the muscles, particularly in the legs and bottom, have to work harder to stay balanced. 'Darren and I make a good team,' says David. 'Because of the research he's doing under my supervision, he knows pretty much everything there is to know about foot biomechanics. For this project, we're the perfect team.'

David and Darren's own test results have been backed up by an independent evaluation by Salford University. The research found that Fitflops effectively recreate barefoot walking and have a positive stimulating effect on the muscles in the legs. The press has followed this up with a stream of positive coverage and customer demand continues to grow, with stockists such as Harvey Nichols forced to open waiting lists pending fresh deliveries of the shoes. 'In future, we'd like to carry out our own research into the effectiveness of the Fitflop. In the meantime, Brand Handling are busy developing a version for men. Would I wear them? Maybe!'

Faculty of Engineering Science and the Built Environment

Next stop, LSBU



CV: Rao Bhamidimarri

- > Born in India
- > Degree in Chemical Engineering, Andhra and Kanpur Universities and Indian Institute of Technology, Delhi
- > Postgrad at Osaka University, Japan, and PhD in Chemical Engineering at the University of Queensland, Australia
- > Set up Centre of Environmental Engineering and Technology and Zero Waste Academy, New Zealand
- > Trustee, Regional Economic Development Agency, New Zealand
- > International Editor, Journal of Bioscience and Bioengineering
- > Dean of Engineering, Computing and Creative Industries, Napier University, Edinburgh

Professor Rao Bhamidimarri's career has taken him all over the world. Now he's on his way to London, to take up a new post as LSBU's Executive Dean of the Faculty of Engineering, Science and the Built Environment

What attracted you to the post of Executive Dean?

It gives me the opportunity to build on the work I've been doing in my most recent role, as Dean of Engineering, Computing and Creative Industries at Napier University in Edinburgh. My new academic portfolio will be broader and more coherent, plus it gives me responsibility for the commercialisation of research and knowledge transfer for the whole university. That was a big attraction for me.

You've lived and worked all over the world. Are you looking forward to coming to Elephant and Castle?

I think it's a fascinating area. There's so much development and regeneration going on. I've always been interested in how universities interact with the community and that's something I plan to get involved with here too. And, of course, London is a global city. It's a big marketplace and that makes it an exciting place to be building strong relationships with business and commerce.

What do you hope to achieve at LSBU?

I'd like to see greater integration of education, research, development and application across the University. This role will put me in a unique position to work towards that aim, because it combines the academic side of engineering and the built environment with research and knowledge transfer.

What challenges do you expect to face?

The first big challenge is finding somewhere to live! I've got young children, so schooling is important and, having spent 27 years living in Australia and New Zealand, I'm used to having plenty of space. At the moment, we're looking for houses around Maidstone in Kent. At work, I guess the main challenge will be to put the knowledge and experience I've gained into context – and to find enough hours in the day to fit in all the things I want to do!

Hear, Hear!

LSBU's Professor Bridget Shield was recently made an Honorary Fellow of the Institute of Acoustics in recognition of her pioneering work

For Professor Shield, who by her own admission 'got into acoustics by accident', the fellowship represents validation and recognition of her work. 'I was amazed when I heard,' she says. 'The fellowship is a great honour. I'm also delighted to be focusing attention on what has traditionally been a somewhat neglected area, but which nevertheless has a huge impact on all our lives.'

'The work I'm doing at the moment on acoustics in schools and classrooms illustrates that perfectly. There are a lot of new schools being built at the moment and a lot of architects coming up with innovative designs. Visually, they might be very impressive, but the acoustics are often poor. We're about to publish a paper showing that noise has a definite effect on academic performance. It really is a fascinating area to be working in.'

'It is hard to do justice to Bridget's work in a short citation. Expert witness, contributor to major public projects including new railways and concert halls, promoter of the role of women in science and engineering, developer of a vital evidence base on the impact of noise in schools, and founder of the National Acoustic Archive, she is also an excellent and encouraging teacher. For her work in educating, research and communicating acoustics, the Institute is proud to award Professor Bridget Shield an Honorary Fellowship.'

From Bridget Shield's Institute of Acoustics citation

Faculty of Business, Computing and Information Management

A new

challenge

As he steps down from his post as Dean of the Faculty of Business, Computing and Information Management, Professor Chris Clare looks back on his career at the University and forward to a new challenge

Why are you leaving the Faculty?

I've been at LSBU for 26 years now, four of them as Dean of this Faculty. We've come a long way in those four years – now it's time for someone else to take over and take the Faculty on to the next stage.

What's been your biggest achievement as Dean?

Managing the merger of the School of Computing and the School of Business meant bringing together two very different cultures. Communication was vital. We gave people plenty of opportunities to come together and discuss the issues and put forward their own ideas. The fact that we achieved Investors in People accreditation within 15 months of being formed is testament to how effectively people have worked together.

And your biggest challenge?

Well, the merger was pretty challenging at times! Apart from that, lack of resources. We're constantly looking for new ways to attract more students and generate more income.

How has the Faculty changed over the past four years?

Today, two-thirds of all the University's international students are in this Faculty. That's a significant increase. International students bring in valuable income, but they also enrich the classroom and give our curriculum a real international flavour. We've also focused on building up strong relationships with business.

Why are links with business so important?

The government wants companies and universities to work together to tackle skills shortages at graduate level. We're doing that through knowledge transfer partnerships (KTPs), research, consultancy and providing short courses and continuing professional development opportunities – there are so many different strands. If we find out what

companies want and build that into the curriculum, our graduates can really hit the ground running. We know it's working: the University is ranked seventh in the UK for graduate starting salaries.

Have you achieved everything you set out to achieve?

My priorities when I took over were to establish a coherent, effective Faculty. I think we've done that. I also wanted to offer a range of programmes, from diplomas right up to masters' level, across all the subject areas and to build up our research expertise. We're not quite there yet, but we've got a pretty strong portfolio. The best measure of our success is the fact that students want to come here and that our non-mainstream income is increasing year on year.

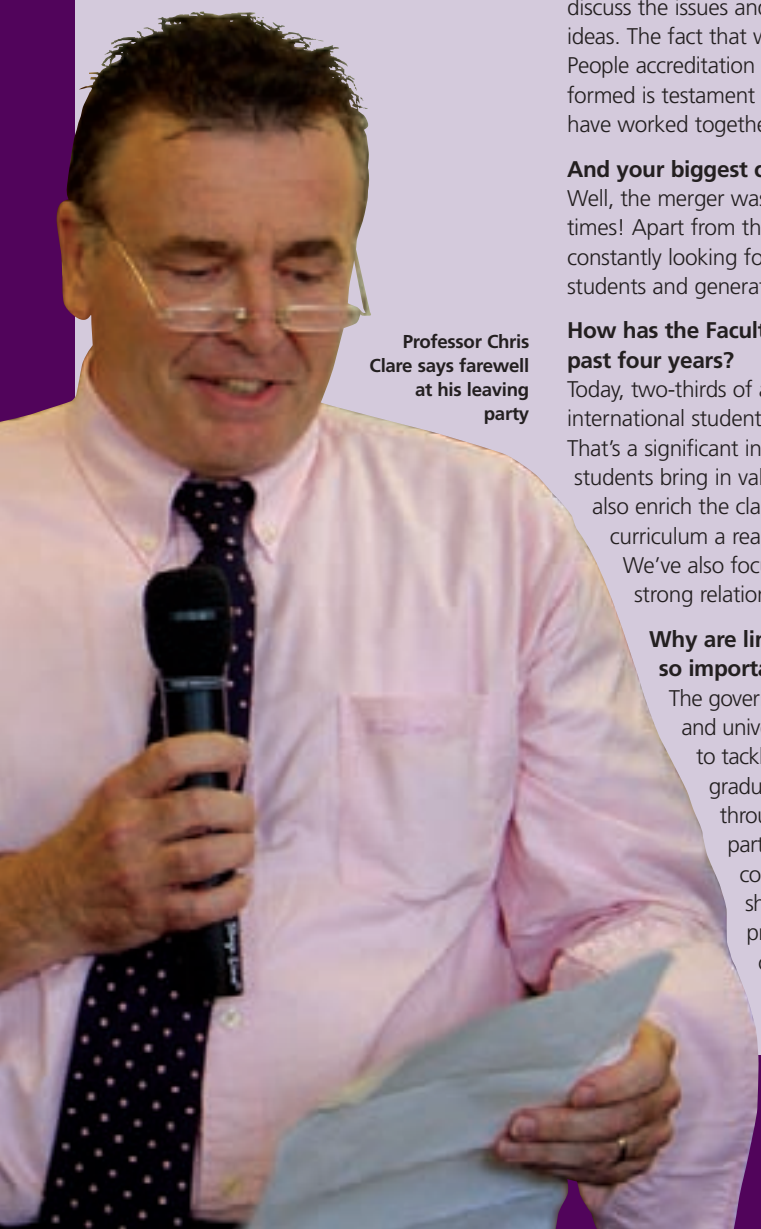
What have been your personal highlights?

Visiting our partners in China and Thailand has been fascinating. I'm also very proud of 'Friends of the Faculty', our alumni network. Lots of our ex-students are in powerful positions now, so it's great to be able to tap into their expertise. In return, we give them a good party! And, of course, it's been a privilege to work with so many dedicated, enthusiastic and innovative colleagues from around the University.

So, what's next?

Something quite different. I'm aiming to build up a portfolio of work, doing some consultancy, carrying out audit reviews for the QAA and getting back to doing some teaching – I've really missed it. It's exciting, but a bit scary. This will be the first time I haven't had a full-time job. I'm expecting a nervous few months, but after that I think I'll thrive on it. I'm really looking forward to the next stage of my career.

Professor Chris Clare says farewell at his leaving party



LSBU food science graduate Micah Carr-Hill has a dream job – inventing new chocolate bars for Green & Black's. He tells Connected about the science behind developing the perfect flavour and shares two of his favourite chocolate recipes

The sweet life

'I've always been passionate about food and wine; I just needed to find the right path. I thought about becoming a chef, but I didn't think I had the right temperament and I definitely didn't want to do the hours. So I went to work for Oddbins and spent three years studying wine, with the idea of becoming a buyer. Then one day I picked up a book on food science by the American writer Harold McGee and that was it – I was gripped. I started looking at jobs in product development and realised that I'd need to get a qualification.

'LSBU was the obvious choice. I wanted to stay in London and the course met my needs exactly. It was pretty tough. I didn't do chemistry or biology at A-level, so I had a lot of catching up to do, and I was working part-time as well as studying. But the hard work paid off. My course included a placement at the New Covent Garden Soup Company. Their marketing director then moved to Green & Black's and when I graduated, they offered me a job.

'When I first started, Green & Black's was part of the healthfood company Whole Earth Foods, so I was working with lots of different types of food. I learned so much about how food chemistry and micro-biology work in practice. For the past five years, I've been working exclusively on Green & Black's products. Although the company has grown a lot, we're still quite small so my job is very

hands-on and very varied – I'm involved in everything from food science to the supply side to working out how we're going to market new products.

'We're coming up with new ideas all the time, but my favourite is still the first bar I developed, our milk chocolate with almonds. It's so simple, but to make it work you've got to figure out how to make the ingredients work together. How many almonds? Chopped or whole? Skinned or unskinned? Dark or light roast? It's about balance and then using your knowledge and experience to scale the recipe up so it tastes just as good when you're producing thousands of bars.

'I'm always looking out for new ideas and flavours and keeping an eye on what the competition are doing. London's a great place to live if you're interested in food and I spend a lot of my leisure time eating out, shopping and cooking food. I've been going to Borough Market since it started and there's a great local butcher and fishmonger where I live in Islington. I'm lucky – my job really does reflect my passions. I may not get to sit around eating chocolate all day, but it's still pretty close to perfect.'

Micah's favourite chocolate recipes



Chocolate and cherry brownies

'A classic chocolate recipe. Make sure you don't overcook the brownies – they should be gooey in the middle. As a rule, when you start to smell them they should be close to being done.'

Preparation time: 15 minutes

Cooking time: 25 minutes

Makes: 28

300g (11oz) unsalted butter

300g (11oz) dark chocolate
(at least 60% cocoa solids), broken into pieces

5 large eggs

450g (1lb) granulated sugar

1 tablespoon vanilla extract

200g (7oz) plain flour

1 teaspoon salt

250g (9oz) dried cherries

Preheat the oven to 180C/350F/gas mark 4. Line a 34x25x6 baking tin with greaseproof paper or baking parchment.

Melt the butter and chocolate together in a heatproof bowl suspended over a saucepan of barely simmering water. Beat the eggs, sugar and vanilla extract together in a bowl until creamy and thick enough to coat the back of a spoon. Once the butter and chocolate have melted, remove from the heat and beat in the egg mixture. Sift the flour and salt together, add them to the mixture, and continue to beat until smooth. Stir in the dried cherries.

Pour into the tin, ensuring the mixture is evenly distributed. Bake in the oven for 20 to 25 minutes or until the top has formed a light brown crust and started to crack. The giant brownie should not wobble, but it should stay gooey on the inside.

Leave to cool for 20 minutes before cutting into large squares while still in the pan. The greaseproof paper or baking parchment should peel off easily.

Toy story

Up and coming designer Nicholas Groves is nothing if not versatile. His career to date has seen him turn his hand to everything from household products to LEGO. Connected caught up with the story so far

'My early design education was very visually-based. What I really like is the challenge of using design to tackle real-world problems and improve the products people use every day, so the BSc in Industrial Design at LSBU seemed like a logical step.

'The degree really helped me develop my knowledge of concept generation, manufacturing and product development. Plus it gave me the opportunity to spend 13 months working with Gillette, on the wet shaving design team. I helped to develop and test the Gillette Fusion razor. The whole experience was fantastic, but the best thing was the opportunity to learn from a team of great designers. That's something you could never get in a classroom or out of a book.

'Sticking to the everyday theme, my final year project was UNO, a radical redesign of the toilet brush that used moulded fins, germ-killing UV light and hygienic manufacturing processes to create something much cleaner and more efficient. UNO won me an award for outstanding work from the Institution of Engineering Designers and the 2005 Prudential Student Award. That really helped open doors for me.



'During my degree show in the summer of 2005 I met a designer from LEGO who invited me for an interview. There was a lot of competition, but it was the most fun interview I've ever had. We were read a short story about a sea captain journeying to the bottom of the ocean to find treasure. We then had to build sets for a product line based on the story and present our concepts back to the interviewers – so basically I got to play with LEGO for most of my interview! A few weeks later I flew out to start my new job with the design team in Billund, Denmark, the birthplace and home of the LEGO brick.

'At LEGO, there's huge variety and new challenges all the time. One day I'm working on a cute house, the next day it's a monkey and the next it might be an evil undead skeleton ship! I want to develop something that's fun for kids but challenging. It's important that it's a cool toy, but it should also inspire them to go on and start developing their own creations. I'm currently working on some products that will tie in with a forthcoming movie. I can't give too much away, but they'll be on the shelves soon. If you can't wait that long, get down to the shop and look for "Skeleton Tower 7093" and "Skeleton Ship Attack 7029" – my favourite designs so far! '



Skeleton Ship Attack 7029



Skeleton Tower 7093

Gorgonzola dolce with dark chocolate

'I first came across this amazing combination in Italy. The dark chocolate really cuts through the creaminess of the cheese. Try it with a glass of Recioto pudding wine or port.'

Preparation time: 5 minutes

Makes: 60 pieces

100g (3½oz) dark chocolate

(at least 60 per cent cocoa solids)

350g (12oz) Gorgonzola dolce

Chop the chocolate into chunks about the size of your thumbnail, using a sharp knife. Divide the cheese into bite-size pieces and shape, using two teaspoons. Cover the pieces of cheese with the chunks of chocolate, pressing it in gently. Make sure the cheese is densely covered – you need a high proportion of chocolate to cheese to get the full benefit!

Your news

We're always keen to find out about what you've been up to since you graduated. Whether you've just started a new job, have been promoted, are going travelling, setting up your own business, getting married or starting a family, get in touch and let us know. Email us your news – and pictures – to alumni@lsbu.ac.uk

What are your friends up to now? Read on to find out

2000s

Gladys Doubet, LLb Law 2005: 'After an amazing year as a French exchange student at LSBU, I was accepted in a selective postgraduate program at Paris Dauphine University in France. I then entered the prestigious French business school ESSEC and started work as an international in-house lawyer with the French bank BNP Paribas. I am deeply convinced that my educational and cultural experience at LSBU has played a great role in all of this, so thanks LSBU!'

Francesca Vaccaro, BSc in Psychology and Criminology / MSC Social Research Methods 2005: 'After my degrees I was employed as a Research Assistant on a two-year contract at the University of Central Lancashire where I support a number of research studies on different aspects of crime, victims and perpetrators. It's really interesting and exciting, a great learning experience. But the exciting news is that after supporting a project on family violence, with academics known at an international level, I might have the opportunity to go to the USA to live with the American Indians and do some research leading to a PhD. I have the skills and now I've gained the confidence! This is only the beginning, thank you so much LSBU!'

Tushara Wijeratne, BA Accounting and Finance 2004: 'After graduating I was offered a role as consultant in a specialist recruitment consultancy. Over the last few years I've grown in the role and I was made a Director of the company last year. I get to deal with many Blue Chip organisations internationally and have gained recognition for my achievements with clients. The role has been challenging, but also very rewarding. I'm looking forward to implementing new changes and taking the company even further.'

Michael Passmore, MA Built Environment Studies 2004: 'I used my degree to gain entry to part-time postgraduate study at London University's Institute of Historical Research (IHR). Of particular value to me has been the practice in researching original documents that I obtained when doing my dissertation. Also, the grounding that I received in my subject at LSBU helped give me the confidence to present a public seminar paper at the IHR in April last year on how Islington's controversial Packington Estate came to be built in the 1960s (it is scheduled to be demolished!). I'm now undertaking MPhil / PhD research. I still use the Perry Library because of its superb collection of books on my topic.'

Mario Farnesio Perez Bernal, BA Business Administration 2004: 'After graduating I started a company called The Pilates Room of which I am now CEO. The organisation has grown from three employees to 12 in the last couple of years. This year we are opening our second branch in London. The tools I acquired during my studies have definitely made a great impact in my life.'

Katie Sell, BEng Chemical Engineering 2002: 'Since graduating, I've moved into the field of heat exchange. I currently work for the multi-national consulting firm Foster Wheeler and they're about to send me to Malaysia for a year – life is very exciting!'

Samuel Long, MSC Property Development and Planning 2002: 'Since graduation I've worked in the East London property development arena. I've had a varied career from hunting elusive development site owners to breaking up illegal raves in clients' warehouses. For the last three years, I've been helping to set up TEAM Limited, a home building company in East London where I'm Director of Research. Fed up with the status-

quo of the UK house building industry we are determined to ensure that TEAM is an ethical property developer that gains its competitive edge from efficiency, innovation and a focus on the genuine needs of people trying to get on the housing ladder. We seek to provide benefits to all who come across us. Our mission has not been without its challenges, including the excavation of a WW2 bomb on the site of our first major development! Despite this I still find time to go to the LSBU gym several times a week.'

Filipe Cardoso, BA Business Studies with French 2002: 'I'm currently working in London for Knomo, a laptop bag company. At the same time, I'm halfway through CIMA, an accountancy qualification. I also got married last year and a few weeks ago we had a beautiful baby boy called Thomas. I could not be happier.'

Sam Murphy, Sport and Exercise Science 2001: 'After graduating, I returned to my previous career as a journalist, but this time focused on writing about fitness and sport. I now have a regular page in the Guardian Weekend magazine on sport, called "All you need to know" and have just finished writing my fifth book "Running Well", which has a foreword by Dame Kelly Holmes and is published at the end of this year. I also present and write for the London Marathon and am still a very active runner and triathlete.'

Win a visit to Madame Tussauds London

Pucker up and plant a kiss on Robbie William's 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. Grab a fashionable close-up with Kate Moss or duet with Christina Aguilera in her very own glamorous 1920's style room – do all this and more by winning tickets to Madame Tussauds London.

All news entries received by 15 December will be entered into a prize draw for the chance to win one set of four pairs of tickets to Madame Tussauds London.

All entries will be entered into a prize draw and winners selected at random. Winners will be contacted shortly afterwards.

To save up to £12 off these fantastic attractions telephone 0870 220 4000 and quote 'LSB University'.



1990s

Zana Hussain, MSc Advance ICT 1999:

'After graduating I worked for a charity company (Migrant Training) first as IT Trainer, then as Centre Manager for two years. Now I'm an IT Manager in Croydon College responsible for a team of 14 members of staff and more than 2,000 students a year. I also managed to set up my own company (London Education & Training Services). LSBU opened all career doors for me.'

Daryl Wakelin, BEng Mechanical

Engineering 1999: 'After graduating I started working for Saipem, one of the worlds largest offshore construction companies, specialising in the transportation and installation of offshore oil rigs and sub sea pipelines. My work takes me all over the world and I am currently living in Kuala Lumpur, Malaysia, where I'm working on the installation of the first Malaysian deepwater pipeline. I enjoy a huge degree of autonomy in my day-to-day activities, fantastic remuneration and benefits, travel to exciting places and am involved in cutting edge technology. Thanks LSBU – it wouldn't have happened without you!'

Dr Fareed Mirza, BSc Human Biology 1997:

'My degree course was very well designed with modules covering every aspect of human biology including immunology. In 1998 I went to do an MSc at Imperial College in Immunology. In 1999 I moved to the University of Oxford where my major project centred on the development of a new cancer vaccine to enhance the immune system. In 2007 I finished my DPhil in Immunology at the University of Oxford. The future now holds new challenges working for a large pharmaceutical company. However, my most exciting achievement was meeting my fiancée Gwladys and my most exciting role will soon be as a parent to our

baby boy who is due later this year! The past, present and future were all shaped by my choice to study and grow up at LSBU and I am very proud to add LSBU to my CV.'

Nick Barton, BA Town Planning 1996 / PG Dip

Town Planning 1997: 'Since graduation I've worked on a range of regeneration areas. Returning to my home town of Rochdale I took up a position as a project manager dealing with major physical regeneration projects for Rochdale Council. I'm now Principal Project Manager within the Regeneration Service and deal with a range of major projects such as working with the private sector to find a sustainable future for a Grade II* Listed Hall. I'm also studying towards and MSc in Development Management with the Open University.'

Dominic Harrington, HND Applied Biology

1991: 'Part of my course involved a placement at Guy's Hospital. Sixteen years and three degrees (BSc, MSc and PhD) later I'm still there. I'm now a Principal Clinical Scientist and Honorary Senior Lecturer running a laboratory focussed on the role of micronutrients in haemostasis.'

1980s

Leonidas Batrinos, PgDip Architecture 1987:

'I'm currently working as a free-lance architect undertaking private projects in Athens, Greece, and holiday houses in the island of Paros. My wife and I have twin six-year old daughters who are learning their first words in English. I suppose that at least one of them will be knocking LSBU's door in 12 or so years.'

Alicia Kerassitis, BA Business Studies 1998:

'After completing my degree, I initially worked in Australia in HR and recruitment. Since returning to the UK, I've spent several years researching workplace culture and last month I launched my own website, www.companyexplorers.com,

which gives users the opportunity to review recruitment agencies and employers, as well as apply for jobs posted on the site. It's a groundbreaking concept and is really shaking up the employment market! It's definitely challenging and I'm enjoying every minute.'

Claude Wolf, BA Business Studies 1993:

'I qualified as an ICT teacher two years ago and am currently teaching in a high school. I thoroughly enjoy my job although it can be very stressful!'

1970s

Anthony Berridge, BSc Electrical

Engineering 1974: 'I graduated under the support of Mr Gravett, his team, and an industrial apprenticeship with Mullard – intensive but halcyon years! As an enthusiastic recycler, I chose for my final year project the creation of a user manual for the Soemtron 381 Miniputer, which the department had acquired. I was also a founder member of the Engineering Society and ran the college Radio Society. My degree led to an interesting career with Philips, both in the UK and the Netherlands, and helping to start a successful computer consultancy with a class mate. I've followed with interest LSBU's entries with E-pod in the World Solar Challenge in Australia and it was exciting to read, in the summer issue of Connected, about the new Energy Centre. I operate an electric van and generate some of my electricity and hot water at home from the sun and wind. Indeed, this text has been written using this free energy! Wishing you every success with the alumni initiative. It's good to hear from everyone, not just my own peers.'

The LSBU Association reserves the right to edit entries you submit. The news featured here was accurate at the time received.

Dame Sarah Mullally

.....
'I believe that people deserve the best from me whether I'm a nurse, a rector or a governor'
.....



In 1999, former LSBU student Dame Sarah Mullally became the youngest ever Chief Nursing Officer, responsible for delivering the government's strategy for nursing and midwifery to a workforce of over 420,000. In 2004, she swapped political life for a new career in the church, where she is now rector for the Sutton Team Ministry. She recently became a governor at LSBU. Here she looks back at her career so far and ahead to her plans for the future

Why did you choose a career in nursing?

I wanted a career that was about caring for people. I considered medicine, but wanted to do something more holistic, where I could be with people for more of the time.

Why did you choose to study at LSBU?

At that time less than 10% of nursing courses were degree courses and I knew I wanted a degree. I liked the way LSBU's curriculum combined academic and practical elements. The art of nursing is in the application of the science and my degree gave me the academic framework within which to care as a nurse. I came back to the University in 1990 to do an MSc in Interprofessional Health and Welfare Studies.

Why did you become a governor of the University?

I got so much support from LSBU while I was studying, I wanted to give something back. I've gained a lot of experience and I'd like the University to benefit from that if it can.

What did your role as Chief Nursing Officer involve?

It was a great privilege and I loved every minute. I worked with a small team, walking the country, consulting nurses about what they wanted and inspiring them to take initiatives forward. While I was there we succeeded in recruiting an additional 60,000 nurses and midwives, enabling nurses to prescribe for the first time and brought back the role of matron. We also took significant steps towards getting users more involved in their own care, running the first national patient survey in Europe.

The biggest challenge then and now is how to improve the quality of healthcare for the patient. But the focus has changed. When I took the role on, our priority was to cut waiting times. By the time I left, our priority was to find out what patients were thinking and ensure that we were putting them first in everything we did.

What challenges have you overcome in your professional career?

The biggest challenge has been my age. Being "young" can be tough! And it's not always easy being a woman.

What's your biggest achievement to date?

First, becoming Chief Nursing Officer. Second, leaving that role and moving into the very different world of the Church. Third, doing both those things while looking after two small children. Fortunately I have a very supportive husband!

How did it feel to become a Dame Commander of the British Empire?

It was a great surprise and I didn't expect it. I see it as recognition of the nursing profession as a whole, not just of me as an individual. It's something every nurse should be proud of.

How do you stay motivated?

Doing different things. I find that one area of my life gives me energy for the others!

What inspires you?

My faith, and my belief in the value of humanity. I believe that people deserve the best from me whether I'm a nurse, a rector or a governor.

Who do you most admire?

I admire people who have had to go against accepted norms in order to achieve things. People like Nelson Mandela, Bishop Desmond Tutu and William Wilberforce have all stayed true to their vision and succeeded in bringing about huge changes. I also greatly admire Jane Campbell, Disability Rights Commissioner and chairwoman of the Social Care Institute for Excellence. I met her while I was working at the Department of Health and found her very inspiring. She believes passionately in what she's doing, no matter what obstacles stand in her way.

What are your plans for the future?

I've only been a rector for a year, so my focus is very much on doing my job well on behalf of the local community.

Do you have any advice for aspiring nurses?

One, always put the patient first. It sounds simple, but it can be easy to forget. And two, find out what opportunities are open to you and grab them with both hands!

You are what you

eat

‘Energy is what health is all about,’ says Leon Marshall of LSBU’s Sports Centre. ‘If you don’t have enough energy, you won’t feel good – and you won’t achieve your maximum health and fitness levels.

‘Our bodies extract energy from the food we eat. Unfortunately, many of us have poor diets, with too much processed, sugary and fatty food. As a result, our energy levels are low and we end up inactive and lethargic. The good news is that eating a healthier diet and upping your activity levels needn’t be difficult or time-consuming. Follow these simple steps and you’ll soon feel the benefits.’

Leon’s healthy eating tips

- Always have breakfast. Breakfast really is the most important meal of the day. Eating healthily first thing will give you the physical and mental energy you need to get through the morning.
- Eat little and often throughout the day. Eating regularly will help keep your blood sugar levels steady. Sudden drops in blood sugar leave you feeling low in energy and craving sugary foods.
- Swap sugary and processed carbohydrates for wholegrain alternatives. Wholemeal bread, brown rice, wholewheat pasta and wholegrain cereals release energy slowly, keeping your blood sugar levels steady.
- Exercise frequently. When you exercise, blood flow and circulation throughout your body improves, bringing more oxygen to the cells and increasing your energy.
- Get enough sleep. Sleep deprivation is one of the main causes of low energy and fatigue. Most adults need eight hours sleep every night, but few actually get that much. Exercise and sleep go hand-in-hand. Working up a sweat will help you sleep better, so get moving!
- Drink plenty of water. Dehydration is a major energy drain. Aim to drink around two litres of water each day.

Energy boosting outdoor training programme

Follow this programme two to three times a week for six weeks to boost circulation and kickstart your energy levels

	Jog	Run	Jog	Run	Jog	Run	Jog	Walk	Reps
Beginner	4 mins	30 secs	3 mins	20 secs	2 mins	10 secs	1 min	2 mins (recovery)	x2
Intermediate	6 mins	30 secs	5 mins	20 secs	4 mins	10 secs	3 mins	2 mins (recovery)	x2
Advanced	8 mins	30 secs	7 mins	20 secs	6 mins	10 secs	5 mins	2 mins (recovery)	x2

On an effort scale of 1-10 (1 = no effort and 10 = maximum effort) a jog should be between 5 and 7; and a run should be between 7 and 10! Beginners should do two sessions a week initially, building up to three as fitness improves. Intermediate runners should do three to four sessions a week with rest days in between. Recovery periods and rest days are essential, without which the body cannot recover or adapt.

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