

Connected

London South Bank University
LSBU Association magazine
Issue 5 > Autumn 2008

On the rise

The past and future of the
National Bakery School

Doing it differently

Douglas Silas on his
unique legal practice

Come together

Alumni reunited

Building health

How Nichola Elvy turned her life around

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Welcome

From the editor



Welcome to the autumn 2008 edition of *Connected*. Thanks for all your letters, class notes and suggestions. Please keep them coming: this is your magazine and we hope you will continue to be actively involved.

In this issue we take a walk down memory lane by exploring the fascinating history of the National Bakery School. There's coverage too of our first alumni event of the year, which was a great success. Many thanks to all of you who were able to join us. We also talk to former student Douglas Silas about his unique – and highly successful – law practice, and to leading businessman Nat Puri, who recently received an honorary doctorate from LSBU.

The last couple of months have seen a number of changes, including the launch of a new and exciting section on the alumni website. 'My Association' is designed to make it even easier for you to stay connected by keeping your details up to date, searching for class mates, finding out about exclusive special offers and much more – all online. Next time you've got a spare moment, why not register with the online service and let us know what you think of our new features. For more information, see the back page of this issue.

I hope you enjoy *Connected*, and I look forward to hearing from you.



Wendy Graves
Alumni Marketing Officer

From the Vice Chancellor

It is my pleasure once again to provide a few words for the latest issue of *Connected*. Over the past year, we have made considerable headway in building up our relationships with former students. We've contacted many readers of *Connected* to tell them about what's happening at the University and we hope to reach many more of you in the months ahead.

One recent highlight was a special alumni evening held at the Keyworth Centre. We were delighted to welcome a large number of former students, some of whom had studied here very many years ago, to listen to a talk about the University's history, catch up on the latest developments and chat to each other over some light refreshments. The feedback was extremely positive, and we are now planning to hold a number of similar events over the coming year.

What struck me, talking to a number of former students, is the strong sense they still have of identifying with LSBU. Of course, the University has changed enormously over the years, not least in name. Yet for many, coming here proved a life-changing experience. They have strong and abiding memories of friendships, sometimes extending over decades.

All of this reminds us of the origins of the University, something we talked about during the alumni evening and which I used as a theme for my addresses at nine very successful graduation ceremonies this summer. The Borough Polytechnic Institution was created in 1892 as a result of a campaign led by the then Prince of Wales, the Lord Mayor of London and numerous political and civil leaders who raised the equivalent in modern terms of £20 million to create educational institutions specialising in science, technology and the professions which London at the time needed. Two other institutions were created out of the same campaign: Goldsmith's College, now part of the University of London; and Battersea Polytechnic, which became the modern University of Surrey. All were designed to create new opportunities for individuals to be educated and trained for new types of employment.

Today, we continue that tradition. Our courses focus on those sectors of knowledge and expertise which the economy needs and which give students the best opportunity for employment. The experience and expertise of our alumni is essential to us, and we look forward to further developing our relationship with you in the future. In the meantime, our very best wishes to you all.



Professor Deian Hopkin
Vice Chancellor and
Chief Executive



On the

rise:

the past and future of the National Bakery School

The story of the National Bakery School reflects LSBU's ongoing commitment to offering the very best in professional education. *Connected* takes a look back at a long and distinguished history

LSBU's National Bakery School is not only the world's oldest bakery school, it is also one of the most dynamic and influential. In the course of its 104-year history, the school has given thousands of students from a diverse range of backgrounds the skills and knowledge they need to pursue rewarding careers all over the world.

The school, which started life in a single room within a small bakery business in Uxbridge, north-west London, now occupies its own state-of-the-art facilities on the University's Southwark campus. Well-equipped laboratories reflect the importance of science to the school's curriculum. Throughout its history, the school has played an important role in the local community, as current head John Marchant explains.

'LSBU was founded in order to open up access to higher education for local people, and give them useful skills,' he says. 'That's as true today as it was when the Bakery School was set up in 1894. But our links with local community go deeper than that. During the Second World War, for example, we provided emergency food for people who'd been bombed out of their homes.'

Today, the school continues to adapt to changing circumstances. 'We're now working with major employers like Sainsbury's and Tesco's to help train their staff,' says John Marchant. 'Increasingly that means tailoring our offer to the needs of workers coming to the UK from overseas.'

What hasn't changed, though, is the school's commitment to providing opportunities for all, reflected in the introduction of a new foundation degree in Baking Technology Management. 'With 40 students already on the course and a further 40 due to join us at the start of the next academic year, the future's looking very positive,' says John. 'I believe the UK is the best place in the world for baking. My role as custodian of this school is to make sure it stays that way.'

'The school has given thousands of students from a diverse range of backgrounds the skills and knowledge they need to pursue rewarding careers'

For more information on courses go to www.lsbu.ac.uk/nbs

Timeline

- 1889** Baker John Blandy sets up private school at his bakery in Uxbridge
- 1894** School moves to the Borough Polytechnic site at Elephant and Castle
- 1902** John Kirkland becomes head of the school, and introduces scientific principles into the syllabus
- 1914-18** Classes open up to female bakers during World War I
- 1939-45** School responds to rationing by devising new recipes and provides bread for local people bombed out of their homes
- 1947** New classes developed to meet demand from men demobbed post-war. New Higher Diploma in Baking Technology introduced
- 1950s** Emphasis shifts to providing rigorous vocational training
- 1970s** School becomes part of the new Polytechnic of the South Bank
- 1981** School asked to produce a cake for the wedding of Prince Charles and Lady Diana Spencer
- 1989** Cake produced for the 800th anniversary of the Lord Mayor of London stands 20 feet high and includes a model of Dick Whittington and his cat
- 1990s** Tower Restaurant set up to provide specialist training in catering in food studies
- 2000s** Foundation degree in Baking Technology Management validated
- 2004** School works with designer Jean Paul Gaultier to recreate some of his iconic designs in bread



PHOTO: Duncan McKenzie

LSBU in the

Media

LSBU academic hits the

headlines



An extensive research study by Dr Elaine Arnall, Reader in the Faculty of Arts and Human Sciences, recently became the centre of media attention after figures released by the Youth Justice Board (YJB) showed that crimes carried out by girls between the ages of 10 and 17 have risen by 25 per cent in three years.

Having recently completed a study for the Board on girls and offending, Elaine was invited to act as the YJB's academic expert. As a result, she appeared on Radio 4's *Today Programme* with John Humphrys and was interviewed by ITN, BBC, Sky and Channel 5.

While theft and handling remain the most common offences, Dr Arnall highlighted some significant new developments. 'Behaviour is changing,' she says. 'For example, we can now see a clear link between alcohol use and violence. Girls who drink regularly are more likely to be involved in violent offending.'

Dr Arnall also believes that a change in attitude has contributed to the apparent rise 'While it is far from insignificant, most violent offending by girls remains at quite a low level. The difference is that society is now taking it more seriously. These days, the police are much more likely to be called out to, say, a fight between girls at school.'

Fitflops
in *Vogue*

Last year *Connected* introduced the Fitflop, the shoe that actually makes you fitter. Since then, the super-sandal, invented by Dr David Cook of LSBU's Sports and Exercise Research Centre, has attracted attention from all corners of the press and been snapped up by A-list ladies including Hilary Swank, Heidi Klum and Jennifer Garner. The shoe even featured as a hot new product on America's *Oprah Winfrey Show*. While the product was originally designed to improve fitness, feedback suggests that Fitflops are also helping people suffering from health problems such as arthritis or severe back pain to walk comfortably again. Find out more at www.thefitflop.com.

Boris welcomes
new energy centre

The Centre for Efficient and Renewable Energy in Buildings, which is set to open on LSBU's Southwark campus in 2009, has been welcomed by the new Mayor of London, Boris Johnson. 'If we are to reduce carbon emissions in London and tackle climate change, it is vital that we help the construction and design industries to incorporate energy efficient technologies into their buildings,' he says. 'This exciting new technology centre, part funded by the London Development Agency, is unique in that it provides both research and teaching facilities but also enables people to see, hands on, how technologies can be used.'

The Centre is the result of a partnership between LSBU and City and Kingston Universities, who will take a joint lead on both training and researching the built environment. A funding grant of just under £2 million was awarded by the Higher Education Funding Council for England and a further £878,500 by the London Development Agency.



Hidden

treasures



Not everybody realises LSBU first opened its doors to students on 30 September 1892, making it well over 100 years old! To celebrate our history, the University is currently planning a permanent University Archives Centre, which will be accessible to alumni, staff, students and the public

The word 'archive' tends to bring to mind piles of dusty papers. In fact, archives can be incredibly varied. Alongside committee minutes and reports, LSBU's collection will include posters, magazines, photographs, prospectuses, trophies, DVDs, handbooks, press cuttings, slides and medals to name but a few.

Exciting discoveries

The University's new dedicated archivist has been hard at work uncovering historical archives and hidden treasures all over the Southwark campus. One particularly exciting discovery was a medal won by the Borough Polytechnic Institute (as LSBU was originally known) at the 1900 Exposition Universelle in Paris. More than 50 million people attended the fair, which included more than 76,000 exhibitors and gave the world its first look at both talking films and escalators.

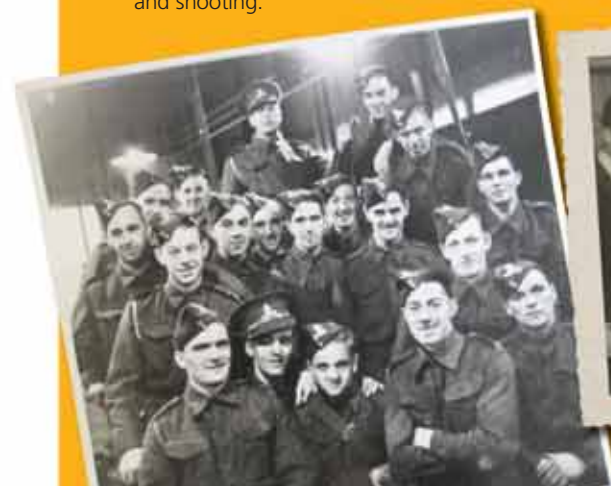
Other star exhibits include 2,500 photographs dating back to the Victorian era. These include images of the original classrooms and workshops and of staff and students through the decades, and capture visits by luminaries such as King George VI and Margaret Thatcher. There is also an array of trophies, dating from around 1900, which were won by the Polytechnic's many sporting clubs for activities such as cycling, rowing and shooting.

Strong foundations

Through the work of the University Archives Centre Steering Group, LSBU's Founding Stone has recently been unearthed. The Stone was laid on 24 June 1890 by the Prince of Wales (later King Edward VII) to commemorate the building works carried out to the Borough Road building following its purchase in 1888 by the South London Polytechnic Committee. The Prince was also President of the Council set up in 1887 to appeal to the Charity Commission for money to set up the Polytechnic. The stone is presently unattached to any building and the search is under way for a suitable permanent home.

Can you help?

Alumni are vital to the archives – without you, there'd be nothing to put in them! The archives provide a vivid record of the University's development and a wonderful way of reminiscing about your time at LSBU. If you have any material – yearbooks, diaries, magazines, handbooks, trophies or photographs – that you think might be of interest, please contact University archivist Elizabeth Harper on 020 7815 6047 or email harpere@lsbu.ac.uk



News

in brief

Dr Anne Ridley wins National Teaching Fellowship

Dr Anne Ridley, LSBU's Undergraduate Programme Director for Psychology, has received a prestigious National Teaching Fellowship from the Higher Education Academy. Along with 49 other lecturers, she has been invited to attend the Academy's prestigious annual ceremony later this year, where she will receive an award of £10,000.

Health and Social Care Academy picks up award for partnership venture

In mid-June, a successful LSBU partnership venture had its efforts rewarded at the London Education Partnership awards. The Waltham Forest Health and Social Care Academy was named the first runner-up at the awards, which highlight the work of education partnerships in London.

Completion rates up

LSBU is delighted to announce that completion rates continue to rise year on year. Information released on 5 June by the Higher Education Statistics Agency showed that the University continues to exceed completion rate targets and is out-performing a number of other leading London universities.

Education minister comes to LSBU

Jim Knight MP, Minister of State for Schools and Learners, recently visited LSBU to speak at an event hosted by the Education for Sustainability Programme. In a speech focusing on government support for the Sustainable Schools Initiative in England, Jim Knight spoke about the government's plans for encouraging schools to embrace sustainable development before taking questions from the floor.

LSBU hosts national listening programme

On Thursday 3 July, Secretary of State for Innovation, Universities and Skills, John Denham, came to LSBU to discuss a range of issues affecting student life with Students' Union president Ali Ghaffari and 16 fellow students. The event forms part of a national listening programme launched in October 2007 with the aim of giving all English university students the opportunity to put questions to the government.

New edition for best-selling textbook

Health Promotion: Foundations for Practice has sold over 70,000 copies since it was first published in 1994. The textbook, which is co-authored by LSBU's own Professor of Health Promotion Jane Wills and Jennie Naidoo of the University of the West of England, is now going into its third edition (2009) and is being translated into German, Swedish and Korean.

Basketball team

beat the best

LSBU's men's basketball team recently proved the form book wrong, winning the prestigious British University Sports Association (BUSA) Championship



The 10-strong team of students travelled to Sheffield to take on seven other qualifiers including title-holders and three-time champions the University of Worcester. LSBU progressed smoothly through the quarter-final and semi-final rounds before coming face-to-face with Worcester, who play in the UK's top league, in the final.

But while Worcester fielded all of their professional players, they were no match for the LSBU team, who led throughout the game. The final score of 90-84 represents a massive achievement, particularly given that it is just three years since the LSBU team was competing in tier two of BUSA's south-east region and that the University does not have a national league club side. The win is testament to the success of the Elite Scholarship Programme and to the excellent partnerships in place within the Academy of Sport.

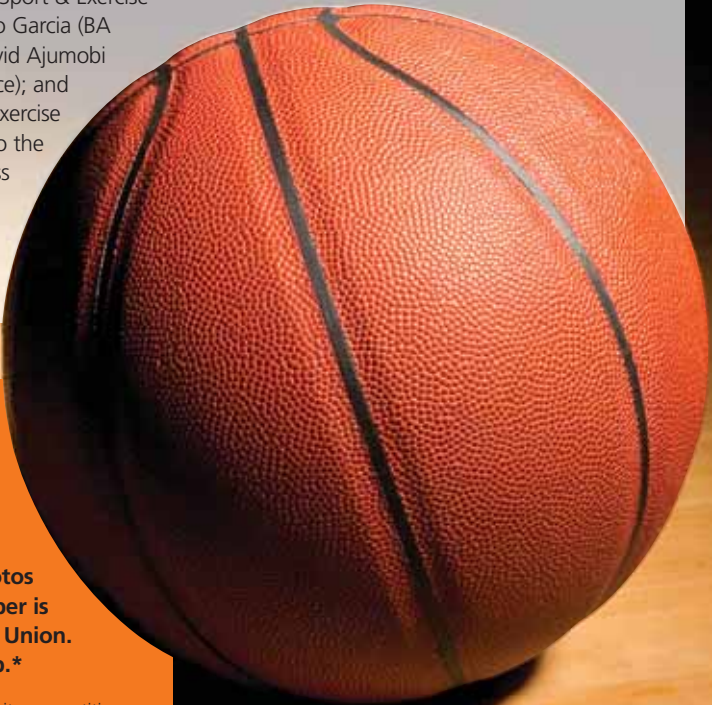
The team members were: Paul Mundy-Castle (Captain) (MA Education) – 21 points; Avelino Antonio (BEng Civil Engineering) – 17 points; Papa Demba-Kasse (BSc Sport & Exercise Science) – 15 points; Ladi Brown (BA Accounting & Finance) – 13 points; Armand Anebo (BA Business Studies) – 12 points; Laurie Lewis (BEng Electrical Engineering) – 8 points; Isaac Omirin (BSc Sport & Exercise Science) – 4 points; Bervido Garcia (BA Accounting & Finance); David Ajumobi (BSc Sport & Exercise Science); and Jon Johnson (BSc Sport & Exercise Science). Congratulations to the whole team on their success and in particular to Papa Demba-Kasse, who was named the tournament's Most Valuable Player and

selected for the England University Squad, and to Ladi Brown, Armand Anebo and Issac Omirin who were also chosen for the squad.

Andy Powesland, assistant basketball coach and director of the Academy of Sport, Physical Activity and Wellbeing at LSBU said, 'This victory marks the culmination of three years of hard work, setting up partnerships, and supporting our student-athletes. We were delighted and proud to win such a prestigious event against the three-time defending champions. The team is very talented and this competition provided the opportunity to see exactly how well we compare with other universities' basketball programmes.'

Team member Ladi Brown described the winning moment. 'The final buzzer went and we couldn't believe we had just dethroned the champions by six points. The cheer from the crowd was deafening! We all ran into the centre circle to celebrate. There was a lot of shouting and even a few tears. In the space of three years, we've gone from being second-tier to being the best team in the UK. Our victory has given people a taste of our true potential!'

Since the BUSA championships, the team has gone on to finish eighth in the European Universities Basketball Championship.



Join the club

Fancy trying your hand at basketball? Or would you prefer football, ju-jitsu or hockey? Whatever your passion, LSBU Athletics Union can help. Just log on to www.lsbu.ac.uk/sports/clubs for an up-to-date list of clubs. Then get yourself along to the Union office next to the Sports Centre in London Road with your alumni access card, two passport photos and £15 cash or cheque (cheques can only be accepted if the card number is written on the reverse) made payable to London South Bank Students' Union. You'll then receive your AU card, which entitles you to join any AU club.*

* Please note that although alumni can train with our clubs, they cannot take part in University competitions

Doing it

differently

LSBU law graduate Douglas Silas tells *Connected* why he'd rather be making a difference than making a fortune in the City

As head of his own firm, Douglas Silas has carved out an impressive niche and established a reputation as *the* legal authority for cases involving special educational needs and disability discrimination. 'What drives me is the desire to challenge injustice,' he says, 'and to try to secure a fair deal for all our clients. Of course, I could have gone into the City, but I wanted to do something that would make a real positive difference to people's lives.'

A life-changing decision

As a mature student at LSBU, Douglas has first-hand experience of the power of education to change the course of a life. 'I was hopeless at school', he admits. 'I left at 17 and spent the next few years following my dream of being a professional musician.' Then, during a quiet spell, he decided to learn a new skill and enrolled in sign language classes.

'Pretty soon I was fairly heavily involved in the deaf community,' he says. 'Then I was asked to help out in a case where a deaf person had been prevented from serving as a juror. I enjoyed helping, but I could also see that there was a gap in the market for that kind of specialist legal representation. So I decided to apply to university and study for a law degree.'

A practical approach

Initially, Douglas's lack of academic experience counted against him. 'They all rejected me!' he says. 'Someone suggested I did an Access course, but having made my mind up, I just wanted to get on with it. I decided on LSBU, because of its diverse student profile and the practical nature of the course. I waited until clearing started in August 1991 then came to the University in person. I bumped into the head of the law faculty and told him my story. He offered me a place on the spot.'

As well as equipping him for the workplace, the LSBU course also gave Douglas the opportunity to develop his interest in disability discrimination. Fittingly, following a year at the College of Law, he was offered a training post at Levenes solicitors, working in the country's first Education and Disability department. After qualifying and building up a reputation in his own right, (including being named *The Times* 'Lawyer of the Week' at the end of 1999), in January 2002 he moved to medical negligence specialists Alexander Harris, where he established and ran a successful Education and Public Law department.

Doing things differently

From there, the decision to go it alone was, in Douglas's words, 'a natural progression', and Douglas Silas Solicitors opened for business in May 2005. Today, the firm is a thriving practice with a busy caseload predominantly made up of special educational needs cases. 'We've used technology to help us keep the firm small and personal,' Douglas explains. 'From the start, we were determined to do things differently and I'd like to think we've stayed true to our word.'

That desire to be different manifests itself in a number of ways, including a completely transparent pricing policy and the provision of a vast range of free information about special educational needs and education law via the firm's website at www.specialeducationalneeds.co.uk. 'No one who comes to us needs to feel that they're jumping into a black hole with their chequebook,' says Douglas. 'But there are always going to be people who can't afford to instruct a solicitor. That's why we've worked hard to make the website a genuinely useful resource.'

That willingness to 'give away' what most other firms would regard as valuable intellectual property underlines the unique nature of Douglas's approach. 'This is not just about paying the mortgage,' he says. 'It's a vocation. I believe that everyone deserves access to good legal advice, whatever their means. I also believe that everyone should have access to a good education and that, ultimately, is what our work is all about.'

'I believe that everyone deserves access to good legal advice, whatever their means'

Your news

We're always keen to find out what you've been up to since you graduated. Whether you've just started a new job, been promoted, got married, set up your own business or embarked on your travels, get in touch and let us know. Email your news and pictures to alumni@lsbu.ac.uk. Thanks to everyone who's already sent in their news. Sorry we can't fit you all into this issue!

2000s

Mitesh Patel

BEng (Hons) Building Services Engineering, 2007

After winning a CIBSE prize for my final year project, I've continued my studies at LSBU as a research student. I am also studying for an MSc at another university. At work I have been promoted to Associate level and am starting to take the lead on some mixed use developments.

Carol Paul

BA (Hons) Accounting and Finance, 2007

Since graduating, I've moved out of practice to a building surveying company in Battersea, which should help me build a rewarding career in accountancy and finance. I'm also bookkeeping for a media communications company. I can't wait to finish my ACCA and start my own business!

Andrew Peter John Osborne

Certificate in Education with a Literacy Subject Specialism, 2007

Since completing my certificate, I've been promoted to a new role, embedded skills for life coordinator. My role is to make sure our adult education courses are accessible to learners with language, literacy and numeracy issues and that they both encourage and empower people.

Ife Safiya Piankhi

City and Guilds Introduction to Delivering Learning, 2007

Last November, I took part in an episode of TV's *Wife Swap*. I went to live with a family whose 13-year-old son has ADHD. As a result of my working with the boy, he has a new appetite for learning. See for yourself at www.channel4.co.uk (search for "Wife Swap", then click on series 9, episode 4).

Marie Shaftoe

MSc/PG Dip Social Work, 2007

I started my job for Southwark as a social worker in September 2007. I love it, and I'm pleased my qualification at LSBU provided me with the key skills I needed to do my dream job. It's great to be earning a decent monthly wage, too. Maybe that's why my partner decided to propose!

Gemma Nancy Sophia

PGCert/MA Town Planning, 2007

I am working as a senior planner for a local authority.

Mary Howlader

BA (Hons) English, 2006

I'm currently working in client relationship management for Parliament Hill, a company that deals with institute and association member benefit schemes. It's a young, fast-moving company with lots of ideas, and I'm enjoying being allowed to take a hands-on approach.

Fiona Campbell

BA (Hons) Business Studies, 2006

After graduating, I did an MA in Broadcast Journalism at the University of Sheffield. As my ambition is to become a news reporter, I was thrilled when I landed my first job as a trainee at GMTV. The scheme here is one of the best in the industry and is a great stepping stone towards my dream job. I'm currently working on the forward planning news desk, where I research and plan stories. The media industry is competitive, but it's fast-moving and every day is different. I'd recommend it to anyone looking for an exciting career.

Bader Al Yousuf

MSc in Construction Project Management, 2006

After achieving my MSc, I was promoted to senior architect in the UAE Ministry of Public Works and project co-ordinator for the Building Design Department. From there, I applied for other jobs and was offered the position of project manager at ARENCO, one of the UAE's leading architectural consultancy firms.

Abbie Malambo

BSc (Hons) Professional Nursing Practice, 2004

My degree is one of my proudest achievements. I've since gone on to do a second specialist degree in infection control and am now working as an infection control nurse specialist. I'm very grateful to all the hard-working lecturers and tutors at LSBU for their commitment to helping students achieve their potential, and for giving an orphan girl from Zambia the best possible chance in life.

Brisbane Edward Dandu

MSc Finance and Accounting, 2004

I have worked in education since finishing my masters, and am now a finance and accounting lecturer at Twintech College in Sarawak. I love travelling, and London is now like my second home. I hope to get a lecturing post at LSBU one day and live in London again.

Neuza Mendonca

MSc International Marketing, 2003

After finishing my masters, I worked as a marketing manager for a finance services company before getting involved in a mining project which I am enjoying very much.

Sam Long

MSc/PgDip Property Development and Planning, 2002

Since leaving South Bank, I've worked in property in east London, doing everything from hunting exclusive development sites to breaking up illegal raves in clients' warehouses! For the last three years, I've been setting up home-building company TEAM Limited, an ethical property developer that prides itself on efficiency and innovation and focuses on the genuine needs of people trying to get on to the housing ladder.

Barbara De Finis

BA (Hons) International Business and Modern Languages, 2000

After working in Italy for a while, I'm now running two companies in Marylebone, La Masseria, a deli specialising in food from Puglia, and distributor Terra&Gusto. I believe there's a big gap in the market for proper Italian food at reasonable prices, and I believe my degree has given me the skills and values I need to succeed.

1900s

Zana Hussain

MSc Information Technology and Systems, 1999

After graduating I worked for a charity, Migrant Training, as an IT trainer and then as a centre manager. I'm now IT manager at Croydon College, running a team of 14 and looking after thousands of students. I've also set up my own company, London Education & Training Services.

Nicholas Barton

BA Town Planning Studies, 1996

PgDip Town Planning, 1997

Since graduating, I've worked on a range of regeneration projects in my home town of Rochdale. I'm now principal project manager within Rochdale Council's Regeneration Service and am studying for an MSc in Development Management with the Open University.

Raymond Wai Man Wong

BA (Hons) Home Economic and Resource Management, 1993

I am now working in the Lands Department of the Hong Kong government as a senior land executive. I'd like to say hello to everyone who knew me at LSBU!

Leonidas Batrinos

PgDip Architecture, 1987

I'm currently working as a freelance architect in Athens and Paros. My wife and I have twin six-year old daughters, who're just learning their first words in English.

Alan John Walker

BSc (Hons) Sociology, 1972

After graduation, I moved back to the Manchester area with my wife Diane, another LSBU student. I worked as a management consultant trainee and Diane worked as a microbiologist. In January 1978, we emigrated to Toronto. I moved into law and public sector work before joining IBM. I retired in August 2007 and am currently working for a leading market intelligence organisation. Diane retired 18 months ago. We have been happily married for 35 years, have a 26-year-old son, Nick, and are proud grandparents to baby Dechlan Alexander.

Building

health

For LSBU graduate Nichola Elvy, the decision to take control of her own future proved the springboard to business success

Nichola was working as an inspector for the Health and Safety Executive when she was struck down with her first episode of depression in 1999. A second bout, following the birth of her son in 2004, saw her facing the prospect of taking early retirement on the grounds of ill health.

Instead, she decided to take the plunge and start her own business, a move that she admits took her friends and family by surprise. 'I think they thought I was crazy,' she laughs. 'And looking back it was an awful lot to take on. But I believe it was the making of me.'

If at first you don't succeed...

Fast forward four years and Building Health, Nichola's occupational health consultancy, is a thriving business with clients all over the country and a total of seven consultants, including Nichola herself. In the early days, though, Nichola spent many long hours alone, cold calling potential clients.

'At one point I came pretty close to giving up. When a client went into liquidation owing me £5,000, I decided I'd give it another two weeks of cold calls before I had to get a paid job. On the final day, I got through to the managing director of a demolition company in Suffolk, where my parents live. He not only took me on, he also helped me join the National Federation of Demolition Contractors. Once I was in there, the work just started to flow. Yes, you need a bit of luck – but it's mainly about perseverance.'

Finding a niche

Running a successful business is also a question of timing, and of knowing your market. While companies have always had to carry out basic statutory medicals, the introduction of two new sets of regulations in 2005 greatly increased the pressure on them to comply. 'I knew that would create more need for a service like mine,' says Nichola.

Building Health has further carved out a niche by, as Nichola puts it, 'focusing on clients who most of my competitors wouldn't be interested in. We're dealing with workers who're extremely mobile and that can be a logistical nightmare. Fortunately we're set up to be flexible – we'll go wherever the client needs us to go.'

Health and wealth

Building Health's services also tap in to employers' growing awareness of the links between employee health, productivity and the bottom line. 'We see promoting general good health as part of our remit,' says Nichola. 'It's particularly important, given our client base. We're dealing mainly with men, who're less likely to go to the doctor anyway. And it's ten times more difficult when they're working away from home Monday to Friday, as many of them are.'

Nichola is also seeing a corresponding change in employers' attitudes. 'Some of our new clients are sceptical. But they soon see that giving each employee half an hour with a nurse once a year is worthwhile. At one haulage company, we found that a quarter of the workforce needed glasses in order to be legally fit to drive. The benefits of sorting something like that out are pretty clear. Their insurers were quite interested in getting that particular issue resolved too.'

Unique expertise

Nichola's in-depth knowledge of the sector is a key advantage. Her degree in occupational hygiene and diploma in occupational health from LSBU and experience as an inspector mean she can offer clients unique expertise and insight, and she works hard to keep her own and her team's skills up to date with courses.

She also stays in regular contact with Anne Harriss, her tutor at LSBU, who she describes as 'incredibly helpful and supportive'. It's a testament to LSBU's reputation for excellence in occupational health that five of Nichola's consultants also trained at the university, with the sixth due to start studying here in September.

Competitive edge

But perhaps the factor that really gives Building Health its competitive edge is the personal experience Nichola is able to bring to every job. 'It's definitely given me an insight into how hard it can be to get back into work and made me very open to employing people who've got different needs,' she says.

'Once you've been off for a year, you've got more chance of being hit by a bus than you have of getting back into the workplace. I was in that situation myself once, and I think it just goes to show how employers stand to gain from giving people another chance.'

Industry recognition

In its brief history, Building Health has already picked up an impressive array of awards. These include Best New Company in the 2006 Lewisham Business Awards, a *Building* magazine award for Best Occupational Health Initiative in the same year and, in 2007, an award for achievement from *Occupational Health* magazine.

The company has now been shortlisted for the 2008 Construction Skills Consultancy of the Year award.

'We try to win something each year,' Nichola says. 'It's great for our profile. But more importantly than that, it's great to know that what we do is recognised and valued by the industry.'

Reunion at

LSBU

The LSBU Association held its first alumni event of the year on 3 July and was delighted to welcome back over 100 former students



While for some the event meant returning to the old haunts, others, who originally studied elsewhere on the campus, welcomed the opportunity to get to know the Elephant and Castle site. The evening's entertainment included a fascinating talk from Vice Chancellor Deian Hopkin on the history of the University, from its establishment more than a century ago to its plans for the future. Next, guests were invited to go on a tour of the campus, led by a group of student ambassadors. Finally, a generous meal was served and the wine flowed as guests mingled with University staff and their peers.



The event gave everybody a chance to reunite with old friends and reminisce about their LSBU days. Guests spanned a wide variety of subjects and years and it was fantastic to see new friendships formed and old acquaintances reunited. In fact, many have asked when the next event is planned! We welcome your feedback on the event and any suggestions for future alumni activities. Email us on alumni@lsbu.ac.uk



'I haven't been back to LSBU since 1995, and it was wonderful to see the dramatic improvements which have been made to the campus. It's been a fascinating evening. I've talked to students who were here as far back as 1958! I'd love to see the Association hold more of these events.'
Xavier Epelle, BSc Technology, 1994

Flying

high

Thanks to support from LSBU, entrepreneur Barney Townsend's innovative kiteboard design is really making waves

With an estimated 200,000 people involved in kite-surfing worldwide, the potential market for a truly innovative new product is huge. Barney Townsend, a 26-year-old entrepreneur and himself a keen kiteboarder, believes that his new design could be just what the sport has been waiting for. 'The average kiteboard can cover a mile in four minutes,' says Barney. 'A hydrofoil lifts it just above the water, which boosts the speed but makes it harder to turn. My board – the SplitWave – overcomes that by having a hydrofoil at either end.'

Enterprise and learning

Barney has recently completed a two-year part-time masters' degree in enterprise by learning at LSBU, without which, he is happy to acknowledge, the SplitWave would never have come into being. The University's Enterprise Associate Scheme paid his tuition fees, and he also won a £10,000 bursary from the London Development Agency's Emerald Fund. LSBU has provided valuable practical support. 'I've had free office space, business mentoring and access to the University's workshops to build my prototypes. LSBU also paid for my patent. Knowing that no one could copy my idea was a huge weight off my mind,' Barney says. 'It's enabled me to really focus on the business.'

Valuable support

Following intensive market research, Barney has now applied for a further £30,000 in funding. The money will be used to build more prototypes, explore manufacturing options and 'de-risk' his business plan for future investors. 'My aim is to build a strong brand and perhaps develop more innovative products,' he says. 'It will be really satisfying when everything pays off to know that I took the idea from concept right through to market. The support I've had from LSBU has really helped me to do that.'

For more information, please contact Dr Sheila Grace on 020 7815 6921 or graces@lsbu.ac.uk



The Enterprise Associate Scheme

Each year, LSBU's Enterprise Associate Scheme supports some of the University's brightest entrepreneurs to explore and develop the commercial potential of their final year projects. Successful applicants receive a bursary for 18 months, plus advice on intellectual property issues, business mentoring, a computer and office space. Associates must also enrol on the MSc in Enterprise by Learning Contract programme. Fees are paid by the University's Research and Business Development Office.

Faculty of Engineering Science and the Built Environment

LSBU wins
CIOB Student Challenge 2008

LSBU students have picked up a major award from the Chartered Institute of Building (CIOB)

The winning team consisted of four students – Fe Acorda (BSc Commercial Management), Daniel Gill (BSc Architectural Technology), Colin Russell (BSc Construction Management) and Lynton Wakeham (BSc Surveying) – and was led by the course director of the University's Higher National Certificate in Construction programme, Darren James. The challenge this year was to act as logistics consultants for a multi-million pound construction project in the UK. Each team was asked to develop a logistics strategy taking into account the concerns of residents, paying particular attention to noise and transport.



Competing against seven other teams, the LSBU students were bound by tight deadlines but nevertheless impressed the judges with an excellent proposal, scooping a trophy, a medal each and prize money of £200. 'I'm delighted for them,' commented Darren James. 'They all stayed calm and rose to the challenge. They deserve big congratulations for their tremendous effort!'

Cutting edge
teaching

In September 2007, LSBU launched a 100 per cent distance learning MSc in Building Services Engineering

The programme, which leads to Chartered Engineer status, is delivered via the internet using a range of Web 2.0 technologies and has been so successful that, from February 2009, the MSc in Sustainable Energy Systems will also be available by distance learning. Contact Alan Dunn on 020 7815 7133 to find out more about this ground-breaking programme.

Faculty of Business, Computing and Information Management

Multi-cultural day
held at the BCIM faculty

Following the success of 2006's World Wide Week, BCIM staff have held a multi-cultural day at the London Road concourse

The event was designed to bring together staff and students from many cultures and nationalities, and celebrate the diversity within the faculty and LSBU as a whole. Stalls displayed objects of interest from countries around the world, with many contributors dressed in traditional costume. Activities ranged from African headdress tying

to sari-wearing, through to Indian tattoos and African drumming displays. Visitors also had the chance to test their knowledge of Greek vocabulary, European political leaders and even Australian slang! The entertainment programme was similarly diverse, featuring guest lectures from members of the Graduate Recruitment programme at Iceland's LandisBanki and an exhibition of Bolivian dance. Currencies from around the world were also on display and a whole section of the exhibition was taken over by a group of final year students looking at mobile telecommunications across the world. For more information and pictures of the event, go to www.aw2d.blogspot.com



Faculty of Arts and Human Sciences

Students hit the
big screen

Students from the Faculty of Arts and Human Sciences have been showcasing their work as part of their final year assessments, through a series of short films and exhibitions. The screening of Digital Film and Video final year films took place at the Renoir Cinema in Brunswick Square and was attended by the Vice Chancellor.



Daring to be digital

A team of LSBU students have reached the finals of an international video game development competition



Dare to be Digital is the premier competition for talented, creative students who want to design their own video games. Backed by game industry sponsors, it is held each year as part of the Interactive Entertainment Festival. Kalli Karlsson, Erlend Grefsrud, Josh Zammit, Rohan Feldmesser and Ary Shirazi make up the team Less Lethal Games. Their game, Captain Cannonball, follows the eponymous space-privateer on a quest to find his nemesis, Admiral Anchor, and uncover the secrets of the magnetic treasure planet The Black Spot. Reaching the finals has helped the team build up contacts within the industry. Kalli Karlsson says, 'Dare to be Digital is a great stepping-stone into the industry. A lot of professionals know our names and faces now, and we have a solid product as a bargaining chip for future job interviews.' For more information and to find out how the team fared in this summer's final, go to www.daretobedigital.com. You can also take a look at the game itself at www.captaincannonball.com

Faculty of Health and Social Care

Raising standards
worldwide

With its commitment to providing the highest possible standards of teaching, LSBU is perfectly placed to raise standards worldwide by sharing knowledge and best practice with partners and colleagues overseas

Lecturer Anna Ejindu has been working with the Faculty of Health Sciences at the National University of Lesotho to advise them on their post-registration curriculum framework for nurses and midwives and on their continuous assessment of practice for pre-registration nursing students. Anna's work would not have been possible without the commitment and generosity of her colleagues at Havering Campus, including the Dean and Head of the Adult Nursing Department.

Professor Tony Leiba
retires



Professor Tony Leiba, Ph.D, M.Phil, MSc, BA, RNT, PGCE, Dip.N, RMN

The Faculty of Health and Social Care is sad to say goodbye to Tony Leiba, who has retired after 30 years at LSBU. Tony joined the Polytechnic of the South Bank in 1973 as a student, before becoming senior lecturer, principal lecturer, head of division and finally professor.

Throughout his career at LSBU, Tony has made a major contribution to the world of research, particularly in the areas of mental health care, evidence-based practice and conflict management, inter-professional education and training. At the same time he has shown the utmost dedication and commitment to his students. His travels have taken him around the world, including a stint at Kobe University in Japan. Outside the University, Tony has been actively involved with the Research and Development Committee at North East Mental Health Trust, chairing its Evidence-based Practice sub-committee. He has also facilitated research journal clubs and research seminars, supported various practice development initiatives and worked closely with the Nursing Directorate. We would like to thank Tony for his hard work and dedication, and wish him the very best for the future.

Sowing the seeds

For businessman and LSBU alumnus Nathu Puri, success means being able to give something back

As owner of Purico, a group of companies boasting total annual sales of over \$650 million, there's no doubt that Nathu Puri has made a big impact in the world of business. But while his passion for clinching a deal remains undimmed, these days his attention is increasingly focused on his charitable work and, in particular, on education.

Nat's commitment to promoting access to learning means that, from this autumn, prospective engineering students wishing to study at LSBU will be able to apply for a new scholarship. With match funding from LSBU itself, plus grants from government and the Commonwealth Scholarship Scheme, it is hoped to be able to offer full scholarships for 10 students over the next five years. While the scheme is initially being targeted at students from India, those from other countries will also be eligible to apply.

For Nat, the scholarship is very personal. 'When I first came to the UK in 1967, I didn't have much money,' he explains. 'If I was in the same position now, I wouldn't even be allowed in. I want to give other people the same opportunities to succeed that I had.' Nat's donation also reflects his ongoing commitment to LSBU itself. 'The University – or Borough Polytechnic as it was at the time – gave me a grounding which has proved invaluable in my career. It may only have been eight or nine months of study, but it changed my life.'

Today, Purico donates around £500,000 to charity each year. As well as LSBU, Nat supports the universities in his adopted home city of Nottingham and in his native India, and funds some 800 schools in Nepal. In future, he plans to spend an even greater proportion of his time on charitable work. 'I'd like to think we can make a small difference,' he says. 'Perhaps out of all the people we support now, one or two might become successful businessmen and go on to help other young people in their turn. I see it as sowing the seeds. Now we have to wait for the plants to flower.'

'A great role model'

In December 2007, Nat Puri was awarded an honorary doctorate from LSBU. 'That means a lot to me,' he says. 'It's a very special feeling to be recognised by an institution that has played such an important part in your life.'

Speaking at the degree ceremony, LSBU's Vice Chancellor Deian Hopkin said, 'Nat Puri has a certain style of doing things, often defying conventional logic but proving the value of real entrepreneurship. He is a great role model for our students: proof that, through education and endeavour, one can achieve anything but also that, through philanthropy, one can return the rewards of that achievement to society.'

Living better

With employee health ever higher on the agenda, plans are well under way to roll out LiveWell, LSBU's staff well-being programme, to business customers

The LiveWell programme offers a comprehensive health assessment service, designed to identify potential problems early on and help people take simple steps towards a healthier lifestyle. The programme has been part of the package of incentives offered to University staff for the last two years. Now, LSBU's Human Performance Centre has started marketing its one-to-one health check service to corporate clients in London and beyond.

A team of qualified physiologists will go out to companies' own premises and carry out detailed 30-minute checks covering everything from blood pressure to lung function to measuring body mass index (BMI). The check will also include a full blood lipid assessment to measure levels of cholesterol and its components, and a blood glucose test to determine the risk of diabetes. At the end of each session, the LiveWell expert will offer analysis and feedback, including advice on exercise and nutrition and, where necessary, a signpost to further sources of information and support.

Cost-effective, expert advice

'Our aim is to offer a pretty comprehensive, cost-effective service,' says the Centre's Business Development Manager Pat Fox, 'plus expert advice. We can't replace a trip to the doctor, but what we can do is the kind of preventative work that many GPs simply don't have time for. And we can offer expert advice on physical activity, diet and nutrition – the kinds of things that can stop people getting ill in the first place.'

The new service not only taps into employers' increasing awareness of the impact boosting employee health can have on productivity and profitability, but also their willingness to address staff development and well-being on a broader scale. Pat Fox also believes the service could play a part in attracting – and retaining – high quality staff. 'As part of a package of incentives, it's definitely a way for employers to differentiate themselves from the competition,' he says. 'These days, businesses need to show that they're taking their people's well-being seriously.'

Small change, big difference

Pat's team is already out and about in London and the surrounding area. 'It's going great,' he says. 'The feedback has been very positive. What people seem to really appreciate is being given some pragmatic, realistic advice. Often they don't realise that a small change – say, walking for 10 minutes in the morning and 10 in the evening – can make a big difference to the way they look and feel. It's not about quick fixes, it's about giving people the tools they need to lead a healthy, happy life both in and out of the office.'

Find out more

For more information about the LiveWell scheme, contact Pat Fox on 020 7815 7594 or patfox@lsbu.ac.uk



Top US sports star

donates thousands to LSBU sport

Luol Deng, star of America’s National Basketball Association (NBA), has donated £25,000 to LSBU’s Academy of Sport, Physical Activity and Wellbeing

Deng, now with top NBA team the Chicago Bulls, formerly played with south London’s Brixton Topcats. Thanks to a new Universities UK scheme which came into effect on 1 August 2008, his gift will be matched by the UK government, boosting its total value to £37,500. ‘This is a tremendous gift’, says Andy Powlesland, the academy’s director. ‘It shows the extent of Luol’s commitment to supporting the community and the University.’

Luol Deng first arrived in London as a refugee from Sudan. His talent for basketball was soon recognised and he was offered a place at top-ranked US University Duke from where he was the seventh overall pick in the 2004 NBA Draft. In 2006 and 2007, Luol visited Africa, Asia and Europe on the NBA’s Basketball Without Borders Tour, which aims to help young people develop not just sports but also leadership and life skills. He also became a spokesperson for the World Food Programme.

Luol has already won three major sportsmanship awards including the 2007 NBA Sportsmanship Award, which honours the player who best exemplifies ethical behaviour, fair play and integrity on the court. The league donated £25,000 on his behalf to the Pacific Garden Mission, the oldest continuously operating rescue mission in the US. Deng also won the 2006/7 Golden Icon Award for Best Sports Role Model and most

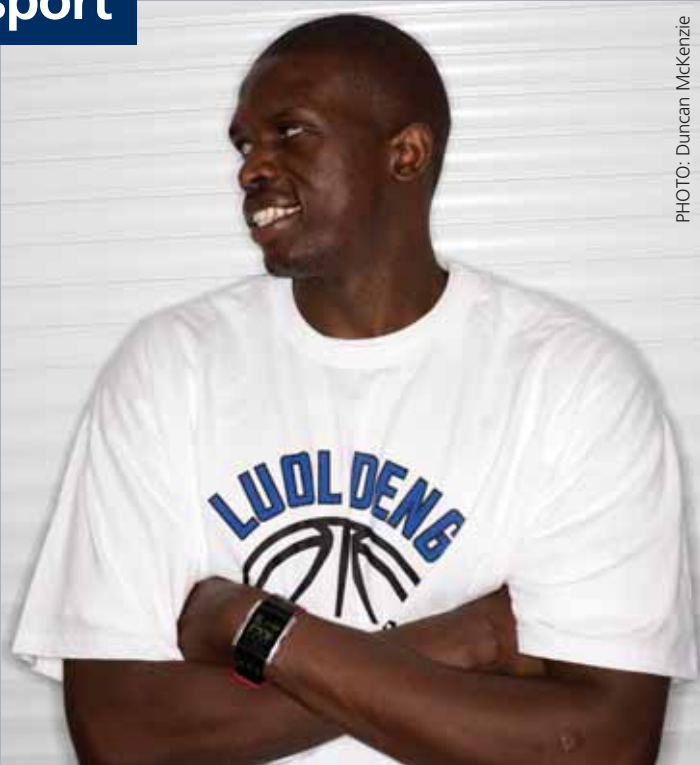


PHOTO: Duncan McKenzie

recently, the 2008 UN Refugee Agency’s Humanitarian of the Year Award for his part in supporting the ninemillion.org campaign to bring education and sports to millions of displaced children.

How to donate

For more information about the Annual Fund or to make a donation, contact Ulysses Tucker Jr, Head of Individual Giving/Annual Fund, on 020 7815 6073 or email tuckeru@lsbu.ac.uk.



LSBU Annual Fund off to a flying start

Last year, the University piloted its new LSBU Annual Fund, with impressive results

The 2007-08 Inaugural Annual Fund generated over £10,000 in pledges and gifts and attracted over 400 new donors, including alumni, staff and friends of the University. The money will be used to support scholarships and library funds for each faculty.

As part of the programme we made contact by telephone with over 3,000 alumni. Alumni

were delighted to share memories of their time at LSBU and find out more about the latest developments on campus. Of the people we spoke to, over 11 per cent made a gift to the University.

From September, the 2008/09 Annual Fund programme will be in full swing and a team of LSBU students will be calling over 30,000 alumni from the Connection Centre here on campus. They will update records, share stories about the University past and present and seek your financial support for initiatives designed to have an immediate and positive impact on the University and the student experience. We look forward to talking to you.

2007/08

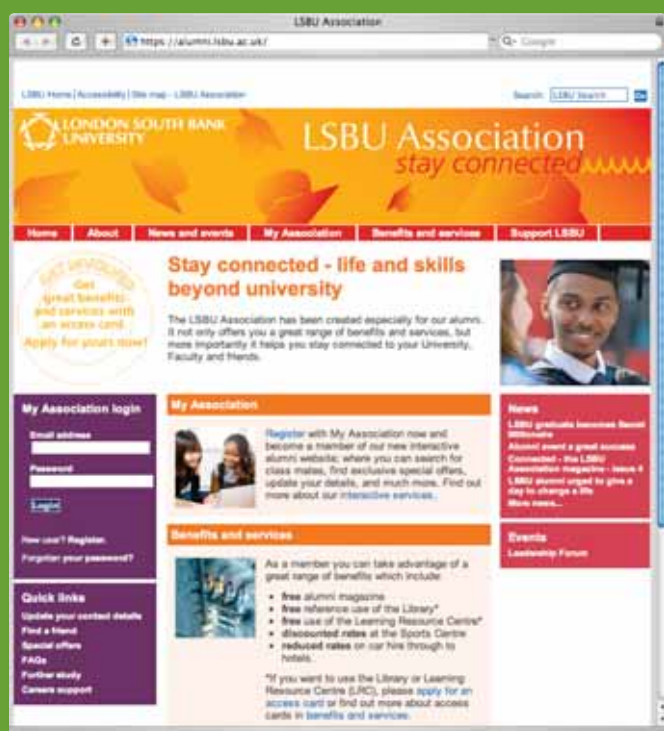
LSBU honour roll

This honour roll is designed as a ‘thank you’ to everyone who has made a donation to the University’s charitable funds. This year, your restricted and unrestricted gifts supported scholarships, library facilities for each faculty and our sports programmes. Each and every gift has made a difference, helping to enhance the LSBU experience for current and future students. We would like to thank all of you for your support.

Mrs Lorraine Aabbouz	Ms Helen M Cash	Mr Roger Hatton	Mr Francis Terence Murphy	William Glym Richards
Mr Sammie O Abrokwha	Mr Anthony Cavan	Mr John Hayes	Mr Julius Taderera Mutyambizi	Deborah Anne Richardson
Elisabeth Ackers	Mr Peter Challoner	John Hayward FRICS	Mr Dominique Mwepu-Ilunga	Mrs Ishrat Rizvi
Sara Jane Adcock	Nadine Charles	M L Hemming	Mr Vikas Nanchahal	Catherine G Rogers
Kwame Addai-Gyimah	Samantha Sylvia Charlton	Prof Lucy Henry	Mr Joydev Nandi	Mr Waidi A Rufah
Ms Mabel Mamley Adegbenro	Miss Brinder Chohan	Mr Raymond Stuart Hesketh	Mr G Narayanasamy	Mr Ahman Sannaee
Mr Akporode Bernard Adehor	Mr Richard J Clarke	Ms Linda Anne Hicks	Mr Lloyd Anthony Neale	Mary Saunders
Nurat Temitayo Ademola	Ms Janet Clarke	Peter Holliday	Mr Phillip Nedin	Mrs Nichola Schild
Mr Peter Adekunle Adenigbagbe	Mrs Rachael Coker	Marcia Hudson	Mrs Ann Newing	Karen Shepherd
Mr Adewunmi Samuel Adeniran	Mr Alistair Colston	Mr Zana A Hussain	Mrs Simone Marie Nicholas	Mr Kinfe Shissema
Daniel Qesi Affum	Miss Emma Louise Cookson	Ms Suzanna Ifil	Dr Bryan William Nichols	Mr James Sibley
Mr John Ager	Mr Alieu Corneh	Mrs Joan Mary Jackson-Callen	Dr John W Nicholson	Michael Simmons
Mrs Laurenda Aggrey	Victoria Ethel Crowne	Mr Luqman Jalloh	Miss Sharon Nkansah	Mr Lindsay Smith
Georgina Ajuzieogu	Mr J Anthony Cuming	Mr Michael Jarvis	Mrs Patricia Nnando	Mr Myo Zaw Soe
Mr Sulaimon Oluwagbenga Akarakiri	Mr Kenneth John Dale	Mrs Marion Jeffels	Rosemary Norgrove	Mr Olusola Oladipo Solanke
Mr Elmer Alarcon	Ms Imogen Daulby	Mr Kenneth Jones	Mr Kenneth Roy Northgreaves	Ms Joanna Southernwood
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Mrs Ann Allega	Mr William Thomas Davies	Mitesh Prauin Kakad	Mr Anthony Nwosa	Mr David Ivan Stanford
Mr Eric Ametewee	Mrs Dolly De Bourg	Jenny Kent	Chinwe Ifeoma Juliet Nwosu	Lisa Ann Stickney
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Abigail Asimonye	Billy Edogiawerie	Mr Ravinath Kirinde	Mr Adeleke Ojulari	Mr Albert Tobler
Mr Husein Attah	Mr Richard Murray Edwards	Richard Kitson	Mr Bashir Adebawale Oke	Ms Funke Tony-Fadipe
Mrs Audrey Bailey	Mr Roger Essex	Patricia Julia Knock	Ms Olubunmi Arinke Okeowo	Mr M H Tran
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Mr Abtar Bangar	Mrs Zeba Faruqi	Gail Langley	Mr Abayomi Osunsanya	Mr Yayah Turay
Rebecca J Barge	Mr Patrick Fisher	Mr Martin Brown Ledger	Svetlana Oukolova	Mr Emmanuel Twum-Ampofo
Mr Adrian George Eugene Barnard	Mr Simon Fonkwo	Mr Kam Ching Lee	Ureumu Margaret Ovwamuedo	Mr Ross John Udall
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Mr Ahmed Barud	Ms Gillian Francis	Mr Marc Lohrenz	Olasypo David Oyegoke	Manjit S Virdee
Mrs Toni Brewer Battison	Mr James Frater	Mr Samuel Long	Mr Eric Pearce	Ms Miattah Walker
Emmanuel Bediako	Mr David Frost	Miss Valerie Lopez	Mr Graham Leslie Peck	Mr Morris Walker
Catherine J Bensberg	Miss Joanne Garner	Olivia Frances Macauley	Mr Charles Mellish Philipp Jane Pierce	Mr John Stephen Wall
Mr Anthony Berridge	Mr Alan E Gilham	Mr Sinnarajah Manoharan	Martin Postlethwaite	Dr P A Walter
Mr Sukha Biswas	Mr Stephen Senyo Glala	Ms Anastasia Marinopoulou	Mrs Yvonne M Poulson	Mr Stephen Webster
Mr Simon TJ Boulton	Mr Rowland Gordon	Mr Simon Timothy Martin	Mr Marvin Prempeh	H W M Weeden
Ms Anne Braide	Mrs Gemma Greenhalgh	Mr John Francis McDonald	Mr Gregory Pyemont	Clytie B Whiteman-Hoyte
Alison Britton	Ms Toufika Philomena Elias Griffin	Theresa Meck	Mr Alan Quarterman	Joanne Wickens
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Mr Joseph Bude	Mrs Jennifer Elizabeth Gurden	Kenneth Shindler Miet	Mr Dipak Rajani	Austin Williamson
Mr Steven Carey	Mr David J Hann	Mr Clive Ronald Miller	Amine Khan Ramadan	Mr Peter Wren
John Carter	Mrs Polly Ermina Harris	Sherile Ann Mulgrave-Burton	Mr Michael Randall	Mr Aston Wright
	Mr Stephen Harrison	Mrs Francene Mullings	Jack Peter Ratcliffe	Mrs Amal Yaghi
		Ms Yvonne Mundle		Mrs Tayibat Yahaya
		Ms Beula Munemo		Miss G A Young

The 2007/08 honour roll records gifts actually received from 1 August 2007 to 31 July 2008. Gifts received after 1 August 2008 will be recorded in the 2008/09 honour roll.

Get online, get connected



We've improved your alumni website, making it even easier for you to stay connected to your LSBU friends and the University.

You can now use the site to register for LSBU membership*, update your details, apply for an access card and get in contact with your peers.

For data protection reasons, you'll need to opt in to the 'Find a friend' service. So if you want people to be able to get in touch with you, why not log on now and update your status. Go to www.lsbu.ac.uk/alumni to find out more.

* Since 2006, all past students have automatically been made members of the LSBU Association upon graduation.

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Web: www.lsbu.ac.uk/alumni



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