

Connected

London South Bank University
LSBU Association magazine
Issue 7 > Autumn 2009

.....
**Professor
Martin J
Earwicker**

**LSBU's new
Vice Chancellor**
.....

**In search
of excellence**

Research at LSBU
.....

Alumni return for the

Village Fete

.....

To contact the Editor, please write to:

The Editor, *Connected*
London South Bank University
Alumni Office
103 Borough Road
London SE1 0AA
Or email gravesw@lsbu.ac.uk

General alumni enquiries:

020 7815 6712
alumni@lsbu.ac.uk
www.lsbu.ac.uk/alumni

Annual Fund enquiries:

020 7815 6073
tuckeru@lsbu.ac.uk
www.lsbu.ac.uk/about/fundraising

Connected is the magazine for the alumni and friends of London South Bank University which is an amalgamation of the following: Borough Polytechnic Institute, Polytechnic of the South Bank, South Bank Polytechnic, National Bakery School, Brixton School of Building, London County Council School of Building, City of Westminster College, St George's Institute, National College of Heating, Ventilation, Refrigeration and Fan Engineering, Battersea College of Education, Battersea Polytechnic Institute, Battersea Training College of Domestic Sciences, Battersea Training College, South West London College, Central Catering College, Redwood College of Health Studies, Great Ormond Street School of Nursing and South Bank University.

Editor: Wendy Graves

Contributors: Louise Bell / Wendy Graves

Design: Indigo www.indigocreative.co.uk

Photography: Greg Funnel Photography

Connected is published by London South Bank University Alumni Office. The opinions expressed in it are those of the individual contributors and not necessarily those of the University. The next edition of *Connected* will be published in March 2010.

The cover of this publication uses a recycled paper containing 50% recovered waste and 50% virgin fibre, manufactured at a mill accredited with ISO 14001 environmental management standard. The pulp used in this product is bleached using an Elemental Chlorine Free process. The text pages use a recycled paper with 55% recycled fibre from both pre and post-consumer sources, together with 45% virgin Elemental Chlorine fibre from sustainable forests.

Welcome

Inside

- 04 A message from LSBU's
new Vice Chancellor



- 06 News in brief

- 11 Alumni profile
– A long-term view

- 12 Alumni profile
– Making a difference

- 14 Village Fete



- 16 Class notes

- 18 In search of excellence –
Research at LSBU



- 20 Cardio vs weights

- 21 Partnership for success

- 22 Annual Fund marks
first birthday



Welcome from the Editor

Welcome to the autumn issue of *Connected* and a particularly warm welcome to all our new graduates, who will be reading this magazine for the first time.

This is a time of change for the University, bringing with it exciting new opportunities but also some sadness. We have recently waved goodbye to Professor Deian Hopkin who has retired from his role as Vice Chancellor after eight years of commitment and dedication. Deian leaves the University on a sound financial footing, and with a firmly established reputation as a leading provider of lifelong learning opportunities. He will be much missed. However, it is with great happiness I am able to introduce our new Vice Chancellor, Professor Martin Earwicker. In the short time that he has been at LSBU, Martin has already made a considerable impact. Find out more about his plans for the future on page 4.

One of the highlights of the year so far has been the alumni lunch, which was held to coincide with LSBU's Village Fete. It was wonderful to see so many former students, some of whom had travelled from overseas for the occasion. You can view some of the pictures from the day on page 14.

If you have any comments on any of the articles in this issue or contributions for the future, please e-mail alumni@lsbu.ac.uk or call us on 020 7815 7812.

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

Wendy Graves
Alumni Marketing Manager

A message from LSBU's new

Vice Chancellor

First, let me say how delighted I am to be at LSBU. Since 1892, the University has had as its mission to create professional opportunity for all who can benefit from it, and we are proud that we continue to reach out to parts of the community that have never been fully engaged with higher education. I am totally committed to our mission, and feel passionately about it. Indeed, it was this specifically which attracted me to LSBU.

I read physics at Surrey University and my early career, like most of my professional life, has been in applied research. I spent the later part of my career leading research laboratories; most recently as Chief Executive at the Defence Science and Technology Laboratory, one of the largest public sector research laboratories. In my spare time I chair the Board of Farnborough College of Technology, a successful FE and HE college with a very similar mission to LSBU, and I am Vice President of the Royal Academy of Engineering.

Since arriving at LSBU in April this year, I have spent much of my time listening to staff, governors, students and external stakeholders – including key NHS customers, fellow VCs and community leaders – and identifying priority issues. There are many things that we are doing very well, and of which we can be justly proud, but there are also areas where staff have told me we could be doing better.

In conjunction with the Executive, I have written a new corporate plan setting out how we can address these areas. This will help us to achieve our new vision of being ‘the most admired university in the UK for creating professional opportunity, and thus a source of pride for our students, our staff and the communities we serve.’

The plan sets out three priorities on which we need to focus. First, and most importantly, we must put students first by supporting them to achieve academic success and treating them as customers. Second, we must develop a unified culture in which staff (academic and support) and students work together towards a common vision. Third, we must significantly improve our efficiency and effectiveness by empowering our staff. I am pleased to tell you that the Board of Governors has approved the plan, and it will take effect from the start of the new academic year.

The past few months have seen a spate of good news stories for the University. I am proud to announce that LSBU has been ranked in sixth place for graduate starting salaries in The Times Good University Guide 2010, putting us above Cambridge, Warwick and Bristol universities. Many of our courses at LSBU are built around vocational subjects, and focus on giving students the experience they need for their chosen career. Courses such as Law, Accounting and Finance, Nursing and Midwifery, Engineering, Education and Social Work are predominantly accredited by professional, statutory or regulatory bodies and enable our students to enter the workplace with approved qualifications.

LSBU has also received plaudits for our research in Sports Science, rated as being of international standard in the recent RAE (Research Assessment Exercise). It has also been recognised as being the biggest provider of NHS nurses in London.

I am proud to announce that the Faculty of Health and Social Care has been ranked number one in an NHS London League Table for Midwifery, and has achieved third place for Nursing. These high ratings show not only that the Faculty is able to train professionals to perform the roles required to deliver the very best healthcare, but also that it is delivering excellent value for money.

In addition, the Centre for Knowledge Transfer has just announced that two of its Knowledge Transfer Partnership projects have received outstanding grades for innovation and excellence from the KTP Technology Strategy Board programme. The two recently completed projects, which involved academics from the Faculty of Engineering, Science and the Built Environment, achieved an A grade; an accolade only awarded to around 7 per cent of projects. This is a huge achievement for both LSBU academics and the organisations involved. You can read more about Knowledge Transfer Partnerships on page 21.

I was delighted to have the opportunity to introduce myself to some of you at the LSBU Association's Alumni Lunch, which coincided with the Village Fete on 11 July. I am looking forward to future opportunities to meet more of our alumni. I hope you enjoy this edition of Connected, and wish you all the very best in the future.

Professor Martin J Earwicker
Vice Chancellor



News in brief

Bright spark

Engineering and Product Design graduate Ashley Kelly has scooped the 2009 Ideal Home Show's Concept Product Award 2009



Ashley, who graduated in 2008, developed the AllSocket Power Track system for her final year project. The system offers a streamlined way of managing multiple gadgets and appliances by integrating wiring into a skirting board or wall panel.

'AllPlugs', which

replace conventional plugs, can then be slotted in to the distribution system anywhere around the perimeter of the room, giving access to power wherever it's needed.

Like all the best ideas, Ashley's inspiration came from close to home. 'I live in a Victorian house where the wiring is over 70 years old,' she explains. 'I was finding it increasingly frustrating that the position of my furniture and appliances was being dictated by the power points. Having lots of cables and adaptors is really ugly, and it makes it harder to save energy by switching things off.' With the new system, power to one or more appliances can be switched off with a flick of a neat wall-mounted switch, and smart plugs themselves can detect stand-by status.

Ashley is now developing AllSockets and AllPlugs under LSBU's Enterprise Associate Scheme. The Scheme provides support for entrepreneurs while they develop their products and work towards an MSc in Enterprise by Learning Contract. AllSockets is also in contention for a 2009 James Dyson Award.

See AllSockets in action by searching for "Allsocket Concept" at www.youtube.com

High flying

LSBU is ranked sixth for graduate starting salaries in The Times Good University Guide 2010

According to the Guide, LSBU students can expect an average starting salary of £23,469, higher than their counterparts from Cambridge, Warwick and Bristol universities.

Pro Vice Chancellor Dr Phil Cardew puts LSBU's impressive performance down to the emphasis placed on preparing students for the workplace. 'Our aim is to prepare students for their chosen career. We work closely with the professional, statutory and regulatory bodies to make sure we're giving our graduates the knowledge and skills employers want.'

Free training for Southwark residents

LLU+ has been giving Southwark residents the opportunity to gain a valuable teaching qualification – for free

Unemployed parents and carers who live in Southwark are eligible to join this exclusive course, which could lead to qualification as a primary school teaching assistant within a year. The course, which is funded by Southwark Council and forms part of the Southwark Works initiative, will also give trainees without GCSE Maths and English the opportunity to sit national tests in literacy and numeracy.

The course reflects LSBU's commitment to widening participation in learning and helping local people boost their employability. 'This is an excellent opportunity for unemployed mums, dads and carers who want to work with children to build on their parenting skills and develop themselves professionally and personally,' says Foufou Savitsky, Assistant Director of LLU+ and Head of the Family Learning Division.

LLU+ is a national consultancy and professional development centre for those working in literacy, numeracy, dyslexia, family learning and English for Speakers of Other Languages. Based at LSBU, it is the largest professional organisation of its kind in the UK and an international centre of excellence.

LSBU tops NHS London ratings

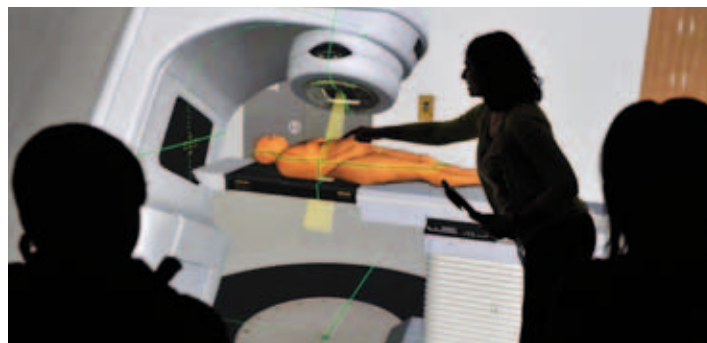
NHS London has rated LSBU top London university for midwifery and third highest for nursing

NHS London's Quality Assurance ratings system was set up in 2008 to make sure universities and colleges are equipping the next generation of healthcare professionals to deliver world-class patient care. The 2009 ratings show that LSBU is not only delivering the highest quality training, it is also providing excellent value for money. The results will now be used to support decisions about future investment in education and training.



VERTual reality

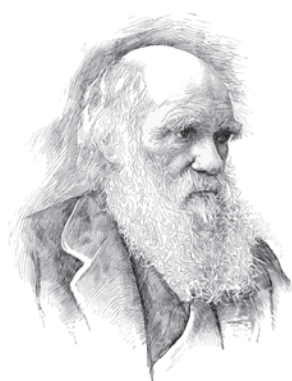
Radiography students at LSBU are looking forward to an exciting new learning experience thanks to a £200,000 Department of Health grant



VERT – Virtual Environment Radiotherapy Training – is an innovative piece of software that generates detailed 3D images of radiotherapy treatment suites via a projector like those used in IMAX cinemas. The image shows everything from the machinery right down to the internal organs of the patient and simulates the actual treatment of patients with cancer.

‘This is a terrific example of how technology can bring learning to life,’ says Health and Social Care Faculty Executive Officer Matt Tinley, part of the team responsible for bringing VERT to LSBU. ‘Students can use VERT to move machinery around, see how treatment beams are positioned and, crucially, analyse the impact of any inaccuracy without putting a real patient at risk.’

Celebrating 200 years of Darwin



LSBU marked the 200th anniversary of Charles Darwin’s birth and the 150th anniversary of the publication of *On the Origins of Species* with an open lecture by renowned biologist Steve Jones

Professor Jones, an expert in genetics at the Galton Laboratory at University College London, tackled the question ‘Have human beings stopped evolving?’ in front of an audience of LSBU staff, students, alumni and members of the public.

In a speech touching on natural selection, genetic mutation and random change, Professor Jones argued that modern living is having a profound effect on our development. ‘With the advent of central heating and plentiful food, we no longer face the same pressures on selection as our ancestors. This is slowing down the potent force of natural selection.’

Rao Bhamidimarri, Executive Dean of the Engineering, Science and the Built Environment Faculty, thanked Professor Jones for a thought-provoking evening. ‘We were honoured to celebrate Charles Darwin with Professor Steve Jones. His lecture was insightful and accessible, especially to those from non-scientific backgrounds.’

Find more our current programme of lectures and events at <https://alumni.lsbu.ac.uk/news/events.aspx>

Catwalk queen



Student fashion designer Sarah Elenany recently launched her debut collection at the trendy Old Truman Brewery in London’s East End

Sarah’s spring/summer collection, produced under the Elenany name, combined Islamic influences with street style, and is already a hit with the capital’s fashionistas.

‘People were actually buying the clothes there and then!’ says Sarah. ‘It was such a relief after working solidly for two months to pull it all together.’

The next steps for Sarah, who is on LSBU’s Enterprise Associate Scheme (see the ‘Bright spark’ story, page 6) is to set up a series of customer events to complement her online sales. ‘I’m also hoping to launch a menswear collection,’ she says. ‘This is a really exciting time for me!’

Check out Sarah’s innovative designs at www.elenany.co.uk

Honour for Professor Sir Deian Hopkin

Deian Hopkin, who stepped down as LSBU’s Vice Chancellor earlier this year, has received a knighthood in the Queen’s Birthday Honours List 2009



The award reflects Professor Hopkin’s outstanding contribution to higher education and the skills agenda. Currently chair of the DCSF Higher Education Profession Board, Vice Chair of the Council for Assisting Refugee Academics, champion of the 14-19 diploma and adviser to government on apprenticeships in higher education, he has served as chair of Universities UK’s Skills Task Force and Vice Chair of London Higher. He also sits on a number of education bodies including Foundation Degree Forward and the Learning and Skills Council and is a trustee of the Institute of Historical Research and patron of several organisations in London.

‘Naturally, I’m delighted,’ says Sir Deian, ‘not least because of the implicit acknowledgment of the invaluable work undertaken by institutions such as LSBU. I’m also pleased that the role of skills in education, so vital to our future economy and the employability of our graduates, is recognised in this award. I am deeply grateful to all those colleagues across the University and beyond who have sent me so many wonderful messages.’

Professor Martin Earwicker, who took office as Vice Chancellor of LSBU in April said: ‘This is a great honour, not just for Deian but also for the University and its pivotal role in creating professional opportunity for its students.’

Meeting The Challenge

Conservative Party leader David Cameron MP came to LSBU to see how local young people are meeting the challenges facing their community



The Challenge is a new initiative run by a team of public and voluntary sector organisations that aims to give young people a chance to develop skills that could get them into university or employment. Pilots are currently running in Southwark, Hammersmith and Fulham, where teams of 16-year-olds are taking part in an intensive three-week Summer Challenge followed by 50 hours' working together on local civic and youth-related issues.

As part of the Summer Challenge, the Southwark team spent five days at LSBU looking at the key challenges facing their community and developing a project that will make a positive difference to local people's lives. At the end of the week, the group was asked to talk about their experiences and present their work to a panel including David Cameron, LSBU Vice Chancellor Professor Martin Earwicker and Peter Cruddas, founder and owner of internet securities dealer CMC and a major donor to The Challenge.

Find out more about The Challenge at www.the-challenge.org



Opening doors

The Faculty of Arts and Human Sciences has received a prestigious London Education Partnership Award for Excellent Professional Practice in Curriculum and Student Support



Principal Law Lecturer Louise Andronicou accepted the award at the Royal Navy College in Greenwich in June. Louise has set up a scheme whereby academics from the Faculty deliver units in either Law or Tourism and Hospitality to students in schools and colleges in and around London, giving students a taste of what it's like to study at degree level. Many go on to enter higher education.

'The award recognises the impact of our innovative outreach work is having in driving recruitment and widening participation,' says Louise Andronicou. 'It's also a formal recognition of the University's core values as a model of excellent practice.' The Faculty is currently working on the design and validation of access and youth access courses run by partner colleges.

Going greener

LSBU has been ranked 38th in this year's People and Planet Green League

Up 18 places compared with last year, the University is now ranked joint third in London with King's College and Queen Mary's, above University College London and Imperial College. LSBU won maximum points for achieving Fairtrade accreditation, employing a full-time Environmental Manager and putting in place formal schemes to promote sustainability.

Going the extra acre

Since September 2008, LSBU has purchased enough products from the Resource brand to save two acres of precious rainforest, locking in some 520 tonnes of CO₂. Resource donates 10 per cent of the proceeds from sales of its coffee to Cool Earth, a charity that buys up rainforest threatened by deforestation. LSBU is committed to saving many more trees through the scheme.

Stop press: LSBU has switched to 'green' office paper with effect from Friday 5 June 2009.



Early birds make better choices

New research shows that students who apply to university earlier in the year are more likely to make a decision that's right for them



Research carried out by LSBU among 502 students applying to universities across the UK through Clearing showed that 56 per cent believed they would have made a different decision or felt more confident about starting university had they made their decision earlier in the year. Nearly one in ten said that they would have chosen a different course.

Rebecca Milne, Head of UK Recruitment at LSBU said: 'This research highlights the problems faced by prospective students when applying to university through Clearing. Many feel pressured to make a quick decision in case courses fill up. Prospective students should know that they can apply to university at any time in the year. This gives them more time to think about their decision, and be sure that they're making the right choice.'

What's the point of marketing?

An award-winning LSBU research paper looks at whether advertising really affects our spending habits



The paper, What's the point of marketing?, shows that despite the considerable sums spent on advertising and promotion, over six years the market shares of most brands remain almost unchanged. Author Charles Graham of LSBU's Ehrenberg Centre for Research in Marketing concludes that habit is more deeply ingrained in our buying behaviour than previously recognised, suggesting that marketers should focus on retaining existing customers rather than attracting new ones.

The paper won the Practitioners' Award, the overall prize for the competitive paper with the most to say to marketers, at this year's Academy of Marketing Conference held in Leeds on Wednesday 8 July.

All-singing, all-dancing Village Fete returns!

Hundreds of people flocked to LSBU to enjoy a bit of countryside in the city at the 2009 Village Fete

Visitors to this year's Village Fete had plenty to keep them occupied, with live music, plenty of hands-on activities and a chance to find out more about the University and its work.

Find out more and see pictures from the day on page 14-15.



Rewarding excellence

Top-rated research leads to a funding boost for LSBU

Following the latest Research Assessment Exercise (RAE) led by the Higher Education Funding Council for England (HEFCE) LSBU research funding has grown by £612,192, to £2,158,116.

The RAE assesses the quality of research submitted by universities. Results are then used to allocate funds for the next five years.

'At a time when many of the London universities have seen cuts, we're delighted to have secured even a moderate increase,' says LSBU's Pro Vice Chancellor Phil Cardew. 'We're particularly pleased that this is due to our research activity being rated so highly by our peers.'

Find out more about LSBU's excellent performance on page 18.

Getting it right from the

start

Michelle Stewart of LSBU's Employers Engagement Unit explains how a new development course is helping careers advisers sharpen up their skills

Ever wished you'd been given better careers guidance before going to university? Could the right steer at the right time have made a big difference? Perhaps, like me, you enrolled on the wrong course, struggled to cope and even considered dropping out.

If so, you're not alone. Research has found that as many as one in ten students in higher education fail to complete their studies. Conversely, it also shows that good advice, from an expert, can make a vital difference to students' futures. But what is being done to equip advisers themselves to offer the right advice to those entering college or university?

Unique accredited training

LSBU's Employer Engagement Unit has been working in partnership with academics from the faculty of Health and Social Care and providers of information, advice and guidance (IAG) to develop a unique accredited post-graduate professional development course called 'Applying to Higher Education'.

Over a period of 13 weeks, advisers look at admission procedures, careers information including the graduate labour market, the effective development and use of online information and advice, and one-to-one guidance through a combination of workshops, on-line material and self directed learning. All aspects of the course are underpinned by reference to the theory of career choice and models of guidance, and assignments are clearly work-related.

Positive feedback

By early June 2009, an enthusiastic cohort of advisers from a range of IAG providers across England, including Connexions, colleges and schools, had successfully completed the first pilot course. A second cohort from Cumbria is now under way, and a third have already reserved places on the next course which begins in October 2009.

Feedback from students and employers has been very positive. If better advice can lead to lower drop-out rates, it has significant benefits to offer both to individual students and to the wider economy.

Need some advice?

LSBU alumni can carry on using the Careers Service for up to two years after graduation. Find out more about the help and guidance on offer at www.lsbu.ac.uk/clsd/jobshopandcareers

For more information about the Applying to Higher Education programme, contact Michelle Stewart at Stewarm3@lsbu.ac.uk

A long-term

As CEO of the charity Wildlife Clubs of Kenya, LSBU masters graduate Margaret Otieno is using her strategic skills to shape a new generation of environmentally conscious citizens

view

Rising to the challenge

'I learned so much through studying at LSBU. Personally, it was a really challenging time. I'd just had a baby, and I was caring for my sister's five children and my mother. There were times when I felt like giving up, but my personal tutor and supervisor kept me going.

'In Kenya, students are focused on getting the 'right' answer. LSBU encouraged me to think for myself and really test my theories and ideas. I still look back at my course work now. The strategic thinking skills I gained are so valuable in my day-to-day work.

A passion for conservation

'I've been a member of the Wildlife Clubs of Kenya since I was at school. It offered so many learning opportunities – I never missed a function or a camping trip! Belonging to the club inspired me to start reading about the environment and conservation and my interest just grew and grew.

Shaping the next generation

'I believe that educating young people about the environment is essential if countries like Kenya are to develop without destroying the environment. Our aim is to give young people the knowledge and organisational ability they need to bring about real change. The Wildlife Club's motto is "Learn to conserve for a better tomorrow". That pretty much sums it up.

Time to act

'For our organisation, the main challenge is to really bring home to people how complex and far-reaching the issues are and to show them that conservation is inextricably linked with lives and livelihoods. Protecting the environment isn't just about planting trees. We have to find ways to grow that are sustainable in the long-term, but we also need to take urgent action. There are almost 200 species on the endangered list in Kenya, and the time to act is now.

An active role

'The challenges we face are huge, but I'm still optimistic about the future. I want to see global stakeholders listening to the scientists – and to their consciences – and agreeing to act together. Now I want to study for a PhD in sustainability, equality and diversity, so that I can play an active role in that debate.'

Wildlife Clubs of Kenya

Wildlife Clubs of Kenya (WCK) is a charitable NGO formed in 1968. Today, WCK provides conservation education in over 2,000 Kenyan schools. It also runs its own Centre for Tourism Training and Research, which both generates income and provides opportunities for club members interested in pursuing careers in conservation and tourism, and runs special programmes for people living in the country's key eco-systems. WCK's aim is to share knowledge and stimulate interest in wildlife, conservation and biodiversity in order to promote sustainable development and conserve the natural environment for future generations.

Margaret's CV

1991 Graduates from Nairobi University with a BA in Sociology and joins Anglican Church of Kenya as Development Facilitator

1995 Joins Elsamere Conservation Trust, training teachers in environmental education and running programmes for schools and the community

1999 Enrols as long distance student on LSBU's MSc in Environmental and Development Education

2005 Joins the African Fund for Endangered Wildlife with a remit to raise awareness of endangered species

2008 Becomes CEO of Wildlife Clubs of Kenya

Making a difference



Ask Stephen Ssejjemba what prompted him to leave his stable job and comfortable home in Uganda and fly to other side of the world and he doesn't hesitate for a moment. 'I wanted to make a difference,' he says. 'I felt that by developing my own skills and expanding my horizons I could make a bigger contribution to society.'

But Stephen's adventure was very nearly over before it began, when the plane carrying him and his fellow passengers to the UK was involved in a crash. For Stephen, the traumatic experience further strengthened his determination to lead a worthwhile life. 'Of course, it was terrifying,' he says. 'But I stayed calm. I felt, "If this is the end of my life I can't do anything about it." I spent the time thinking about what I'd done, what I'd achieved so far. Afterwards, I felt like I'd been given a second chance and I didn't want to waste a second.'

Applied thinking

Initially, Stephen settled in Lancaster where he studied for an MBA. He is quick to admit that a high-powered business course was perhaps not the obvious choice for someone with such altruistic aims. 'Traditionally, MBAs have focused on maximising profit, but that era has to end,' he says. 'That model, that way of thinking is no longer relevant. I spent a long time searching for a course that would help me develop my business skills but also equip me to make a contribution to the community.'

Fittingly, Stephen's first job after leaving Lancaster, as a planner with Brighton and Hove Council brought together both these strands. 'I think some of my fellow students thought I was crazy, but I saw an opportunity to apply my strategic thinking to issues that made a real difference to people's lives,' he explains. 'That was very appealing to me.' The role also gave Stephen the freedom to pursue his studies, and he enrolled in a part-time masters in Planning Policy and Practice at LSBU.

'The timing was perfect,' he says. 'The LSBU course was the first to properly respond to the challenges set out in the 2004 Planning Act and to reflect new ideas and ways of thinking about planning. I learned so much, about project management, about the influence of politics, and about how we as planners can help to protect the environment and build sustainable communities.'

Breaking down boundaries

Stephen has now been in his current job as senior planning officer at Birmingham City Council for a year. Hot on the heels of its high profile redevelopment of Birmingham's controversial 1960s city centre, the team is looking at ways of regenerating local urban centres and housing estates and creating new training and job opportunities. Stephen believes that local people should be involved

.....

LSBU alumni Stephen Ssejjemba is committed to making the world a better place – one community at a time

.....

.....

‘I believe that the work we’re doing here to minimise climate change and build sustainable communities truly does affect the rest of the world.’

.....

in decisions about their own future. ‘We’ve invited some young people to form a focus group. Every couple of months I sit down with them and listen to what they say. As well as feeding into my work, it’s also a great way of raising awareness of planning as a career.’

For anyone who, like him, is committed to making a difference, Stephen believes that a career in planning opens up a whole world of opportunities. ‘When I was sitting in that plane, wondering if I would survive, one of the things I realised was that ultimately we are all the same. There are no boundaries between us. People sometimes ask me why I don’t take my skills back to Uganda, but I believe that the work we’re doing here to minimise climate change and build sustainable communities truly does affect the rest of the world.’





All together now

July saw past, present and potential future LSBU students joining in celebrations at our Southwark campus

The LSBU Association made sure it was a double celebration by holding its annual alumni reunion on Saturday 11 July, the same day as the University's popular Village Fete. Around 130 former students congregated in the café area of the Keyworth centre to reminisce, while friends and family took advantage of the many activities on offer at the Fete.

LSBU's new Vice Chancellor Professor Martin Earwicker welcomed alumni with a speech in which he highlighted recent changes at the University and harked back to his own student days at Battersea College, drawing loud cheers – or were they jeers?! – from a section of the audience.

Following a convivial lunch, alumni explored display boards showcasing photographs and quirky memorabilia from the LSBU archives. These included photographs of student accommodation from the 1970s, which one guest described as being 'like a palace!' and back copies of student magazines giving a vivid insight into the lives of students in decades past.

Meanwhile, Keyworth and Ontario Street were transformed with fresh grass and hay bales, setting the scene for another highly successful Village Fete. Visitors had plenty to keep them occupied, including a petting zoo with chickens, ducks and rabbits, face painting, bag and bunting workshops, breakdancing for beginners and African drumming (especially for little ones that like to make a noise!). Audience participation came courtesy of the Dulwich Ukelele Club, while those who preferred to spectate could grab a drink, a snack and a deckchair and enjoy live performances by the Deptford Chorale, the South London Jazz Orchestra and the Southwark Concert Band.

LSBU staff were out in strength, including a team from the Faculty of Health and Social Care who gave first-aid demonstrations and plates of free fruit to help everybody along towards their 5-a-day. Other organisations taking part included the Territorial Army. 'This is a great opportunity for us to emphasise our links with the local community,' said Second Lieutenant Chidi Nwaonu.

We've selected a few pictures to give a flavour of the event. To see more, go to <http://alumni.lsbu.ac.uk>.

The LSBU Association would like to thank everyone who helped to make the Village Fete such a success and to those alumni who came to enjoy the reunion.



Want to get together?

We're currently planning a programme of alumni events and reunions for the coming year, and we'd love to hear your ideas. Want to catch up with people from your Faculty or course, or share experiences with contemporaries from your graduation year? Interested in free lectures, or just want a space where you can catch up and network with old friends? Send us your suggestions at alumni@lsbu.ac.uk or LSBU Association, 103 Borough Road, London, SE1 0AA. We look forward to hearing from you.

Alternatively, if you're planning your own get-together, why not let us help? Go to the alumni website at <http://alumni.lsbu.ac.uk> to read our top tips for organising a reunion, or call us on 020 7815 6712 and we'll send you a copy in the post.



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!

.....

Alan Doerr

BSc (Hons) Computer Aided Design, 2008

I graduated with first-class honours, and was awarded the Academia Prize at the ESBE prize-giving ceremony. My final year project involved designing, developing and manufacturing unique prototype machinery for the production of a novel food product. I now work as a Design Engineer for the research and development team at Unilever Foods.

Abdul Rasheed Muhammad Arafath

BSc (Hons) Business Information Technology, 2008

After graduating in July 2008, I started work as a volunteer ICT technician. Soon I landed a good job in Tottenham as an ICT System Networks Administrator. I have to thank LSBU for developing my career and confidence and, in particular, my personal supervisor Dr Safiya Barikzai for giving me such good support.

Isaac Adjei

BA (Hons) Accounting and Finance, 2006

I joined the National Grid graduate training scheme in September 2006. I've recently completed six enjoyable months in the Commercial Strategy team and am now starting a placement as an energy analyst within the Forecasting Strategy Team in Wokingham.

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 convinced that my educational and cultural experience at LSBU has contributed to my success so far, so thanks LSBU!

Ioannis Papadimitriou

BA (Hons) Business Administration, 2001

I got married in May 2008. For three years now my wife and I have been running the successful travel agency I started from scratch.

Ngozi Lawrence Beckley-Lines

BSc Mathematics, 1997

I have an amazing job working on very high profile projects within the Ministry of Justice.

Peter Jones

BEng (Hons) Energy Engineering, 1995

After graduating in 1995 with a BEng (Hons) in Energy Engineering, I made over 100 job applications and got just one offer of work as an Assistant Mechanical Engineer. Over the next 10 years, I worked for several companies before starting my own in 2006. The next two years was a frightening, but rewarding journey. This year, I became chartered and MCIBSE. Having a degree from LSBU has really helped me out there. I am now an associate partner with Kut partnership and looking forward to the future.

Graham Harris

BEd (Hons) Educational Studies, 1993

I've been a senior lecturer in Adult Nursing at Anglia Ruskin University for many years. I recently made a career change, and am now back in clinical practice.

Cynthia Spicer

MSc Public Services Management, 1992

I worked for Kent County Council before going on to manage services for Age Concern for seven very happy years. I also set up Medway Older Peoples Partnership, and spent 10 years as chair. I retired in 2006.

Dorothy Beal

BEd (Hons) Education, 1991

Since September 2008 I've been working part-time, after working full-time since 1992. I have a second home in France which I go to as often as possible.

Antony Jon Deighton

BSc (Hons) Mathematics & Computer Science, 1980

After graduating I went to work for British Gas as a programmer, ending up in the department responsible for negotiating long-term gas purchase agreements. From there, I moved to work for an oil company (gamekeeper turned poacher!) and, following a few more job changes, ended up as Commercial Director at ConocoPhillips. I left Conoco a few years ago and set up my own consultancy company, providing commercial consultancy services to oil companies around the world. I've got two almost grown-up children (21 and 19), and life is good!

William Fox

BSc (Hons) Estate Management, 1976

I had a series of senior property roles with multi-site retail companies like Grand Metropolitan (now Diageo), Kingsfisher and the Berkeley Group. I am now working as a consultant.

Rodger Gill Jenkinson

BSc Sociology, 1970

After leaving university, I ran the family hotel for a decade. I was a Jaguar sales manager for Lincolnshire for three years. I then spent 23 years working as a sales manager for a Dutch plastic company, and have now retired.

Alan Knight

Diploma Building Services Engineering, 1963

I worked for Drake and Small Engineering until 1969 as an executive engineer. I then spent one year with CITB as a training adviser, then nearly 40 years with Hoare Lea rising to chairman and senior partner.

In search of excellen

**An annual survey of the UK's universities reflects
LSBU's growing reputation for world-class research**

Remarkable results

Each year, the Higher Education Funding Council (HEFCE) carries out a Research Assessment Exercise designed to assess the quality of research being carried out in the UK's universities. The 2008 assessment places LSBU 68th overall out of 132 universities surveyed – a remarkable result for such a new institution and one which, traditionally, has primarily been a teaching university.

'We submitted nine areas of research to HEFCE,' explains Head of Research Dr Ed Tinley. 'They ranged from well-established areas like Social Policy and Engineering to completely new fields like Communications, Culture and Media. Just under 10 per cent of our research was rated "World Leading" and over 40 per cent "Internationally Excellent". Our Social Policy research ranks among the top 15 in the country, and General Engineering is among the top 20.'

Looking to the future

The results are not only a testament to the talent and dedication of the University's researchers; they also bode well for the future of research at LSBU, since the HEFCE ratings will be used to determine the allocation of research funding over the next five years.

'Research is integral to the continued development and success of this University,' says Vice Chancellor Professor Martin Earwicker. 'It informs our teaching, benefits our students and enables us to continue making a significant contribution to the UK economy.'

The following short case studies show how research teams around the University are tackling real-life challenges, focusing on finding practical solutions that will change people's lives for the better not only in London and the UK but around the world.

World class research: the highlights

- LSBU now ranks 68th out of 132 universities, significantly higher than in 2001
- 15 per cent of research in Social Policy is 'world-class'
- Engineering research ranks in the top 20 in the UK
- Seven out of the nine research projects in Sport and Communications, Culture and Media Studies ranked 'world-class'
- LSBU's research funding allocation for 2009/10 up by over £600,000 to £2.15 million

Source: HEFCE Research Assessment Exercise 2008, available at www.rae.ac.uk

**'Research is integral to the continued
development and success of this University.'
Vice Chancellor Professor Martin Earwicker**

Find out more

Find out more about LSBU's research activities at www.lsbu.ac.uk/rbdo/external/research/research.shtml You can also download Research 2008 which includes the case studies summarised above plus a range of other examples of LSBU research in practice.

ce



In practice: a question of sport

With London due to host the 2012 Olympics, sporting excellence is high on the agenda. Dr Jo Bowtell is leading a team from LSBU's Sport and Exercise Science Research Group in developing a technique for identifying which athletes are best-suited to power or endurance sports.

Nine endurance and six strength athletes were asked to perform sets of knee extensions to the point of exhaustion, with each set followed by isometric contractions. The team then used electromyography (EMG) to measure the electrical activity in the exercising muscles, and a novel analytical technique to quantify muscle fatigue.

'Muscle fatigue is an important factor in exercise performance,' explains Dr Bowtell. 'It depends partly on innate characteristics such as the distribution of different types of muscle fibre. The exercise showed that strength athletes were much quicker to fatigue. It showed us that we can rely on EMG indices to distinguish between the two types of athletes, and provides us with information that can then be used to monitor performance, adapt training and even identify the successful athletes of the future.'



In practice: peer power

When it comes to helping vulnerable young people, no one is better placed to offer the right kind of advice and guidance than young people themselves. That's why organisations working with under-18s are increasingly looking to their client base to help develop policies and deliver programmes.

Researchers at LSBU have been working with the Fostering Network on a Big Lottery-funded project looking at how to involve young people with experience of the foster care system in all aspects of its work, from strategic planning to organising activities and training. The project, which began in November 2007, now has six young project workers and hundreds of volunteers across the country.

'Using young people to help deliver fostering services is a completely new venture for Fostering Network,' says LSBU's Dr Tracey Reynolds. 'Now young people are contributing to the organisation at all levels through forums, activity days and newsletters. It's really empowering them.' Dr Reynolds and her team are now running workshops to help young project workers and volunteers develop their evaluation and research skills, and developing a tool-kit and guide so that lessons from the project can be shared with other organisations.



In practice: early diagnosis saves lives

Malaria is one of the biggest killers in Sub-Saharan Africa and can be difficult to identify. Researchers at LSBU have designed a tool that could aid earlier diagnosis and help save thousands of lives.

There are an estimated 500 million new cases of malaria every year, with more than a million deaths worldwide. Of these, 90 per cent occur in Africa, where around 800,000 victims are children. Treated promptly and appropriately, though, malaria is eminently curable.

'Managing malaria relies on prompt diagnosis,' says Professor Phillip Burrell of LSBU's Faculty of Business. 'Current diagnostic tools often fail due to weather conditions, lack of electricity or even just a qualified person to read the test results.'

Professor Burrell has therefore developed an Intelligent Decision Support System for diagnosing malaria and typhoid fever. The patient and an observer answer a series of questions about signs and symptoms, building up an evidence base that can then be used to help make an informed diagnosis.

The system is designed to run on the laptops provided by the One Laptop Per Child project. The computers are powered by either wind-up crank or solar panel, and can be used anywhere in the world. Professor Burrell and his team are now looking at developing systems for diagnosing other prolific disease such as meningitis and pneumonia.

Cardio vs weights



.....

When it comes to weight loss, there can only be one winner. But which takes the title, cardio or weights? LSBU's fitness guru Leon Marshall puts the challengers through their paces

.....

'As a fitness trainer, this is definitely one of my most frequently-asked questions, and my answer is always the same. But before I tell you what it is, let's meet the contenders.

'Over in the red corner, we have cardio, also known as cardiovascular exercise or aerobic training. Cardio exercises, like running, skipping, rowing, walking and swimming, can burn a lot of calories, especially if performed at a high intensity. For example, running on a treadmill for 20 minutes can burn up to 250 calories – equivalent to a Mars Bar!

'Most people who want to lose weight start by boosting their levels of cardio activity. At its simplest, to lose weight you need to burn more calories than you're taking in. Cardiovascular exercise can certainly help you do that.

'In the blue corner we have weights, also known as weight training, resistance training or strength training. Weight training, such as exercises with dumbbells, barbells or resistance machines, will increase muscle mass. Muscles are highly metabolically active, meaning they constantly burn calories. For every additional pound of muscle you gain from weight training, your body will burn up to 50 extra calories per day.

'A typical weight training session lasting around 20 minutes could burn up to 160 calories, on the face of it much less than 20 minutes on the treadmill. But the great thing about weights is that your muscles will go on burning calories after the session, throughout the day and even while you're sleeping! Cardio won't have the same effect because it mainly works your heart and lungs. Burning calories while you're watching TV might sound too good to be true, but it isn't!

'So, to get back to the original question, which type of exercise offers the most effective way of losing weight? Clearly, both forms of exercise are great for helping you shed the pounds. So why stick to just one? The answer I always give is, "Do both!"

'Female clients sometimes worry that weights will make them too bulky, but they won't. Women just don't have the testosterone to bulk up like a man. Plus, women who do cardio and weights actually look leaner and fitter than women who just do cardio. A carefully constructed weight training programme plus high-intensity cardio program is the best way to lose weight and tone up. So whether you're Arnie or Annie, the message is simple: go for it!'

Partnership for

Success

.....

Knowledge Transfer Partnerships bring businesses and universities together, promoting innovation, boosting competitiveness and delivering tangible results

.....



Find out more

KTPs at LSBU are run by the Centre for Knowledge Transfer. You can read more about how the scheme works and get details of current projects – ranging from charities to building services to IT – at www.ktp-lsbu.co.uk

Over the past 12 years, LSBU has been involved in over 100 Knowledge Transfer Partnerships (KTPs), making us one of the top three KTP partners in the UK and by far the largest in the Greater London area. Where a business has an innovative idea, but lacks the expertise or resources to make it happen, a KTP can provide access to the right knowledge and skills, human resources and funding.

KTPs work by bringing together businesses with a strategic project in mind with a graduate student (or KTP Associate) with relevant experience. The Associate draws on expert academic support from their university, while the government's Technology Strategy Board provides between a third and a half of the project costs. Typically, projects last for between two and three years.

Theory and practice

LSBU masters graduate Georgia Zepidou is now in the third year of a KTP with London-based acoustic consultancy Sound Research Laboratories. 'I first came to London to study architectural acoustics,' she says. 'That led me on to looking at noise exposure and how it affects musicians. As a classical musician myself, I know how big an issue it can be. Musicians in an orchestra pit are so close together, and you can't turn down the volume on, say, a trumpet or trombone.'

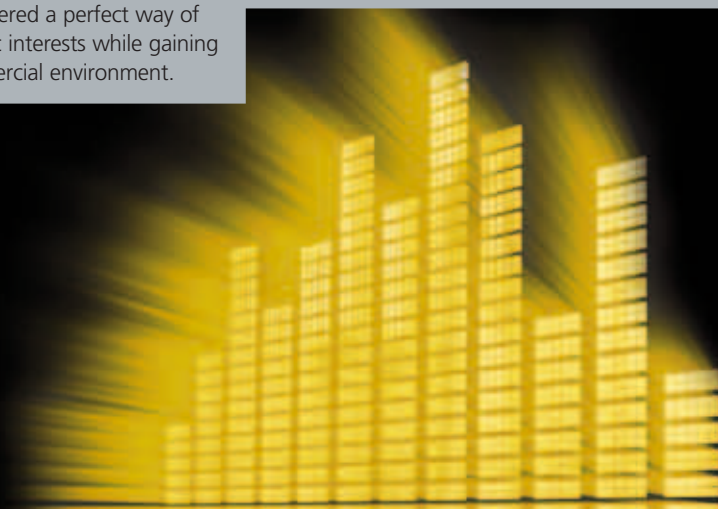
For Georgia, a KTP offered a perfect way of pursuing her academic interests while gaining experience in a commercial environment.

The project she is working on involves looking for ways to reduce and mitigate noise exposure. 'I'm working with the Royal Academy of Music, assessing the scale of the problem for different types of musician and looking for practical solutions. We can't eliminate the problem, but sometimes a very simple change – like rehearsing in a larger room – can make a big difference.'

Clear benefits

Georgia is also working with her academic partners at LSBU to develop new acoustic materials and techniques. 'Musicians always rehearse in front of a mirror, so we've developed one that absorbs sound rather than bouncing it straight back into the room,' she explains. An ultra-thin reflective layer allows sound to penetrate before being absorbed by a thick mineral wool backing. Another project involves developing screens for the orchestra pit that will function as music stands and, again, absorb rather than reflect sound.

Georgia believes that the partnership with Sound Research Laboratories is delivering clear benefits for everyone involved. 'For the University, it's led to the development of a patented product. For SRL, the knowledge and expertise I'm gaining is enhancing their consultancy offer. And for me, it means the freedom to pursue my interests and do the kind of work I want to do.'



Annual Fund marks

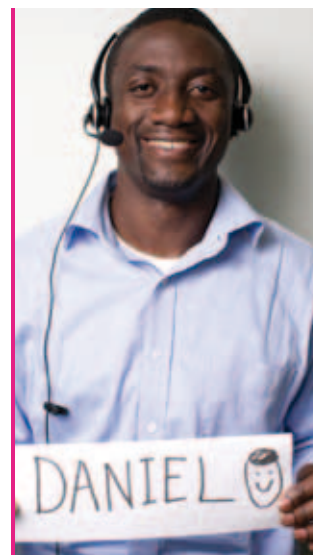
first birthday

In total, the Fund received an extraordinary 1,000 individual donations, well above the average for UK universities and amongst the very highest levels of participation among LSBU's counterparts. The remarkable generosity of our alumni clearly demonstrates the deep affection in which you hold LSBU and its predecessor organisations, and your understanding of the need to support this vital institution and its exceptional students. Thank you.

Getting connected

The majority of the 1,000 donations came through the University's new Connection Centre. A dozen student callers worked in shifts, calling for four evenings a week from September to May. They spoke to nearly 13,000 alumni, making this the biggest programme of personal communication in the University's history.

For student caller Ana Marulanda, her time at the Centre proved a highly rewarding experience. 'As a current student, it's been great to talk to LSBU alumni. I've learned so much about what it was like to be a student at LSBU over the last 50 years. Whether they've given or not, people have been generous with their time and their memories. I'm definitely going to do this again in the autumn.'



Looking ahead

The 2009/10 Annual Fund programme is now underway, with the aim this year of raising money for scholarships. 'With rises in tuition fees and uncertainty over employment, it's vital that we're able to reduce the financial burden on our students,' says Vice Chancellor, Professor Martin Earwicker. 'Scholarships enable us to support those who have the academic skills for a university education, but not the funds. By ensuring that their talents are fully developed, we're also supporting those students' communities and the wider economy.'

Our student callers will be in touch over the next few months. They will be asking those that are able to make a monthly donation by direct debit. Direct debit payments help us reduce our costs and plan for the future. A monthly donation of £22.22 (with Gift Aid and match funding) is worth £500 a year towards a scholarship to support a student. Many of this year's student callers will be back to call again this autumn – they look forward to talking with you.

Grow £6 into £15 – for free

Under the new Higher Education Gift Matching Scheme, the government will match gifts made to higher education institutions like LSBU. For every £10 you give to LSBU the government will give us a further £5. With Gift Aid, the actual cost to you of your £10 gift is £8 (or just £6 for higher rate taxpayers).

Under the scheme, which runs until 31 July 2011, LSBU is entitled to claim up to £1.35 million; but we can only do this with your help. To claim the maximum amount of match funding, we need to raise a total of £2.7 million. So far, the total stands at almost £1 million, leaving us with less than two years to raise a further £1.7 million. This really is a fantastic opportunity – please help us to make the most of it.

At the end of July, the University's first full-year Annual Fund programme came to an end, having raised almost £300,000. The heartfelt thanks of the University and its students go to all of our donors

The 2008/09 Annual Fund – making a real difference

Over the past year your generous support has enabled us to fund scholarships for 20 alumni – talented individuals like Laura Cavill, who wouldn't otherwise be able to pay for higher education. The Fund is also giving our libraries a boost, buying extra copies of in-demand books and adding new titles to our collection.

Laura Cavill and Helen Preston: The Esmond Robinson Scholarship

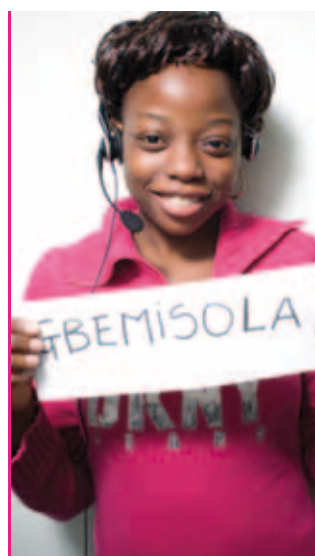
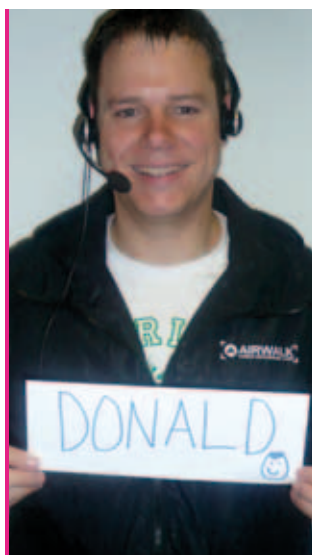
The Esmond Robinson scholarship is funded by Helen Preston in memory of her son, and funds a place on the University's highly regarded MSc in Addiction Psychology and Counselling. 'Having overcome his early problems with drugs, Esmond devoted the last drug-free part of his life to helping addicts free themselves from their habits,' explains Helen. 'I want this scholarship to enable the work that Esmond was doing to continue by providing opportunities for students who've been accepted on to the course but who can't afford to fund it themselves.'

The first recipient of the Esmond Robinson Scholarship is Laura Cavill who herself spent 20 years battling drugs and alcohol. She hopes that by taking the course, she will be able to help others turn their lives around. 'I'm delighted to have been given this opportunity,' she says. 'I woke up one day and thought "I can't go on like this". I knew then that it was time to change my life. Doing a degree like this is something I would never have dreamed of, but now I have this opportunity to create a better future for myself and other people.'

This year's publication for donors, With Our Thanks, contains a selection of stories from people like Laura who have benefited from the Annual Fund, and includes a full list of donors.

Find out more

For more information about the match funding programme or to make a donation, please contact Ulysses Tucker Jr. at tuckeru@lsbu.ac.uk or 020 7815 6073.



The **LSBU GIFT SHOP** offers a range of quality gifts, clothing and commemorative items, all available online at **www.lsbushop.co.uk**

Clothing
Photo frames
Pen sets
Graduation bear
Business card holders
Lapel pins
Mugs
Key rings