

Connected

London South Bank University
LSBU Association magazine
Issue 8 > Spring 2010



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David Lan

A new direction
.....

**The power
of social
networking**
.....

Camila Batmanghelidjh

All you need is love

Welcome

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Welcome from the Editor



Welcome to the spring issue of *Connected*, your LSBU alumni magazine. If this is the first time you have received *Connected*, then hello and welcome to your alumni association's magazine. Once again this issue is packed with success stories of our alumni, tips and advice on a range of subjects and a roundup of all the news happening across the University

In this issue we have had the privilege to interview the inspirational LSBU Honorary Graduate Camila Batmanghelidjh about her devotion to helping the capital's most vulnerable children. We talk to David Lan, who is also a recent Honorary Graduate about life as an actor, playwright, filmmaker, social anthropologist, director, and now leader of one of the country's most dynamic theatres, the Young Vic.

We like to celebrate the success of our alumni and on page 18 we interview Mandie Lavin on her role as Director of the Bar Standards Board. Our alumni are very supportive and engaged and this is shown by Mandie's eagerness to share with you her tips on how to build a successful career.

We hope you enjoy reading this issue and look forward to hearing your stories to include in future issues.

Wendy Graves
Alumni Marketing Manager

Welcome from the Vice Chancellor



We have much to celebrate since our last edition. At the beginning of 2010, LSBU was the top university in the UK for Knowledge Transfer Partnerships, a nationwide programme enabling businesses to improve their competitiveness, productivity and performance. The range of business sectors and projects the University is engaged with is impressive and spans the construction, manufacturing, energy, environmental, food, financial, not for profit, ICT, health and creative industries sectors. We manage high profile projects with national organisations such as the Royal National Institute for the Deaf. This is also, to the best of our knowledge, the highest KTP portfolio value of any HEI in the UK

I am pleased to report that the delivery of our new Corporate Plan, Students First, is progressing well. Our most important priority is to put students at the forefront of all we do, by supporting them to achieve academic success. The Government's recently published "Higher Ambitions: the future of universities in a knowledge economy", reinforced the assumptions we made in setting the direction for LSBU that the world of higher education will become more open and competitive with both private and public suppliers competing for students, business and government funds. Our plan addresses this by focusing on students as customers so they receive excellent academic and pastoral support.

The opening of our new academic building on Keyworth Street has helped to strengthen our offering to students. In particular, the new skills laboratories (simulation suites of real hospital situations) for nursing and allied health professions further enhance the quality of our health provision. This building is the culmination of a five-year £50 million estates development.

In response to student feedback, a new Registry function will sit alongside a new Student Advice & Guidance Centre, which will pull together existing centrally provided student support into a "one-stop-shop" facility for students. This model will be developed in space on the ground floor of the Technopark building, and we hope to have both these services fully functioning for the start of the 2010/11 academic year.

We are proud that we continue to be a national leader in widening educational participation, helping 'hard to reach' groups in society to access the skills and professional opportunities that will enrich their lives and prepare them for employment in the modern world. To enhance student achievement, a University STAR (Student Transition and Retention) Board has been established to help us develop ways to track student participation so that potential issues can be addressed early.

A Student Shadowing Programme is also being run by the Staff Development Unit for the University's Senior Managers. The programme matches senior managers with student volunteers who they spend a day with at the University. Feedback so far has been very positive and the experiences have provided valuable insight into the student experience for the managers who are key to the delivery of our corporate plan.

Finally, I would like to say how delighted I am to be at LSBU. I am particularly grateful for the commitment and support which I have experienced from staff since I joined the University in April 2009. We face a difficult period ahead and we have already seen many changes in the external environment (recent University budget cuts), but I am proud of the way LSBU has responded and of what has been achieved since my arrival.

We look to the future with renewed confidence based on the awareness that teamwork and collective endeavour will help the university, its staff and students, to flourish. In our journey, 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, my very best wishes to you all.

Professor Martin J Earwicker
Vice Chancellor

'Her courage in going where others fear to tread and her unwavering belief in the power of the individual to transform their lives has helped thousands of disadvantaged children move back into education and employment.'

Citation, LSBU honorary degree ceremony, 2009



Kids Company: the facts

Kids Company delivers wrap-around services to 2,500 abused and neglected young people through its three drop-in centres and therapy centre. It also provides therapeutic and social services for 11,500 children in over 30 London schools. Around a third of the charity's annual budget comes from government, with the rest provided by corporate and individual donors and trusts.

Of the children and young people coming to Kids Company for help, 84 per cent face homelessness, 82 per cent have problems with substance misuse, 87 per cent have emotional difficulties and mental health problems, and 81 per cent have been involved in criminal

activity, in many cases so that they can get money to feed and clothe younger siblings.

Research carried out by the University of London in 2008 found that 81 per cent of children and young people supported by Kids Company were reintegrated in education, training or employment and that 89 per cent moved away from crime. 150 young people from Kids Company are currently at college, including 90 at university.

The average cost of helping one vulnerable child is £8,500 a year; the cost of dealing with a child once they enter the criminal justice system ranges from £40,000 to £280,000.

Find out more at www.kidsco.org.uk

All you need is

love

Camila Batmanghelidjh, who was awarded a fellowship in LSBU's 2009 honorary awards ceremony, has devoted her life to helping the kind of children many of us would cross the street to avoid. 'I joke with the 17-year-old who thinks he's the biggest thug in Peckham,' she says. 'At heart, they're just little boys who need some love and care'

Today, through her Peckham-based charity Kids Company, she offers that love and care to around 14,000 of the capital's most vulnerable children, helping them to start rebuilding their shattered lives. Perhaps unsurprisingly, the work is all-consuming.

As the charity has grown, Camila's role has expanded with it and she now spends a significant amount of time fundraising and dealing with the media. But working with children remains her number one priority. 'The only way I can do it all is by working til 11pm!' she says. 'I'm personally responsible for about 10 of our most disturbed children. We keep in touch by phone, and I try to see one or two of them each day.'

New challenges

The challenges the charity faces have also changed over the last 13 years. 'When we started out in 1996, the firearms were in the hands of the drug dealers,' Camila explains. 'As long as I didn't upset him, there wouldn't be any trouble. Now guns are in the hands of much younger children. The level of harm that young people can cause to themselves and each other has escalated dramatically.'

Nevertheless, the principles underpinning the work of Kids Company remain the same. 'I'm not scared of any of the children that come here,' Camila says, 'no matter how violent or disturbed they may be. I look for the child in every one, and I love them. And because they know that, they'll open up and share their vulnerabilities. They guide me as to how best I can help them.'

Long-term support

Such an approach requires a commitment to working with each child long term. 'I've spent six years working with one of my current children,' says Camila. 'When she first came, she'd slam her head against the pavement for an hour at a time. Now we've got to the stage where I can take her to the theatre and she can sit still and enjoy the show. Before we used to have to book a box so that I could play-fight with her during the performance to help her let off steam.'

Theatre trips form just one small part of the range of support on offer. 'When children have suffered trauma, they need to rediscover their desire for living,' Camila explains. 'Giving up on life is the one area where they feel they can take control. We take them swimming, to amusement arcades, to museums. We're looking for the thing that captures their imagination and makes them feel like there's something to live for again.'

At the same time, Camila and her team are also providing practical day-to-day support. 'We buy underwear and toothbrushes, we take kids to the doctor, we go to school meetings and we feed 2,000 children each week,' she says. 'We're basically doing what their parents would love to be able to do for them – and, where possible, we're working with the parents as well to get them functioning again as a family unit.'

Personal space

Working as she does from 8am til midnight, seven days a week, it is perhaps not surprising that Camila has, in her own words, 'no

conventional private life'. Nevertheless, her home is enormously important to her. 'It's tiny, but it's very bright with stained glass and handpainted walls, and I love it,' she says. 'I don't have children myself and that suits me. The last thing I'd want to see in my own house is a child!'

For Camila, Kids Company is a vocation, pure and simple. 'I was born knowing that this was what I wanted to do,' she says. 'By the age of nine I'd started reading psychological journals and I'd told my parents I was going to open an orphanage.' That vision hasn't altered since, and neither has her commitment; between them, Camila and her team have raised around £50 million and she has twice remortgaged her flat to keep the charity afloat. 'It doesn't feel like a sacrifice,' she says. 'When I'm with the children it truly is like a meeting of souls.'

Measuring success

Increasingly, mainstream children's services are recognising the value of Camila's wrap-around approach. 'When I first set up Kids Company, people thought I was mad. But we've had 15 evaluations in the past 13 years and it's clear that what we're doing here works.' As a result, Kids Company's therapeutic model is now being duplicated in pilot schemes in Essex, Kent and Glasgow, and there are plans for wider roll-out. 'For me, success means enabling a child to become part of the community again,' says Camila. 'I want them to re-learn how to value others and, in doing so, to be valued themselves.'

News in brief



Local flavour to this year's Honorary Awards

Each year, LSBU awards honorary degrees and fellowships to a small number of individuals who have made exceptional contributions to education or society, or achieved eminence in a field relevant to the University's work. This year's recipients received their awards from LSBU's Chancellor Sir Trevor McDonald at a ceremony in Southwark Cathedral in November



Lord Triesman

The life peer, chairman of the Football Association and ardent Spurs fan was awarded a Honorary Doctorate in Law. Throughout his career he has championed students and universities, supporting education in its widest sense.



Christine Ace

The manager of the Southwark Education Business Alliance was made an Honorary Fellow for her work in fostering closer links between schools and businesses in the south London area.



David Lan

The artistic director of the Young Vic Theatre was made an Honorary Doctor of Literature. Born in South Africa, David has turned the Young Vic into a dynamic force in London theatre and overseen an award-winning £14 million rebuilding programme. See page 10 for our interview with David.



Camila Batmanghelidzh

The distinguished psychotherapist and founder of Peckham-based charity Kids Company became an Honorary Fellow. Camila has devoted her life to helping thousands of the capital's most vulnerable children to start rebuilding their shattered lives. See page 4 for our interview with Camila.



Dr John White

The founding director of E-Synergy Ltd was made a Doctor of Science. John White directly supports innovation at LSBU both through the Emerald Fund, a consortium of eight London universities, and by providing professional advice and support to our students.



Joe Baden

The founder of the Open Book Project, Joe Baden was awarded an Honorary Fellowship. Southwark-born Joe turned his own life around and, in doing so, paved the way for others to escape the cycle of deprivation, addiction and crime through education.

Past recipients of LSBU honorary awards include actor Michael Caine, Reverend Desmond Tutu, actress Zoe Wanamaker and Tessa Sanderson CBE.

Mother's pride

Congratulations from all at LSBU to David Haye, the new WBA heavyweight champion of the world! David's mum Jane has worked in the Perry Library for the past 21 years – David has even done a stint there himself



David's victory is all the more remarkable considering that he broke his hand in the second round of his fight against the 7ft 2in Russian Nikolai Valuev, nicknamed the The Beast from the East.

'David has always wanted to be the best,' says Jane. 'From the age of three he was telling us he'd be the world heavyweight champion. He'd watch the great fighters – Ali, Lennox Lewis – over and over, studying their technique. It's fantastic to see him realising his dreams and to know that his name will sit alongside theirs in the history books.'

LSBU tops the KTP table

LSBU is now officially the UK's leading university for Knowledge Transfer Partnerships (KTPs) having recently overtaken both Queens Belfast and Sheffield University

The KTP programme at LSBU aims to link business and academia together, to the benefit of both sides. We believe that universities can benefit from working in partnership with business; equally, we believe businesses can benefit from tapping into academic knowledge and expertise.

With an enviable track record for KTPs built up over 30 years, the last six months has seen LSBU's portfolio expand by more than 30 per cent to 33 projects – impressive by any standards, but particularly so given the current economic situation.

LSBU has responded to the challenge by widening the scope of its KTP offering to include the University's Faculty of Arts and Human Sciences and projects involving high profile not-for-profit organisations including the Royal National Institute for the Deaf and the Royal National Institute for the Blind. We are also working with the London Development Agency's Knowledge Connect scheme which runs smaller projects designed to introduce organisations to the idea of working in partnership with universities. The latest data shows that LSBU is involved in more Knowledge Connect projects than any other London university.

For more information about knowledge transfer opportunities, go to www.ktp-lsbu.co.uk or call 020 7815 6922.

Faculty of Health and Social Care appoints new Executive Dean

Professor Judith Ellis MBE has joined LSBU from Great Ormond Street Hospital for Children



Having started her career as a Registered General Nurse at St Thomas's Hospital in London, Professor Ellis went on to become Nurse Development Adviser and subsequently Service Manager at Royal Liverpool Children's Hospital. In 1993, she joined the Faculty of Health and Social Care at the University of Central Lancashire as a Nurse Educator. From there, she joined the Department of Health in 1997 as a Nursing Officer, focusing on quality, patient participation and public involvement.

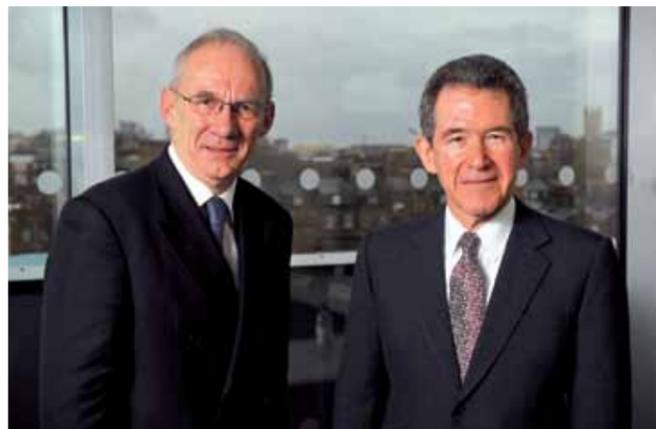
'We are delighted to have recruited Judith directly from the health service,' says LSBU's Vice Chancellor Professor Martin Earwicker. 'This will enable us to continue to build upon and strengthen our partnership with the NHS in London. She has a huge wealth of experience in both nursing and education, coupled with a strong academic background. This combination will prove invaluable in driving the Faculty of Health and Social Care forward and ensuring that it remains one of the foremost providers of nursing and midwifery education in the UK.'



Happy days

Initial results from the 2009 National Student Survey show satisfaction among LSBU students has increased

The survey found that four out of five LSBU students (80 per cent) agreed that they were satisfied with the overall quality of their course, up from 76 per cent last year. In five of the six key areas covered by the survey, satisfaction at LSBU was higher than in any previous year in which the survey was carried out. Improvements were particularly dramatic in two areas: teaching, assessment and feedback, and academic support.



Higher education review kicks off at LSBU

Lord Browne of Madingley has visited LSBU to launch the first call for evidence in his independent review of higher education funding and student finance

The event, held in LSBU's new flagship building, Keyworth II, comprised a round-table discussion with students' union leaders and representatives. Topics debated includes the impact of the introduction of variable tuition fees and changes to student finance.

Each of the student reps had their chance to give feedback. LSBU's Students' Union President Nordin Jahar said, 'It was a really good opportunity to speak directly to Lord Browne about how LSBU students feel about funding and how the system can be improved. He stressed the importance of us providing our views and how our response is valuable in shaping the future of funding in HE. I urge fellow students to voice their views and opinions too.'

'I am delighted that Lord Browne decided to launch the review of HE funding here at LSBU,' commented LSBU's Vice Chancellor Professor Martin Earwicker. 'It was a fantastic opportunity for our students to contribute towards the future structure of higher education funding.'

The review, which was launched in November 2009, will provide recommendations to the government on fees policy and financial support for students in the UK.

LSBU wins national funding to support local adult learning

LSBU recently won £72,000 in funding as part of the 'learning for pleasure' initiative led by the government's Department for Business, Innovation and Skills (BIS)

In partnership with the Expert Patient Programme, Lambeth Community Services and Lambeth Council, people from Lambeth with long-term health conditions will be given training and support to become adult learning facilitators (ALFs). The aim of this project is to encourage people, many of whom suffer from long-term chronic health conditions, to consider the benefits of learning outside an academic environment.

LSBU unveils Honour Board

It's our way of saying 'thanks' to more than 1,000 individuals, trusts, companies and other organisations who supported us in 2008/09

For those unable to visit the Honour Board in the University's Techopark Building, the names of our donors from this and previous years are also listed on the LSBU website at www.lsbu.ac.uk/about/donor. The Board – and the site – will be updated each year.

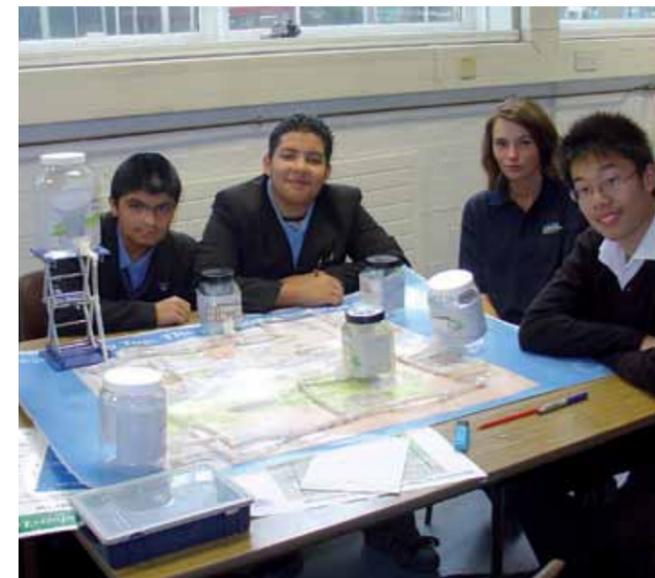
All donors should also have received a copy of our new publication, With Our Thanks, showcasing some of the exciting projects that their donations have helped to support. The booklet also includes a special introduction by the Vice Chancellor, Professor Martin Earwicker. In January, donors were invited to a special reception held at the University to celebrate scholarship recipients, many of whom have been supported by alumni donors.

If you'd like to find out more about the Annual Fund, or make a donation, go to www.payonline.lsbu.ac.uk/donations or contact Ulysses Tucker Jr on 020 7815 6073 / tuckeru@lsbu.ac.uk

Hands-on training for midwives

A new facility at east London's Whipps Cross hospital is giving trainee midwives an opportunity to put their new skills to the test

Once a month, an alarm bell will sound summoning students to the 'Real Time Labour room' where they will get just seven minutes to deal with a simulated emergency. Afterwards, they will be given verbal feedback on their performance. 'The Real Time Labour Room is a way of bringing the clinical environment into a university setting,' explains Professor Jacqueline Dunkley-Bent, LSBU's Head of Midwifery Education. 'It gives students the chance to develop the skills they need to cope with an emergency situation within a safe learning environment.'



Teaching the next generation of engineers

The Faculty of Engineering, Science and the Built Environment (ESBE) has hosted a one-day event designed to give local pupils a taste of the real-life challenges engineers face

Around forty 16-year-olds studying for the Engineering Diploma at Lambeth Academy, Clapham and The Charter School, Herne Hill, spent the day planning, designing, building and testing water supply networks for a mocked-up town. They were encouraged to work together to tackle any unexpected problems and work within a 'budget'. Help and support came from LSBU staff and student ambassadors and Thames Water, who also helped to organise the event along with the London Engineering Project (LEP).

'The aim was to stimulate young people's interest in engineering by getting them involved in a fun project that really demonstrates the breadth of the role,' says Pro Dean of ESBE, Dr Rob Best. 'It's such a valuable exercise. We're giving our support to the civil, chemical and mechanical engineers of the future.'

The LEP has been set up to promote science, technology, engineering and maths to young people in line with the government's 10-year plan for science and innovation, and is supported by the Higher Education Funding Council for England. Find out more at www.thelep.org.uk



LSBU engineering academics pick up three industry awards

A project created by engineering academics at LSBU and the Institute of Refrigeration scooped a top environmental award at the RAC Cooling Industry Awards earlier this month

REAL (Refrigerant Emissions and Leakage) Zero investigates refrigerant emissions and leakage in retail spaces, factories, service contracting companies and other industrial outlets, which currently account for around 3 per cent of total greenhouse gases. To date, the project has examined 70 systems, and provided guidance, training and tools to minimise leakage.

In total, the project won three RAC awards, including the Gold Award, which recognises those who make a significant impact on the environmental performance of the industry. The judges stated: 'In a surprisingly short time REAL Zero has been taken to the industry's heart and has already played a part in improving UK standards. They are now poised to spread that example throughout Europe.'

REAL Zero also won awards for Training Programme of the Year and Marketing Initiative of the Year. The LSBU team of engineering academics are Issa Chaer, David Cowan, Gareth Davies, Tim Dwyer and Graeme Maidment.

Find out more about REAL Zero at www.realzero.org.uk

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Since taking the helm at south London's Young Vic Theatre, David Lan has raised the profile of the theatre with his bold programming and opened it up to both new artists and the local community. He was made a doctor of literature in LSBU's honorary awards for 2009

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A new

direction

'I want to create an environment where people can discover themselves as artists and where established artists can do things they can't do anywhere else.'

David Lan



Born in Cape Town, David Lan's passion for the theatre dates back to early childhood. His first stage appearance was as Abanazer's Assistant in a production of Aladdin. 'The magician had really stubby fingers,' David remembers, 'so he couldn't manage the tricks. My job was to do them for him.' Following his training, David went to work at Athol Fugard's Space theatre, a beacon of racial tolerance in apartheid-era Cape Town, as an Actor, Writer and Director.

A different path

In 1972, he left for London – 'it was the obvious place to be,' he says. With his early

plays – including *Painting a Wall*, *Bird Child*, *The Winter Dancers*, *Red Earth* and *Sergeant Ola* – picked up initially on the fringe and then by the influential Royal Court Theatre, theatrical success beckoned. However, David chose to take a completely different path, applying to study social anthropology at the LSE.

'Growing up in South Africa in the 1960s, you're aware of a certain complexity,' he explains. 'I was very interested in the people I was living among and I wanted to know more.' For his PhD, David travelled to Zimbabwe to explore the role played by the spirit mediums of the Shona tribe in their country's struggle for independence. His thesis,

Guns and Rain – Guerrillas and Spirit Mediums in Zimbabwe, remains a key text for anthropologists studying the area.

'At the time, nothing is planned or intended,' he admits. 'It's only when you look back over your choices that they begin to make sense. When I left the theatre to go to Zimbabwe, I did it not as part of some grand scheme, but simply because I wanted to find out more.' Nevertheless, his time in Africa had a direct influence on the next phase of his career, which saw him working on a series of BBC films and documentaries set in Mozambique, South Africa and Namibia.

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'David combines intellect and creativity with a passionate commitment to supporting and nurturing new talent and, in doing so, is playing a key role in the revitalization of the London stage.'

Citation, LSBU honorary degree ceremony, 2009

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the Young Vic,' he says. 'I liked the way the theatre was imagined. But it was the first time I'd ever had a proper job and there was so much to learn. It's one of the best things I've ever done, but also one of the hardest. You're doing 17 different things each day and meeting 50 different people. You need every skill you've ever acquired and every ounce of energy you can find.'

Striking a chord

David's responsibilities include devising the Young Vic's programme. Over the past nine years, this has included hit productions of DH Lawrence's *The Daughter-in-Law* with Ann-Marie Duff and the iconoclastic *A Raisin in the Sun*, described by one critic as 'a perfect production'. For David, it's impossible to pick a highlight. 'They're all highlights for me,' he says. 'I'm really proud of the show we've got on at the moment which is by a young Palestinian playwright. It's played in Israel and the West Bank. I didn't know if it would work here, but it's been packed out. It's great to feel that we're using our resources to help artists create work that would otherwise be impossible – and it's even better when that work strikes a chord with the audience.'

At the same time, he has overseen a £14 million programme to rebuild the theatre. Opened in 1970 and originally intended to last just five years, by 2004 the Young Vic was falling apart. David set about raising the money needed to rebuild it and, at the closing night party, invited a crowd of actors and supporters to graffiti the walls and even brandish sledgehammers. For the next two years, he led the theatre's 'Walkabout' season, which took in 31 cities and included his high profile production of *As You Like It* featuring Sienna Miller.

New challenge

At the same time, David was pursuing his work as a playwright and librettist, spending two years as writer-in-residence at the Royal Court. By the late 90s, though, he was looking for a new challenge and found himself increasingly drawn to directing. In 1998, he made his debut with a production of Tennessee Williams' *The Glass Menagerie* in Watford, followed by an acclaimed production of *Tis Pity She's a Whore with Jude Law* at the Young Vic.

Then, in 2000, he applied for the job of Artistic Director at the Young Vic. 'I liked what I'd seen of

prices as low as we can and we give 10 per cent of our tickets away to schools and local people,' he explains. 'I firmly believe that art belongs to everyone. Of course, it has to be commercialised to some extent or none of us would be able to carry on, but I don't believe that anyone should be prevented from accessing it because of their income or background.'

David has also worked hard to make the theatre a welcoming and inspiring place. 'This building is very open, in every sense,' he says. 'I see my job as finding ways to create relationships with artists and the audience that enable people to learn something about themselves and their own potential. I suppose I feel I'm repaying some of the generosity people have shown to me over the years.'

The award of an honorary doctorate from LSBU is testament to David's success in achieving that goal. In his citation, LSBU's Vice Chancellor Martin Earwicker spoke of David's 'role in transforming the Young Vic into one of the country's most dynamic and exciting theatres, ...his desire to make theatre accessible to wider audiences, and...his commitment to supporting and encouraging new talent.' For David, the award is a reflection of collective rather than individual achievement. 'It belongs to the theatre as a whole, really. I may be the public face but everyone in the team has an invaluable part to play. If we could just find a mortarboard big enough for all of them...'

Sweet Nothings

1st March - 10th April 2010

Luc Bondy, one of Europe's most celebrated directors, returns to the Young Vic to stage Arthur Schnitzler's classic *Liebelei* in this new version by Olivier Award-winning playwright David Harrower.

Kursk

26th March - 17th April 2010

After triumphant runs at the Young Vic and Edinburgh in '09, *Kursk* returns for a limited season. Developed in collaboration with award-winning playwright Bryony Lavery and commissioned by The Junction, Cambridge.

Elegy for Young Lovers

24th April - 8th May 2010

Fiona Shaw directs this 20th century masterpiece – *Elegy for Young Lovers* offers a savagely witty exposé of the creative ego and its insatiable need to feed off all around it. Co-written by WH Auden and Chester Kallman, and set by composer Hans Werner Henze.

Visit www.youngvic.org or ring 020 7922 2922 for more information and to book tickets

f first

Putting students

LSBU's new shadowing scheme is giving senior University staff a real insight into student life

'It's like our version of a mystery shopper exercise,' says Leonie Saywell, Deputy Director of Staff and Organisational Development. 'We already gather information about the student experience through regular surveys, but shadowing gives us a more rounded picture.'

The shadowing scheme is also a chance for senior staff to really engage with students. 'Shadowing a student myself made me realise how removed some managers in support roles can be,' explains Leonie. 'I realised that making relatively small changes – like more briefings on Blackboard, our online teaching tool – could have a big impact on students.'

To date, 38 senior staff members have been paired with students in the pilot phase of the scheme, which is being run in partnership with the Students' Union. From September, the plan is to open the scheme up to all members of staff. 'It's been so positive – and so powerful – that we want to get more people involved,' says Leonie. 'We've already got one mentoring relationship up and running as a result. Who knows where it could lead in the future?'

Deputy Director of ICT Jim Nottingham shadowed part-time Building Services student Neil Thompson

'ICT has a huge impact on students, yet I rarely get to talk to them,' says Jim Nottingham. 'Shadowing seemed like a good way to put that right.' For Neil Thompson, who runs his own business, True Building Information Modelling Ltd, and studies at LSBU one day a week, the scheme offered the chance to find out more about the University and learn from an experienced manager. 'I wanted to know more about Jim's work and about how he manages a big team,' he explains.

After an initial 'get-to-know-you' meeting, Jim sat in on a couple of Neil's classes. They then got together for an in-depth discussion. 'We talked about the things that worked well and those that could work better,' says Neil. 'For example, I'd like to see more lecturers making use of the IT we've already got. For me as a part-time student, it's really important to have remote access to course materials.'

For Jim, the discussion yielded some valuable insights and identified some areas for immediate action. 'We're already looking at how we can make more PCs available to students. Neil also wanted to be able to access his student records and choose units and modules online. These are all areas where we could make a real difference.'

Jim is also looking for ways to bring more students into the ICT department, for example with work placements. In the meantime, he has found Neil a place on a University project focusing on facilities. 'Engaging with students is a win-win,' he says. 'We all gain from having a better insight into each others' priorities and ways of working.'

Jane Houzer, Dean of the Faculty of Business, shadowed third-year Politics student Lauren Muller

Jane Houzer already spends time with students, but by her own admission, 'it's mostly in a pretty formal, structured setting. I wanted the opportunity to interact with someone in a more relaxed way and without a pre-set agenda in mind.'

Jane's shadowing partner Lauren Muller is combining a demanding course with setting up and running LDN Press, LSBU's new student magazine. 'I'm the sort of person that volunteers for most things!' she says. 'I saw the shadowing scheme as an opportunity to get access to someone at the top, who's really done something with their life, and I was delighted to be paired with a woman.'

Lauren took Jane to the Student Union offices to show her the work involved in developing the new magazine and to a lecture seminar. They also went for lunch and had a further discussion at the end of the day. 'Lauren was really positive about LSBU, which was great,' says Jane. 'But it was the wider insight into her experiences that I found so valuable. It's not about saying "Here are five things the University could be doing better". It's about really understanding the issues students face.'

For Lauren, speaking to Jane highlighted the need to network and make connections, something she hopes to achieve through LDN Press. 'Diversity is our strength,' she says, 'but sometimes I think we could work harder to pull things together and make students feel like they're part of the LSBU family.'

Following their shadowing day, Jane and Lauren have agreed to carry on meeting as mentor and mentee. 'We just clicked,' says Jane, 'and I felt that we could continue to learn from each other.' Lauren jumped at the opportunity to spend more time with Jane. 'Our backgrounds are so different,' she says, 'but I find her really inspiring. I hope that spending time with someone who's succeeded in life will help me build a better future for myself.'

The power of

social networking



Every month, computer users around the world spend more than 13.8 billion minutes on Facebook. Along with other social networking sites such as MySpace and Twitter, it has completely changed the way we interact and who we interact with. And as the technology keeps growing, so too do the possibilities – and the opportunities...

The growth of social networking sites has been explosive, and they are now an integral and influential part of contemporary culture. The Telegraph recently cited social networking as one of the top 10 inventions that changed the world – but can they really bring about change on that scale? To paraphrase Barack Obama, 'Yes they can' – and he should know. During the 2008 US presidential election campaign, Obama made unprecedented use of social networking sites, raising \$28 million online in just one month. An impressive 90 per cent of donations were under \$100, showing just how effective social networking can be in engaging supporters at grassroots level.

After the Iranian election in June 2009, people turned to Twitter, blogs and YouTube for the latest news. While restrictions on the freedom of the press hampered conventional news providers, networking sites offered vivid – and instantaneous – first person accounts of events in the country. As well as providing a powerful channel for communication, it has been suggested that social networking also played a key role in the organisation of Iran's subsequent pro-democracy demonstrations.

Social networking is showing its power outside the political arena too. In the entertainment world, musicians are increasingly using sites to get their music heard and kickstart their careers. In retail, more and more companies are setting up Twitter accounts and Facebook pages where

customers can interact with the organisation and with each other – Marmite currently has nearly 250,000 Facebook friends.

Creating opportunities

But you don't have to be selling Marmite to make use of social networking, and you don't have to be web-savvy Generation Y-er, either. In the business world, social networking can create unique opportunities for building up contacts, sharing ideas, staying abreast of the latest news and learning from those in senior positions – all at a click of a button.

Social networking sites allow you to create, grow and maintain a large database of professional contacts. And the better connected you are, the easier you'll find it to achieve your goals, whether that means finding a job, filling a vacancy, sourcing new clients, showcasing your work or simply exchanging ideas with people within your industry or field of expertise.

Of course, some businesses view time spent on social networking sites as time wasted. Equally, it can be argued that, used wisely, sites can actually benefit businesses by bringing in new ideas and contacts and helping maintain staff morale. Either way, social networking sites are here to stay – and research suggests that they really can help people make stronger connections with each other. So what are you waiting for?

Did you know...

Years taken to reach 50 million users:

	Radio – 38 years
	TV – 13 years
	Internet – 4 years
	iPod – 3 years
	Facebook added 100 million users in less than 9 months
	iPhone applications hit 1 billion in 9 months

- Facebook has over 350 million users. If it was a country, it would be the 3rd largest in the world, after China and India
- The fastest growing segment on Facebook is 55-65 year-old females
- The combined Twitter followers of Ashton Kutcher and Britney Spears are more than the population of Hong Kong, Austria or Paraguay!

Join our Facebook page!

Want to join the LSBU Association Facebook fanpage and catch up with your friends and fellow alumni? Go to www.facebook.com/lbsbualumni. You can also follow LSBU at www.facebook.com/londonsouthbankuni, www.youtube.com/londonsouthbankuni and <http://twitter.com/lbsbu>

Events

Did you know there are hundreds of events happening across the University every year? If you want to be kept abreast of what is happening around the University, make sure you are subscribed to the alumni e-newsletter. Simply visit alumni.lsbu.ac.uk and complete the registration form by clicking on "Register now" and we will add you to the distribution list

Key skills lecture series

At LSBU we believe your education should not stop when you graduate and so we have designed a lecture series which will help you to continue to grow and enhance your career even after you have graduated.

The popularity of our free Key Skills lecture series took us by surprise, with the first event selling out within hours of the invitation being sent. In response to this we have organised additional talks this year:

Get the most of life with effective time management
Tuesday 6 April 2010, 6.30pm - 8.30pm

Networking for business and career success
Tuesday 22 June 2010, 6.30pm - 8.30pm

Public speaking and speech writing
Tuesday 10 August 2010, 6.30pm - 8.30pm

Effective business planning
Tuesday 5 October 2010, 6.30pm - 8.30pm

For more information visit alumni.lsbu.ac.uk/news/events
To book your place, please e-mail alumni@lsbu.ac.uk or phone 020 7815 6712.

Reunions

A reunion is a great opportunity to catch up with old friends, share memories and build social and career networks. Reunions give you a chance to reminisce about 'old times' and learn about what your classmates have been doing since leaving university. The LSBU Association is planning to organise a number of reunions over the coming months, so make sure you visit our events page regularly so you don't miss out!

The University is hosting a 20th year reunion later this year. So if you graduated in 1990, 1989 or 1991, please register your interest by phoning 020 7815 6712 or e-mailing alumni@lsbu.ac.uk. The reunion will be a real celebration of your time at LSBU, where we will organise entertainment, refreshments and invite the lecturers who taught during this time.

Help organising your own reunion. Whether you are planning a reunion of just a few friends or your whole class year – we would like to help. We can help you with room bookings, hotel bookings, advertising your reunion, invitations. We have created a short guide to help you organise a reunion, if you would like us to e-mail or post it to you, please e-mail alumni@lsbu.ac.uk or ring 020 7815 6712.

Continuing Professional Development

LSBU offer a range of Continuing Professional Development courses to maintain and improve your knowledge, skills and competence within your profession. These courses facilitate networking and partnerships among professionals and form a key component of lifelong learning. Here are a few of our upcoming CPD events:

Best Practice in Clinical Ethical Consultation
Thursday 8 July 2010, 10.30am - 5.00pm and Friday 9 July 2010, 9.00am - 4.45pm

Assessment of Professional Competence for Surveyors
Various dates

Law CPD
Various dates throughout the year

For more information visit alumni.lsbu.ac.uk/news/events or phone 020 7815 6712.

Research events from the Faculty of Business

The Centre for International Business Studies regularly organises Guest Lectures by distinguished speakers.

The first lecture this academic year was given by Stephen Timewell, Editor Emeritus on: 'The 'New World Order in Global Banking'. Stephen has been Editor in Chief and is currently Editor Emeritus of The Banker, the leading magazine on the banking industry. He used his in-depth knowledge of the banking sector to discuss the recent developments in the banking industry and to draw inference for future changes. This highly topical subject attracted a large audience and was a great success.

You can find the full programme of Guest Lectures and also a series of research seminars at www.lsbu.ac.uk/cibs/lectures-and-seminars. If you would like to attend a lecture or seminar, please contact Mike Rigby, Co-director on rigbyp@lsbu.ac.uk or 020 7815 6981.

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!

Ajay Kumar Machhi

MSc (Hons) Structural Engineering, 2008
I did my project of MSc under guidance of Ivana. I am now working in Cheltenham in a small civil and structural consultancy. I am trying to become a chartered structure engineer and working hard towards it. I have got good challenges in my current job and very happy with my job.

Bertav Aksoy

HND Business Studies, 2008
I have been working in one of the best textile companies in Turkey, Istanbul since I graduated. I am happy and proud to be an alumnus of LSBU, so I always recommend it to people who wish to study in the UK. My company works for the Pepe Jeans London brand, which is well known all over Europe. I had experience working with textiles while I was studying at LSBU, so I continued in the textile industry after I completed my education in London. I have gained many skills at LSBU and I will always be proud of that.

Anish Amin

BA (Hons) Accounting and Finance 2007
After graduating with a first class honours in Accounting and Finance, I pursued a career in financial services in the city, the global capital of financial services! I was offered a job on the 2008 graduate scheme with Willis Group, a leading global insurance broker. For the past year, I have been working as a business analyst on various high profile initiatives that have involved significant international travel whilst also studying for the ACII. Over the next year, I will rotate into new areas of the business to broaden my skills but so far, I couldn't have asked for a better start to my career. LSBU have certainly played their part in my success so far and for that, I am indebted.

David William Moore

BEng (Hons) Energy Engineering, 2002
I completed my degree at LSBU as a part-time student while working for a design consultancy in Richmond, Surrey. A few months after graduating in 2002, I returned to my homeland of New Zealand (NZ) to further my career. Although it's only been seven years, since then so much has happened both professionally and personally. Upon returning to NZ, I worked for Sinclair Knight Merz for a couple of years before commencing a career in the Electrical Distribution Industry. Over the last five years, I have worked for three NZ based electrical distribution businesses at various management levels. I have now achieved the role of General Manager Network and Operations responsible for the real-time operations and performance of the electrical network. An MBA is now on the horizon, just need to convince my wife! LSBU had a considerable impact on my professional career, providing me with the confidence, knowledge and tools to achieve success. I would highly recommend an engineering based degree with LSBU.

Stephenie Robinson

BA (Hons) Business Studies with Language, 1999
Well apart from working for one of the key services, I am singing, performing and giving talks – it's great fun and helping lots of people to see and live differently.

Rachael Aitchison (nee Ellis)

BSc (Hons) Nursing Studies (mental health), 1995
I graduated in 1995 and worked as a mental health nurse. In 2000, I completed an MSc in Health Sciences at the University of Birmingham and after a number of senior nursing positions, immigrated with my husband and son to New Zealand. I now manage Forensic Mental Health Services, over a geographical area larger than Wales. I am studying for my MBA Business Administration at Waikato University. I've had an interesting and varied career and have no doubt, that completing one of the first mental health nursing degrees in the country put me on a great career pathway. Thanks LSBU and the School of Nursing.

Abdul Baqi

MSc Information Systems Engineering, 1994
After graduating in 1994 with MSc in Information System Engineering, I worked as a Telecom Engineer. I have trained for Advanced Software Engineering in France in 1997, later I joined a Saudi Telecom Company. Over the next 10 years, I worked for several institutions as a rewarding journey. Now I am working as a Professor in a University in Saudi Arabia. Having a degree from LSBU has helped me out there and I have been appointed Secretary of the Research Committee at YUC.

Studying at LSBU in the 40s

Alumnus, Dennis Brittaine, recently shared with us his experience of studying at The Borough Polytechnic, now LSBU, from 1940 to 1943. We enjoyed reading the letter and thought you would too!

At the outbreak of the last war my older brother was about to commence his third and last year at the Borough day school. The government policy at that time was to evacuate children of the same family together where possible. I was nearly 14 yrs old and was evacuated to a then unknown destination which eventually turned out to be Exeter.

I had no intention of taking up a technical education, but the alternative options were somewhat limited, hence I enrolled in the Poly for their three year course.

We were introduced to the Headmaster a Mr F.B. Garner (Bert) MC a strict disciplinarian and World War 1 hero who, strangely to us boys, was also an expert Ballroom dancer and personal friend of Victor Sylvester, an icon of the dance field at that time. In the 3rd year it was compulsory to learn to dance with the girl's school pupils, much to our embarrassment. The school was divided into four houses named Bailey, Faraday, Lancaster and Chaucer.

School accommodation was somewhat limited we had to be fitted in where possible by using various buildings around the city. The main centre was an old abandoned school right by the Exe Bridge opposite a rather smelly tanning factory – charming! The PE sessions were held in a church hall and held by a Mr Miller (nickname Dusty of course) whose greatest joy was to place non-trying types inside the vaulting horse box for whole lesson.

We were expected to help the war effort by working on a farm as a 'spud basher' which meant picking up potatoes after tractor had lifted them. Also we worked in a factory making components for army tents as part of our technical education!

The school also formed its own Air Training Corps 207 squadron which helped to keep us off the streets. In charge was the commanding officer Mr. Clark – Maths (Nobby).

Then in May 1942 Exeter was bombed in one of the so called Baedeker raids, extensive damage was caused to the centre of the city. Most of us with bikes had enrolled as messengers to help to pass information to the various emergency services. As it happened most of the roads were covered with broken glass so the bikes were pretty useless.

After this event a decision was made to return to Borough Road London although the school building had also suffered from extensive war damage and temporary accommodation was used in Kennington until the very fine building was gradually restored.

Thus my 3 year course came to a somewhat chaotic end I went on to obtain my ONC and HNC at the Borough and enjoyed the social facilities at Borough Road and Dulwich sports ground with many good friends.

Dennis Brittaine (Faraday)



These pictures are taken from the University archives. If you have any yearbooks, photographs or magazines you would like to donate to the archive, please contact Elizabeth Harper on 020 7815 6047 or e-mail harpere@lsbu.ac.uk





Mandie Lavin: CV

- 1987** Qualifies as registered nurse at Guy's Hospital
- 1989** Operational Services Manager, Brook General Hospital, Greenwich
- 1990** Certificate in Health Service Management at LSBU
- 1992** LLB (Hons) at LSBU
- 1993** Bar Finals, Inns of Court School of Law
- 1993** Barrister, 9 King's Bench Walk Chambers
- 1994** Risk and Litigation Manager, Peterborough Hospitals NHS Trust/ Regional Medico-Legal Adviser, Anglia and Oxford Regional Health Authority
- 1996** Director of Professional Conduct, Nursing and Midwifery Council (UKCC)
- 1997** MA in Medical Law and Ethics, King's College London
- 1999** Director of Professional Standards, CIMA
- 2003** Director of Fitness to Practice and Legal Affairs, Royal Pharmaceutical Society
- 2008** Director of the Bar Standards Board

High standards

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With an academic record almost as impressive as her career, LSBU law graduate Mandie Lavin brings energy and dedication to everything she does. She gave Connected an insight into her work as Director of the Bar Standards Board and shared her tips for building a successful career

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Broaden your skill set

'Nothing is ever black and white. Even in regulation – which people probably think of as being quite cut and dried – nothing is ever certain. In my role, and in the vast majority of jobs, 'soft' skills are just as important as knowledge and expertise. Of course, it's nice to be a great lawyer or accountant but you have to be able to deal with people and situations too. I'd encourage anyone to pursue their interests: take a gap year; work with an NGO; do something completely different. When I'm looking through applicants' CVs, those are the ones that always jump out at me.'

Find a mentor

'Someone once told me that you should find out who's doing the job you'd like to have in 10 years' time and ask them to be your mentor. It might sound a bit unlikely, but I can tell you it works! During my nurse training, I decided I'd quite like to be Chief Nursing Officer so I wrote to the CNO. We ended up meeting for lunch, and it was an incredibly valuable experience for me. Mentoring doesn't have to be formal – you just need to find the people that inspire you and create opportunities to learn from them. If you meet someone who's on your wavelength, take their card and keep in touch.'

Choose your friends wisely

'Choose friends who'll come with you to the library, not just to the bar. And surround yourself with positivity. Life's tough: we all struggle to juggle our commitments, we all work hard and sometimes get disappointing results. It's so important to create a strong support network and to spend time with people who can help you stay focused on your goals.'

Dress for success

'It needn't cost a fortune, but being well presented can pay dividends. I've always bought most of my clothes in charity shops and I remember coming to Middle Temple one night wearing a cocktail dress I'd picked up for next to nothing. I ended up sitting opposite Master Rose, one of the most senior barristers in the Temple. We had a wonderful time. He was chatting away in full flow, clearly thinking I was an established member

of the Bar. Eventually I had to tell him I was still a student and fulfilling my dining requirement!

Conserve your energy

'I worked full-time on night duty all the way through my law degree, Bar school and pupillage. I'm lucky, I only need four or five hours' sleep a night, but it was still a challenge. One way I found to ease the pressure was to set myself false deadlines, so there's always that little bit extra breathing space. I still do it now with my business plan and my budgets. And you need to find a way to let off steam, too. For me, it's hockey. It's energetic, it's outdoors – it's a real lifesaver.'

Keep in touch

'If you want to get ahead, you need to know what's going on. I love joining clubs, so I belong to lots – the Association of Women Barristers, the Professional Negligence Bar Association, the Association of Regulatory and Disciplinary Lawyers. I also read voraciously. I still get all my journals from the nursing, pharmacy and accountancy days as well as the legal publications. If you want a job, find out what the people who do it are reading – and take out a subscription or read it online.'

Look for opportunities

'You can find opportunities to develop your skills in the most unlikely places. I found a testimonial from a former manager the other day describing how I'd worked as the hospital's investigating officer when I was at the Brook. Apart from the fact that I must have been mad to take it on, it was clearly a great opportunity to learn about investigation and presenting a robust, balanced case. Those skills are essential to what I do today. These days, I help out on the PTA and raise funds for my daughter's school. And I'm always looking for something new. I'd like to study again, and I'm a Dragon's Den addict. I've got loads of ideas and one day I'd love to explore that entrepreneurial side.'

Only you can make it happen

'Achieving success is a bit like going on a diet, I think. We all look for shortcuts but ultimately there's no substitute for hard work. It can be tough, but the satisfaction of knowing you've earned it all yourself is enormous.'

The Bar Standards Board: regulation in a changing world

The Bar Standards Board was set up in 2006 and is responsible for regulating barristers called to the Bar in England and Wales. Its key areas of responsibility include:

- setting the education and training requirements for becoming a barrister
- setting continuing training requirements to ensure that barristers maintain their skills throughout their careers
- maintaining the Code of Conduct of the Bar of England and Wales
- monitoring the service provided by barristers to assure quality, and
- dealing with complaints and disciplinary hearings.

The Board is also committed to promoting equality and diversity. 'There's a popular perception that the Inns are a dining club,' says Mandie, 'but it's just not true. Of course, you need to be clever and have an aptitude for the profession but there are far fewer barriers than people think.'

The Board is also committed to ensuring that the profession keeps pace with a fast-changing world. In November 2009, the Board approved the liberalisation of the Bar's rules in line with the Legal Services Act 2007, paving the way for barristers to work in partnership with other lawyers or to deliver their services through different business arrangements. A wide-ranging consultation on the changes is now under way.

'These are big changes and they're bound to provoke some strong reactions,' says Mandie. 'But for me that's what makes regulation so challenging and so exciting. You're working for the good of the profession and the public, against a background of constant change. It's a question of finding a balance. The public interest is at the heart of what we do.'

Mind your language

Learning to speak another language will stimulate your brain and boost your prospects. Find out how LSBU can help

Improve your employability

As the world gets more connected, professionals with language skills will have a distinct competitive edge. Research shows that employees with knowledge of a foreign language can command higher salaries because they have a skill which is in short supply in the UK job market. And as markets increasingly go global, demand for foreign language speakers can only increase.

Studying a new language or improving your current language skills is also a good way to get yourself noticed by interview panels or to progress in your current career. At the same time as you're learning a new language, you'll also be developing other, transferrable, skills such as intercultural communication and flexibility, and showing that you're prepared to take the initiative.

Sharpen your cognitive and life skills

Learning a language uses a variety of skills, helping you to improve your mental flexibility, creativity, problem solving and reasoning. Research shows that having an understanding of a foreign language can also help your native language skills by giving you a better understanding of grammar and expanding your vocabulary.

Appreciate international literature, music and film

Languages can open up many of the world's cultural treasures. With a translation – however good – you risk missing the metaphors, nuances and cultural references unique to the original language. By learning a language you could read the works of Sartre in the original, understand the great operas of Puccini, Mozart or Verdi and watch your favourite Spanish movie without the annoyance of sub-titles.

Make travel more fun

Travelling abroad without speaking the language can be frustrating – and it can limit the scope of your trip. Being able to communicate opens up a whole new world of possibilities and allows you to fully immerse yourself in a new culture. You'll find the practicalities easier to manage and you'll have a more authentic experience too: knowing that you can make yourself understood could give you the confidence you need to venture off the beaten track.

Make lifelong friends

Attending a language course is a great way to make new friends with the same interests as you. Plus learning a new language can help you link up with people from all over the world.

Get a **40%+** discount at LSBU's Language Centre

LSBU Association members can join in language courses at the Centre for a discounted rate of just £225 per academic year, a saving of £155. So there really has never been a better time to start.

Widen your understanding

Learning a language is a great way to gain an in-depth understanding of a country's culture. No more misunderstandings, comical or otherwise!

Learn with LSBU

LSBU's Language Centre provides support for individuals and groups who want to develop their language skills, plus translation and interpreting services. Courses include Arabic, Chinese (Mandarin), Spanish, French, Portuguese, German, Japanese and English IELTS, with other languages available on demand, and all classes are taught by qualified native speakers. We also offer a wide range of support for independent learners with our electronic, audio, audio-visual and ICT resources. Find out more by emailing languagecentre@lsbu.ac.uk or go to www.lsbu.ac.uk/languagecentre

The final frontier

For third-year Music and Sonic Media student Joshua Oliver, the thermosphere's the limit as he pursues his dream of putting on the first ever concert in space

'What attracted me to LSBU was the strapline, 'Be what you want to be'. I was looking for a place where I could learn the skills and get the support I needed to do just that and turn my dream into a reality. Even so, I waited until I was a year into my degree before I told anyone what I was planning to do – I was worried that they'd think I was crazy! But I've had nothing but support from the University and loads of fantastic advice. The staff really know their stuff – one of my tutors, Justin Randall, is a successful producer in his own right and it's great to be able to tap into that insider knowledge of the music industry.

'My ultimate aim is to produce the first ever music show from space. It's partly about finding a unique angle and a fresh way into the music industry, but it's also about marking the start of a new era. Just as Virgin Galactic and its competitors are pushing back the boundaries of what's possible in travel, I want to challenge people's thinking about what's possible in music and entertainment.

'The idea is that the performance in space will form part of a bigger event, with live music being streamed from the spaceports that are being built to handle the new craft. There'll be one in New Mexico and one in Sweden – I think it would be amazing to really play up the contrasts between those two places and get the bands in Sweden performing surrounded by ice and the Northern Lights while in New Mexico they're out in the desert.

'I'm also developing a series of 10 pieces of what I call Konzept Music that underpin the project and bring the whole thing together. The idea is for each piece to be collaborative, bringing together people and ideas from all over the world. In the first piece, Go For Nervous, I used loads of quotes from famous authors and poets who've inspired me. For the second piece, I'm working with a choir from a school in Brixton and I'm hoping to involve children from the US too. I want them to perform it at the space concert.

'It may all sound like a dream, but it's not – it's very real, and we're attracting some pretty heavyweight support. We've got the head of Space Tourism Society on board, the two spaceports we want to use, two Hollywood film producers, the leading consultant to the space tourism industry and a dedicated fundraiser with experience of working on large-scale entertainment projects. I'm 100 per cent committed to this project – it's been my life for the past six years. I'm determined to make it happen.'



Find out more...

Find out more about the concert in space – including how you can support the project – at www.thelaunch-movie.com

Find out more about the choir project at www.noughtttwosixty.com

Download Josh's music at www.joshuajay.net

Josh would also love to hear your thoughts and ideas about the project. Contact him at joshua@noughtttwosixty.com

Healthy body,

healthy mind

Look after your feet

In traditional Chinese medicine, feet are the body's 'second heart'. Massage them regularly and keep them warm. Wash your feet in hot water before you go to bed and keep them warm during the night to boost the circulation of blood and energy (qi) and help you sleep better.

Change your sleeping pattern with the seasons

In spring, we should go to bed early and rise early; in summer, we should go to bed later but still rise early; in autumn, we should go to bed early and rise early; and in winter we should go to bed early and rise late. Follow this guide, and you'll be better equipped to cope with extremes of temperature and keep your energy levels high.

Go for a walk after dinner

According to a Chinese proverb, if you want to live to 99 you should walk 100 steps after every meal. Walking promotes the digestion and absorption of food and helps prevent stomach and intestinal disorders. Even better, walking is a great form of exercise for everyone, regardless of age and level of fitness.

Hit the snooze button

Don't jump out of bed as soon as you wake up, even if you're running late. It's much better to stay in bed for a few minutes until you're physically and mentally ready to get up. The ancient Chinese believed that the body and mind need a period of transition from one state to another, to preserve the internal qi and the balance between yin and yang.

Get your body moving

Another old Chinese proverb says, 'Life springs from sorrow and calamity and death from ease and pleasure.' Excessive ease and rest can wear down our willpower and have a negative impact on our qi. If you're feeling lethargic, don't give in to it – get up and do some simple exercises to get yourself moving.

Keep your emotions in balance

According to traditional Chinese medicine, there are seven emotions, each linked to one of the body's major organs. Joy is related to the heart, anger to the liver, pensiveness comes from the spleen, worry impair the spleen and the lungs, sadness harms the lungs and fear and fright both affect the kidneys. If we allow our emotions to run away with us, illness and disease may follow. When your emotions overwhelm you, deep breathing will calm you down.

Start the day with a massage

As soon as you get out of bed, rub and pull your ears gently with both hands, then rub your scalp and comb your hair with your fingers. Next, rub your hand together until they're warm and wipe your face in an up and down motion 10 to 20 times. By stimulating the circulation of qi and blood in your face, you'll brighten your skin, keep hair from greying and prevent diseases.

Eat your way to healthy skin and hair

According to ancient Chinese texts, for beautiful skin we should eat sesame, honey, fragrant mushroom, cow's milk, goat milk, sea cucumber, pumpkin seed, lotus root, Chinese wax gourd, cherries and wheat. Modern research shows that all these foods are rich in vitamins, enzymes, minerals and amino acids.

Healthy hair requires a diet of natural food that is rich in protein, iodine, calcium, and vitamins A, B and E, such as milk, fish, eggs, beans, green vegetable, melons and fruits and coarse grains. Other foods considered particularly beneficial to the hair are black sesame, Chinese date, fresh ginger, peach seed, almond, mushroom, soybean, strawberry and peanuts.

Comb your hair often

'Comb the hair over one thousand times and the hair will not turn white,' says the Treatise on Causes and Symptoms of Diseases. Combing

promotes the flow of both blood and qi, improves eyesight, nourishes and strengthens the hair and improves the quality of sleep – not bad, for such a simple activity! Hair should be combed from front to back and then back to front, from left to right and then right to left. The best time to comb is in the morning, before taking a nap and before going to bed. For best results, combine combing with a head massage.

Eat more porridge

Oats are rich in fibre and provide a highly nutritious breakfast that won't weigh you down. And they can make you feel full for longer, so you're less likely to snack. It takes just 5 minutes to make a bowl of porridge: mix half a cup of oats with a cup of milk, water or a mix and a pinch of salt, and stir over a gentle heat, or microwave.

Beat the cold with apple honey water

Apple honey water can stop you from getting a cold and relieve the symptoms. Cut five peeled apples into small pieces and add a litre of water. Boil for 5 minutes then allow to cool for another 5 minutes before adding honey and lemon juice to taste. Drink several cups each day.

Detox with pumpkins

Pumpkin's sweet flavour and warming properties can be used to treat the stomach and spleen. It boosts qi, relieves pain and can absorb bacteria and toxic substances, helping to detoxify the body. Try serving it as a vegetable, or make pumpkin soup or pie.

Get healthy with spinach

Spinach, sweet in flavour and cool in nature, benefits the stomach and intestines and can help relieve constipation. However, the oxalic acid in spinach prevents calcium from being absorbed, so you should avoid cooking it with calcium-rich foods such as tofu and seaweed or boil it briefly first to get rid of the acid.

The award winning team from LSBU's Confucius Institute for Traditional Chinese Medicine share their tips on boosting your health and well-being, both physical and mental

Losing weight

– a common-sense guide

Leon Marshall of LSBU's Fitness Centre separates the myths from the facts to help you get off to a healthy start in 2010

'We're a couple of months into the New Year now, and I wonder how many of you woke up on January 1 determined to lose some weight and get fit. In this issue, I'd like to offer some advice that should help you get into some new healthier habits – and stick to them.'

Diets don't work

'Here's the good news: diets don't work! Old habits die hard and although you might see quick results when you start a new diet, you'll soon start craving the foods you've cut out. If you cut down too much, your body will go into "famine" mode and start to store fat and slow down your metabolism. And if you're taking in fewer calories, you'll have less energy, especially if you're on a low-carb diet like Atkins.'

'And anyway, diets are depressing, for you and everyone around you. Diets make you feel deprived and lonely, and it's human nature to react by rebelling and eating what you want. Then you feel bad for indulging yourself and so it goes on. It's a vicious circle.'

'So, what to do instead? The answer is to make small lifestyle changes that you can stick to. Sticking to your goal of making 2010 a fit and healthy year is not impossible. Follow my five golden rules of eating and living well and you'll soon be on track.'

The five golden rules...

1. Set realistic goals. A good guideline is to lose around 0.5kg per week. It doesn't sound like much but if you keep it up you'll lose almost a stone in three months. And by losing the weight gradually, you're much more likely to keep it off.
2. Eat little and often. This will actually increase your metabolism because the process of digestion and absorption in itself burns calories. It'll also help keep your blood sugar levels constant so you don't get too hungry.
3. Cut down on saturated and hydrogenated fats (Butter, cream, mayonnaise, visible fat on meat etc). This is a simple way to create a calorie deficit, whilst also working towards healthier eating.
4. Eat carbs. Yes, that's right! Carbs are fine but try to stick to low-GI choices like oats, wholemeal pasta, beans, lentils, low-fat milk, yoghurt, apples, pears and vegetables. They'll help regulate your appetite and stop you getting hungry. High-fibre carbs are especially good for filling you up without adding too many calories.

5. Get active. This is just as important as your diet but don't worry, you don't have to go to the gym five times a week. Little changes like getting off the bus or tube a stop earlier and walking the rest of your journey, using the stairs instead of the lift or taking up an active hobby (like salsa or a team sport you enjoy) will help you stay fit and reach a healthy weight.

...and one more

'Last – but not least – stay positive! When you've done well, give yourself a treat (not food!) such as a book or a magazine, or a CD or album download. If you do slip up, take a bit of time to understand why it's happened but don't beat yourself up. Just move on, and start looking forward to a healthier, happier you.'

Did you know...

LSBU alumni are entitled to discounted membership to the University gym and classes? Simply visit the Sports Centre Reception in the London Road Building, Southwark campus and complete a membership form.

You will need an Alumni access card as proof of your membership to the LSBU Association; you can get this by registering online at alumni.lsbu.ac.uk

	Premier – Unlimited use of both the gym and exercise classes	Standard – Unlimited use of the gym	Revitalise – Unlimited access to exercise classes.
1 month	£48 £38	£41 £34	N/A
3 Months	£89 £60	£78 £47	£57 £42
12 months	£230 £162	£194 £120	£126 £89

Visit www.lsbu.ac.uk/sports/facilities/membership or phone the LSBU Sports centre on 020 7815 7812. Alternatively, contact the Alumni Office on alumni@lsbu.ac.uk or 020 7815 6712 for more information. (Please note exercise classes do not operate during the summer holiday)

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