

CONNECTED

A portrait of Richard Farleigh, a man with dark hair, wearing a white shirt and a dark blazer, smiling slightly. The background is dark.

LSBU Alumni Association magazine

Issue 14 | Spring 2013

**THE SECRET WAR
AGAINST APARTHEID**
ALUMNUS DENIS WALSH'S
EXCLUSIVE ACCOUNT

EMPLOYABILITY
HOW ALUMNI CAN HELP

**THE POWER OF
CREATIVE THINKING**
ALUMNUS BILL HOLDSWORTH'S
LIFETIME OF IDEAS

Fresh
thinking

LSBU'S CHANCELLOR AND FORMER
DRAGONS' DEN JUDGE **RICHARD FARLEIGH**
SHARES HIS TIPS FOR BUSINESS SUCCESS

London
South Bank
University

Alumni Association

Welcome to Connected Issue 14



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Welcome from the Editor



Welcome to the spring issue of *Connected*. This issue is packed with some inspirational stories of alumni who have risked everything for the causes they believe in, or helped to transform their industry. We also have exclusive advice from Richard Farleigh, entrepreneur extraordinaire, former Dragons' Den panellist and now LSBU's Chancellor, who gives us his top tips for business success.

We are constantly striving to make the LSBU Alumni Association a useful resource to you and an enjoyable way to stay connected to your University and peers. To make sure we continue to provide you with the best service, we are asking all of our alumni to spare 15 minutes to complete a survey about the Association. We will use the findings to shape the future of your Alumni Association and ensure that it meets your needs. You can complete the survey at www.lsbualumnisurvey.net

Over the following year we have some great events organised, including the first official Alumni v. Students Sports Day. If you were part of a sports club while you were here, or simply loved cheering on your friends as they played, then make sure you book a place on 11 May. You can sign up as a team or individual competitor, and spectators are very welcome too!

We will shortly be launching our career and key skills lecture series, announcing a number of reunions and hosting some great social events. Make sure you visit the alumni online calendar at alumni.lsbu.ac.uk/events regularly so you don't miss out, or sign up to our e-newsletters to keep up-to-date with all our events. Find out more on page 22.

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

Wendy Graves
Alumni Marketing Manager

Welcome from the Vice Chancellor



As the University gets older, so am I. It is with great reluctance that I have decided that it is time for me to retire following my 65th birthday this year. I do so with considerable sadness, but I need to spend more time with my family, and it is time for the University to appoint a younger Vice Chancellor.

During my time here, I have grown very fond of the University, its staff and students. I never tire of singing its praises to everyone I meet. I am very proud of our record in creating opportunity for all who can benefit; indeed, this is what attracted me to LSBU.

The University is in good shape. Our reputation is building. We are no longer at the bottom of any league tables; we are definitely on the way up. Our finances are strong and we are investing in much-needed facilities. Staff feel confident to make ambitious plans for their areas of teaching and learning. All this augurs well for the future of the University, its staff and students, and I am confident LSBU is well able to face whatever challenges may lie ahead.

I am particularly delighted that LSBU's new Student Centre has opened its doors to students and staff. The Centre houses the University's employability and student services under one roof, together with a new home for the Students' Union, a brand new bar and café, and areas for students to relax and socialise. A key feature of the new development is the Student Life Centre – a one-stop shop for student information and advice, staffed by experts in a range of issues that might affect students while they are at university.

Our new Enterprise Centre is on its way, too. The restoration of our Georgian terraces is going well, and the new Centre should be open in September 2013. Our new Enterprise Company is already up and running with Tim Gebbels as Chief Executive and James Smith as Chairman;

James is a former Chairman of Shell UK and we are fortunate to have someone with his expertise to help us. Tim will be working with students, staff and alumni to maximise the opportunities for enterprise activity. If you are interested, please contact Tim who would be delighted to tell you more.

Finally, LSBU is proud to have won the 'Widening Participation Initiative of the Year' award at this year's Times Higher Education Awards. LSBU won this esteemed award for its 'City Opportunities' programme, a scheme which aims to transform the futures of young adults who have spent their childhood in care.

Through this week-long programme, which was developed in collaboration with the City of London Economic Development Office, care leavers aged 16 to 24 attend a number of workshops, including mentoring, careers advice, problem-solving, decision-making, goal-setting and CV and interview skills. The programme also includes visits to City firms such as UBS and Lloyd's of London, where participants can talk face-to-face with employees who encourage them to realise that higher education and professional careers are within their reach, providing them with a tool box of transferable skills. Participants are also able to sample university first-hand, attending taster lectures and seminars at LSBU's Southwark campus. The judges were impressed by LSBU's 'sustained commitment and success in developing the aspirations of children who had recently left care'.

I am always keen to hear your views about the University and how we can continue to improve. I welcome your comments.

With best wishes
Martin
Professor Martin J Earwicker FEng
Vice Chancellor & Chief Executive

Vice Chancellor to retire

PROFESSOR MARTIN EARWICKER, VICE CHANCELLOR OF LSBU, HAS ANNOUNCED HIS RETIREMENT AT THE END OF THE CURRENT ACADEMIC YEAR



Professor Earwicker joined the University as Vice Chancellor in April 2009 and has been responsible for some significant achievements over the past three years.

Academic outcomes have improved and management has undergone a comprehensive programme of professionalisation. Achieving a financial surplus has enabled significant capital expenditure on improved facilities for students and enterprise. Martin has also successfully guided the University through the introduction of the new fees regime whilst retaining strong recruitment levels.

In his statement, Martin wrote: 'I shall be celebrating my 65th birthday next May and have decided it is time to retire. I have very much enjoyed my time at LSBU and have been pleased with the progress we have made over the last three years. We are no longer at the bottom of any league table and we are improving year-on-year; our finances are now strong – in the top third of all universities.'

He extends his thanks to all LSBU alumni who continue to be engaged with LSBU and shares our vision for continued improvement to meet the aspirations of our students. 'The success of our alumni is proof that what we do at LSBU really does work. I am proud of the University and its commitment to its alumni, and look forward to hearing more of our graduates' success stories.'

New Student Centre opens

LSBU'S NEW £7.2 MILLION STUDENT CENTRE OPENED IN DECEMBER 2012, PROVIDING AN ATTRACTIVE AND DYNAMIC ADDITION TO THE UNIVERSITY CAMPUS



The design of the space has been developed in consultation with the Students' Union to ensure the Centre meets all of our students' needs. The Centre shows the University's commitment to enhancing student satisfaction.

The new development aims to improve the student experience by housing all employability, development and student services under one roof. The Centre provides a permanent home for the Students' Union, a new bar and café, and areas where students can socialise and study together. The Student Centre is the central hub of student activity: a place to study, relax and socialise.

A key feature of the new development is the Student Life Centre. This one-stop shop for student information and advice is staffed by experts in a range of issues that might affect students while they are at university.

Occupying a prime location under our existing Tower Block, the new Centre creates a vibrant focal point adjacent to our Borough Road Building, the original heart of our city centre campus. The architect for the project was London-based Hawkins Brown, a former Higher Education Architect of the Year.

LSBU Alumni Association members are welcome to visit the Student Centre bars and cafés. You'll need a free Alumni Access Card to enter the building. To get your card, go to alumni.lsbu.ac.uk/access

LSBU scoops Times Higher Education award



WE ARE PROUD TO HAVE BEEN AWARDED 'WIDENING PARTICIPATION INITIATIVE OF THE YEAR' AT THE 2012 TIMES HIGHER EDUCATION AWARDS.

LSBU won this esteemed award for its 'City Opportunities' programme, a scheme which aims to transform the futures of young adults who have spent their childhood in care. The scheme reflects the commitment to enabling access to higher education for all, regardless of their background, that has underpinned our work since the Borough Polytechnic was founded in 1892.

Through the week-long programme, care leavers between the ages 16 to 24 attend a number of workshops, including mentoring, careers advice, problem-solving, decision-making, goal-setting and CV and interview skills. The programme also includes visits to City firms such as UBS and Lloyd's of London to help participants realise that higher education and professional careers are within their reach. They can also sample university first-hand, attending taster lectures and seminars at LSBU's Southwark campus.



Students gain access to senior business leaders

LSBU HAS PARTNERED WITH THE RENOWNED INSTITUTE OF DIRECTORS (IOD) TO FUND STUDENT MEMBERSHIP PLACES FOR 100 SELECTED STUDENTS

The IoD represents the interests of more than 37,000 business leaders across the UK, giving the LSBU students unprecedented access to some of the most senior company heads in the country as mentors, potential employers and even investors in start-up businesses.

Student membership offers a range of valuable benefits including personal, confidential support from a 'guru panel', and access to a placement and internship notice-board advertising work experience opportunities. The Chairman of the IoD's central London branch along with the Branch committee will work alongside LSBU to enhance students' skill sets and overall employability.

Bev Jullien, Pro Vice Chancellor, said: 'As a member of the Institute myself, I know the many advantages that membership affords you. Our students will enjoy a host of benefits including networking events, and access to internship, employment and mentoring opportunities. IoD membership will really help LSBU students to stand out with potential employers and to prepare them for the workplace.'

LOCAL SCHOOLS TO BENEFIT FROM NEW READING INITIATIVE

A MAJOR NEW MENTORING PROJECT AIMS TO HELP LOCAL PUPILS BECOME CONFIDENT READERS

A group of 153 student teachers from LSBU's PGCE in Early Years and Primary Education course will be mentoring primary school pupils from 17 schools across Southwark, Lewisham and Lambeth for seven weeks from the beginning of October.

Through the initiative, which has been built into the LSBU PGCE primary programme, the student teachers will work with individual pupils on a one-to-one basis three times a week, under the guidance of experienced school practitioners. This should have a significant impact on each child's progress in reading. Jane Courtney, Head of LSBU's Education Department said: 'We have had fantastic support from local schools that

have been very keen to take part, and so we have been able to create a meaningful programme which will not only benefit school pupils but also our student teachers.'



ACCA gold for LSBU

LSBU HAS BEEN AWARDED PRESTIGIOUS GOLD STATUS AS AN APPROVED LEARNING PARTNER (ALP) IN STUDENT TUITION BY THE ASSOCIATION OF CHARTERED CERTIFIED ACCOUNTANTS (ACCA)

To achieve the much sought-after ALP Status, the University had to pass an elaborate two-stage performance assessment in order to demonstrate that our courses meet ACCA's global best practice benchmarks.

Sarah Moore-Williams, Director of Studies for the ACCA Qualification at LSBU, said: 'By becoming an Approved Learning Partner in student tuition, we have demonstrated that we meet challenging performance targets. We offer extremely high quality ACCA tuition at LSBU and it's fantastic to have this recognised by the ACCA professional body.'



EGYPT COLLABORATION FOR LSBU



THE BRITISH UNIVERSITY IN EGYPT (BUE) AND LSBU ARE PLANNING A RANGE OF JOINT INITIATIVES

As a first step, LSBU will be validating BUE's degree programmes in Petroleum Engineering & Gas Technology and Chemical Engineering. This applies to all students currently enrolled on the two courses, including those in the present final year. This means that students will, if successful, receive LSBU's validated

British degree as well as the BUE degree accredited by the Egyptian Ministry of Higher Education. Looking ahead, the universities will continue to explore areas of mutual interests consistent with their internationalisation strategies.

Bev Jullien, Pro Vice Chancellor at LSBU, commented: 'The University is delighted with the development of this collaboration with such a prestigious university in Egypt. We look forward to developing a long-term and mutually fruitful relationship together.'

LSBU contributes to BBC art project

LSBU HAS JOINED FORCES WITH THE BBC, THE PUBLIC CATALOGUE FOUNDATION AND MUSEUMS FROM ACROSS THE UK ON THE YOUR PAINTINGS ARTWORK PROJECT



The aim of the project is to create an online record of every publicly owned oil painting in the UK, making it the world's largest online resource of its type. LSBU's art collections are now available to view, and are divided into two collections: London South Bank University and London South Bank University, Borough Road Gallery's A David Bomberg Legacy – The Sarah Rose Collection.

The project will be of interest to a range of communities, including art enthusiasts, researchers, tourists and anyone unable to travel to view the artworks. The website holds records for 212,000 oil paintings – around 10 times as many as are in the National Gallery – including paintings by some of the greatest artists of the last 700 years.

Find out more and explore LSBU's collections at www.bbc.co.uk/arts/yourpaintings

Basketball triumph for LSBU's men

LSBU MEN'S BASKETBALL 1ST TEAM HAS SECURED THE PRESTIGIOUS BUCS PREMIER LEAGUE SOUTH TITLE FOR THE SECOND CONSECUTIVE YEAR, WITH A THRILLING OVERTIME WIN AGAINST THE BLUES OF OXFORD UNIVERSITY

The game took place at Oxford's famous Iffley Road Sports Complex, where Roger Bannister broke the four-minute mile barrier in 1954. LSBU knew a win would seal the league title for a second year running, with one game still to play against the London School of Economics.

Andy Powlesland, Director of the Academy of Sport at LSBU, said: 'It was a good performance, and to win it with one game in hand on the road in Oxford shows how consistent we've been this year, with what is a very young team. There are only first and second year students on this team, so they are likely to get even better next year. To finish on top of a league table containing the likes of Oxford, Brunel, Bath and LSE is a major achievement for the squad.'



Alumni success

New Year Honours for alumni

LSBU IS PLEASED TO ANNOUNCE THAT A NUMBER OF ALUMNI HAVE BEEN INCLUDED IN THE 2013 NEW YEAR HONOURS LIST. EACH OF THEM IS A LEADER IN THEIR FIELD, AND WE ARE VERY PROUD OF THEIR CONNECTIONS WITH LSBU. THE UNIVERSITY OFFER THEM MANY CONGRATULATIONS

Vicky Paterson, member of the LSBU Association, was honoured with a damehood for her work in schools in Lewisham.

Reginald Bailey, LSBU alumnus and CEO of grant-making charity Mothers' Union, was appointed CBE for his services to children and families.

Fleur Bothwick, HR alumna and Director of Diversity & Inclusiveness at Ernst & Young, received an OBE for services to inclusion and diversity in the workplace.

Jeremy Buckle, alumnus and Event Director at UK Young Scientists and Engineers Fair, was honoured with a BEM for his contribution to science and engineering.

Sweet success for Victoria

PSYCHOLOGY ALUMNA VICTORIA WALFORD'S HEALTHY BAKING BUSINESS IS GOING FROM STRENGTH TO STRENGTH

Victorious Baking specialises in creating products from carefully chosen fresh ingredients that allow allergy sufferers and diabetics to enjoy a sweet treat. And they're ideal for anyone watching their weight, too – amazingly, each cake contains just 25 calories. Victoria has been working with Allergy UK and weight-loss consultants Jane Plan, who have already taken her shortbread nationwide. Now she is running a series of tasting sessions

across London, and has signed a new deal with the Café Brera chain to stock her cakes.

Victoria studied her Master's in Psychology at LSBU, and started her company with support from the University's Enterprise Associate Scheme, which provides start-up grants, office space, structured learning and mentoring for LSBU graduates who are setting up their own business. Victoria also benefited from LSBU's Entrepreneurship in Action Scheme, which gives financial support and office space.

Find out more about Victorious Baking at www.victoriousbaking.com. Find out more about LSBU's support for entrepreneurs at www.lsbu.ac.uk/business/startups



BAFTA SUCCESS FOR ALUMNA

JO ROACH (BSC MEDIA & SOCIETY, 1999) HAS WON A COVETED BAFTA AWARD FOR HER EDUCATIONAL GAME, NIGHTMARE HIGH

Nightmare High is an online browser-based game designed to help 9-11-year-olds negotiate the transition to secondary school.

Jo, who led the Channel 4 team that put the game together, describes it as her proudest professional achievement to date. 'It was the first project I directed and executive produced, so the recognition for that was amazing. It's based on proven techniques that improve mental health, which are now being used in the US military.'

Jo is now co-founder and COO of Makielab, a new kind of toys and games company based in the heart of London. In February, Jo was LSBU's Alumni of the Month. Read her story at alumni.lsbu.ac.uk/joroach.



Academic success and appointments

New research highlights need for simpler health information

RESEARCH INTO HEALTH LITERACY LEVELS ACROSS ENGLAND HAS FOUND THAT NEARLY HALF OF US STRUGGLE TO UNDERSTAND EVERYDAY HEALTH INFORMATION

The research team, led by LSBU Professor of Health Disparities Gill Rowlands, found that 43% of 16-65 year-olds find health information too complex, rising to 61% when the information also requires maths skills. Previous research from the US shows people with low health literacy have poorer health and are less likely to engage in cancer screening programmes or to be able to manage illnesses such as diabetes, heart disease and asthma.

‘Health literacy skills are needed to understand and use information in ways that promote and safeguard good health,’ says Professor Rowlands. ‘This preventable problem puts pressure on an already stretched health service. Our priority is to address these challenges and develop solutions to ensure health information is more easily understood.’



LSBU supports improved nursing practice

THE LSBU-FUNDED FLORENCE NIGHTINGALE CHAIR IN CLINICAL NURSING PRACTICE WILL IMPROVE PATIENT CARE AND BENEFIT STUDENTS

The first person to be appointed is Dr Lesley Baillie, who has a background in acute nursing and a particular interest in patient dignity. The appointment, created in partnership with University College Hospital NHS Trust and the Florence Nightingale Foundation, is designed to develop senior clinical, academic and professional

partnerships that will impact on the quality of patient care.

Commenting on the post, Professor Judith Ellis, Executive Dean of the Faculty of Health and Social Care, said: ‘Funding this role signifies national and indeed international recognition of the Faculty as a leading organisation in the education and development of nurses and in the expansion of nursing knowledge. This collaboration will enhance the integration of research and practice thereby strengthening the provision of evidence-based education and practice.’

LSBU enters the debate on adoption and fostering

LSBU EXPERTS HAVE CONTRIBUTED TO A SPECIAL EDITION OF THE BRITISH ASSOCIATION FOR ADOPTION AND FOSTERING’S ADOPTION & FOSTERING JOURNAL

The article proposes a new solution to a controversial problem. Until recently, policy has focused on matching children with parents of equivalent ethnicity. However, in the case of mixed racial or ethnic children there has been confusion over how ‘same race’ should be interpreted, leading them to be seen as ‘hard to place’.

Dr Chamion Caballero, Senior Research Fellow at the Weeks Centre for Social and Policy Research, Dr Annabel Goodyer of the Faculty of Health and Social Care, Professor Ros Edwards and Professor Toyin Okitikpi have put forward an evidence-based model that matches mixed racial or ethnic children with parents who are best placed to adopt or foster them; racial background is not a priority.



New appointment for the Legal Advice Clinic team

SARA CHANDLER, FORMER DIRECTOR OF PRO BONO AT THE COLLEGE OF LAW, HAS JOINED LSBU’S LEGAL ADVICE CLINIC AS VISITING PROFESSOR IN CLINICAL LEGAL EDUCATION

Professor Chandler has spent 38 years working in law centres and Legal Aid firms, specialising in rights-based work for vulnerable people. She is a member of the Law Society Council, represents solicitors in the voluntary sector – including university and college student law clinics – and chairs the Law Society’s Human Rights Committee.

Sara will be supervising law students in the Clinic during drop-in sessions, and running regular employability and careers sessions for all law students. ‘It’s vital that students can learn their legal skills, and develop their

understanding through volunteer work that also helps those most in need of access to justice,’ she says.

The Legal Advice Clinic, which opened in September 2011, provides a much-needed free advice service. LLB students work directly with the public, supervised by the Clinic’s solicitors and LSBU law lecturers Alan Russell and John Russell. They gain essential real world legal experience and reinforce their learning – a real advantage in an increasingly competitive job market.



LSBU professor joins Worshipful Company

Professor John Egan, Chair of LSBU’s Academy of Marketing, has joined the Worshipful Company of Marketors as a Freeman.

The Company promotes marketing as a force for economic and public benefit, encourages excellence in education and practice and does charitable work. Professor Egan said: ‘I’m very proud to join the Worshipful Society and hope this will strengthen ties between the University and the City of London.’

Open the door to a career in healthcare



IF YOU’RE LOOKING FOR A CAREER THAT MAKES A DIFFERENCE, WHY NOT THINK ABOUT HEALTHCARE? LSBU’S FAST-TRACK POSTGRADUATE DIPLOMAS COULD OPEN THE DOOR TO A NEW CAREER



Preya Assip, final-year PgDip Adult Nursing student

Many students embark on an undergraduate degree programme without being certain about their future career path. LSBU’s accelerated two-year Postgraduate Diplomas in areas including Adult, Children’s and Mental Health Nursing, and Therapeutic Radiography along with the MSc in Occupational Therapy and Social Work programmes are a great way for students with relevant degrees to convert their skills to become a healthcare professional.

Here’s what Preya Assip, a final-year PgDip Adult Nursing student has to say about her experiences on the fast-track programme: ‘I initially studied a degree in Medical Science and then took a couple of years out after graduating to work as a Healthcare Assistant. I met Nurses who were both good and not so good at what they did, and began to see the impact those who did it well had on the patients, families, and the team they worked within. I remember thinking, “I wouldn’t mind giving that a go” – so I did.

‘I decided to study at LSBU for a number of reasons: the equipment and facilities are fantastic, including purpose-built laboratories set up like hospital wards, and simulation dummies. But the main reason is that LSBU is linked to so many of the large teaching hospitals in London – Guy’s and St Thomas’ and University College London Hospitals to name two. I wanted to have the best placements

possible, which will also look great to future employers too.

‘The fast-track postgraduate diploma experience has been incredible. It’s not easy, though, simply because of the amount of placement hours that have to be done as well as the academic work. The placements have been the best part for me. I’ve been on acute areas of the hospital, out in the community and shadowed specialist Nurse Prescribers. I had a maternity placement where I saw babies being born. I’ve been to theatre and stared into an open chest and watched a heart stop beating. I’ve watched post-mortems and identified the cause of death. I’ve seen things I never thought I’d get the opportunity to see. Nursing is like nothing else – even after qualification, there is such a range of areas that you can specialise in.

‘I’ve also been pleasantly surprised at the opportunities available for graduates within nursing. There are a number of highly competitive schemes within London that target graduates, so opportunities are endless for the ambitious – even from the day you qualify. Once I graduate, I plan to stay in London, get a nursing role and eventually do a master’s degree.’

Want to know more? Go to lsbu.ac.uk/studynursing for information on careers in nursing, or go to lsbu.ac.uk to find out the full range of health courses available.

What will be your legacy?



"I am of the opinion that my life belongs to the whole community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle to me; it is sort of a splendid torch which I've got to hold up for the moment, and I want to make it burn as brightly as possible before handing it on to future generations."

George Bernard Shaw believed in the power of legacies. Do you?

Making a gift in your Will could help provide scholarships to future generations of LSBU students. If you would like more information on the simplest way to leave a legacy to LSBU, please contact Suzie Bannerman on 020 7815 6073 or by email at sbannerman@lsbu.ac.uk

the brighter choice

Keeping it in the family

THE MAIDMENT FAMILY'S LINKS WITH LSBU STRETCH BACK TO THE 1930S. GRAEME – NOW DIRECTOR OF RESEARCH AND KNOWLEDGE TRANSFER IN ESBE, PROFESSOR OF REFRIGERATION AND AIR CONDITIONING AND PRESIDENT ELECT AT THE INSTITUTE OF REFRIGERATION – AND HIS FATHER DEREK SHARED THEIR STORIES WITH CONNECTED



DEREK'S STORY

'My father wanted me to leave school at 16, so I could start contributing to the family budget. No one in my family had ever gone to university – that was for the elite. My first job was as a Lab Assistant at the Gas Board. After two months' training, I was put in charge of analysing all the water entering and leaving the site.

'I started studying part-time at Borough Polytechnic straight away, first for an Ordinary National Certificate in chemistry, then I moved on to chemical engineering. I spent a day and an evening at college each week. I studied all Sunday afternoon and evening as well.

'We did have a social life too. The afternoon class finished at 3.30 and the evening class didn't begin until 6, so we'd go to the pub opposite the Poly entrance – it's the Duke of York now – and drink mild and bitter and play darts. I remember a Poly scooter relay from Reigate to Brighton too. There were 32 teams, so it was quite a sight!

'By the end of the 1950s, I'd gone to work at Crosse & Blackwell and that's where I met my future wife. She was studying at Borough too, doing microbiology. We got married in 1962, and at first we lived with my parents in Clapham. We moved to our own place in Kent in the notoriously harsh winter of 1963 – it was freezing.

'My father-in-law worked for the Co-op as Chief Engineer, and had studied at the Borough Polytechnic in the 1930s. I remember him writing a paper on heating greenhouses to grow tomatoes, to get his membership of the Heating and Ventilation Institute (now CIBSE). I don't know why he chose that topic – he didn't even like gardening...

'In 1966 I went to work at the Wellcome Foundation and I stayed there pretty much until I retired. Studying was always important to me. I remember writing my paper to become a member of the Institute of Chemical Engineers – I designed an acid adehyde plant, based on the Japanese Shisso process. Later on, when I started getting involved more in the commercial aspects of contracts, I studied for a diploma in finance and accountancy.

'I'm very proud of what Graeme's achieved. We worked together when he was a boy, and it's been great to be able to work with him more recently too. The original design for the prototype heat exchanger he used on the London Underground was produced in our garage at home in Wilmington. And I wrote a module on management for his part-time building services course. It was tough, but good fun.'



GRAEME'S STORY

'I remember my maternal grandfather working as an Engineer at the Co-op when I was growing up. I can now see a strong connection between what he did, what my dad did and what I'm doing now.

'Even as a child, I liked taking things apart and putting them back together. Dad and I used to restore motorbikes – I remember us working on a Cyclemaster, like a pushbike with a 32cc engine in the back wheel. Later on I'd refurbish tired pushbikes and sell them on to earn a bit of extra pocket money.

'At the time I didn't really appreciate the privilege of going to grammar school, and I was a bit of a rebel. I wanted to leave, to get out and start work. At 16, I got an apprenticeship with J&E Hall, a local refrigeration company. I studied part-time, first for an HNC and then for a degree in Building Services Engineering at South Bank. I remember my dad being really pleased that I was studying at the same place as him.

'By the time I came to do my degree, I was taking it all a bit more seriously. I'd realised that I needed to work hard if I was going to get on. And I enjoyed academic life. I spent a few years out in industry, but when I was offered the opportunity to come back to LSBU and do a PhD in the mid-1990s, I jumped at it.

'I lectured at Nottingham for a while, then a Senior Lecturer's job came up at LSBU and I've been here ever since. In 1999, I re-established the Centre for Refrigeration and Air Conditioning, first with my colleague John Missenden and latterly with Issa Chaer.

'We've done some really interesting work on developing cooling systems for the Tube – our hybrid thermal storage system will be on some of the new trains now being tendered. We're also looking at how the warmth from the tunnels could be used to heat local buildings. I don't want to take the credit, though – it's all down to teamwork.

'Will there be another generation of Maidments at LSBU? I don't know! Matthew's 10, and he's going to be Fernando Torres when he grows up. Rachel's 12, and she's a really good thinker. So we'll see...'

Find out more about Graeme and the team's current research projects at www.lsbu.ac.uk/esbe/research/refrigeration.shtml

INVESTOR, BROADCASTER, WRITER – **RICHARD FARLEIGH** COULD HAVE RETIRED IN HIS MID-30S. INSTEAD, HE'S DEDICATED HIMSELF TO HELPING NEW BUSINESSES GET OFF THE GROUND. NOW, AS LSBU'S CHANCELLOR, HE'S BRINGING FRESH ENERGY TO THE UNIVERSITY'S DRIVE TO SUPPORT ITS OWN ENTREPRENEURS

Fresh thinking

RICHARD'S TIPS FOR BUSINESS SUCCESS

Ideas are worth nothing. One of the most common mistakes I saw on *Dragons' Den* was that people tend to think their ideas are worth a fortune. By itself an idea, however brilliant, is worthless. Until you've actually done something there's no value – it's all in the execution.

All businesses are essentially the same. People often ask me why I invest in so many different types of business, but it's the similarities that dominate, not the differences. Everyone needs a product, everyone needs customers, everyone needs a USP. Don't make the mistake of thinking your problems are unique. In fact, entrepreneurs have a huge amount to learn from each other – nearly all businesses that get into trouble are making the same basic mistakes.

Use your imagination. People often think success in business is about taking risks. In fact, the opposite is true – you should be keeping risk to a minimum. It's more about using imagination and spotting ways to go that other people haven't seen yet.

Just because it's not tangible, doesn't mean it's not important. I once set up a company selling tennis rackets. I put all my money into buying stock and none into marketing. That's a classic mistake – I couldn't

see the immediate benefit of marketing, so I neglected it. I assumed that because my idea was good, it would work, but of course it didn't because no one got to hear about it.

Don't try to go it alone. Talk to as many people as you can. Ask them for advice. Identify their strengths, and try to emulate their best qualities yourself. And don't be a snob – business is common sense, and no one has a monopoly on that. You don't need to find some business guru. Ask your friends. Ask your mum!

Be honest with yourself. One of the reasons why Home House ran into problems was because I was doing it for the wrong reasons. I got carried away with the idea of how nice it would be to be the person who created this great new members' club. Fortunately, the idea was strong enough to pull through and succeed in the end. But if I were doing it again, I'd leave my ego out of it.

There are no shortcuts to success. All the entrepreneurs I have met, from every background and walk of life, having one thing in common – motivation. I have never met a lazy entrepreneur. There's a lot you can learn about business at university and elsewhere, but drive is the one thing you've got to find within yourself.

From the outside, it might look like Richard Farleigh's life story is just one success after another. An academic high-flier with a first-class degree in economics; one of Australia's youngest ever directors of a bank; head of a lucrative hedge fund, earning enough to retire by his mid-30s; and a career as a highly successful investor, writer and star of TV's *Dragons' Den*.

But that's not quite the whole picture. Born in Victoria, Richard was one of 11 children of an itinerant sheep-shearer. Taken into care at the age of just two, as a young child he struggled at school and was assessed as being 'backward'. Getting to where he is today has meant working hard to overcome those challenges.

'In lots of ways my story fits with that of the University,' he says. 'I came from a difficult background and I know lots of LSBU students do too. What I hope I can show is that anyone can succeed, given a bit of encouragement and plenty of determination.'

That refusal to be defined or limited by his background is just one of the reasons why Richard was so keen to take on the role of Chancellor for LSBU. He will hold the post for the next four years, acting as an ambassador for our work and ambitions, as well as sharing his knowledge and expertise with staff and students, past and present.

Clearly, there is also a big overlap between Richard's own entrepreneurial activities and LSBU's increasing emphasis on providing support for new enterprise. Perhaps the UK's most prolific investor in start-ups, Richard first began investing in new businesses in his 30s, jointly selling one of his first companies, Index IT, for £20 million. Since then, he has continued to put his own capital in everything from airlines to medical equipment to hair care to a central London private members' club, Home House.

'Intellectual property is the jewel in the crown of the UK's universities,' he says. 'I believe passionately that all universities should be doing more to commercialise the ideas they generate. And that means giving business start-ups as much help as we can. LSBU's new Enterprise Centre is a real statement of intent.'

'It shows that the University is making its entrepreneurs a priority and giving them the space and resources they need. That's a great fit with what I'm doing, and a brilliant selling point for LSBU. I'm really looking forward to getting out there and letting people know about all the great work that's going on here.'

Read Richard's weekly column, 'Confessions of a Serial Entrepreneur', in *City AM* or go to www.farleigh.com His book, *Taming the Lion: 100 Secret Strategies for Investing* is published by Harriman House.

Towards the end of 2012, Richard Farleigh spoke to around 250 alumni at our 120-year anniversary celebration. Here are just a few of the reactions from those who attended on the night:

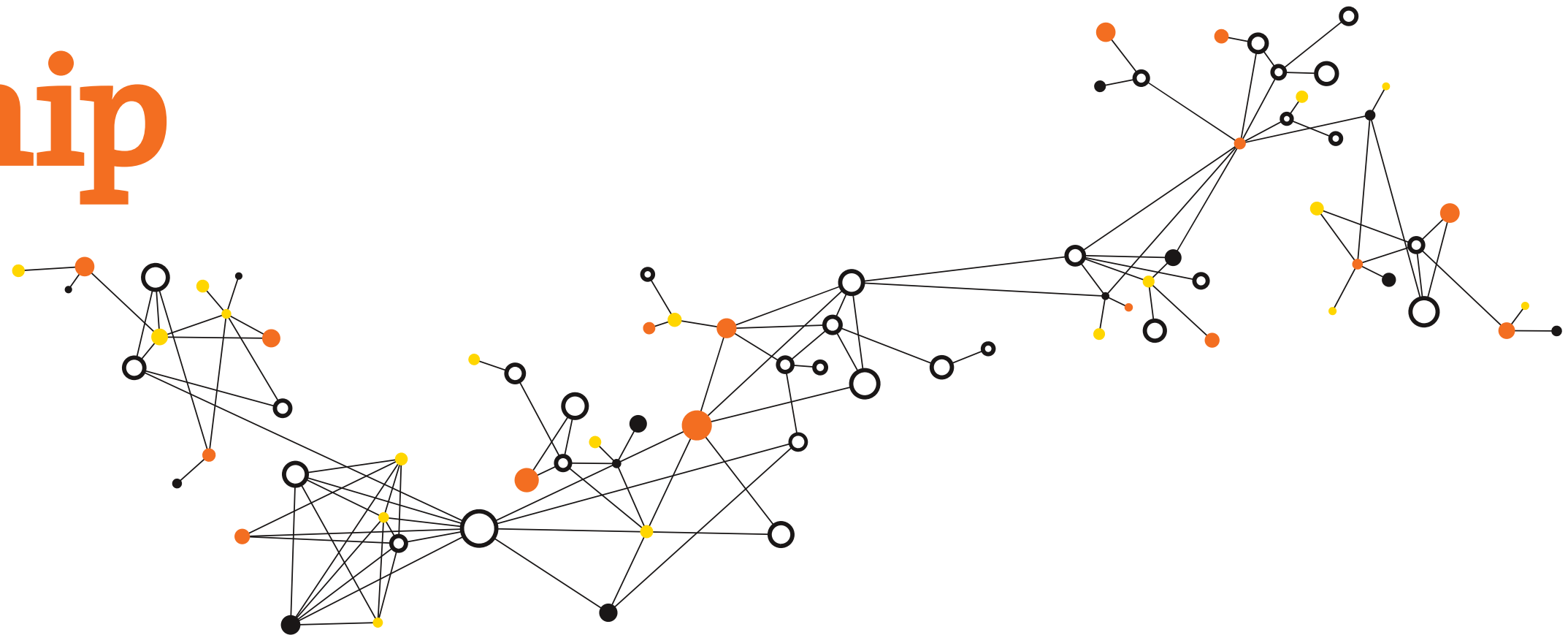
'It's lovely to see my University doing well. With Richard's experience and knowledge, it might be another Princeton!' Grace Cohli, Food Safety and Control 2004

'This has been a very rewarding evening, and I'm proud to have passed through this great institution.' Aaron Yamba, Primary Care 2011

'The event was very well organised and interesting. It was lovely to be back at LSBU and see the astonishing development and enhancement of the University.' Mariam Kakar, Accounting and Finance 2010

To find out more about our up-coming events, go to page 22 or visit alumni.lsbu.ac.uk/events

Partnership working



A SERIES OF NEW INITIATIVES FROM LSBU'S EMPLOYABILITY AND CAREERS SERVICES IS CREATING SOME EXCITING OPPORTUNITIES FOR ALUMNI. CONNECTED WENT ALONG TO FIND OUT MORE...

READY FOR WORK

There's no denying that life has been tough for graduate jobseekers over the past few years. The results of a recent survey carried out by the Association of Graduate Recruiters suggest that things may finally be looking up, with a 9% rise in graduate vacancies predicted for 2013. Nevertheless, the onus remains on university Careers Services to give students the practical support and guidance they need to be truly job-ready – in other words, to enhance their employability.

For Jayson Short, Head of LSBU's Employability and Careers Service, the obvious solution is to find ways to work more closely with alumni and employers. 'It's a win-win situation,' he says. 'For our students, closer contact with alumni is a chance to gain an insight into the world of work, and get a better understanding of what employers really want. And for alumni it's an opportunity to build networks, tap into a source of fresh new talent and, of course, to help the University and its students.'

OPEN AND FLEXIBLE

There are a number of ways alumni can get involved, all of which are aimed at moving away from the traditional, formal interview-type dynamic and towards a more open, flexible approach. For example, companies or individual alumni looking to fill vacancies, or raise awareness of their business or sector, will be able to have a presence – like a stand or banner – in the LSBU Student Centre, or even come into lectures to give information to specific groups of students.

'The old 'Milk Round'-type events can be very useful,' says Jayson, 'but they can also be overwhelming and counter-productive for jobseekers and employers alike. If there are 70 exhibitors in a hall, and hundreds of students, it's hard to have an in-depth conversation or make any real connections. This way, both sides can find out more about each other in a much more relaxed environment.'

Jayson plans to organise small, targeted job fairs – 'mini-Milk Rounds' – that focus on a specific industry or even a specific employer with a broad remit spanning a wide range of jobs. He cites Lambeth Council as an example: 'At a bigger event, a lot of students would walk straight past that stand. The assumption is that everyone who works for the Council sits behind a desk doing admin. But there are opportunities in everything from communications to engineering to occupational therapy. A smaller event allows an employer to really show off what they can offer.'

THE PERSONAL TOUCH

Employers can also advertise vacancies free of charge on LSBU's Job Shop. 'The Job Shop is a great way of bringing employers and potential employees together,' Jayson explains. 'Students who register on it can specify the kind of work they're looking for, and we'll do customised searches. We'll also let tutors know if we think a vacancy is of interest to their students. It's all about making the job-hunting process more tailored, more targeted and more efficient.'

Personal contact is vitally important too. Jayson is keen to invite alumni into LSBU to talk to current students about their working lives or, more generally, about their experiences post-graduation. 'Students want to know how other people have coped with their final year, how they've gone about finding work – basically, what it's like out there,' says Jayson. 'That's much more powerful when it's coming direct from someone who's recently been in the same boat as them.'

The Employability and Careers Team is also keen to link up with alumni with a view to arranging visits to their employer. 'It doesn't matter whether there are current vacancies or not,' Jayson says. 'Our aim is to raise awareness of the services we can offer, and start to build up a relationship. Hopefully that will prove to be mutually beneficial.'

Get in touch – we'd love to hear from you. Contact the Employability and Careers Service on careers@lsbu.ac.uk or 020 7815 6454.

IT'S NOT JUST FOR STUDENTS...

We know that job-hunting dilemmas don't magically disappear once you've got your degree. That's why the Employability and Careers Services is happy to help alumni too.

If you've graduated from LSBU within the last two years, you can get one-to-one guidance from an expert adviser, including honing your interview technique and refining your CV. All alumni who are members of the LSBU Alumni Association can access online resources and materials in the Careers Room.

Georgie Gayler, who completed a PGDip Career Guidance course at LSBU in May 2011, came back to the Careers Service when she needed help finding a permanent job. 'I didn't even realise it was an option until I was browsing through some old paperwork,' she says. 'I booked a meeting with an adviser, who helped me work out a plan and make sure I was looking for the right jobs. It turned out my CV wasn't helping my cause, so we spent some time making changes and improvements. It was a really useful session.' Georgie is now Online and Social Media Editor for Grey EMEA.

The services available are not just for recent graduates. LSBU Alumni Association recently launched a new Job Board to help alumni with their recruitment needs. So whether you are looking for a job or searching for the ideal candidate to employ, the Job Board could help. Visit the Job Board at alumni.lsbu.ac.uk/jobs

LSBU Alumni Association members are able to post job vacancies and search through job advertisements from all industry sectors at graduate and senior levels. This free, interactive service is part of our initiative to develop a wider LSBU career network for alumni. It sits alongside the Employability and Careers Service's JobShop, which is solely aimed at recent graduates and junior level roles.

There's also a LinkedIn group for LSBU alumni, which now has over 3,300 members. If you're looking for a job, a mentor, an employee or just want to build up your network of contacts or join in one of the many active discussion groups, go to www.linkedin.com/groups and search for "London South Bank University Alumni Association".

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THE SECRET WAR AGAINST APARTHEID

At the time, Denis – who was still living in Southampton but travelling up to London regularly – was highly politically active. As well as the Young Communists League, he was involved in the 'Stop the Seventy Tour' campaign to ban the South African cricket and rugby teams from touring the UK, and in the broader Anti-Apartheid Movement. 'I guess when the ANC was looking for people who'd be up for it, they knew where to come,' he says.

'Resistance to apartheid was very strong,' says Denis. 'You didn't have to be a radical. Plenty of ordinary people were boycotting South African brands or refusing to bank with Barclays.' But while opposition might have been a part of everyday life for many, for those more deeply involved the risks were considerable. 'People in South Africa were being jailed, tortured and worse. In London, agents from BOSS – the South African secret police – were active, and had

In a small room, Ronnie explained clearly and calmly what Denis and Graeme were required to do: travel to Durban with two false-bottomed suitcases containing pro-ANC leaflets, and a small amount of explosives. Once there, they would create simple bucket bombs that would shower leaflets everywhere when they exploded, sending out a message to both ANC supporters and opponents that the movement was still very much alive. ▶

THE MISSION

On 2 August 1971, Denis and Graeme flew out of Heathrow. ‘Of course we were nervous,’ says Denis. ‘But back then the only disguise you really needed was a white face. No one seemed to suspect anything.’ Once in Durban, they made their way to a cheap hotel and set about gathering the components for their bombs and deciding where to plant them.

‘We’d been told to go to the train and bus stations,’ says Denis. ‘Black people were banned from living in the centre so each day they flooded in and out on public transport. The thinking was if we put the bombs there, we’d reach the biggest possible audience.’ Of course, white faces were rare in these parts of town. ‘We rehearsed a story about being lost tourists,’ says Denis, ‘but people religiously ignored us. It was frustrating – we wanted to tell them we were on their side, but of course that would have blown our cover.’

Everything was going smoothly. Then, on 9 August, the night before the bombs were due to be set off, came disaster. ‘We were putting the bombs together – the room was a tip, with leaflets and timers and buckets everywhere,’ says Denis. ‘Suddenly the door opened and the maid came in.’ Panicked, the pair sat the woman down and tried to explain what they were doing. ‘We even gave her the ANC salute.’ Uncertain whether she would inform on them, they spent a sleepless night worrying that they had jeopardised the whole mission and waiting for the police to arrive.

By the next morning, the prospect of arrest seemed a little less imminent. Denis and Graeme went out into Durban as planned, and planted their bucket bombs. ‘The last one that went off was right outside a newspaper office, in a canyon of tall buildings,’ Denis recalls. ‘The noise was deafening! I remember thinking, we’ve really done it now.’



Ken Keable (L) and Denis Walshe (R) back in South Africa, 40 years on

IN THE HEADLINES

Mission accomplished, they celebrated with a beer and flew out of Durban the next morning. It was not until they arrived in Johannesburg to change planes that they realised the full extent of the operation. ‘The story was on the front of the *Rand Daily Mail*,’ says Denis. ‘Bombs had gone off in Johannesburg, Cape Town and Port Elizabeth as well as Durban, all at the same time. Clearly, we were a small part of a bigger, co-ordinated operation.’

Back in London, there was a business-like debrief with Ronnie Kasrils. ‘We handed over our photographs and the small amount of money we had left, and that was it.’ Indeed, that was pretty much the end of the story – Denis and Graeme stayed in touch, but never discussed their experiences – until 2005, when, with a democratic government now well-established in South Africa and apartheid a memory, Denis was invited to a meeting of the so-called ‘London Recruits’ at South Africa House.

THE LONDON RECRUITS

‘Ken Keable, who’d also travelled to South Africa for the ANC, had decided it was time our stories were told. He’d started tracking people down in the spring, and in June we all met up,’ Denis explains. ‘It was an amazing experience. I knew a lot of the faces, from various political meetings and demos, but I had no idea they’d been to South Africa too. We’d all been bound to secrecy for 35 years.’

The resulting book, *London Recruits: The Secret War on Apartheid*, includes first person accounts from 30 activists who went to South Africa, including Denis and Graeme, plus an introduction by Ronnie Kasrils. In summer 2012, Denis and three others went back to South Africa to promote the book.

AN EXTRACT FROM DENIS’S ACCOUNT IN THE LONDON RECRUITS...

‘...Our beds, the floor and any surface space left in the hotel room were covered with 20,000 leaflets. The magnitude of what we were doing still hadn’t hit us; this was just a job that had to be done. Then the door directly in front of us opened. Confusion gave way to sheer alarm. This must be the South African police, with a room full of leaflets and timers, and it wasn’t looking good. Our relief to realise it was a young black woman, our chamber-maid, was short-lived. She looked as confused as we did. She just stood there, taking in the scene. Our minds were racing. We tried to explain by thrusting a leaflet into her hands and telling her that we were supporters of

‘Graeme couldn’t make it, but before I left I went to pick up his old false-bottomed suitcase,’ Denis says. ‘I’d thrown mine away, but he’d kept his – it was in the attic full of Christmas decorations! He wanted it to go home, so I took it to what’s now the museum at Liliesleaf, the farm where Mandela and many leading ANC members were arrested back in the 60s. That day, collecting the suitcase from him, the floodgates opened. We talked for six hours about what we’d experienced and how we’d felt.’

In South Africa, emotions continued to run high. ‘It was an incredible time,’ says Denis. ‘We met so many people who’d done so much, including people who’d been in prison alongside Mandela – and yet they were thanking us. I felt very humble, and very proud.’ The delegation was warmly welcomed by ex-president Thabo Mbeki. ‘He even invited us to his 70th birthday party, where he thanked us for helping the ANC break the wall of silence that apartheid had imposed.’

Since that last trip some 41 years earlier, the country had changed beyond recognition. ‘The first five people I met this time were black,’ says Denis. ‘Some were pro-Zuma, some were against. It didn’t matter. What was important was that they were free to express themselves and be part of society.’

Sadly, despite appeals on TV and radio, Denis was unable to track down the person he most wanted to see – the maid from the Durban hotel. ‘I wanted to thank her face to face,’ he says. ‘We put her in huge danger, and she put her trust in us. For me, it was a powerful symbol of what we were fighting for – black and white, working together for the same cause.’



the ANC...we desperately hoped that our hurried words about ideals, and solidarity salutes, were falling on fertile ground. This was the first jolt of genuine fear I had felt. The possibility of discovery and failure loomed large.’

London Recruits: The Secret War against Apartheid, edited by Ken Keable, is published by Merlin Press. All proceeds from the book go to the Nelson Mandela Children’s Fund.

Keeping in touch



“GRAHAM MANLY HAS AN IMPRESSIVE TRACK RECORD OF ACHIEVEMENTS IN THE BUILDING SERVICES SECTOR. WE BELIEVE HE HAS THE EXPERTISE TO HELP US BUILD EVEN CLOSER LINKS WITH INDUSTRY, AND WE LOOK FORWARD TO WORKING WITH HIM IN 2013.”

Dr David Tann, Department of Urban Engineering

FORMER LSBU STUDENT – AND NOW A LEADING FIGURE IN THE BUILDING SERVICES SECTOR – GRAHAM MANLY OBE PRESENTED AT THE RECENT REUNION FOR LSBU’S DEPARTMENT OF URBAN ENGINEERING. HE EXPLAINED TO CONNECTED WHY HE THINKS IT’S SO IMPORTANT TO KEEP IN TOUCH

Graham studied environmental engineering, heating, ventilation and air conditioning at what was then the National College between 1962 and 1965. This meant LSBU’s 120th anniversary in 2012 also marked half a century since he and his fellow students started their course. That seemed like the perfect opportunity for a special get-together.

‘We’ve always stayed in touch,’ Graham explains. ‘Initially, we met up every couple of years, but that petered out as people started to get busier with their careers and their families.’ Then in 1990, Graham decided to mark 25 years since graduation. ‘I knew that everyone from the course had stayed in the industry,’ he explains. ‘It’s a small world, and I thought it would be great to meet up and compare notes.’

Since then, many of the 11 graduating students and their partners, as well as course tutor Dr Alan Sherratt, have got together every five years to catch up on matters personal and professional. However last year, the LSBU

Alumni Association organised a special reunion to celebrate the University’s 120th anniversary. Over 150 alumni, guests, staff and students of the Department of Urban Engineering were invited to share memories and experiences and hear speakers including Professor Barry Clarke, President of the Institution of Civil Engineers and Graham himself.

‘My first message was that, as an industry, we need to move towards more collaborative working,’ he says. ‘The disciplines – architecture, structural engineering, services engineering – shouldn’t be working in silos. My second point is that designs must deliver their original intent. That might sound obvious, but so often it doesn’t happen. The people who design and install systems should stay involved afterwards, checking, adjusting and monitoring. That’s the only way to learn what really works.’

Graham’s interest in maintaining strong links with LSBU reflects his commitment to education and training in the industry more widely.

Throughout his highly successful career – he has run his own business, and now oversees technical innovation at Gratte Brothers Group – he has always got ‘huge satisfaction’ from helping young people to progress. These days, he’s involved in promoting engineering careers in schools, and chairs the National Skills Academy for Environmental Technologies, which aims to ensure that the industry has the skills it needs to implement green building technologies.

In 2012, Graham was awarded an OBE in recognition of his major contribution to the building services sector. ‘It was a huge surprise,’ he says. ‘I feel very honoured.’ Now Graham has been nominated to sit on the government’s Construction Industry Strategic Advisory Council as a representative of the building services sector.

He has also been talking with Dr David Tann at LSBU about how he might be able to provide even more support for the University’s work, and he is about to become a visiting professor in the Department of Urban Engineering. ‘I think the reason I’ve been asked is because of my broad industry knowledge,’ he says. ‘That’s what I hope to encourage and foster in young engineers through my work in education and training.’



The power of creative thinking

“HIGH-TECH BUILDINGS EMPHASISE THE RATIONAL PART OF US. WE BECOME OVER RATIONALISED...IT SEEMS WE HAVE FORGOTTEN THAT WE ALSO HAVE TO LIVE IN BUILDINGS. BESIDES THIS RATIONALITY WE ALSO NEED FANTASY, INTUITION AND EMOTIONS. BILL HOLDSWORTH UNDERSTANDS THIS VERY WELL.”

Dutch organic architect Ton Alberts in his foreword to Bill's book, *Healthy Buildings: A Design Primer for a Living Environment* (Longmans, 1992)

With a career that has embraced both the arts and engineering – and spanned more than 60 years (and counting!) – Bill Holdsworth richly deserves the label ‘Renaissance man’. Born in Marylebone in the late 1920s, as a child and teenager he made his living in the street markets of north London before enrolling at the Northern School of Building. At the end of the war, he began a five-year apprenticeship in heating and ventilation, studying mechanical engineering part-time at the then Borough Polytechnic. That time of radical and revolutionary change inspired in him a belief in the power of creative thinking – and an enthusiasm and energy for work and for life – that remains undimmed today. As well as his work in the world of the built environment, he has been a soldier, a borough councillor and would-be MP, a journalist and broadcaster, an author-poet, and a lecturer in schools and universities around the world.

He has worked with the UK government, helping to shape energy-saving policies and joining a number of overseas delegations. Since the late 1980s, when his building services and energy and environmental engineering consultancy fell victim to the economic crash, he has been based in the Netherlands, although he continues to travel widely. A dancer, actor and occasional singer – his performance with a gypsy ensemble at an international film festival in Sofia attracted rave reviews! – he believes that by fusing together the built environment and applied sciences with our artistic, cultural and creative life we can find alternatives to economic cutbacks, help solve the impending dangers of climatic change and rid ourselves of increasing energy poverty. Now LSBU's Department of Urban Engineering has invited Bill to help broaden its research horizons by becoming a visiting lecturer. Here, in his own words, he shares some of the lessons he's learned from a lifetime of creating – and embracing – opportunities across many diverse and fascinating fields...

HANDS-ON LEARNING

‘There's no substitute for a visionary education, hands-on experience and vocational training. Being evacuated to Bedford in 1939 meant my elementary schooling was crippled. With no school buildings we became feral and roamed the countryside. Against the rules our teachers found accommodation in church halls. There were no teaching aids, so we learned geometry, mathematics, history and geography and art with the help of six chess sets. Through these and other radical methods, that would no doubt give the current education secretary a heart attack, 95% of us evacuees with no starter examination passes for upper schools managed to gain entry to junior technical schools and other vocational establishments.

‘I returned to a London blitzed by bombs and rockets to study building trades and the rudiments of architecture at the Northern Polytechnic (part of what is now the University of North London). The three-year course covered the craft skills of bricklaying, plumbing, woodwork and decorating, plus sanitation and building construction. Extra-mural lessons in foreign languages came from my classmates, refugees from across Europe. Becoming an architect required funding so instead my path led to a five-year apprenticeship, but not before I got a part as an actor and narrator for a COI film on rebuilding Britain and landed a small part in another at Ealing Studios. My mother told me acting wasn't a “proper job”; but I still believe we should all jump on the stage of life when we can, and build our own scenery.

‘During my years as a part-time student at the Borough Polytechnic, I went from fitter's mate to assistant designer to Chief Air Conditioning Engineer, eventually designing the air conditioning and ventilation systems for the new airport buildings at Heathrow. At 18, I travelled the country, visiting specialist factories, rayon spinning sheds, cinemas, schools and institutional buildings. Often plans had been destroyed in the war so I learned the art of surveying from scratch. This fast-track learning curve taught me more about architecture, construction and all the elements that make a building work than any theoretical examination. An educational degree is a medal of recognition, but learning how to make things work at the sharp end is a skill that gives one's academic degree an edge in a world of increasing competition and diminishing resources.

DESIGNING FOR HEALTH

‘Buildings and urban landscapes have a profound effect on our physical and mental health. After I twisted my back – blame jive or jazz! – a New Age doctor told me to “find myself” and I discovered dance, acting, yoga and martial arts. Through these new tools for listening and observing, I learned that we need to move through space in many different ways for stimulation and growth. What a doctor finds conducive in an operating theatre is totally different for musicians and singers practising in a sound-proofed studio, or for a worker in a vast spinning shed. Our bodies react to different stimuli, temperatures, noise, humidity and light. My arts training brought an extra dimension to my theoretical knowledge of the physics of living space.

‘In the late 50s I began to realise – along with a few other “early birds” – that we were not designing for health or sustainability. London and other cities suffered deadly smog from millions of open coal-burning fires and industrial pollution. It was a time when 95% of people in Britain were without central heating and cooling was a luxury. Writing in *The Guardian* in June 1966 (‘A Blue Print For A Better Life’) I called for a new design profession; an environmental engineer who would seek renewable energy solutions using sun and wind power and find unique ways to recycle waste – including the carcinogenic exhaust fumes from the ever-increasing motor vehicles on our roads – attenuate noise, and green our cities.

‘In 1970 I created a new design tool and methodology, Environmentally Controlled Human Operational Enclosed/External Space (ECHOES) which considers all the factors that influence a building, both forces and man-made. The design of all buildings should look at how light, sound, heat, air, water quality, building materials, colour and vegetation can enhance the health and well-being of the people that use it. We have to reduce the impacts of global warming and allow users of any building to be part of the creative design team. Forty years later we are still debating the issues. Our knowledge base is improving but far too slowly, and new educational policies are restrictive.

THINKING WITHOUT LIMITS

‘Our approach has been too mechanistic. So many of the answers we seek are within our reach through lateral historical, natural and artistic thinking. Discovering that ancient civilisations channelled wind through underground corridors to create thermal cooling, and used cascading water to create adiabatic cooling, enabled me to produce energy-saving designs that improved ambiance and enhanced health.

‘Around 1700 BC the environmental priests who controlled the spirit of the winds were the Minoans of the Palace of Knossos in Crete. In 1974 I used the Minoan method, known as a thermo-labyrinth, to naturally cool and warm the newly refurbished London's Royal Academy of Music, doing away with the need for refrigeration and reducing boiler loads. This was the first use of the system in a commercial building in the world. It is important to look beyond the limits of our encapsulated living space. A study of bees, ants and other insects can show us more subtle ways to create carbon-free comfortable living environments.

‘As students of engineering, arts, human sciences, health, social care or business, we need to reach out to each other and talk face to face. We must engage, investigate, and discover how other professions tick. Cyber friendships and tweeting give us but snippets of partial information without any deep meaning. There are many tripwires to overcome in our life journey. Many years ago I threw my existential ball into the air. It has still not reached the ground.’

Bill is happy to discuss his ideas and answer any questions. Please contact him on holdsworth.phoenix@kpnmail.nl

What's on at LSBU?

THE LSBU ALUMNI ASSOCIATION ORGANISES A **BUSY AND VARIED PROGRAMME OF EVENTS** EACH YEAR INCLUDING **REUNIONS, DEPARTMENTAL GATHERINGS AND PROFESSIONAL LECTURES**. KEEP UP-TO-DATE WITH ALL THE LATEST NEWS BY CHECKING OUR EVENTS CALENDAR AT **ALUMNI.LSBU.AC.UK/EVENTS**

ALUMNI PUB QUIZ, THURSDAY 25 APRIL



To celebrate the grand opening of the new Student Centre, we are offering you the chance to come back to campus to experience the new state-of-the-art facility and take part in the very first Alumni Pub Quiz.

You will be able to test your skills in a variety of categories including general knowledge, science, art and the special “How much you can remember about LSBU?” section. The quiz will take place at The Venue, Students’ Union Bar and is completely free to enter.

You can enter a maximum of five members per team. If you don’t have a team, you can register as an individual and we’ll match you up with a team on the day.

To book your place, please email alumni@lsbu.ac.uk or call the Alumni Office on 020 7815 6712. For more information, go to alumni.lsbu.ac.uk/pubquiz.

INTERNATIONAL EVENTS

We plan to host a number of international events in the coming year. Including alumni receptions in Nigeria and Ghana in July, reunions in India and much much more.

Make sure you don't miss out on any of our international events by emailing your up-to-date email and postal address to alumni@lsbu.ac.uk.

ALUMNI SPORTS DAY, SATURDAY 11 MAY 2013



Love sport? Then join in the fun at the inaugural Alumni v. Students Sports Day. If you think you can give current LSBU students a run for their money, or simply want to cheer on your fellow alumni as they play, come back to campus for one day and take on the student sports teams. This special event is the first time alumni will do battle against students on the field and we are counting on your support!

The games will take place on Saturday 11th May at the Sports Hall, LSBU Sports Centre (for basketball and netball matches) and the nearby Burgess Park (for football and rugby matches).

At the end of the day, you will be invited to celebrate (or commiserate!) the outcome at The Venue Students’ Union Bar in the Student Centre over complimentary drinks and nibbles.

We’re currently looking for male and female alumni team members to play basketball, netball, football and rugby matches. If you are keen to organise another sport such as judo or badminton, please let us know. We can help you put together a team.

For more information and to book a place in the spectators’ gallery, go to alumni.lsbu.ac.uk/sports

To sign up as a team or individual competitor, email alumni@lsbu.ac.uk or call the Alumni Office on 020 7815 6712.

UPCOMING EVENTS



Departmental reunions

We are currently planning to hold class reunions for graduates of the Careers Guidance programme (June 2013) and European Business Certificate (September 2013). If you are interested in holding an event for your class, we can help you plan and put together your own reunion.

Social gatherings

Informal social gatherings such as a live music night with entertainment from students on the BA (Hons) Music and Sonic Media course are currently being planned. We’ll also be unveiling a series of events held in conjunction with the LSBU Students’ Union’s Bright Futures, Accounting and Finance and Film and Photographic Societies.

Centre for International Business lecture series

The Centre for International Business (CIB) holds regular lectures and seminars on research, teaching and consultancy in the field of international business, featuring expert guest speakers and prominent professors. Highlights include ‘The Role of Powerful Brands in Creating Shareholder Value’ with Malcolm MacDonald, Emeritus Professor of Marketing at Cranfield University, and ‘Innovation and the Economy’ with Helen Lawton Smith, Professor of Entrepreneurship at Birkbeck College, University of London. For the full programme of CIB events, go to alumni.lsbu.ac.uk/cib

Make sure you don't miss out on any of these exciting events by regularly checking our events diary at alumni.lsbu.ac.uk/events

Spring into action

THE WEATHER’S GETTING WARMER, THE DAYS ARE GETTING LONGER – SPRING IS MOST DEFINITELY HERE, AND IT’S THE PERFECT TIME TO KICKSTART YOUR FITNESS REGIME. PERSONAL TRAINER **DANIEL WALTERS** FROM LSBU’S SPORTS CENTRE SHARES HIS TIPS ON HOW TO GET MOVING – AND KEEP MOVING



SET TARGETS

We’re all used to setting Specific, Measurable, Attainable, Realistic, Time-bound (SMART) objectives when planning projects or managing staff at work, so why not use the same principles when identifying your training and fitness targets? SMART goals will guide you step-by-step towards your overall aim, whether that’s losing body fat, gaining muscle mass, improving cardio-vascular fitness or simply squeezing a bit more activity into your everyday life.

Write down your baseline measures: this could be your weight, your body fat percentage, your waist measurement, the maximum weight you can lift, the time it takes you to run a certain distance. Then re-measure regularly (eg once a week, or once a fortnight). Make sure you’ve set yourself clear, realistic targets at each measurement interval.

Keep a record. Drawing a graph might sound like something a serious athlete would do, but seeing how you’re progressing in black and white can be a great motivator. Think about getting yourself a training buddy, too – someone who can check your progress and help you take your measurements. Be careful, though – don’t choose someone who’s going to be too soft on you!

MAKE IT ROUTINE

What’s the difference between those who exercise and those who don’t? Simple: the ones

that do make it a priority, and carve out time especially for exercise. The best way to make time is to schedule training in to your day-to-day activities where possible. Use the gym at work during your lunch break. Go to an exercise class on the way to or from work. If you’re joining a club or gym, try to make sure it’s near either work or home. Decide what times and days you’re going to exercise, and put it in your diary.

Again, a training buddy will help you stay motivated. Knowing you’ll be letting someone else down is a great incentive to drag yourself down to the gym on those cold wet mornings or after work on a Friday when the rest of the office is heading to the pub.

You could also get yourself a training programme. LSBU’s expert trainers can provide a personalised programme from around £25. As well as helping you plan your regime, it’ll help make sure you get the maximum benefit from your exertions too.

FUEL YOUR ENGINE

Nutrition has a vital part to play in helping you achieve your fitness targets. Eating a healthy diet doesn’t mean starving yourself; it simply means eating the right food to fuel your daily energy requirements, and breaking the habit of over-consumption that slows your metabolism down.

The trick is to plan your meals in advance. Planning ahead will help you avoid impulse shopping when you’re hungry. And if you miss

a meal, you’re more likely to binge, sending your body into survival mode where it stores as much as possible ahead of the next ‘famine’.

Try to eat something every couple of hours – grazing will kickstart your metabolism. Make sure each meal is well balanced between the different food groups. The biggest meal should be breakfast and the smallest/lightest meal should be your evening meal. Your meals should start early and finish early – ideally, by around 6pm. Eat late, and your body will tend to store the energy it doesn’t use as fat for later consumption.

BE PREPARED

When it comes to exercise and nutrition, preparation is key. Work out what you need to do; then work out how you’re going to do it. Of course, it’s easy to say and a lot harder to do. That’s why we’re here to help at the LSBU Sports Centre – please don’t hesitate to get in touch.

Alumni can join the LSBU Sports Centre at a discounted rate and make use of all the facilities, including access to expert advice and personal training programmes. Find out more at www.lsbu.ac.uk/sports/facilities/membership

The 2013 Alumni Sports Day will be held on Saturday 11 May. See opposite for more information.

We need YOU!



- ☐ yes
- ☐ no
- ☐ maybe

We need you to help LSBU students past, present and future, by completing the LSBU Alumni Survey 2013. It will only take 15 minutes and the results will be used to:

- Help past students like you to get a better service from LSBU
- Help present and future students by developing Programmes to prepare them for life beyond study

Please go to the survey at this link and tell us what you think of us and what you have been doing since leaving LSBU:
www.lsbualumnisurvey.net

Everyone who completes the survey will be entered into our prize draw with a first prize of £250*

The survey is being run by an independent research agency and all responses will remain completely confidential. LSBU will not be able to identify individual alumni from the results.

*Prizes: 1 x £250; 2 x £50; 2 x £25