

CONNECTED

LSBU Alumni Association magazine

Issue 15 | Autumn 2013

A HELPING HAND
LSBU INTRODUCES
A NEW MENTORING
SCHEME

**WOMEN ON
THE MARCH**
LOOKING BACK AT
THE STRUGGLE TO
GAIN THE VOTE

WHAT'S ON AT LSBU
KEEP UP-TO-DATE
WITH THE LATEST
EVENTS

The man who built the City

CHIEF PLANNER **PETER REES** ON
TRANSFORMING THE SQUARE MILE

London
South Bank
University

Alumni Association

Welcome to Connected Issue 15



04

NEWS IN BRIEF

10

FACILITIES UPDATE

12

A HELPING HAND

13

GET RESEARCH ACTIVE

14

THE MAN WHO BUILT THE CITY

16

CAREER MOVE

17

BRUSH UP YOUR SKILLS THIS AUTUMN

18

PUTTING PATIENTS FIRST

19

SPONSOR A BOOK

20

WOMEN ON THE MARCH

22

LOOK BETTER, FEEL BETTER

23

WHAT'S ON AT LSBU

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Welcome from the Editor



Welcome to the autumn edition of *Connected*.

You may remember in the last issue of *Connected* we asked our members to take part in a survey about the LSBU Alumni Association. Thank you to all of those who took part, your responses are helping us to ensure the Association is a useful resource and an enjoyable way to stay connected to your University and peers. (See page 8 for more information).

The research showed that many of our graduates are keen to pass on their expertise and know-how to our current students. This is now much easier to do as we have launched a mentoring scheme, where alumni will be able to mentor current students. Go to page 12 for more information and to learn how to get involved.

The University is proud of all its graduates and we love to shout about their successes. On page 14 you can read how LSBU alumnus Peter Rees is playing a pivotal role in shaping the future of the City and has overseen the dramatic transformation of the Square Mile. On page 16 you can read about Simon Alston, whose career has taken him from working as a graduate with the PricewaterhouseCoopers Graduate Scheme to meeting The Queen at the official opening of the BBC's New Broadcasting House in central London, a rebuilding project where he was the programme manager.

As you might expect of an institution which has been educating students since 1892, we have a fascinating history. In commemoration of the 100th anniversary of the death of Emily Davison we have delved into the University's archives to see what part our alumni have played in the fight for female equality. You can read the full story on page 20.

Lastly, we are delighted to invite our alumni and their guests to a prestigious Alumni Reception at the House of Lords. This will be a unique opportunity to see inside this world famous landmark. Please go to the back page for more information. We hope you are able to attend.

Wendy Graves
Senior Manager – Alumni Relations

Welcome from the Vice Chancellor



Welcome to the latest edition of *Connected*. I am delighted to report that the University has continued to make excellent progress over the last academic year 2012/13.

Employability is a key outcome for us. In terms of getting graduates into graduate level jobs we do reasonably well. This year we have introduced new employability programmes. The Job Shop and Career Gym in the new Student Centre opened for business at the beginning of the month and are already attracting employers into the University to meet with current students and recent graduates.

The Job Shop is focused not only on advertising vacancies, but also on increasing take-up of volunteer roles and internships, of which we are attracting a growing number. The Career Gym is focused on CV enhancement, and on growing the necessary additional skills for students seeking employment. We are attracting employers in to deliver workshops and to run model interview and assessment panel days, as well as increasing awareness of the range of opportunities available to individual courses and their graduates.

Moreover, I am delighted to report that we continue to invest in the estate to improve the student experience. The Student Centre opened last November and has proved to be a great success particularly through bringing together the Students' Union and student support services in one place. The students now have a place of their own to be proud of.

Another exciting development is the new Clarence Centre for Enterprise and Innovation, which will offer entrepreneurial students office space alongside established businesses allowing them excellent networking and knowledge sharing opportunities. The Clarence Centre will also feature professional meeting rooms, event space and a landscaped garden at the heart of our Southwark campus.

Commercially, we have also seen some strong progress. We have led work across the University to identify opportunities that, over five years, have the potential to generate up to £24m in additional income. We have begun to prioritise these opportunities and are already working to deliver the highest priority opportunities. These include developing an approach to delivering top-ups to first degree to colleges in international markets offering Edexcel HND and similar qualifications and developing a comprehensive portfolio of courses for both professional qualifications and for CPD across the University.

Finally, I am pleased to report that our Academy School is now formally established as a trust and we have appointed the new principal. The school will be called the University Engineering Academy South Bank and will take students from ages 11 to 19. It is situated just south of the Elephant and Castle, in Walworth, in new buildings designed to our specification. The school will open in September 2014.

Overall, in spite of the external challenges, the year has been one of consolidation and continued progress of which we should be proud; recruitment is strong, we continue to invest strongly in our estate, enterprise activity is now developing well, and the University's reputation externally is growing. I understand that the Board hopes to be in a position to appoint my successor during August with a start date of 1 January 2014. I look forward to working with the Vice Chancellor elect during the autumn term.

Thank you all for your commitment to LSBU and I hope you have a relaxing and enjoyable holiday. I am always keen to hear your views about the University and how we can continue to improve. I welcome your comments.

Best wishes
Martin
Professor Martin J Earwicker FEng
Vice Chancellor & Chief Executive

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 the 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 aged between 16 and 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 Lloyds of London, designed to help participants understand 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.

Schoolchildren discover their creative writing flair



THE RECENT SHOUTSOUTH! CREATIVE WRITING FESTIVAL AIMED TO INSPIRE CHILDREN THROUGH WRITING, ILLUSTRATION AND DISCUSSION WORKSHOPS WITH LOCAL AUTHORS

The festival, which was hosted at LSBU, brought together children from nine different schools across south London for three days of fun workshops with 19 authors, including Jamie Buxton and Gillian Cross. 'The festival is a fantastic opportunity for local children', says Mark Ellis, Senior Manager, Schools and Partnerships, at LSBU. 'The university setting gives the activity added meaning. It shows the children this is a skill which could have a big influence on their future careers.'

LSBU TO SPONSOR ENGINEERING ACADEMY IN WALWORTH

THE UNIVERSITY ENGINEERING ACADEMY SOUTH BANK IS SCHEDULED TO OPEN ITS DOORS IN SEPTEMBER 2014, BRINGING WORLD-CLASS ENGINEERING TEACHING TO SOUTH LONDON



The Academy, which will specialise in engineering, aims to offer a world class educational experience for young people in Southwark and beyond. As sponsors of the new Academy, LSBU will be drawing on over 100 years' experience of supporting students, academics and employers. The Academy will benefit from LSBU's strong relationships with the engineering industries and business employers to educate young people in south London to be future leaders and managers of engineering businesses.

'The Academy will help meet the increased demand for pupil places created by the Aylesbury and Elephant and Castle regeneration projects and, importantly, address the shortage of places in Southwark,' says Dr Markos

Koumaditis, Executive Assistant to the Vice Chancellor, who supported Professor Rao Bhamidimarri, Executive Dean of LSBU's Faculty of Engineering, Science and the Built Environment on this project. 'Through interdisciplinary learning, the school will give young people the skills, knowledge and attributes they need to enter employment or higher education with confidence and purpose.'

The Academy will provide an outstanding education to all of its students, encouraging them to fulfil their potential. It will place great emphasis on helping students becoming proficient in English and mathematics, in order to fully access the curriculum and develop the specialist skills needed to meet the high demands of the engineering industry.

MEET 'SIMMAN'

WHAT BREATHES, BLINKS AND TALKS, BUT ISN'T ACTUALLY ALIVE? MEET 'SIMMAN', THE LATEST HIGH-TECH ARRIVAL ON LSBU'S HAVERING CAMPUS



'SimMan' is designed to enable nursing students to practice their practical patient care and gain confidence before they take their skills on to the ward. SimMan's sex can be changed and its vital statistics – including respiration rate, pulse, blood pressure and oxygen saturation – can be varied by the lecturer to demonstrate a variety of chronic and acute conditions.

Students are typically given a scenario before meeting SimMan and then attend to the 'patient', recording 'his' or 'her' vital signs in order to make their assessment. They can even ask SimMan basic questions, as the lecturer can programme it with a number of pre-recorded answers.

If the students make a good assessment and intervention, they should see SimMan's condition improve; if not, he will deteriorate, just like a real patient. They are given time following a SimMan session to reflect on the training and to debrief on what went well and where improvements could be made.

'SimMan is proof of the technological advancement that has been made in the medical field,' says John Crangle, senior lecturer in the Faculty of Health and Social care. 'Now we are giving students the chance to learn in a more realistic way before they transfer their skills to real patients.'

LSBU Research sheds new light on addiction

PEOPLE WITH ADDICTIONS WHO DEVELOP A SOCIAL IDENTITY AS A 'RECOVERING ADDICT' OR AN 'EX-SMOKER' CAN SIGNIFICANTLY REDUCE THEIR RISK OF RELAPSE, A NEW LSBU STUDY HAS FOUND

The study, published online in the American Psychological Association's journal *Psychology of Addictive Behaviors*, found that individuals who were able to successfully separate their pre-quit identity as an 'addict' and their post-quit identity as a 'recovering addict' or an 'ex-smoker' had fewer relapses over the following two years.

Sarah Buckingham, who conducted the study as part of her PhD research said, 'It is not the identity itself which is related to positive outcomes, but the differentiation between your pre- and post-quit identity. By drawing a distinction between the two, the individual may feel less burdened by their previous addictive behaviour.'

Investing in a greener future



LSBU HAS SUCCESSFULLY SECURED FUNDING TO INVESTIGATE WAYS OF REDUCING UK ENERGY CONSUMPTION FROM COOLING SYSTEMS BY 2050

The £1.2 million funding from the Engineering and Physical Sciences Research Council (EPSRC) is part of a £5.25 million project, led by the University of Warwick, to investigate heating, cooling and heat storage. The goal is to minimise future greenhouse gas emissions and reduce energy consumption.

With more than 40 per cent of fossil fuels used for low temperature heating and 16 per cent of electricity used for cooling, these are key areas to address if the UK is to meet its targets of reducing greenhouse gas emissions by 80 per cent by 2050. LSBU's team will consist of lecturers and researchers from the Faculty of Engineering, Science and the Built Environment, including Dr Deborah Andrews, Dr Issa Chaer, Dr Gareth Davies, Dr Alex Paurine, Professor Judith Evans and Professor Graeme Maidment.

'Cooling is an important technology for many things we take for granted,' says Graeme Maidment. 'It is critical to food manufacture and the development of pharmaceuticals and chemicals, as well as keeping datacentres and internet servers cool. As a large user of electricity and major greenhouse gas producer, it is essential that we develop better cooling technologies for the low carbon economy. This project will provide new technologies and knowledge to enable industry to adapt and meet future challenges.'

Alumni success



LSBU alumna wins Swedish Masterchef

CONGRATULATIONS TO JENNIE WALLDEN (MSC INTERNATIONAL MARKETING, 2002) WHO WON THIS YEAR'S MASTERCHEF IN HER NATIVE SWEDEN

After six weeks of intense competition, Jennie got through to the final round and her unique fusion of traditional Korean and Western cuisine was enough to win over the judges. With a cash prize of £25,000 and a publishing contract for her first cook book, *Flavours in my heart: Korea meets West*, she spoke to us about her success. 'This was something I had dreamed about doing since I was a young student 15 years ago. I had always been interested in cooking since I was a child and I remember spending a lot of time with my grandma so my interest in cooking came quite early.' Since winning the popular show, Jennie has taken time off from her career in marketing to focus on her newfound fame as a celebrity chef. 'I get recognised a lot in the street and I'm getting used to signing autographs. It's strange because I went into it thinking it was just a fun adventure. Now I'm living my dream!'

Jennie was the winner of our September Alumni of the Month. Read her full story at alumni.lsbu.ac.uk/JennieWallden

AHS alumnus wins International Women's Day Award

AN ARTS AND FESTIVAL MANAGEMENT GRADUATE HAS WON AN INTERNATIONAL WOMEN'S DAY AWARD FOR HER CONTRIBUTION TO ENTREPRENEURSHIP

AHS alumna Genieve Hanley was presented with the award at the 10th annual International Women's Day award ceremony earlier this month in her home country, St Kitts, by the Minister of Culture, Gender Affairs & Community Development. 'It's such a great honour!' says Genieve. 'I feel proud and at the same time humbled, as I look back at my challenging but rewarding journey thus far as a self-employed businesswoman.'

Since graduating from LSBU in 2007, Genieve has founded and run three successful arts-based businesses in St Kitts. The first, LEAP (Learning and Empowerment through the Arts Programme), is currently home to 232



artists ranging from the age of just two to their late 40s. The second is ACE Management & Consultancy, a firm dedicated to professional services in the art, culture and entertainment arenas. Finally, the Heart Foundation is a charity for disadvantaged and disabled youngsters. 'My course at LSBU played a tremendous role in the establishment and progress of my career,' she says. 'Knowledge coupled with know-how is a major plus.'

Make it cheaper with Flubit

LSBU ALUMNUS BERTIE STEPHENS HAS WON THE EUROPEAN START-UP OF THE YEAR AWARD AT THE 2013 LONDON WEB SUMMIT FOR HIS WEBSITE FLUBIT.COM, WHICH PROMISES ONLINE SHOPPERS THE BEST PRICE ANYWHERE ON THE INTERNET



Flubit had to beat more than 1000 other start-ups to win the competition. 'Flubit is one of the simplest sites on the web,' says Bertie, who graduated with a BA in Digital Film and Video in 2007. 'Just find the product you want to buy online and paste the link into the Flubit website. Our team and technology will then go off and create a better offer just for you.'

Launched in September 2012, the award adds to Flubit's impressive track record. The prize package includes a Windows Azure cloud computing package, a high-level review of the company's contracts by Hiscox, logo design services from 99 Designs, and \$5,000 of cash or services from iSeed.

Why not visit Bertie's website www.flubit.com and see if it can save you money

Student success

Future LSBU designers showcase projects at FIND

A MODULAR WOODEN BIKE AND A PROJECTION DEVICE TO IMPROVE TUBE TRAVEL WERE AMONG THE 35 INNOVATIVE DESIGNS SHOWCASED AT FIND, LSBU'S DESIGN DEGREE SHOW



The FIND exhibition featured the work of the 2013 graduates from LSBU's Product Design, Sports Product Design and Engineering Product Design courses, and was formally opened by Chancellor Richard Farleigh. As well as providing a showcase for new ideas, FIND is also an opportunity for young designers to meet and network with industry professionals.

One project in particular could have a big influence on anyone living and working in London. 'Travel LIVE', developed by BSc (Hons) Product Design student Cameron Ross, uses a projector to give Tube users information about which carriages are the least congested, as well as live travel and news updates. Robin Jones, Subject Group Leader - Design at LSBU, said: 'It's amazing to see the drive, resilience and perseverance of our design graduates!'

Cleaning up the city



PRODUCT DESIGN STUDENT DIANA TOTH HAS WON AN AWARD AT MILAN DESIGN WEEK FOR HER INNOVATION SOLUTION TO A PERENNIAL PROBLEM - GETTING RID OF CIGARETTE BUTTS

More than 100 students from four design schools accepted the challenge to design an area that smokers and non-smokers could share. Diana's aim was to find a subtle way to promote environmentally and socially acceptable cigarette disposal by providing more possibilities for smokers to bin their butts.

The cast iron covers of her street drain design, 'Drain Away', are powder-coated in a distinctive purple colour with the familiar smoking symbol for easy recognition. The reverse incorporates a series of steep-sided gullies to catch cigarette butts while water can run through the integral drain holes. Road sweeper vehicles then produce enough suction power to lift up cigarette butts from the bottom of the gullies. Diana won third prize, worth €1,000.

Farm feeding goes high-tech

ENGINEERING STAFF AND STUDENTS ARE RAISING AWARENESS OF ANIMAL WELFARE ISSUES WITH AN INGENUOUS NEW MACHINE FOR FEEDING PIGS



The Wallace and Gromit-style 'catapult' feeding machine was developed following a commission by Elvis Communications, which was planning a collaborative event with world farming charity Compassion.

'We proposed a design and together with colleagues and students Mounir Adjrad, Glen Thompson, Joe Cheney, Christian Koch and Hafeez Siddiqui, we built the machine in our spare time using a drill, bike chain, a bicycle

wheel, a wooden frame and some basic sweat and tears,' says senior lecturer Sandra Dudley-McEvoy.

A digital advertising billboard at the Westfield shopping centre in Shepherds Bush used a live webcam showing pigs living happily on Collings Hanger free-range farm. Shoppers could then donate to Compassion via SMS and use the accelerometer on their phones to operate the feeder and scatter food for the pigs.

Your view matters



WE WOULD LIKE TO SAY THANK YOU TO EVERYBODY WHO TOOK PART IN OUR MARKET RESEARCH PROJECT. THE RESULTS WILL HELP US SHAPE YOUR ALUMNI ASSOCIATION AND ENSURE IT IS A USEFUL RESOURCE FOR YOU AND AN ENJOYABLE WAY TO STAY CONNECTED TO YOUR UNIVERSITY AND PEERS

The research shows our members believe the key role for the Alumni Association should be to provide career and employability support.

Alumni generally spoke very highly of LSBU, and believe it is an excellent institution that really makes a difference in the world. Many praised the expert teaching, while others recalled the supportive, caring and helpful character of the University, which alumni are proud to have been a part of. Alumni are keen to see the reputation of the University increase so that the rest of the world sees it in the same way they do.

WE NEED TO SHOUT ABOUT MEMBER BENEFITS

Awareness of the benefits and services on offer to our members is very low, with 44% of members unaware of any. However, those which do take advantage of the benefits rate them highly and when members are told of the services on offer they are happy with the breadth of benefits and services offered. We therefore need to ensure the Alumni Association markets what is available to its members more effectively.

PLUGGING THE GAP

Many alumni commented that while they had very much enjoyed their time at University, they would have preferred more emphasis on employability. Many students felt they would have benefitted from more opportunities to take part in work placements, and more opportunities to simply talk to employers and discover what is expected of them in the workplace and how to get there. Consequently, alumni are keen to improve this aspect of the LSBU offering by 'plugging the gap' themselves and ensuring that future generations of students leave the University with a better grasp of where they're going and how they're going to get there.

Employability is currently an integral part of the University's ethos, so many improvements have already been made. This year the University opened the Job Shop and Career Gym which help attract employers into the University to meet with current students and recent graduates. In addition, the Association has responded by setting up an alumni mentoring scheme (see page 12), inviting alumni to speak to students and asking them to provide work placements to students.

MORE PROFESSIONAL AND CAREER DEVELOPMENT EVENTS

The research showed the events most likely to arouse interest among members are professional and career development events, such as lectures, CPD, seminars and workshops. This is in line with the overall message from members that they want the Alumni Association to be an organisation that can help them in their professional lives.

CONTRIBUTE TO WIDENING PARTICIPATION

Many alumni feel indebted to the University and are hugely grateful for the fact that they were given the chance to go to University and receive an education that may have been out of their reach had they not been given the level of support that they were given by LSBU. Ensuring that future generations of disadvantaged young people have access to the same opportunities is a cause close to the heart of many alumni, and there was widespread consensus that a large proportion of alumni donations should be put into widening participation, and should be used to fund scholarships, bursaries and grants.

We always value the feedback of our members, so if you have any comments you would like to add, please contact the Alumni team on 020 7815 6712 or alumni@lsbu.ac.uk. For more information on the results of the research, please visit alumni.lsbu.ac.uk/marketresearch

A global university for a global city

NEW PARTNERSHIPS AROUND THE WORLD MEAN THAT LSBU'S FACULTY OF BUSINESS IS NOW A MAJOR PLAYER ON THE GLOBAL STAGE



From Denmark to Sarawak, and from Russia to Sri Lanka, the last 18 months has seen a dramatic upsurge in the number of international partnerships between LSBU's Faculty of Business and higher education organisations around the world. 'We've always aspired to be an international faculty,' says the faculty's Pro-Dean Professor Geoff Elliot. 'Now I think we truly deserve to claim that title.'

LSBU has always boasted a remarkably diverse student population; but there is far more to building a strong international profile than welcoming students from overseas.

Increasingly, LSBU is exporting its people and its expertise, using new technology to break down geographical barriers and enable students all over the world to benefit from what Geoff Elliot calls 'the gold standard – the depth and integrity of the British higher education system.'

Distance and blended learning have a vital role to play in supporting the delivery of business courses such as our masters in International Business and MBAs and, increasingly, courses in other areas, particularly health. By focusing on building deep and long-lasting working relationships with our partners, we can better understand their needs and seize opportunities to create innovative offerings, like our new doctorate in Business Administration in Hong Kong, which combines two years' part-time study with two years' thesis writing, supervised from the UK.

For Geoff Elliot, this direct contact with UK academics is one of the keys to differentiating LSBU from its competitors. 'Many universities franchise their courses and have no involvement in their delivery at all,' he says. 'With our "flying faculty" approach we're able to offer a significant proportion of the course delivered by LSBU staff. It's important. It really makes the students feel like they're a part of LSBU.'

Start-up support for new entrepreneurs

AT LSBU'S 2013 MAKE IT HAPPEN BUSINESS PLAN COMPETITION, STUDENT ENTREPRENEURS COMPETED FOR A PACKAGE OF MENTORING, CASH AND INCUBATION SPACE TO HELP GET THEIR START-UP OFF THE GROUND

This year's winner was Bharat Chhabhadia, an LSBU alumnus and inventor of 'SimPill' – an innovative tablet dispenser that could revolutionise the way medication is taken.

Bharat's prize includes £1,000 towards developing his business, mentoring support provided by the Student Enterprise team, incubation space and one year's membership of the Institute of Directors.

'Patients often find it challenging to manage complex medication regimes set by their doctors,' says Bharat. 'SimPill helps them to better manage their regimes. By drastically improving compliance and adherence, it has the ability to significantly improve patient healthcare, with potentially life-saving results. Winning the competition will certainly help bring SimPill closer to the market. The range of business support and facilities that LSBU is able to provide will be invaluable to the company's future development.'

CHANGING CHILDREN'S LIVES



STUDENTS ON LSBU'S BA (HONS) GAME CULTURES COURSE HAVE BEEN COMMISSIONED BY CHARITY LIFELITES TO CREATE VIDEO GAMES ESPECIALLY FOR VERY ILL CHILDREN

Lifelites provides specialist technology for young people at all 49 baby and children's hospices in the UK. The brief for LSBU students was to create a range of accessible games that would run on hardware specifically created and supplied by the charity. 'It's so exciting to be involved with a development project like this,' says Lifelites chief executive Simone Enefer-Doy. 'Especially as it's the first project of its kind.'

'This project is amazing on so many fronts,' says Siobhán Thomas, Game Cultures course director. 'Students get the chance to work with a professional client on a live brief. They're under pressure to deliver quality games and they know what they're doing has real-life consequences. They're not just learning skills, they're taking away a phenomenal life experience from this.'

Facilities update



Student Centre now open

In issue 13 of *Connected*, we featured an article about the construction of the new Student Centre, which aims to provide a dynamic centre for all student services and activity. In June, the new building was officially declared open by LSBU Chancellor Richard Farleigh, watched by guests including Vice Chancellor Martin Earwicker, Simon Hughes MP, business partners from the local Southwark community and HawkinsBrown, the architects responsible for the building.

This £7.42 million development offers a vibrant central location where students can easily access support services and find out more about employment opportunities, as well as providing a space where they can socialise and relax. The building was recently shortlisted for a Royal Institute of British Architects (RIBA) and Design Week award.

Sally Grimley is head of the new centre. 'In a new building with a new service, a lot of my role is supporting staff through the change, and reviewing processes to ensure we're providing the best experience for students,' she says. 'I also manage and motivate a fantastic front-line team to deliver LSBU's vision of an easily navigable support service. We focus on running a friendly and welcoming professional service for students, staff and alumni.'

Within four months of its opening, the Student Centre has already welcomed more than 10,000 visitors and Sally, who joined LSBU in summer 2012 from Goldsmiths, has overseen a variety of unique events including careers fairs, product design exhibitions and an end-of-year show for architecture students. 'We'll be planning lots more events in the next year such as regular quizzes, comedy, sports and society nights and debates,' she says. 'With our newly opened Careers Gym and Job Shop, there will also be many opportunities to enhance employability skills.'

So far, the reaction from students and staff has been very positive. But Sally is keen to capitalise on the success of the new campus development by looking at ways to further enhance the services offered. Plans are in place to improve turnaround times and increase opening hours to accommodate the needs of the student population. 'We're constantly looking for user feedback and want to reflect that in the changes we make,' she says.

The new centre's Venue bar has also hosted the first ever Alumni Live Music night and the Alumni vs. Students Sports Day Awards Ceremony, organised by the Alumni Association. Sally is keen for all former students to come back to campus and experience the facilities at first hand. 'Our front desk is open, and we'd be happy to answer any questions or just welcome you in to sit and relax at our café and bar.'

If you'd like to access the Student Centre and many other LSBU facilities such as the Perry Library and the Learning Resource Centre, you'll need an Alumni Access Card, which are free to all LSBU Alumni Association members. To collect yours, simply apply online at alumni.lsbu.ac.uk/ Access or contact the Alumni Office on alumni@lsbu.ac.uk or 020 7815 6712



Here's to an enterprising future

THE DUKE OF CLARENCE PUB ON ST GEORGE'S CIRCUS IN SOUTHWARK LAST SERVED PUNTERS ALMOST A DECADE AGO. NOW IT'S OPENING ITS DOORS AGAIN, THIS TIME AS THE NEW CLARENCE CENTRE FOR ENTERPRISE AND INNOVATION

The Clarence Centre will provide flexible office space to small businesses as well as a permanent home for the University Enterprise team. The original pub building and the terraces on either side have been fully refurbished and many of the original features, such as fireplaces, will remain, providing a link back to the building's past.

The new centre will combine formal office units with more informal and inspirational working areas including 'huddle' and 'brainstorm' rooms, events space, exhibition space, four retail units and, from 2014, access to a landscaped garden. 'The Clarence Centre will strengthen our support for local businesses, whether they rent a space in the centre or not,' says Tim Gebbels, Director of Enterprise. 'We plan to create a hub where businesses can build networks and benefit from each other's experience.'

The Enterprise Team will be the first to move in, along with the University's current crop of student entrepreneurs. 'It's a great privilege,' says Tim. 'It will give us the opportunity to expand significantly both our undergraduate and postgraduate enterprise schemes, increasing levels of participation from across the student body.'

If you're looking for office space or if you'd like more information about The Duke of Clarence please contact 020 7815 6960 or gettingon@lsbu.ac.uk. Alternatively visit lsbu.ac.uk/thedukeofclarence

Take the architectural simulation tour at vimeo.com/lsbu/enterprise-centre



Recipe for success

LSBU HAS SECURED A FIVE-YEAR CONTRACT WITH CORPORATE CATERER ELIOR TO MANAGE AND OPERATE CATERING FACILITIES ACROSS THE UNIVERSITY CAMPUS

To kickstart the launch, LSBU in conjunction with Elior has invested in an exciting refurbishment of the current refectory in the London Road building. The revamped restaurant will offer a multi-zoned contemporary dining space, with a constantly updated roster of quality brands including Go! SASA, Wrap Bam Boo, Love Joe's, Umami, Heavenly Burger and British Kitchen. These brands will also be available in selected catering outlets across the campus.

Newly appointed manager of Catering Operations, Ernst Weisbrod said: 'The launch of the new restaurant is a great way to start the contract and Elior has some exciting ideas to further improve the catering services available to staff and students going forward.' To mark the launch of the new restaurant the University will be inviting staff and students to enter a naming competition in the autumn.

Funding fit

LSBU SPORTS CENTRE HAS SECURED FUNDING, WHICH WILL HELP IMPROVE THE RANGE OF FACILITIES AVAILABLE TO STUDENTS

As part of our strategy to improve sports provision we have secured substantial external funding to build a new public entrance to our London Road sports centre. This will allow our Sports Centre to be open to the public and in exchange our students will be able to use the new sports facilities in the Borough, which will increase the range of facilities available to students.

A helping hand

LSBU'S NEW MENTORING SCHEME AIMS TO BOOST EMPLOYABILITY BY BRINGING TOGETHER ALUMNI AND CURRENT STUDENTS

We know that our former students are an invaluable source of knowledge and experience across a whole range of industries and sectors. That's why we're asking alumni to get involved in our new mentoring scheme, and to share their experience with the next generation of students as they prepare to enter today's highly competitive job market.

Mentoring is an incredibly rewarding way for alumni to support current students at LSBU. Just a few hours of your time every month would make a real difference to a student, enabling them to put their theoretical knowledge into practice, giving them experience in networking and boosting their self-esteem and confidence when dealing with professionals.

MUTUAL BENEFITS

The benefits of mentoring work both ways. Students benefit from:

- Knowledgeable career and academic advice
- Discovering the range of career options available to them
- Gaining insight and experience directly from the workforce
- Developing professional networks
- Learning industry specific skills and job seeking strategies
- Improved employment prospects
- Increased confidence and a more realistic perspective on the workplace.

Mentoring can also benefit you as a mentor by helping you:

- Enjoy a rewarding volunteer experience
- Enhance your own professional development by gaining new skills
- Develop long-lasting relationships
- Contribute to the professional development of future colleagues
- Get involved with the University in a practical role
- Experience the satisfaction of helping a student reach their academic and professional goals

- Expand your own network of professional colleagues
- Be recognised for providing a service to the community.

HOW DOES IT WORK?

Mentors and mentees will be matched based on areas of common interest and experience. If you would like to be involved, we recommend you spend at least one hour a fortnight with your mentee, for about six months. You are likely to be asked questions about your own career path, strategies for success, the recruitment process in your organisation and developments in your market.

COULD I BE A MENTOR?

If you meet the following criteria, you could become a mentor:

- Good communications skills, a non-judgmental manner and a good rapport with students
- Willing to provide professional support over the agreed period of time
- In current employment.

HOW DO I APPLY?

You can apply by completing the online application form at alumni.lsbu.ac.uk/mentoring. The scheme opens to alumni in August and to LSBU students at the end of September.

For more information, visit alumni.lsbu.ac.uk/mentoring or contact the Alumni Office on alumni@lsbu.ac.uk or 020 7815 6764

YOU COULD SHARE – AND EXPAND – YOUR KNOWLEDGE AS PART OF A **NEW INTERNATIONAL RESEARCH COMMUNITY** COVERING ALL ASPECTS OF BUSINESS

Get research active

Many of you reading this will have been active researchers during your time at LSBU. By now, those dissertations and theses will probably be a distant memory. But if you've ever thought about delving a bit deeper into the topics that interest you now, but not felt you had the time or experience, this could be the opportunity you've been waiting for...

We're looking to create a vibrant international research community through the Centre for International Business Studies (CIBS), set up in 1992 to foster excellence in research, teaching and consultancy in the field of international business. The Centre's research is multidisciplinary and covers economics, employment relations, business strategy, finance, accounting, marketing, human resource management and organisational behaviour; indeed, any area where there is a link to business.

GET INVOLVED

Up to now membership of CIBS has been limited to full-time members of staff and postgraduate students within the Business Faculty, or research active colleagues based in other mainly UK educational institutions. We are now opening up CIBS membership through an associate membership scheme open to all LSBU alumni who would like to be research active in the field of business, but need a helping hand to take the first few steps.

Associate members will be able to submit research proposals to the CIBS director for evaluation. If the proposal is approved, the associate member will then be linked to a specific academic researcher(s) either at LSBU or at one of the Business Faculty's many partner educational institutions throughout the world. After approval, the academic will contact you with a view to establishing a partnership to carry out the research and, ultimately, to get it published in a peer-reviewed journal.

OTHER BENEFITS OF ASSOCIATE MEMBERSHIP

Joining CIBS brings more than just the opportunity to do research. As an associate member you will also:

- Enjoy privileged access to the CIBS lecture series (plus free entry for those living in London) via a members-only area of the CIBS website. Find the line-up of speakers for this coming year at <http://bus.lsbu.ac.uk/cibs/>
- Be the first to receive a twice-yearly eJournal bringing together the best of the latest CIBS discussion papers
- Get advance notification of CIBS lectures and events. Last year's sessions included: *Understanding Medium Sized Businesses – Strategies for Growth*; *The Dark Side of HRM*; *The Impact of Globalization*; *Evaluating the Board of Directors of your Company (and why it matters!)*; and *China's Growth: the Making of an Economic Superpower*.

- Be invited to attend the annual CIBS conference at reduced rates. Next year's conference will be held on 27 and 28 March and will bring together researchers from all over the world to exchange and share their knowledge, experiences and research results. The best papers presented will be peer reviewed and published in a special journal edition. For more details see the CIBS website.
- Have the opportunity to publish your own research on the CIBS website.

It's free to join CIBS as an associate member. To find out more, go to bus.lsbu.ac.uk/cibs and follow the links



The man who built the City

IN HIS 28 YEARS AS CHIEF PLANNER FOR THE CITY OF LONDON, **LSBU ALUMNUS PETER REES** (TOWN PLANNING, 1982) HAS OVERSEEN THE DRAMATIC TRANSFORMATION OF **THE SQUARE MILE**

PETER REES' CV

- Studies architecture at The Bartlett and then at Cardiff University
- First job is in the historic buildings division at the Greater London Council
- After completing Part II, spends two years as assistant to eminent townscape consultant Gordon Cullen
- Moves to the Department of the Environment, travelling the country advising on the conservation of historic places. Responsible for persuading the Department of Transport to tone down its yellow lines to be more sympathetic to historic townscapes
- Appointed assistant chief planner at Lambeth, in charge of conservation and regeneration. Enrols on part-time town planning degree course at LSBU, graduating in 1982
- Takes up post as chief planning officer for the City of London in 1985, immediately after the government announces the deregulation of the financial sector, and oversees the transformation of the Square Mile.

When Peter Rees first arrived at London's historic Guildhall to head up the Corporation of London's planning department, the City was a very different place. 'Back then, the image everyone used to depict the City was of bowler-hatted gents pouring off their commuter trains and over London Bridge, briefcase in one hand and rolled-up umbrella in the other,' he says. 'Lunch was mainly liquid, the pubs closed at 8pm and, come the weekend, the entire place was dead.'

Peter's initial remit was to help the City respond to – and capitalise on – the sudden influx of business from around the world following financial deregulation in the mid-1980s. The so-called 'Big Bang' was one of the cornerstones of the Thatcher government's reform programme, and essentially freed up the City to compete with foreign markets and establish itself as the pre-eminent global financial centre.

VIBRANT AND COSMOPOLITAN

It was a role he embraced with gusto. Himself a City man through and through – 'I live in the City, I work in the City, and I play in the City,' he says – Peter set about transforming what had become a somewhat staid quarter into a vibrant, cosmopolitan hub that would attract the brightest brains from all over the world. 'Businesses need smart young people,' he says. 'And those 20- and 30-somethings won't go somewhere that's boring, no matter how great the job is. They want to work hard, but they want to play hard too. So we had to make the Square Mile a bit less square.'

Now, with the revitalisation of the City's high street, Cheapside, the high-end boutiques of the Royal Exchange, a huge array of bars and restaurants – many of them open into the early hours – and the world's largest Soho House Hotel set to open in the former Midland Bank HQ on Poultry, there's no need for the City's high flyers to look elsewhere for fun. There's more public space, and more people are choosing to live in the City as well as work there.

At the same time, there is a return to a more diverse range of businesses. 'You've got Bloomberg, Saatchi & Saatchi and Amazon all choosing to locate in the City, as well as lots of smaller tech firms, and a real resurgence in insurance,' says Peter. 'It's a move away from the dominance of the financial sector, and it all helps to make the City a more vibrant and interesting place.'

OLD AND NEW

While Peter has always had a clear vision for the City's future, as planner he is also very much aware of the need to look to the past. 'When I took up this post, there were two pieces of press coverage that stick in my mind. One hailed me as a new broom, while the other described me as a staunch conservationist. I've been trying to be both ever since! I see my role here as striking a balance between a 2000-year history and a 2000-year future.'

Indeed, one of the most striking and distinctive features of the City when compared with other business districts around the world is the juxtaposition of old and new. Take the junction of Leadenhall Street and St Mary Axe, where Norman Foster's iconic 'Gherkin' and Richard Rogers' soaring glass and steel Leadenhall Building, nicknamed the 'Cheesegrater', sit alongside Leadenhall Market, which dates back to the 14th century, and the 16th century church of St Andrew Undershaft.

These new buildings – which, along with their neighbours the 'Walkie Talkie' at 20 Fenchurch Street and the Heron Tower, form an eye-catching new cluster – may be bold, but they are also sensitive to their surroundings and that, for Peter Rees, is the key to their success.

'Any new building needs to give something to the space it's in,' he says. 'With the Cheesegrater, the reason for its distinctive shape is to protect the silhouette of St Paul's from Fleet Street. The Gherkin too is shaped by its site. And the Walkie Talkie flares out at the top in order to create a wonderful public realm on the roof.'

These new buildings are transforming the London skyline, and attracting the interest of architecture aficionados as well as global businesses. But Peter is adamant that the intention was never to create drama for the sake of it. 'Building up should be a last resort,' he says. 'If you have to do it, then make sure you're using the finest architects and creating buildings of the highest quality. The cities that try to outdo each other by building the tallest towers are simply showing their insecurity. London has nothing to prove.'

SHAPING THE CITY

Nearly three decades on, it's clear that Peter's love for the City and his enthusiasm for his role remain undimmed. Ask him which of the buildings he's been involved with makes him most proud, and he answers promptly, 'The next one'. But he hints that the next year or so may see a change of some kind in his professional life with, perhaps, more of an emphasis on education and mentoring young architects and planners around the world.

'I'm currently involved with the Architecture Association's Summer School and with the urban design course at The Bartlett School of Architecture, where I studied Part I of my own architecture degree. Last year I delivered a lecture at LSBU and later this year I'll be lecturing in Helsinki and Tel Aviv. It's so stimulating to come into contact with different cultures and with young people at the start of their careers, who're brimming with ideas. I learn just as much from them as they do from me.'

But whatever the next step, Peter is clear about one thing: that he wants to continue to be involved in shaping the City. 'It's changed beyond recognition,' he says. 'Now, the image the world's media chooses isn't one of commuters in bowler hats; it's of tourists flooding over the Millennium Bridge from the Tate Modern to St Paul's. But the City is still my place. It's felt that way ever since I first caught sight of it, aged 13, on a bus trip around London with my family. For as long as it stays exciting and challenging, I'll be here.'



Career move

SIMON ALSTON (TOURISM MANAGEMENT, 1998) TALKED TO *CONNECTED* ABOUT TACKLING HIS BIGGEST CAREER CHALLENGE – OVERSEEING THE BBC'S MOVE TO NEW BROADCASTING HOUSE IN PORTLAND PLACE, CENTRAL LONDON

'I realised immediately that this was a once-in-a-career opportunity to be involved in a project of this size, complexity and historical significance,' says Simon, who joined the BBC in December 2011 as W1 Programme Delivery Manager. The move – which brought together all the BBC's News, Radio and TV operations for the first time in the corporation's 91-year history – meant relocating more than 5,500 staff and thousands of hours of live programming, including flagship shows like *The Today Programme* and *News at Ten*, without skipping a beat.

For Simon, it was a chance to draw on the skills and experience gained from his time as a graduate trainee with PricewaterhouseCoopers and as a Business Analyst with British Airways. As well as the sheer scale of the project, Simon and his team of 100+ technical experts, facilities staff and change managers also had to contend with the intense political and press scrutiny the BBC was facing at the time.

Then there was the small matter of a couple of rather important editorial commitments in the form of the Queen's Diamond Jubilee and the London Olympics. 'It was a challenge!' Simon admits. 'We just had to focus on maintaining the momentum and keeping our overall goals in sight. There were also financial incentives for us to move out of certain buildings by certain dates so we had to make sure we were hitting all our milestones.'

New Broadcasting House comprises the original 1932 Art Deco Broadcasting House plus the John

Peel Wing, home to Arabic and Persian TV, and a new extension, curving round an open piazza which provides space for cultural events and performances as well for eating, drinking and relaxing. Alongside the piazza is a glass-fronted studio, which will soon be the new home for *The One Show*.

'People will be able to watch the show being filmed,' Simon explains. 'That's something completely new, and it's all part of making the BBC more open and accessible to the public.' A new public walkway now runs through the building, opening on to the Media Café where members of the public can mingle with BBC staff and experience a unique view into the newsroom. This dramatic space, lit by an atrium eight storeys above, is one of the largest live newsrooms in the world.

With the new building now fully open, and some 6,000 BBC staff now working seamlessly alongside each other to produce national and global output across all media and channels, what next for Simon? 'It'll be a hard act to follow,' he admits. 'It's great being able to see what I've helped to achieve every time I switch on the news at night. I'd love my next project to be in this industry – I've found it so interesting and stimulating.'

Find out more about New Broadcasting House at www.bbc.co.uk/broadcastinghouse Simon was our July Alumni of the month, you can read more about him at alumni.lsbu.ac.uk/SimonAlston

LESSONS LEARNED

We asked Simon to share the lessons he's learned from the BBC migration project

People come first. Don't underestimate how much support they will need during times of change. At the BBC, some people had worked in the same building for more than 20 years. They need reassurance, and to know that their concerns are being taken seriously.

Live the change. Unless you're immersed in it yourself, you can't understand what it's like for other people. The migration team was the first to move into the new building, so we experienced it all first-hand – the lifts, the catering, the lighting in the offices. All the small practical things that actually make a huge difference to people's working lives.

Get the right people on your team. Make sure it's representative. And make sure you know who's important. In our case, the broadcast technology came first, every time. Without that, we couldn't make the move. With live programming, it's got to be seamless and glitch-free.

Establish clear lines of accountability. You need to know who's in charge and who's responsible for every element of the project from day one. It might sound boring, but it's the only way to keep a complex project on track.

Organisations aren't homogeneous. Part of what made this such a fascinating job was the sheer diversity of the people. From the Burmese World Service team to the DJs on Radio 1, the BBC is a world of different cultures – just like its viewers and listeners. You need to be prepared to be sensitive and to tailor your approach.

Brush up your skills this autumn

LSBU'S **KEY SKILLS LECTURE SERIES** IS DESIGNED TO FINE TUNE YOUR **BUSINESS AND EMPLOYABILITY SKILLS**

The Key Skills Lecture series was set up to help students and alumni expand their skill set and develop the knowledge and attributes they need to find work in an increasingly competitive job market. This autumn, expert speakers will be delivering three talks on a range of topics, including how to make best use of social media and building a successful start-up business.

LSBU alumna Sabrina Duggan (Post-graduate Diploma in Career Guidance, 2009), who now works as a consultant for The Careers Group, University of London, will be delivering a session on presentation skills on 27 November. A veteran of the Key Skills series, she has spoken previously on interview skills and has also returned to the post-graduate diploma course as a guest lecturer.

'The graduate job market is changing all the time,' she says. 'These days, people have to think in terms of the journey as well as the ultimate destination. Be prepared to take a sideways step, or to consider an internship, volunteering or work shadowing. All these things provide opportunities to expand your skills and improve your employability.'

Jobseekers also need an eye for detail in order to make their application – and any subsequent contact with the employer – stand out from the crowd, says Sabrina. 'It's vital to make sure your CV and application forms are working as hard as they can for you, and to prepare thoroughly for interviews and assessments. These days, presentation skills are an essential part not only of the process of getting a job, but of the job itself. I'd urge anyone, whether they're looking for work or already to employed, to come along.'

All the autumn sessions begin at 6pm and include a post-talk networking session. See page 22 for the full programme or visit alumni.lsbu.ac.uk/keyskillslectures for more information

HOW EMPLOYABLE ARE YOU?

Your employability is made up of a combination of your knowledge (what you know), your skills (what you do with your knowledge) and your attitudes (how you do it). It includes your own personal characteristics – such as how reliable you are, and how likely you are to take the initiative – skills like communication and problem-solving, and skills that directly contribute to business performance, such as team working and commercial awareness. According to employers, it is not enough merely to have relevant knowledge, skills and attitudes; potential employees also need to know how to capitalise on their assets by marketing themselves effectively.

SABRINA'S TOP TIPS

'My guide to better presenting is based around the 4 Ps:

- **Plan:** What do you need to say? Why should the audience be interested? What do you want them to do as a result of listening to you?
- **Prepare:** Perhaps the most important step of all. But preparation isn't just a question of knowing your facts – you need to structure your presentation the right way too.
- **Practice:** Review, rehearse – and ask for feedback.
- **Present:** Learn some simple, practical ways to make a positive first impression and keep the audience with you all the way through.

Come along on 27 November to find out more. I look forward to seeing you there.'



Putting patients first

WITH A QUARTER OF ALL HOSPITAL PATIENTS NOW HAVING **SOME KIND OF DEMENTIA**, IT IS MORE IMPORTANT THAN EVER THAT ALL STAFF **RECOGNISE AND UNDERSTAND THE NEEDS OF OLDER PATIENTS**



A new joint initiative between LSBU's Faculty of Health and Social Care and Guy's and St Thomas' NHS Foundation Trust – one of our NHS trust partners – aims to raise awareness and help equip staff to better meet the needs of all older patients, including those with dementia. At its heart is the story of Barbara, a fictional patient whose experiences vividly bring to life the confusion and distress of trying to cope with an unfamiliar and stressful environment.

Barbara takes the lead role in a short film developed by Guy's and St Thomas', which has already been seen by 12,000-plus Trust staff, in all functions from cleaning to HR as well as clinical staff. 'The feedback we get from patients tells us that while we do often get it right, we can always be better,' says the Trust's Chief Nurse Eileen Sills. 'What's so wonderful about Barbara's story is that, because the actress is so brilliant, staff can really put themselves in her shoes. It's so much more powerful than having a senior manager stand there telling you what you should do.'

The film has also been seen by all first-year LSBU nursing students, ahead of their practical

placements. Professor Lesley Baillie is part of a team from the Faculty of Health and Social Care, which is now helping to evaluating the impact of the film on behalf of Guy's and St Thomas', using funds secured in a joint bid from the Burdett Trust. 'We gathered feedback from the students immediately after they'd seen the film,' Lesley explains. 'The plan is to talk to them again in September to find out what practical difference it made to them while they were on their placements.'

The funding will also be used to develop further films, each exploring a different aspect of Barbara's journey, including her experiences outside hospital in the wider community. The films will be shown at monthly drop-in sessions. 'What's amazing to me is the way Barbara has unlocked the passion within our organisation,' says Eileen Sills. 'It's almost as if we've given people permission to care. After we watched the first episode, a colleague said to me "I don't get it". Then a couple of days later I received an email from them saying, "I've thought about her all weekend. I guess that means I did get it after all." To me that sums it up.'

THE BIGGER PICTURE

The drive to raise awareness of dementia supports two major national healthcare initiatives: the National Dementia Strategy, and the broader drive to promote patient dignity. The strategy was launched in 2009, and sets new standards for dementia care including by raising diagnosis rates to among the best in Europe, promoting research and ensuring that all health and social care settings are 'dementia friendly'. In its operating framework for 2012-13, the NHS identified 'dignity in care' for all patients as one of its top priorities, citing the issue as going to the very heart of the purpose of the health service.

WHAT THEY SAID: STAFF RESPONSES TO BARBARA'S STORY

'It is a powerful reminder of just how important everyone's contribution is when it comes to creating a safe and positive environment.'

'I have learned always to be patient, kind and reassuring, and to take pride in what I'm doing.'

'Always be prepared to assist, show a human touch, to go the extra mile in trying to support someone. Remember that the smallest things sometimes make the big difference.'

'Everywhere I go I see people making more effort when they see patients peering at the signage, appointment letter in hand. It has really struck a chord. The phrase "Barbara's story" has almost become code for doing the right thing.'

Sponsor a book

A NEW SCHEME AIMS TO MAKE SURE ALL STUDENTS CAN **ACCESS THE LEARNING RESOURCES THEY NEED**. HERE'S HOW YOU COULD GET INVOLVED

Here at LSBU, we place great importance on ensuring plenty of resources are available to users of the library. While many universities struggle to keep stock levels under control, we need more books to make sure these expensive resources are available to everyone and not just those that can afford them.

In light of this, a new scheme is being launched, called 'Sponsor a Book'. This programme offers the chance for graduates and friends of LSBU to donate £25 towards the purchase of extra copies of frequently borrowed books. For every donation, a bookplate will be placed inside the front cover of the new book stating the name of the sponsor.

Your donation could be a unique way to mark a special occasion, thank family members for their support or celebrate the success of a graduating student. These donations will have a significant impact on LSBU students and their learning experiences while giving sponsors an opportunity to leave a lasting legacy to LSBU.

Suzie Bannerman, Senior Development Manager, said: 'This is a fantastic way for those connected to the University to give something back and contribute to not only the future of the institution but to our students' futures too.'

You can sponsor a book now at alumni.lsbu.ac.uk/books

Alumni are welcome to use the library. Find out how to get your free access card at alumni.lsbu.ac.uk/access

PERRY LIBRARY GETS A FACELIFT

LSBU's Perry Library is undergoing renovation, with big changes in place for the new academic year. The £1.9m project will improve the library's external entrance and refurbish the ground floor entrance with a new reception desk, turnstiles, book return facilities and help-desk area. On the west side, the former roller stack area is being refurbished to create a new silent study space with Wi-Fi and power points to facilitate laptop use.

The general appearance of the library will be drastically improved, focusing on student-facing areas to help create a brighter, more stimulating environment for studies. The building will be adapted and improved for those with mobility needs, matching the standards of buildings elsewhere on campus; this includes a brand new entrance off Southwark Bridge Road. The flow of visitor traffic will be improved, helping to relieve areas of congestion.

To enhance the customer service experience, the help-desk area is being modernised and separated from the more noisy entrance. To improve re-shelving times and introduce a more efficient book return procedure, a brand new start-of-the-art automated facility will be installed. Finally, it is essential that there are quiet study spaces widely available across the library; the number of these will therefore be more than doubled.

Women

on the march



Miss HELEN M, SMITH, B.A.,
LADY SUPERINTENDENT.

Historians still debate what motivated Emily Wilding Davison to run out in front of the King's horse at the 1913 Epsom Derby, sustaining the injuries from which she died four days later on June 8. But what is beyond doubt is the sheer conviction and determination of these pioneering women, led by Mancunian mother and daughter Emmeline and Christabel Pankhurst, to change the laws that stopped women from voting and playing their part in the political life of their own country.

Emily Wilding Davison was to become the first martyr of the British suffrage movement, but many more suffered for their beliefs. By 1914, some 1,000 women were imprisoned, most for public order offences. Many went on hunger strike in protest at the government's refusal to classify them as political prisoners, and were force fed. At the same time, their tactics became progressively more militant. Suffragettes chained themselves to railings, set fire to mailboxes, smashed windows and even set off bombs. 'I do not look either very like a soldier or very like a convict, and yet I am both,' said Emmeline Pankhurst.

The actions of these militant suffragettes tend to overshadow the work of the so-called constitutional suffragettes, who nevertheless worked tirelessly to secure the vote for women, rejecting militant tactics in favour of peaceful demonstrations and campaigning. LSBU's archives show that the student body was very much involved with this side of the women's suffrage movement, and that many were vocal in their support for the cause.

EQUAL ACCESS

Given that the Borough Polytechnic Institute was founded on the principles of providing equal access to education, and giving both men and women the skills they needed to earn a respectable living, it is not surprising to find evidence of a strong movement in favour of equality. Under the formidable Lady Superintendent Helen Smith, the Women's Department campaigned tirelessly for better social and working conditions for women. In 1904, Day Trade Schools for Girls were set up to provide technical education for girls and women working in a range of different industries.

WITH THE 100TH ANNIVERSARY OF THE DEATH OF EMILY WILDING DAVISON ONCE MORE PROPELLING THE WOMEN'S SUFFRAGE MOVEMENT INTO THE HEADLINES, *CONNECTED* DELVED INTO THE LSBU ARCHIVES TO FIND OUT WHAT WAS HAPPENING AT THE THEN BOROUGH POLYTECHNIC DURING THOSE TURBULENT YEARS

We know that from 1910 to 1914, the Polytechnic Old Girls' Association held several talks on the theme of improvements to women's lives, with speakers drawn from the academic staff and the London Society for Women's Suffrage. Lecture titles included 'Women's Needs and the Means of Satisfying Them', on the importance of women being economically independent, and 'Why Women Need and Claim the Vote'.

In February 1913, the Old Girls' Association held a debate between a suffrage campaigner and female member of the Anti-Suffrage Society. As *The Borough Polytechnic News* reports, the chairman 'had some difficulty occasionally in regulating the discussion, as some on either side were very enthusiastic towards their own cause.' The debate ended in a vote, which the suffragist won by 17 votes to 12.

CHANGING ATTITUDES

During the First World War, attention inevitably shifted away from women's rights to focus on the war effort. But Helen Smith showed remarkable prescience when she predicted that the war itself would lead to 'social reconstruction' and a major change in attitudes to women. In 1918 the Representation of the People Act was passed, granting the vote to women over 30, prompting the Old Girls' Association to put on a series of talks on the theme of women and citizenship.

A hundred years on, and the position of women has changed beyond recognition. But in many countries around the world, the battle for equal rights still goes on. Even here in Britain, women are still under-represented in senior roles in the public and private sectors, and many face discrimination on a daily basis. At LSBU, we follow in the footsteps of those constitutional suffragettes by continuing to debate issues of gender equality at all levels from our Master's in Gender and Sexuality to the student group, the Wollstonecraft Women's Society.

You can find out more about the history of LSBU at www.lsbu.ac.uk/about/timeline and more about the University archives at my.lsbu.ac.uk/page/university-archives-centre

SETTING THE RECORD STRAIGHT

In a recent blog for the Weeks Centre, LSBU academic Dr Caitriona Beaumont questions whether the focus on the actions of militant suffragettes creates a skewed picture of the struggle to secure the vote for women

The drama, controversy and final tragedy of Emily Wilding Davison's life and death provides us with an important insight into the world of militant suffragettes. Moreover it reminds all of us, especially women and girls, that we should be grateful to those who risked life and limb to bring about the equal franchise.

This focus on militant suffrage action does however cast a shadow on the achievements of constitutional suffragists, for example Millicent Fawcett, leader of the National Union of Women's Suffrage Societies (NUWSS) which – unlike the militant Women's Social and Political Union (WSPU) – campaigned continuously for the women's vote from its establishment in 1897 until the vote for women on equal terms with men was won in 1928.

The NUWSS utilised traditional campaign techniques including lobbying, letters to the press, peaceful demonstrations and petitions. Despite its success, Professor Mary Joannou, in a recent letter to *The Guardian* newspaper, expressed her dismay and frustration that the blue plaque outside Millicent Fawcett's former home in Cambridge reads 'Henry Fawcett...lived here with his wife and daughter, 1874-1884'. In sharp contrast to this omission, a statue of Emmeline Pankhurst has stood outside the Palace of Westminster since 1930.

While I warmly welcome the recent attention given to the militant suffragettes and the revival of interest in the history of the suffrage movement, I am anxious that the achievements of constitutional campaigners are not overlooked. In my own work on the history of the 20th century British women's movement, I have focused on voluntary women's organisations which, like the constitutional suffragists, campaigned peacefully and effectively to secure women's political, social and economic rights.

These organisations worked quietly and consistently for women's rights rather than courting the media with dramatic acts of civil disobedience. To omit groups such as the Mothers' Union, Women's Institutes and Townswomen's Guilds from histories of the women's movement is to tell only half the story. In remembering the past and those individuals and groups who campaigned tirelessly for female equality, we need to listen to all of their voices and not just to those that shouted the loudest.

To find out more, go to weekscentreforsocialandpolicyresearch.wordpress.com. LSBU's Weeks Centre for Social and Policy Research was named after Professor Jeffrey Weeks in recognition of his research leadership within the Faculty of Arts and Human Sciences and his internationally acclaimed sociological work on the social organisation of sexuality. The Centre is currently running a series of events, including films and readings, based on the theme 'Expanding the Feminist Classroom'

Look better, feel better

LIFE CAN BE CHALLENGING, SO IT'S IMPORTANT TO **LOOK AFTER YOURSELF.**

A FEW SIMPLE DIET AND LIFESTYLE CHANGES CAN **HELP BOOST YOUR ENERGY AND MOOD** AND KEEP YOUR BRAIN FUNCTIONING AT ITS PEAK.

HERE ARE FOUR SUGGESTIONS **YOU CAN ACT ON STRAIGHT AWAY**



BALANCE YOUR BLOOD SUGARS

You may think balancing blood sugars only matters if you are diabetic, but this is not the case. Balancing blood sugars is in fact important for everyone, for both short and long term health. It is a major factor in maintaining energy levels throughout the day and controlling your weight.

You can balance blood sugars by:

- **Eating little and often:** Aim to eat every 2-3 hours. Always have breakfast, lunch and dinner, with healthy snacks in between
- **Not skipping meals:** Skipping meals sends your body into starvation mode, meaning you're more likely to store fat
- **Eating plenty of complex carbohydrates:** These include whole grains, 'brown' foods, beans, legumes, vegetables, nuts and seeds. Complex carbohydrates contains fibre which slow the rate at which the energy from the food is absorbed, keeping your sugar levels steady and avoiding 'spikes'. In addition, they are rich in vitamins, minerals and other nutrients
- **Eat slowly:** Taking your time means the sugar in your food will be released at a steady rate
- **Manage stress:** You can't always avoid it, so make sure you develop some strategies for keeping it under control
- **Watch the alcohol:** Hangovers leave you feeling tired and groggy, craving simple carbohydrates
- **Think about your caffeine consumption:** Caffeine can give you a quick boost, but it won't sustain your energy levels for long
- **Eat protein with each meal and snack.**

TAKE REGULAR EXERCISE

We all know exercise is good for us and that it helps control our weight and keep us fit, but it is also important in the prevention of certain serious diseases. According to the World Health Organisation physical inactivity is the main cause of 25 per cent of breast and colon cancers, 27 per cent of all diabetes, and roughly 30 per cent of all cardiovascular disease.

Exercise also releases 'feel good' chemicals called endorphins and most people feel better, more positive, and more energetic following exercise. Even people who say they feel 'too tired to go to the gym' will often feel much more awake and energised if they do manage to get there.

Still not convinced? Exercise is good for your mind as well as your body. Research shows that people who engage in regular exercise are much less likely to suffer from depression and other mental health issues than people who don't take regular exercise.

The most important thing with regard to exercise is to find something you enjoy. There are so many different types of exercise to choose from these days.

KEEP WELL HYDRATED

Water is undoubtedly the most important compound in the body. It makes up about 70 per cent of our body weight and we need to replenish our levels continuously. Water helps us to flush out toxins via the kidneys, which can affect our energy levels and mood.

Water is essential for good brain function – dehydration is the number one cause of daytime fatigue. Other signs of dehydration are headaches, poor concentration, fuzzy thinking, thirst and dry skin. You can tell if you're hydrated by the colour of your urine. It should be a pale straw colour or clear.

TAKE TIME OUT TO RELAX AND UNWIND

In our busy, fast-paced lives many of us do not take time out to relax and unwind – we like to work hard and play hard. This approach might work for a short time when we are young, fit and healthy, but in the end it will take its toll and start to affect our health and wellbeing.

Stress is one of the major causes of ill-health because it has such a profound physiological effect on the body. It's important to realise that stress does not only affect the mind in terms of causing anxiety or low mood, but it also has major impacts on digestion, immunity, cardiovascular health, bone health, weight management and sleep patterns.

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 2014 Alumni Sports Day will be held on Saturday 22 March. See opposite for more information.

THE LSBU ALUMNI ASSOCIATION HAS A **VARIETY OF EVENTS PLANNED OVER THE NEXT 12 MONTHS** INCLUDING PROFESSIONAL DEVELOPMENT AND NETWORKING OPPORTUNITIES, DEPARTMENTAL LECTURES, INFORMAL SOCIAL GATHERINGS AND SPORTING EVENTS.

BELOW YOU WILL FIND **A SELECTION OF OUR UPCOMING EVENTS** AND WE ENCOURAGE YOU TO KEEP CHECKING OUR EVENTS CALENDAR AT ALUMNI.LSBU.AC.UK/EVENTS SO YOU DON'T MISS OUT!

What's on at LSBU?

KEY SKILLS LECTURE SERIES

The LSBU Alumni Association's Key Skills Lecture Series is designed to help you improve your skill set and develop the attributes that will enhance your employability and boost your performance in the workplace. The knowledge you will gain in these workshops can also be used as transferable skills in other areas of your life.

These lectures are presented by recognised professionals with years of experience and are free for LSBU Alumni Association members to attend.

To book your place on any of these events, please visit alumni.lsbu.ac.uk/keyskillslectures

AUTUMN SERIES

Optimising LinkedIn for career and business success

Date: Thursday 26 September 2013
Registration from 17:30, lecture starts at 18:00
Location: Keyworth Centre, Events Theatre

Mark Williams, founder and Managing Director of ETN LinkedIn Training, is the UK's foremost LinkedIn trainer and, having spent nearly 20 years in the recruitment industry in the UK, knows the benefits of having strong professional networks to optimise your job search. This session will provide an introduction to LinkedIn, including how to set up a profile that stands out from the crowd and how you can use the site as an effective job search tool. He will also explore how LinkedIn can be used in a business setting.

Building a successful start-up business

Date: Thursday 24 October 2013
Registration from 17:30, lecture starts at 18:00
Location: Keyworth Centre, Rooms VG10 & V102 (post-event networking)
Since graduating from LSBU in 1994, Shahbaz Ali has gone on to create three successful start-up

companies and is now president of Tarmin Inc., an award-winning multi-million dollar business. In partnership with the LSBU Student Enterprise Team, Shahbaz will be sharing his experiences and the challenges he faced on his journey from budding entrepreneur to successful CEO.

High impact presentations

Date: Wednesday 27 November 2013
Registration from 17:30, lecture starts at 18:00
Location: Keyworth Centre, Room 806/7

Sabrina Duggan is a qualified careers advisor for The Careers Group, University of London, specialising in helping employers engage with students and graduates through internships, volunteering and work placement opportunities. An experienced and engaging presenter, Sabrina will focus on the qualities that make a successful presenter, how to structure your presentation and how to deliver it clearly and coherently.

SPRING KEY SKILLS LECTURE SERIES

Developing the leader in you
Date: Wednesday 23 April 2014

Mastering negotiation skills
Date: Tuesday 27 May 2014

Smarter networking skills
Date: Tuesday 24 June 2014

ALUMNI VS. STUDENTS SPORTS DAY

Date: Saturday 22 March 2014, 10am-6pm
After the success of this year's Alumni vs. Students Sports Day, we're giving you another chance to get involved and take on the student sports teams. Team Alumni were the overall winners of the first Alumni vs. Students Sports Day, so the students will be keen to make amends in what promises to be a highly

competitive and entertaining event. We're calling out to all graduates interested in playing or cheering on their fellow alumni!

Last year, we featured matches in netball, basketball, rugby and football. If you have an idea for another sport such as judo or American Football and could gather a team of alumni together, we would be happy to accommodate your request.

For further information and to sign up as a team, individual or spectator, please go to alumni.lsbu.ac.uk/sports or contact the Alumni Office on alumni@lsbu.ac.uk or 020 7815 6712

DAVID BOMBERG: OBJECTS OF COLLECTION

Paintings and drawings from 'A David Bomberg Legacy – The Sarah Rose Collection' and LSBU's collection

Dates: 13 September - 15 December 2013 and 7 January - 29 March 2014
Open: Wed, Thu, Fri 1pm-5pm and Sat 12-5pm.

Exhibition synopsis: A solo show of artworks by the celebrated British artist and teacher David Bomberg, taken from 'A David Bomberg Legacy – The Sarah Rose Collection' and LSBU's collection. This will be the first opportunity for the public to see these works together.

A specially curated programme of talks and events will accompany the exhibition. Confirmed speakers include award-winning art critic Richard Cork, who wrote the first monograph on David Bomberg, and Dr Leon Betsworth, post-doctoral research fellow at LSBU, currently researching David Bomberg's time as a teacher here in the 1940s and 1950s.

Booking: Not necessary. Free entry.
More info: www.boroughroadgallery.co.uk

House of Lords reception

The House of Lords is a renowned symbol of English history and politics. We are offering our alumni a rare opportunity to see inside this world-famous landmark.

Alumni are invited to an exclusive alumni reception at the House of Lords, hosted by Pauline Perry, Baroness Perry of Southwark, former LSBU Vice Chancellor. This is a rare opportunity to experience the history of the parliament buildings up close.

Alumni and their guests will be able to enjoy drinks and canapés in the Cholmondeley Room and Terrace, which overlook the River Thames and offer stunning views of London. There is also an opportunity to take a behind the scenes tour of the House of Lords after the reception, where you'll learn some interesting facts – and maybe even a few secrets.

The subsidised tickets are priced at £38 per person and are available exclusively to LSBU alumni and their guests. Early booking is recommended as this event is expected to sell out

To buy tickets, please go to alumni.lsbu.ac.uk/lords or contact the Alumni Office on alumni@lsbu.ac.uk or 020 7815 6712

*Date: Thursday 5 June 2014
Time: 18:30 onwards*

