



Cardiff  
Metropolitan  
University

Prifysgol  
Metropolitan  
Caerdydd

# magazine

SUMMER 2017

**FOR ALUMNI,  
SUPPORTERS  
& FRIENDS**

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# get involved...

## MAKE A GIFT

Your support has the ability to transform the lives of current and future students. It will help shape the future of Cardiff Metropolitan University as well as those within the wider community.



## SHARE YOUR EXPERTISE

No one is more qualified to help our current students and recent graduates than our alumni. By sharing your expertise and knowledge, you can help a student thrive during and after university.



## STAY CONNECTED

☎ 029 2020 1590

✉ [alumni@cardiffmet.ac.uk](mailto:alumni@cardiffmet.ac.uk)

📄 [cardiffmet.ac.uk/alumni](http://cardiffmet.ac.uk/alumni)

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📘 [www.facebook.com/cardiffmetalumni](https://www.facebook.com/cardiffmetalumni)

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📷 [www.instagram.com/cardiffmet](https://www.instagram.com/cardiffmet)

## START FUNDRAISING

Our staff, students and alumni have been supporting Cardiff Met by using their skills and talents to do something remarkable by fundraising to make a difference.



**WE WOULD LIKE TO THANK ALL OUR ALUMNI FOR THE CONTINUED SUPPORT AND HOPE YOU ENJOY THE 2017 EDITION OF THE ALUMNI MAGAZINE.**

**[cardiffmet.ac.uk/alumni](http://cardiffmet.ac.uk/alumni)**

# contents

## Introducing...

Professor Cara Atkinson joined Cardiff Met as President and Vice-Chancellor and Professor of Geography and Cultural Economics on 1st October 2016.



During her time at Cardiff Met, Professor Atkinson has been instrumental in leading the university through a period of significant change and growth. She has overseen the successful completion of the university's strategic plan, which has resulted in a number of key achievements, including the award of the Queen's Anniversary Award for Higher Education in 2017. Under her leadership, the university has continued to invest in its infrastructure, with the opening of the new Bloomberg Room and the expansion of the library services. Professor Atkinson has also been a strong advocate for the university's commitment to social responsibility and sustainability, leading the development of the Cardiff Met Sustainability Strategy. Her vision for the future of the university is one of continued excellence, innovation, and a focus on the needs of our students and the wider community.

### NEW BLOOMBERG ROOM

A new Bloomberg Room has been opened at Cardiff Met, providing a dedicated space for students to access financial data and research. The room is equipped with the latest technology and is staffed by experienced professionals who can provide support and guidance to students. This new facility is a testament to the university's commitment to providing world-class facilities for its students and to its focus on research and innovation in the field of finance.

### CARDIFF MET HOSTS HUMAN LIBRARY EVENT ON INTERNATIONAL WOMEN'S DAY

Cardiff Met hosted a Human Library event on International Women's Day, where students and staff were able to "borrow" real people with unique stories and experiences. The event was a great success and provided a valuable opportunity for participants to learn from each other and to challenge their own preconceptions. The Human Library is a global initiative that aims to promote understanding and tolerance by encouraging people to share their stories and to listen to the stories of others.

## newsround

STUDENTS SERVE UP HOSPITALITY DINNER WITH CARDIFF'S AWARD-WINNING CLINK RESTAURANT

JAPANESE SPORTS PERFORMANCE CENTRE AT CARDIFF MET

COLLABORATION BETWEEN CARDIFF MET AND THE UNIVERSITY OF SHEFFIELD

OUR STUDENTS BREAK BOUNDARIES WITH YOUR SUPPORT

## winning ways

Cardiff Met has achieved a number of significant achievements in the past year, including the award of the Queen's Anniversary Award for Higher Education in 2017. This recognition is a testament to the university's commitment to excellence in teaching, research, and student support. The award is given to institutions that have made a significant contribution to the higher education sector and to society. Cardiff Met's success is a result of the hard work and dedication of all our staff and students, and we are proud to be recognized as one of the leading universities in the world.

## EDUCATION IS FOREVER

Children are our future. We are committed to providing the best possible education for all our students, and to ensuring that they are equipped with the skills and knowledge they need to succeed in the 21st century. Our focus is on providing a high-quality education that is tailored to the needs of each individual student, and that encourages them to reach their full potential. We are proud to be a part of the education system, and to be committed to making a difference in the lives of our students.

## Making a difference

WE DID IT! Thank you to all our supporters who have helped us to make a difference in the lives of our students. Your support has been invaluable, and we are grateful for your contribution. We are committed to continuing to make a difference, and we will continue to work hard to provide the best possible education for all our students. We are proud to be a part of the education system, and to be committed to making a difference in the lives of our students.

## trauma packs

Alumni and staff have been instrumental in the development of trauma packs for students who have experienced trauma. These packs provide a range of resources and support for students who are struggling with trauma, and are available to all students who need them. The packs are a testament to the university's commitment to providing support and care for all our students, and to ensuring that they are able to succeed in their studies. We are proud to be a part of the education system, and to be committed to making a difference in the lives of our students.

## cynocod then and now...

The Cynocod building at Cardiff Met has been a landmark building for the university since its opening in 1999. It has been a place of learning, research, and innovation, and has played a central role in the development of the university. The building has been a source of pride for all our staff and students, and we are proud to have it as a part of our campus. The building has been a testament to the university's commitment to excellence in teaching, research, and student support, and we are proud to be a part of the education system, and to be committed to making a difference in the lives of our students.

## THE BOWMAN

The Bowman building at Cardiff Met has been a landmark building for the university since its opening in 2011. It has been a place of learning, research, and innovation, and has played a central role in the development of the university. The building has been a source of pride for all our staff and students, and we are proud to have it as a part of our campus. The building has been a testament to the university's commitment to excellence in teaching, research, and student support, and we are proud to be a part of the education system, and to be committed to making a difference in the lives of our students.

## NERVES OF STEELE: THE PHIL STEELE STORY

Phil Steele is a former professional footballer who has gone on to become a successful businessman and a committed supporter of Cardiff Met. His story is one of resilience, determination, and hard work, and is an inspiration to all our students. Phil's journey from a professional footballer to a successful businessman is a testament to his ability to overcome adversity and to achieve his dreams. We are proud to have Phil as a member of our community, and to be committed to making a difference in the lives of our students.

## Balchder Cynreig

Balchder Cynreig is a former professional footballer who has gone on to become a successful businessman and a committed supporter of Cardiff Met. His story is one of resilience, determination, and hard work, and is an inspiration to all our students. Balchder's journey from a professional footballer to a successful businessman is a testament to his ability to overcome adversity and to achieve his dreams. We are proud to have Balchder as a member of our community, and to be committed to making a difference in the lives of our students.

## volunteering

Many of our alumni voluntarily give up their time to help students and staff in need, and we are extremely grateful to them. Volunteering is a great way to give back to the community, and to make a difference in the lives of others. We are proud to have so many of our alumni who are committed to making a difference, and we are committed to providing support and resources to all our volunteers. We are proud to be a part of the education system, and to be committed to making a difference in the lives of our students.

## THE MENTOR

The Mentor program at Cardiff Met provides a range of support and resources for students who are struggling with their studies. The program is a testament to the university's commitment to providing support and care for all our students, and to ensuring that they are able to succeed in their studies. We are proud to be a part of the education system, and to be committed to making a difference in the lives of our students.

## new beginnings

Cardiff Met is opening a new school in Cardiff, which will provide a high-quality education for all our students. The school is a testament to the university's commitment to excellence in teaching, research, and student support, and we are proud to be a part of the education system, and to be committed to making a difference in the lives of our students. The school will provide a range of resources and support for students who are struggling with their studies, and will ensure that they are able to succeed in their studies. We are proud to be a part of the education system, and to be committed to making a difference in the lives of our students.

## WHAT'S COMING

Cardiff Met is excited to announce a number of new initiatives and projects that will be implemented in the coming year. These initiatives are a testament to the university's commitment to excellence in teaching, research, and student support, and we are proud to be a part of the education system, and to be committed to making a difference in the lives of our students. We are proud to be a part of the education system, and to be committed to making a difference in the lives of our students.

## INSPIRE A GENERATION. MAKE A DIFFERENCE. LEAVE A LEGACY.

Cardiff Met is committed to making a difference in the lives of our students, and to ensuring that they are able to succeed in their studies. We are proud to be a part of the education system, and to be committed to making a difference in the lives of our students. We are proud to be a part of the education system, and to be committed to making a difference in the lives of our students.

**Cardiff Met Magazine Spring 2017**

**Alumni Competition:** Thank you to Ticketline for donating a prize for this years alumni competition. Remember to be in with a chance of winning a £100 gift voucher complete the survey on the cover sheet enclosed with this magazine and return to the FREEPOST address by 30th June 2017 or alternatively complete the survey online at [www.cardiffmet.ac.uk/alumnisurvey](http://www.cardiffmet.ac.uk/alumnisurvey)

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# Introducing...

*Professor Cara Aitchison joined Cardiff Met as President and Vice-Chancellor and Professor of Geography and Cultural Economy on 1st October 2016.*

**Professor Aitchison has led significant growth and change management programmes that have resulted in improvements to the student experience, research and internationalisation in a number of universities. Cara is committed to values-driven leadership that integrates civic, economic and international agendas to widen participation in university education with the purpose of transforming lives, communities, economies and inter-cultural relations. She has a global reputation for her research and was Chair of the UK Research Excellence Framework (REF 2014) Sub-Panel for Sport and Exercise Science, Leisure and Tourism and Member of the Main Panel for Social Sciences.**

Born and brought up in Scotland, Cara Aitchison previously held the posts of Vice-Chancellor of the University of St Mark & St John in Plymouth (2013-16), Head of Moray House School of Education and Chair in Social and Environmental Justice at Edinburgh University (2010-13), Dean of the Faculty of Education and Sport at the University of Bedfordshire (2008-10), Professor in Human Geography and Director of the Centre for Leisure, Tourism and Society at UWE Bristol (2003-08) and earlier posts at the University of Gloucestershire (1998-2003) and two London institutions (1988-1998).

*We caught up with our new Vice-Chancellor to see what insight she has for the future of Cardiff Met.*

## **What first attracted you to the top job at Cardiff Met?**

It seemed like the perfect fit in relation to location, type of organisation and timing for a move. I spent the first ten years of my career in London and so know the advantages of working in a capital city. More recently I worked at Edinburgh University and enjoyed the proximity to devolved government and the opportunity to influence and shape national policy. Universities are generally located in cities but, as most people who know me will testify, my passion is ensuring the sustainability of rural, remote and coastal places. My partner, a Geology Professor, specialises in old red sandstone which is found largely in Pembrokeshire and Orkney... and there's not much call for Vice-Chancellors or Professors on Orkney! I had also worked with a number of the current staff of Cardiff Met, both here and at other universities, and respected them and their work. All that to say that working and living in Wales and contributing to the development of education and economic development within a devolved context and in a good university with outstanding people was a great attraction.

The University is a good academic fit too with its practice-focused and professionally recognised education and research in its five Schools that align well with my own background. Although much of my own academic work is theory-based I've become increasingly interested in

To read the full interview with Professor Cara Aitchison please visit [www.cardiffmet.ac.uk/vcinterview](http://www.cardiffmet.ac.uk/vcinterview)

developing work that is inter-disciplinary, international and of high impact in transforming people's lives and the places in which they live and work. I had worked in a Business School in London, been Dean of a large School of Sport and Education at the University of Bedfordshire, been Head of Moray House School of Education and Sport at Edinburgh University, and hold an Honorary Professorship in the Department of Health at Bath University so I have an affinity with the subject areas that Cardiff Met specialises in. I was particularly keen to work somewhere with a vibrant School of Art and Design as I had seen how the creativity at the heart of Art Schools can contribute to the development of innovation within universities.

The timing was also perfect as I had taken my previous university through a major change programme over the previous three years and felt ready to move to a new and larger university where I could apply my experience in a different context. My partner works at UWE Bristol and so the proximity of Cardiff and Bristol would clearly work well for us on a personal level.

### **What do you think are the burning questions right now we should be asking as a HE provider and how will Cardiff Met respond?**

We've spent the last six months identifying and addressing these questions through the development of our bold and ambitious new strategic plan. The HE sector is increasingly complex, competitive and commercialised and we must make and grasp opportunities to ensure our future position as a university of choice, of high value and reputation and with a sustainable financial base. There are significant changes and challenges to the national and global economy and we have well-developed plans to establish a new Cardiff School of Technologies to meet employer need and student demand. The new School will focus on digital media and smart technology, data science and informatics, and design technology and engineering. We have secured support from Welsh Government and Cardiff Council and from politicians at local, Welsh Assembly and UK Government levels and over 20 technology companies.

### **How is Cardiff Met making an impact on a global scale?**

We have a unique model of international partnerships and trans-national education here and this makes a real difference to our students' lives, both here in Wales and around the world. We currently have over 1,000 international students studying at Cardiff Met in Wales and another 7,000 international students studying Cardiff Met degrees at our partner universities in Bahrain, Bangladesh, Bulgaria, China, Cyprus, Greece, Egypt, Hong Kong, India, Lebanon, Morocco, Oman, South Africa, Singapore and Sri Lanka. In our new Strategic Plan to 2023 we are likely to complement our focus on North Africa, the Gulf, the Middle East, South and East Asia with developments in North and South America.

### **What is your vision for alumni engagement?**

Our alumni are our university ambassadors and the UK's global ambassadors and at a time of international uncertainty we need all the soft power that this global diplomacy brings. Every student, whether they are an international student or a UK student, is a UK ambassador able to represent the interests of our university and our country and to build bridges around the

world. The relationship between our students and our university doesn't end with graduation but simply becomes even more of a partnership. Our graduates are introduced to other alumni and their networks and a global network of alumni and employment opportunities open up. Here at Cardiff Met our doors are always open to provide advice and contacts and we've just introduced a 20% discount for postgraduate fees for alumni from Cardiff Met, including those students studying our degrees at our global partner institutions, and wishing to undertake a Masters to ensure they are even better qualified to secure high level graduate positions. We are always ready to welcome alumni who wish to share their experiences with our students, who have told us how much they benefit from hearing from recent graduates.

### **How can we make the local community feel more a part of Cardiff Met?**

We are currently located on two campuses in Cardiff, at Llandaff and Cyncoed. We are exploring possibilities for developing a third campus in the City Centre and which would house our new School of Technologies and School of Education. All campuses are open to the community and we offer a wide range of events and activities designed to ensure we make a significant civic contribution. Our Cyncoed campus, for example, welcomes over 2,500 children every week to participate in sport and physical activity and many of our staff act as sport coaches for local community clubs that we run on and off campus. We operate the Sport Development function for Cardiff City Council and this brings us very close to the community we seek to serve. At Llandaff we offer a series of evening lectures open to the public as well as weekend activity clubs in art and design and introductions to science and technology for schools.

### **What does success look like to you in 10 years' time?**

Cardiff Metropolitan University will be recognised as a global university rooted in Wales and valued for education, research and innovation undertaken in partnership with our students, governments, business and industry and with tangible benefits for individuals, society and the economy. We'll be known as a university that is committed to ensuring every student has the opportunity to fulfil their full potential to make confident and courageous graduate-level contributions to their own and future generations through innovative solutions to sustainable economic growth and social cohesion for our City, Wales and the wider world. Business, industry and government will look on us as a creative and diverse community of applied scholars and researchers ready to work in partnership to tackle some of the most entrenched local and global challenges of our time. Our local community will know that our campuses and doors are open to them and we will be seen and trusted in their communities as we reach out to support access and participation.

Our strategy is one of improvement, growth and diversification that will ensure our place in the top 50 UK universities by 2022/23 and a place in the global university rankings for the first time. Ours is a future where talent will be attracted and supported and where creativity, diversity, freedom and innovation will establish Cardiff Met as one of the world's most international and impactful universities, a university that changes the world one student at a time.



## CARDIFF MET STUDENTS RECOGNISED AT ENTREPRENEURSHIP AWARDS

Cardiff School of Art & Design students have been named runners up in two categories at a Big Ideas Wales Celebrated! entrepreneurship event. They were among young Welsh entrepreneurs recognised by the Business Wales initiative and received support from the University's Centre for Entrepreneurship, which funded materials for the exhibition stands and helped with the application process.

Wind Down, a team of students from across Cardiff School of Art & Design were named runners-up for Best Enterprise Project for their success in the Mind Your Own Business module, which is part of their course. The module is a cross-curricular enterprise project which involves students working in teams to form a business and create a product to be sold around campus. Wind Down created a range of origami-inspired coffee cups which were a hit with fellow students and staff, resulting in them turning their initial £100 seed funding into a £500 profit in the first morning of trading.

## ZERO2FIVE

The University's ZERO2FIVE Food Industry Centre is one of three Welsh food centres that has developed Welsh Government's Project HELIX, a new £21 million programme to strengthen Wales' food and drink sector. Project HELIX is expected to safeguard 2,000 jobs and deliver over £100 million for the Welsh economy.

## NEW BLOOMBERG ROOM

A new Trading Suite has recently opened at Cardiff School of Management in response to the increasing demand from industry and government for financially trained graduates.

Cardiff School of Management (CSM) has invested in a new, state-of-the-art Bloomberg Training Suite after experts from its Department of Accounting, Economics and Finance visited a range of possible alternatives both at other universities and in the City.

## CARDIFF MET HOSTS HUMAN LIBRARY EVENT ON INTERNATIONAL WOMEN'S DAY

On the 8th of March Cardiff Metropolitan University welcomed a range of guest speakers to celebrate the success of women throughout history.

Speakers from various backgrounds at varying stages of their careers shared their experiences and successes in story form as 'human books'. This gave staff and students the opportunity to discuss different career pathways, learn from any challenges the speakers may have

faced in their professional and personal life and generated conversations about how women can challenge inequality and be bold for change.



# newsround

To read the full stories and more Cardiff Met news visit: [www.cardiffmet.ac.uk/news](http://www.cardiffmet.ac.uk/news)

## COLLABORATION ANNOUNCED BETWEEN PDR AND RENISHAW

PDR (International Centre for Design and Research), and global engineering and scientific technology company, Renishaw PLC, have signed a major new research collaboration that will help to ensure that the UK is at the forefront of healthcare innovation.

The collaboration seeks to pioneer new design methods that will bring engineering levels of precision to complex surgical procedures.

## JAPANESE SPORTS INSTITUTIONS AND UNIVERSITIES TURN TO CARDIFF MET FOR OLYMPICS AND PARALYMPICS EXPERTISE

A team of Sports Professors and British Council officials have visited Cardiff Met to learn about how best to prepare for the 2020 Tokyo Olympic and Paralympic Games.

Organisers identified Cardiff Met as an example of good practice, because of the University's reputation for producing current and previous Olympians and Paralympians - achievements only made possible through working closely with Sport Wales, Disability Sport Wales, the Welsh Government and Sport Cardiff.

## AWARD WINNING

## STUDENTS SERVE UP HOSPITALITY DINNER WITH CARDIFF'S AWARD-WINNING CLINK RESTAURANT

Hospitality Management students have served up a delicious feast at an annual Industry-Education dinner held by the Department of Tourism, Hospitality and Events Management.

This year's event was held in collaboration with The Clink restaurant and hosted at the University's SA Brains Hospitality Suite within Cardiff School of Management.

The Clink is a restaurant run by The Clink Charity which is based at HMP Cardiff and is staffed by prisoners working towards City & Guilds NVQs in Food Preparation, Food Service and Customer Service.

The Clink has won several prestigious awards, including being named tenth best restaurant in the UK in the TripAdvisor Travellers' Choice Awards 2015.

Guests from VisitWales, Sodexo, KidneyWales, National Museum Wales, Cardiff Airport and City of Cardiff Council attended the dinner. Schools, colleges and industry partners which offer Cardiff Met students placements and scholarships were also invited.

On the night, Head Chef Sebastien Vanoni mentored and worked with two prisoners from the Clink and Cardiff Met students.

Jason Lawrence, General Manager of The Clink Restaurant at HMP Cardiff said: "The event provided both the students at Cardiff Met and our prisoners in training a great opportunity to showcase their skills and to further develop the relationship between the University and The Clink Charity and Restaurants. We wish all students who took part in the event all the best in progressing their careers."

Dr Andy Roberts, Hospitality Programme Director said: "This year's successful meal is a culmination of the relationship the University has built over the last year with the restaurant and we are keen to support their excellent work moving forward."





Rio 2016



*Pictured: Jasmione Joyce:  
BSc (Hons) Sport & PE, Rugby 7's, Rio 2016.*



## FOCUS ON OUR AWARDS

# winning ways

*Cardiff Metropolitan University certainly punches above its weight when it comes to awards. The hard work of Cardiff Met staff, students and alumni is incredibly important and contribute to what the University is today. Here is a list of some of your alma maters' accolades from the past two years...*

### PROFESSIONAL AWARDS

#### **Winner of the Guardian Awards for Entrepreneurship - Centre for Student Entrepreneurship**

The Guardian newspaper's Higher Education Network awards panel highlighted the centre staff's record in providing support, guidance and expertise to current students as well as alumni in starting up their own innovative and successful businesses.

### ACADEMIC AWARDS

#### **Cardiff Metropolitan University was recognised in The Queen's Anniversary Prizes for Higher and Further Education 2014 – 2016 with Product Design and Research winning another three separate awards since.**

Cardiff Met was among 21 UK universities and colleges awarded prizes which recognised a wide range of innovative work across many different disciplines.

#### **Winner of the Guardian Awards for Higher Education in Teaching Excellence for Postgraduate International Marketing**

#### **Cardiff Met has been awarded Athena SWAN Bronze Institution status for its efforts in eliminating gender bias in the workplace and developing an inclusive culture that values all staff.**

The award recognises the University's solid foundation in this area and continued commitment across the board to achieving a significant improvement in women's representation and career progression.

### SUSTAINABILITY AWARDS

Cardiff Met was named the top university in Wales in this year's People and Planet League 2016 and placed fourth out of 150 universities in the UK by People & Planet.

### SPORTING ACHIEVEMENTS

#### **Men's Football:**

The men's first team achieved multiple accolades. Not only were they crowned BUCS champions for the first time in their history, but they reached the Welsh Premier League Play-Off Final, narrowly missing out on qualifying for the preliminary rounds of the UEFA League.

#### **Women's Football:**

Nation Radio University Sports Team of the Year (2014-15 & 2015-16), Won 2014-15 Welsh Premiership title, Won the 2015-16 Welsh Premiership title, Won Welsh Premier Women's League Cup and the Football Association Wales Cup.

#### **Tennis:**

Chris Lewis, Head Performance Coach at Cardiff School of Sport made his GB debut in the International Tennis Federation World Games in South Africa taking home silver.

#### **Olympic representatives in 2016 Rio:**

Katy Sealy	Heptathlon
Aled Davies	Para Shot Put & Discus
Charlotte Wingfield	100m & 200m
Daniel Bibby	Rugby 7s
Jasmine Joyce	Rugby 7s
Kay Wilson	Rugby 7s
Heather Fisher	Rugby 7s
Danielle Waterman	Rugby 7s
Sam Cross	Rugby 7s
Stephen Thomas	Para Sailing Team
Helen Glover	Rowing
Ieuan Lloyd	Swimming

There were also over 23 members of staff and alumni involved in coaching and broadcasting of the 2016 Olympic games.

*Thank you to everyone's contributions and here's to Cardiff Met's continued success!*



## EDUCATION IS FOREVER

This year has seen the grand opening of our 'Forest of Plinths', a collaborative project between our Schools of Art and Design & Education. The imaginative project transformed a previously unused part of our Cyncoed campus into a colourful installation which now has perfect provisions for outdoor play, learning and teaching.

Thanks to donations, this project will have a significant impact on our students studying Early Childhood Studies and Primary Education Studies, allowing them to engage in play-based workshops with the wider community.

A project as engaging as this is sure to have a noticeable impact on students, children and teachers who will now be able to use this space effectively. It's thanks to support from Alumni like you that we're now able to support the development of children's imaginations, creativity, self-esteem and problem solving. This space works as an extension to our existing Outdoor Learning Centre, which was also previously facilitated through the support of our Alumni, Friends and Sponsors.

**To find out more about our projects or to find out how you can get involved, go to [www.cardiffmet.ac.uk/supportus](http://www.cardiffmet.ac.uk/supportus)**

## CHILDREN ARE OUR FUTURE

Donations to the Development Fund have not only transformed the lives of Cardiff Met students, but have also had a significant impact on the wider Cardiff community.

Your support tackled childhood poverty levels, right here in the heart of Cardiff. The School Holiday Enrichment Programme (SHEP) is an award winning project funded by very generous donations, and was an opportunity for us to reach out to the children of the community who are most in need. The programme was a huge success in providing hearty meals and sporting activities to many children who needed support, as well as reducing learning loss during the holiday period for children from areas of social deprivation.

It is innovative projects like these that really work to ensure that we, as an institution, are always ready to provide support to past, present and future students alike. It's only with support from people like you that we've been able to pioneer change within the wider community.



# Making a difference

## RESEARCH IS FUNDAMENTAL

Donations from our alumni, friends and sponsors have also been crucial in the facilitation of pioneering research; opening up the potential to transform the lives of people the world over.

This year, donations have been crucial in facilitating the next phase of leading research into Lymphoedema, a very painful and debilitating condition and a common side effect of surgery for breast cancer, when lymph nodes have been removed from the armpit. The original project, a collaboration between Cardiff Met's School of Health Sciences and Tenovus Cancer Care, indicated that the therapy has the potential to vastly improve the quality of life of those who suffer with Lymphoedema of the arm.

Donations received have meant that new projects using thermal imaging have been developed which can 'view' and monitor the movement of lymphatic fluid through the arm- the build-up of which causes Lymphoedema - is the first of its kind to be tested in such detail and could have the potential to be a huge breakthrough for sufferers. This couldn't have been made possible without the support of our donors.

## FUNDRAISING NEWS

### WE DID IT!

It is with great appreciation I'm pleased to report that we have now received more than £2 million in charitable donations since we started fundraising in 2009! It is with support from our alumni, friends and other donors that we've had a transformative impact on the lives, opportunities and experiences of our cohort, community and beyond.

**Thank you!**



## OUR STUDENTS BREAK BOUNDARIES WITH YOUR SUPPORT!

This year, PhD Student Nzubechukwu Okeke (pictured opposite) has been recognised at the prestigious Breaking Boundaries conference, being awarded first prize as the judges' choice in a showcase of PhD research within the last year.

It's thanks to our supporters that Nzubechukwu was able to complete his PhD after receiving a Development Fund Scholarship to ensure that his vital research on Child Street Hawking in Nigeria could continue. With the cost of living increasing and facing enormous pressure on personal finances, Nzubechukwu would not have been able to



complete his PhD without additional support. His research has the potential to prevent adversity and improve the health and wellbeing of young people in Nigeria and its importance was duly recognised by the panel at the conference.

*"You might never know how your gift has changed me but it has inspired me to help others by giving back to the society. I thank you for your confidence in and willingness to help me achieve my goals. I am eternally grateful" - Nzubechukwu Okeke, Development Fund Scholarship Recipient.*

By helping students like Nzubechukwu, we are able to ensure that our entire cohort, regardless of their economic background, achieve their full potential at university. We strive to ensure that each and every one of our students leaves us with the skills, experience and opportunities that they need to graduate into the big, wide world.

## FOCUS ON RESEARCH

# trauma packs

*Alumni and Professor Steve Gill and Researcher Clara Watkins of Cardiff Metropolitan University's Product Design Centre talk us through their research and how their design and concept for trauma packs are saving lives on African roads.*

**Authors:** Steve Gill and Researcher Clara Watkins | **From:** Article originally published on The Conversation: [www.theconversation.com/uk](http://www.theconversation.com/uk)

It's a common misconception that design is about aesthetics; there is a great deal more involved than that. Sometimes good design can mean the difference between poverty and prosperity, or even life and death.

For the past few years, we have been investigating how we could help alleviate the effects of road traffic injuries in Zambia. Collaborating with Professor Judith Hall, an anaesthesiologist at Cardiff University who initiated the project, our aim was to develop lifesaving equipment using a multi-disciplinary approach. We provided the design and ethnographic expertise and Professor Hall gave her medical knowledge on what we needed.

Road traffic injuries (RTIs) are one of the leading causes of death among young people in Zambia. Some 70% of those who die in road accidents are the breadwinners of their households, which has resulted in RTIs becoming a major contributor to spiralling poverty in the region. In total, RTIs cost developing countries between 1% and 5% of GDP so although these incidents may feel like personal matters, they have huge social ramifications.

Proper treatment in the immediate aftermath of a road traffic accident makes a major difference between whether a victim lives or dies. Should they survive, it decreases the chances of major, lifelong disabilities, the consequences of which have very serious implications for the future of their dependants. Unfortunately, developing nations cannot normally afford medically trained personnel, nor the trauma equipment needed – a standard trauma pack can cost around £600. It was with this in mind that we began to develop a pack specifically for this context. The resulting kit, which includes a neck brace, splints and bandages, can be used to stabilise RTI victims before they can receive proper medical attention. Each item is designed to prevent non-qualified first responders from doing more harm than good. The neck brace, for example, has no access hole for a tracheotomy to be performed. The pack and each item it contains is made from locally available materials using processes that are viable locally.

The neck braces, for example, are formed from hand-waxed and sealed cardboard, while drainpipes are used as the basis for splints, and bicycle inner tubes for pressure bandages. It can be stored for long periods of time in village leaders' houses along major roads and will not degrade in rainy conditions. As the majority of RTI first responders in Zambia are illiterate and untrained, the pack is made up of intuitive, life-saving equipment with easy-to-understand instructions that takes users through the globally-standard ABCDE sequence of care. The trauma pack concept was also conceived as an enterprise development opportunity for manufacture and deployment in Zambia, using cheap, accessible, local materials and low-tech manufacturing processes. And the design – which was developed with the active involvement of 105 people from all walks of life in Zambia and 25 medical experts in Britain – costs around 95% less than those available in the UK.

We are now looking to run a pilot project in Zambia and trial the trauma pack along a section of the Great Eastern Road, which is a major highway. From there we want to build the necessary links and knowledge, and get approval for the construction of a sustainable infrastructure to produce and deploy the packs.

### About the Authors

**Steve Gill**, Cardiff Met Alumnus and Professor of Interactive Product Design: Steve is a product designer with 24 years of professional experience in industry and academia. Steve has designed or product managed around 50 designs into production and heads up Cardiff Met's User Centred Design Research group (UCD-R) which works closely with industry at all levels from SMEs to Blue Chip companies.

**Clara Watkins**, Cardiff Met Alumna, Lecturer and Research Officer in Product Design: Clara is Programme Director for CSAD's BA and BSc Product Design courses. Clara recently completed her PhD, entitled 'Disruptive Innovation: Developing Culturally Appropriate Transformative Medical Product Solutions in Rural Zambia.' Her PhD was funded by Cardiff Met's Research and Enterprise Innovation Scholarship scheme.



## Global help

Though our team's work we will hopefully have a great effect on the treatment of RTI victims in Sub-Saharan Africa, although use of the pack is not limited to this situation. We have started looking at how some of the concepts can be used outside the developing world, and have consulted experts in the British National Health Service, Red Cross, Welsh Ambulance Service and the UK's Ministry of Defence to create a new, patent-pending design to be manufactured in the UK and sold in Europe and beyond. We are in the process of signing a licensing agreement with a manufacturer and the first of these Zambia pack spin-offs is aimed at meeting the needs of the International Committee of the Red Cross.

The Red Cross Pack is very light, very cheap and compact. Like the Zambia Pack, it is designed to allow people with minimal training to treat the most common traumas. Though it was inspired by the Zambia Pack, the design is entirely different: it is a single-use, single-patient kit for deployment in large-scale humanitarian emergencies such as earthquakes.

Each of these packs is suitable for adults of all sizes and contains a low-cost three-in-one size neck brace (patent pending) and a six-in-one size arm and leg splint kit (patent pending). Both the neck brace and splints are made from corrugated plastic, and the whole kit is contained in a light-weight cardboard box with clear infographic directions.

## Future

We also have a series of other project ideas for the developing world. Plans are fluid at the moment, but in the mid-term we would like to set up a not-for-profit organisation co-owned by Cardiff Met and Cardiff University to support developments through grants, charitable donations and profit-making activities.

*Image: LIVINGSTONE, ZAMBIA  
City life on T1 boulevard in the touristic city adjacent to Victoria Falls*

**Originally 'the College' was established in September 1950 and was based on a premises in Heath Park to provide supplementary third year courses to qualified teachers – men in Physical Education and men and women in Art and Crafts.**

The "new" College campus was built in Cyncoed and came into use in the winter of 1962 and has been fully occupied since the summer of 1963. The Physical Education Department recruited 50 men per year to train as teachers. In 1979 the BA (Hons) Human Movement Studies degree was validated and heralded the start of a new era. It was, however, in the 1990s that we saw the greatest period of change in the School of Sport with an estimated £15 million being invested in the sports facilities on the Cyncoed campus.

Although the front of the campus looks pretty much the same as it did in 1963, in terms of academic teaching facilities and practical sport facilities the campus has changed beyond recognition. Developments have included new laboratories, social learning spaces, the tennis centre, the hockey Astro and the new 3G international spec football pitch in 2014. Taffy's Bar has come and gone, and the National Indoor Athletics Centre (NIAC) has had more extensions than an old Welsh Brewers' pub! The latest two-storey extension to the rear of NIAC, completed in 2015, accommodates a state of the art strength and conditioning teaching and training facility.

In 2016 we saw Phase 1 of the new developments start thanks to those of you who donated to make this possible. A new multi-purpose sports hall complex

at the rear of the existing Tennis Centre has also been completed and accommodates premier competition level Netball and Basketball courts, training and club level courts for badminton and up to 500 spectator seats. Phase 2 of this project will provide further dance and fitness facilities and a new swimming pool.

In 2017 we are looking forward to the completion and installation of a new 6 lane outdoor athletics track and winter athletics throwing facility. The infield is being converted into a new 3G IRB Reg 22 rugby pitch.

Cardiff Met Sport, the non-academic arm of sport, not only services the academic and sporting needs of our students, it also facilitates partnerships with a range of National Governing Bodies and accommodates the largest University-based junior sport development programme in the UK: Over 2500 children per week attend coaching sessions led by our students.

The long term vision of the School was to create a model centre for sport education, research and development and make a significant contribution to sport in the City, in Wales, the UK and internationally.

The School's current vision to be the UK's leading School of Sport in the eyes of students, staff and stakeholders is behind further development of facilities.

*The long and rich history of Cardiff School of Sport continues to evolve and develop. Sport at Cyncoed never stands still. Excellence is a journey, not a destination!*

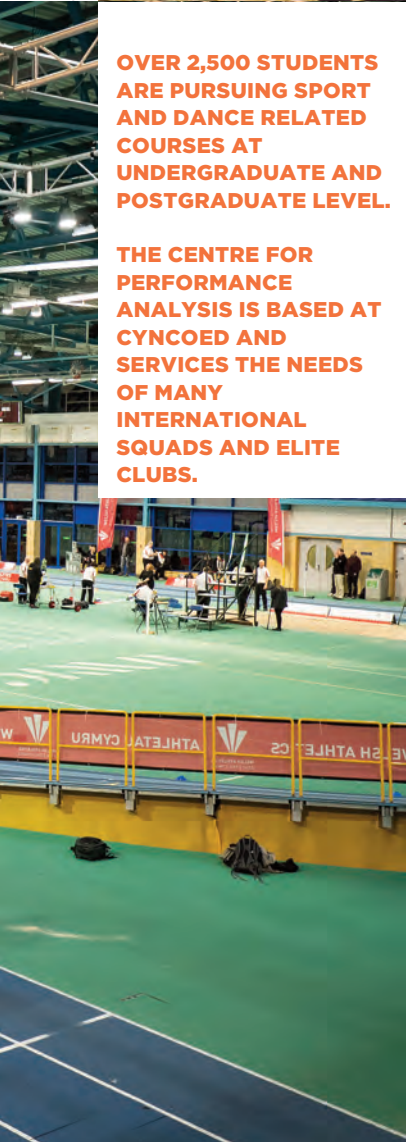
*With thanks to Dave Cobner, Former Dean of the School of Sport and Director of Sport at Cardiff Met.*





**OVER 2,500 STUDENTS ARE PURSUING SPORT AND DANCE RELATED COURSES AT UNDERGRADUATE AND POSTGRADUATE LEVEL.**

**THE CENTRE FOR PERFORMANCE ANALYSIS IS BASED AT CYNCOED AND SERVICES THE NEEDS OF MANY INTERNATIONAL SQUADS AND ELITE CLUBS.**



## **THE BOWMAN**

Prepared by Sean Power, Former Director: UWIC Academy of Athletics and Head of the School of Sport

In the 15th Century, Henry V gathered around him an army with which to invade France. Reputedly fine archers, the call came for the ordinary Welsh man to take up his arms and join Henry. Taking only their bows and a little food they walked out of their homes and marched to the various points of embarkation. The French opposition sent out an army between 20,000 to 30,000 soldiers to cut off the British. They caught up with Henry's army of 5,000 men in October 1415 at Agincourt. Preliminary attacks by the French cavalry were repelled by Henry's bowmen. The battle ended in disaster for the French. The Constable himself, 1,500 knights and about 4,500 men-at-arms were killed, whilst Henry's losses were estimated to be fewer than 450. The early members of the Physical Education staff of the Cardiff Training College (now Cardiff Met) did not have to look far for an emblem that would embody the skill, courage and spirit which thereafter was to become synonymous with the sporting deeds of its students - they chose the Welsh Bowman'.

## ALUMNI PROFILE

'an excellent broadcaster and exceptional after-dinner speaker who's faced huge personal and life-changing challenges.'

WARREN GATLAND

# Nerves of Steele

THE PHIL STEELE STORY  
with Anthony Bunko

## NERVES OF STEELE: THE PHIL STEELE STORY

"It's never entirely clear if the entertainer is outwitting a serious character, or if a serious mind is keeping the jester at bay. Whichever, the inner duel makes Phil Steele seriously good fun and a wonderful story-teller." – Eddie Butler, former Wales and British & Irish Lions rugby player.

Cardiff Met Alumnus Phil Steele (BA Hons Sport and Human Movement Studies) is a widely respected rugby broadcaster and after-dinner speaker, and is known for his humour and jovial demeanour. He's the man who can make audiences cry with laughter despite fighting a life-long battle against crippling bouts of depression and anxiety, heightened by heartbreak and tragedy in his personal life. *Nerves of Steele* is a remarkable story and reveals the real Phil Steele, a man known only by his very closest friends and family.

It is also an uplifting story of how, despite all the mental anguish and personal tragedy, Phil's determination, strength of character and infectious personality have enabled him to conquer his condition and live a full and rewarding personal and professional life.

With mental illness believed to affect one in every four people, *Nerves of Steele* will resonate with those who have experienced it themselves as well as their loved ones who have also been affected by it. The book serves to offer them all real hope for the future.

*Phil's autobiography is available now. Book published by St David's Press. @philsteele1*

## FAMILY CONNECTIONS

Cardiff Metropolitan University has a reputation for having a very personable feel across the two campuses. Being a smaller sized university means that it offers a sense of community and family. This is something we are extremely proud of. We caught up with one alumnus who knows the family feeling well. Alumnus and former staff member Mr John Luke talks to us about his time at Cardiff Met and how his children and granddaughter all share this connection.

*"I have been involved in the college through all its evolving stages from Cardiff Training College to SGIHE to*

*Cardiff Institute to UWIC and now, by association, Cardiff Met.*

*During this time, both my children studied at Cardiff Met and are subsequently Alumni - my daughter Kathryn gained a Diploma in Beauty Studies at Colchester Avenue and my son Jonathan gaining a BA in Human Movement Studies and then an MA in Sports Science at Cyncoed. Now, Ellie my granddaughter is about to graduate in July from the School of Management.*

*My association with the University though goes back many years. I was a*

*Principal Lecturer at the School of Business & Finance at South Glamorgan Institute of Higher Education, based at Colchester Avenue: I was also on the working party that created the original BA Business Studies degree with its Marketing Stream. I then became the Head of School of Business Studies and subsequently Associate Dean in the Faculty that ran the course.*

*Going even further back I attended Cardiff Teacher Training College from 1962-5 and actually started the first year at the original Teacher Training College at Heath Park as the Cyncoed Campus was not finished on*



ABOVE: Mr John Luke (pictured right).

*time - all in all a fairly unique family history, tied to Cardiff Met, I think!"*



# Balehder Cymreig

*Daeth un o'r dyfarnwyr rygbi rhyngwladol enwocaf yn y byd a Pherson Chwaraeon y Degawd Stonewall, Nigel Owens MBE, i annerch myfyrwyr, staff a gwesteion Prifysgol Metropolitan Caerdydd ym mis Chwefror 2017, i nodi Mis Hanes Pobl Lesbiaidd, Hoyw, Ddeurywiol a Thrawsrywiol.*

Soniodd Nigel, sy'n un o Gymrodryr er Anrhydedd y Brifysgol, am ei brofiadau o ran ei rywioldeb, a'r ffordd y maent wedi dylanwadu ar ei fywyd personol a'i yrfa ym maes chwaraeon.

Mae'n un o Noddwyr Samaritans Cymru a thynnodd sylw at y problemau sy'n wynebu unigolion sy'n dynodi eu hunain fel pobl lesbiaidd, hoyw, ddeurywiol a thrawsrywiol ar hyn o bryd – yn arbennig ym maes chwaraeon – a rhoddodd atebion serchus a phersonol i gwestiynau ei gynulleidfa.

Meddai: "Y cyfan mae unrhyw un ei eisiau yw bod yn ef ei hun, a'r cyfan roeddwn i ei eisiau oedd bod yn fi fy hun a chael fy nhrin yr un peth.

"Dyw hi ddim yn fater o wthio'r pethau yma i wynebau pobl – dylen ni i gyd gael ein trin yr un peth, dim mwy ac yn sicr dim llai. Dyna'r cyfan y dylai unrhyw un fod ei eisiau, mewn gwirionedd.

"Mae'n debyg mai cyfnod yr ysgol a'r brifysgol yw'r adeg orau yn eich bywyd. Dyna pryd rydych chi'n gwneud ffrindiau ac yn datblygu i fod y person y byddwch chi am weddill eich oes.

"Mae gan addysg ran enfawr i'w chwarae yn y gwaith o ganiatáu i bobl fod yn nhw eu hunain, a ddylai neb ohonom ni gael ein trin yn wahanol. Y cyfan rydyn ni'n ei haeddu ac yr ydyn ni'n gofyn amdano, yw cael ein trin yr un peth."

Canmolodd Nigel Brifysgol

Metropolitan Caerdydd, a hithau'n brifysgol ag enw mor dda am chwaraeon, am y rhaglen lawn ac amrywiol o weithgareddau a gynhelir trwy gydol y mis i ddathlu Mis Hanes Pobl Lesbiaidd, Hoyw, Ddeurywiol a Thrawsrywiol.

Dyweddodd: "Fel camp, does dim modd i rygbi hawlio rhagoriaeth foesol dros chwaraeon eraill. O dro i dro, bydd rhywun yn rhoi ei fys yn llygad chwaraewr arall, neu'n sathru ar rywun pan mae ar y llawr. Ond yr hyn sy'n well ym myd rygbi nag yn y rhan fwyaf o chwaraeon eraill yw'r parch yn y gêm ei hun. Dyna pam ei bod hi'n haws dod allan fel rhywun ym myd rygbi nag ym myd pêl-droed. Mae'n haws i bobl fod yn driw iddyn nhw eu hunain ym myd rygbi nag ym myd pêl-droed.

"Mae yna lawer iawn o bobl dda ym myd pêl-droed wrth gwrs, ond mae lleiafrif o bobl ddrwg nad ydyn nhw'n hoffi pobl eraill, am ba reswm bynnag. Mae maint y gamp a nifer y bobl sy'n ei dilyn yn golygu bod gan y lleiafrif ym myd pêl-droed lais uwch o lawer na'r lleiafrif ym myd rygbi. Pan fydd rhywun ym myd pêl-droed yn dod allan – ac rwy'n dweud pan, oherwydd fe fydd yn digwydd – rwy'n meddwl y bydd pobl yn cael eu siomi o'r ochr orau â'r ffordd y caiff hynny ei dderbyn."

Roedd yr Athro Cara Aitchison, Llywydd ac Is-ganghellor y Brifysgol, yn bresennol yn y digwyddiad, ac meddai: "Mae'n bwysig iawn i ni glywed storiâu diffuant yn eu holl liwiau.

"Mae stori Nigel yn werthfawr iawn, yn arbennig i brifysgol sy'n canolbwyntio cymaint ar chwaraeon, a'r anawsterau mae pobl ym myd chwaraeon, yn arbennig dynion ym myd chwaraeon, yn eu hwynebu wrth ddod allan."

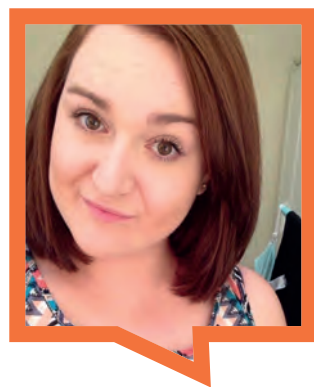
Aeth yr Athro Aitchison ymlaen: "Mae'n wirioneddol bwysig i bobl allu bod yn ddiffuant a'n bod yn darparu amgylchedd lle gallan nhw nid yn unig oroesi ond ffynnu. Diffuanrwydd oedd un o themâu'r noson heno, ac fel prifysgol rydyn ni wedi ymrwymo'n llwyr i gynnal cydraddoldeb ac amrywiaeth, a hynny'n gyhoeddus iawn. Mae llawer o brifysgolion yn honni yn eu cynlluniau strategol eu bod yn cefnogi cydraddoldeb ac amrywiaeth, ond rydyn ni wir yn ceisio ymgorffori cydraddoldeb ac amrywiaeth ym mhopeth a wnawn."

To read this article in English visit:  
[www.cardiffmet.ac.uk/communications](http://www.cardiffmet.ac.uk/communications)

# volunteering

Many of our alumni selflessly give up their time to help students and recent graduates in many different ways and we are extremely grateful to them.

This supportive environment is enabled by Cardiff Met's Aluminate platform, an online mentoring and volunteering scheme set up specifically for Cardiff Met. We hear from a mentor and mentee who recently used the platform:



## THE MENTEE:

**Stacey Worboys**  
(Business and Management Studies, 2015)

### 1. What made you decide to sign up to Aluminate?

I had been struggling to find a job which was related to my degree. I had spent a year and a half since graduation applying for marketing jobs and wasn't getting anywhere so decided to give it a try.

### 2. Would you encourage other students and alumni to sign up and support a student and recent graduate?

Yes! The support and advice that I got was monumental and I can imagine that the person who helped me feels like they have achieved something, as it led to me securing a job and giving me the boost that I needed.

### 3. How did you find using Aluminate?

It was easy to use. I was able to navigate my way round it easily and get in contact with someone who I thought would be able to help from the information given to me.

### 4. What would you say are the biggest benefits as a student or recent graduate using Aluminate?

You can find someone who is working in an industry or job that you are looking for and are able to get advice from them on how best to look for jobs, have help with your CV and benefit from general encouragement to keep going.

### 5. Would you use the platform again to find another mentor?

No because my mentor is fab! I was lucky to find someone who I clicked with instantly and who was able to help me. But had I not found the right person to help me then I would be able to go back and find another mentor if I needed to.

## THE MENTOR:

**Carolyn Pearce**  
(Events Management, 2007)

### 1. What made you decide to sign up to Aluminate?

When I received the email regarding the mentoring, I didn't hesitate to sign-up. I love to help people, to support and empower them so when I read about the mentoring scheme I knew instantly it was something I wanted to get involved in.

### 2. Would you encourage other alumni to sign up and support a student and recent graduate?

If you get satisfaction from helping others then definitely. It doesn't take up much of your time and you are not only giving something back, you are sharing information, skills and knowledge which may be second nature to you, but to a student or recent graduate is invaluable information. If you are thinking about it, go for it!

### 3. How did you find using Aluminate?

Really easy once I signed up. I just linked my LinkedIn profile to it and then not long after I had an email saying Stacey was interested in being mentored by me, we swapped email addresses and communicated via email.

### 4. What would you say are the biggest benefits as an alumna using Aluminate?

It gives you that connection to your university; I know without my degree I wouldn't be where I am now. They were great years of my life and it's good to have that continued connection and to give something back to the community.

### 5. Would you support another student or recent graduate?

I would love to! I am waiting for the next person to sign up!

**If you are interested in signing up to Aluminate follow the link and start building your network today:**  
[www.cardiffmet.ac.uk/alumnivolunteering](http://www.cardiffmet.ac.uk/alumnivolunteering).

If you would like to contact Carolyn Pearce separately regarding communication and branding please visit: [www.carolynlouise.com](http://www.carolynlouise.com)



**If you are interested in signing up to Aluminare but want to know more about how it works for mentors and mentees, take a look at our quick fire pointers on why you should join:**

*What are the benefits of being a mentor?*

- opportunity to reflect on own practice
- enhances job satisfaction
- satisfaction that you have given a student or recent graduate increased knowledge, skills and experience in attaining their career goals
- reinforces your own study skills and knowledge of your subject(s)
- develops professional relationships
- enhances peer recognition
- gain recognition for your skills and experience
- it provides personal satisfaction through supporting the development of others

*What are the benefits of joining as a mentee?*

- provides impartial advice and encouragement
- develops a supportive relationship with an experienced professional
- identifies goals and establishes a sense of direction
- increases your social and academic confidence
- offers professional development
- develops strategies for dealing with both personal and academic issues
- develops your communication, study and personal skills

**Register now at:  
[www.cardiffmet.ac.uk/  
alumnivolunteering](http://www.cardiffmet.ac.uk/alumnivolunteering)**



## FOCUS ON DEVELOPMENT

# new beginnings

*Exciting plans to open a new school in Cardiff's city centre have been announced by Cardiff Metropolitan University. The School will establish a new collaborative approach between education and industry in the field of digital, data and design technologies.*

These key sectors of national and international student demand lead to highly paid graduate-level employment in the fastest growing sector of the economy. The new School will ensure students address the needs of industry for highly skilled, confident, resilient and enterprising graduates.

The School intends to provide courses for 2,000 students and hopes to open its doors to the first cohort of students in 2020.

Cardiff Met is already a world leader in areas of digital and design technologies and the interface between neuroscience, human perception, behaviour and product design with units and departments such as:

- The International Centre for Design & Research (PDR), which was awarded The Queen's Anniversary Prize in 2015;
- Fovography™ Lab which has developed a unique way of creating 3D visual experiences without glasses, goggles, or expensive screens; the Perceptual Experience Lab, a synthetic reality facility that enables academics and businesses to examine how people interact with the world around them;
- FabLab Cardiff, a Massachusetts Institute of Technology (MIT) accredited facility at the cutting edge of 3D printing and design technology.

The new school will therefore enhance and develop what Cardiff Met is already providing but will match the demands and needs of the growing technological market.

The new School will also contribute directly to extending the 'Arc of Innovation' that stretches from Cambridge through Oxford to Bristol along the M4 corridor. It will expand the innovation core of Cardiff City Centre to connect with the corridor of commercial research and development from Newport to Bridgend; in-line with the emerging strategy of

Cardiff Capital Region City Deal, and will develop connectivity with new SMEs in Valley communities, spreading wealth generation to areas not traditionally seen as locations for commercial investment.

With more and more demand for technologically savvy graduates, the proposed developments will better align with existing educational provision offered by the other two universities in the region. It will develop and focus on digital media for the education, creative industries and personalised healthcare sectors; data science for the management and finance sectors; and design technologies for the biomedical and health sciences sector.

It is clear to see that such an addition to the University can only benefit the University's existing Schools, from the investment in digital, data and design technologies. Cardiff Metropolitan University's new President and Vice-Chancellor Professor Cara Aitchison said the new school was a project which would address student demand and employer need, and would also respond effectively to the evolving economic strategy in Wales and the wider UK.

Prof Aitchison went on to say: "This new proposal has been developed following extensive research and consultation, and will have significant impact on the economy of the Cardiff Capital Region and will respond more effectively to the economic strategy in Wales and the wider UK and to educational and industry needs from the Cardiff Capital Region to the global stage."

This is indeed a very exciting time for Cardiff Metropolitan University as the institution grows and adapts to the current economic climate and needs of the student and graduate market.

As ever we will keep all of you up to date with the progress of our new School of Technologies.

## WHAT'S COMING UP

With reunions, dinners, public lectures and seminars there are many ways that alumni, friends and supporters can come back to Cardiff Metropolitan University.

This is what's coming up next:

### Reunions:

**Class of 1987 – 1990 Reunion**, Christa Haworth and David 'Jock' Morgan Christa Haworth and David 'Jock' Morgan are organising the class reunion for the 22nd July 2017 on Cyncoed Campus.

**Class of 1972 Reunion**, Meredydd James and Aled Roberts have again arranged a reunion at the Radisson Blu after the success of the previous reunion on the 30th September 2017.

**Class of 1970 Reunion**, Alun Jenkins has booked the Village Hotel, Cardiff for this class reunion on the 30th of September 2017.

**Class of 1987 Reunion**, Andrew Norman has arranged for a full weekend of activities for classmates of 87 at the Park Plaza Hotel from 24th - 26th of November 2017.

For further information, to book on or to enquire about running your own reunion please visit [www.cardiffmet.ac.uk/alumnireunion](http://www.cardiffmet.ac.uk/alumnireunion)

### Inaugural and Professorial Lectures:

- Professor Tom Crick - Wednesday 6 December 2017
- Professor Phillip James - Wednesday 31 January 2018
- Professor David Lloyd - Wednesday 28 February 2018
- Professor Lynne Evans - Wednesday 25 April 2018

For further information and to book on to any of the lectures please visit: [www.cardiffmet.ac.uk/events](http://www.cardiffmet.ac.uk/events)

### Other dates for your diary:

**Christmas Carol Service**, Monday 4 December 2017, Llandaff Cathedral

**Former Staff Christmas Lunches**, K1, Cyncoed Campus, December 2017 (Date & Time TBC)

**Former Staff Christmas Lunches**, Brains Suite, Llandaff Campus, December 2017 (Date & Time TBC)

### Fancy a Reunion?

Reunions are a fantastic way to gather all your classmates together, catch up and renew old friendships. If you are thinking of organising a reunion their success depends on plenty of effort and organisation in the early stages. When thinking about organising a reunion we advise you take a look at our full checklist on how we can help make your event a success. Go to: [www.cardiffmet.ac.uk/alumnireunion](http://www.cardiffmet.ac.uk/alumnireunion)

### Class Gifts

Many reunion groups are choosing to make a class gift to the University's Development Fund. This is a very special way of marking the anniversary of your graduation. From scholarships and student resources to significant world-ranked research, there are many areas where your gift can make an impact.





Cardiff  
Metropolitan  
University

Prifysgol  
Metropolitan  
Caerdydd

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**INSPIRE A  
GENERATION.**

**MAKE A  
DIFFERENCE.**

LEAVE A LEGACY.

---

**By leaving a gift in your will, you have the power to join us  
in a transformation that can really make a difference.**

Leaving a legacy is a simple and effective way to ensure that you have a lasting and powerful impact. Regardless of the size of your gift, leaving a legacy will create a better future for our students through opportunities, development and delivering a strong foundation for their future.

As a registered charity, your gift to Cardiff Met is exempt from inheritance tax meaning that by leaving 10% of your estate to charity, this can actually increase the amount that your other beneficiaries receive.

**If you would like to discuss any aspect of leaving  
a gift in your will to Cardiff Met, please contact  
the Development Officer on 029 2020 1590 or  
email [developmentoffice@cardiffmet.ac.uk](mailto:developmentoffice@cardiffmet.ac.uk).**

Cardiff Metropolitan University is a Registered Charity.  
Registered Charity Number 1140762



Lynn Davies CBE

# 20%

## ALUMNI DISCOUNT

The Cardiff Metropolitan University Alumni Discount is a **20% reduction in tuition fees** for Cardiff Met Alumni enrolling on taught postgraduate programmes starting in 2017.

If you are a Home/EU graduate of the University or a current student studying at either undergraduate or postgraduate level, you could benefit from the Alumni Discount for your future postgraduate study at Cardiff Met.\*

\*Terms, conditions and exclusions apply:  
see [www.cardiffmet.ac.uk/fees](http://www.cardiffmet.ac.uk/fees) for full eligibility criteria and further details.

For further information visit:  
[www.cardiffmet.ac.uk/fees](http://www.cardiffmet.ac.uk/fees)



Cardiff  
Metropolitan  
University

Prifysgol  
Metropolitan  
Caerdydd