

Cardiff Met ALUMNI

150 Years Special Edition | Issue 7

150
Years
Mlynedd

Cardiff
Met
Caerdydd



Cardiff
Metropolitan
University

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Metropolitan
Caerdydd

Welcome to a very special Alumni Magazine edition for 2015

2015 is an extremely special year for Cardiff Metropolitan University as we celebrate our 150th Anniversary. Much has changed over the 150 years that has contributed to the Cardiff Met we know today. From its opening in 1865 as the School of Art in the Old Free Library Building in St Mary's Street to an international university with over 17,000 students. The University has arranged many events to commemorate this milestone, with students, staff, partners and most importantly alumni in mind. If you would like to take part in any of Cardiff Met's 150th celebrations please take a look at the events calendar at www.cardiffmet.ac.uk/cardiffmet150

As well as exploring Cardiff Met's heritage, we feel it only right that we highlight Cardiff Met's success over the last 150 years, as we look back and celebrate. We feature a range of alumni success stories and outline how you, as alumni can open doors to our students.

Don't forget you can also find us on:

 www.cardiffmet.ac.uk/alumni/linkededin

 www.facebook.com/cardiffmetalumni

 www.twitter.com/cmetalumni

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For a Welsh version of the magazine go to: www.cardiffmet.ac.uk/communications

SEEING IS BELIEVING DYNAMO

LIVE TOUR 2016



Win tickets to see Dynamo and a night's stay at Radisson Blu Hotel

Our very good friends at Motorpoint Arena have offered our alumni the chance to win a pair of tickets to see the amazing Dynamo on 7th February 2015.

We are also very grateful to Radisson Blu Hotel, who are again offering a night's stay for our lucky competition winners.

How to Enter

You will notice a white carrier sheet with this issue of the magazine, with a Personal Information Form on the reverse. Anyone who completes and returns their Info Form (or completes the online registration form with employment details) will be entered into our competition.

www.cardiffmet.ac.uk/updateyourdetails. Your details are treated with the strictest confidentiality under the Data Protection Act. The closing date is Friday 25th September 2015.


MOTORPOINT
arena
Cardiff


Radisson **BLU**
HOTEL, CARDIFF



150
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Welcome to our 2015 edition of the alumni magazine. This is an exceptionally important year for Cardiff Metropolitan University as we celebrate our 150th Anniversary. There have been many important dates during these 150 years where the needs of business and higher education have changed, thus requiring Cardiff Met to change its role in the City.

In that time there have been many changes, but some things have remained constant - one of those is our continuous link with the City of Cardiff. Our Cardiff heritage and commitment is evident in the names of our 5 academic schools.

- The Cardiff School of Art & Design
- The Cardiff School of Management
- The Cardiff School of Health Sciences
- The Cardiff School of Education
- The Cardiff School of Sport

We produce inter alia, health scientists, podiatrists and dental technicians for the health service, food industry experts for business and government, teachers for the City's schools, artists for our City's cultural heritage, designers to innovate for Welsh companies and global corporations, economists for local government, hospitality graduates who are the backbone of the events that happen in Cardiff, and of course elite sports men and women.

Another important constant is that of employability. Since its inception, Cardiff Met has equipped its students with the skills required for employment. In the most recent UK survey of graduate employability, 94% of Cardiff Met graduates were in meaningful employment or further study within six months of graduation. That is something of which I am extremely proud.

A third constant has been the importance placed on internationalisation. From its days as a major port, Cardiff has hosted and made welcome many different nationalities and cultures, and Cardiff Metropolitan University (and its precursors) has mirrored this by integrating international, intercultural and global dimensions into its activities. Internationalisation is an important means of enhancing students' employability through the development and delivery of globally relevant studies. It also serves to enhance the University's local and regional impact, and helps raise the profile of the City and Wales internationally.

I am extremely proud to reflect over the University's many achievements and I look forward to what is yet to come for the University, its students, staff, friends and most importantly its alumni.



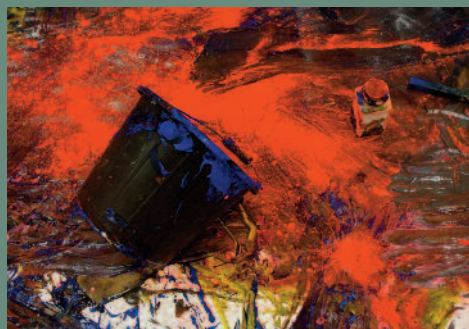
Professor A J Chapman
Vice-Chancellor

CARDIFF

SCHOOL *of* ART & DESIGN

Cardiff Metropolitan University began in 1865 with the formation of Cardiff's School of Art. We hear from the Dean of Cardiff School of Art & Design about the University's beginning and its growth, its continuing success and exciting future.





Double Celebration for CSAD's Birthday and University Anniversary

The origins of Cardiff's Art School lie in a significant national initiative, which ran from the 1830s into the 1880s. The purpose was unequivocal: to compete successfully, especially with the French. Successive governments agreed that Britain needed to manufacture and trade in first-rate products. This could only be achieved through the direct application of first-rate design and artisan skills. For this, the country needed a highly skilled workforce.

Britain's art schools were therefore charged with the training of the adult artisan, in both technical and free hand-drawing, along with associated skills, such as model making. This was primarily led by the Board of Trade, through a national curriculum and a centralized examination system. The level of achievement in the UK's art schools was stimulated by annual national competitions.

In November 1865, Cardiff Council elected to join with the national scheme and set up an art school. Cardiff's Art School began its classes in January, in a large first floor room, above the Royal Arcade, off St Mary's Street. The accommodation was inauspicious; the room already contained the Council's much used library and a burgeoning museum collection, so the School had to fit in as best it could. Alongside the Art School was one in science, in time to merge fully into the Art School.

Cardiff in the 1860s and 70s was neither a capital nor a city. At best, it was a rough and ready dockland, but one with a rapidly developing hinterland. In these circumstances, the design skills most needed were those of value to the construction industry and in design for print. In the initial years of the School, this is where the emphasis in tuition lay.

As Cardiff became more prosperous, a distinctive middle class developed. Their needs were met by Cardiff's retail and finance centre and by the rapid development of the grander suburbs, such as Roath. This led to the expansion of the courses provided in the Art School, with an emphasis now on drawing and painting, as well as design.

The history of the School holds many questions, including why Cardiff's Art School was never housed in purpose built accommodation until the end of the 1960s. This was unlike so many of the 19th Century art schools, including that in Newport. This may be due to its relationship with Cardiff's fluctuating prosperity and its confidence as an urban centre, but other reasons may underlie this. There are also interesting questions about how the School evolved and how the demographic profile of its students changed the curriculum over the time.

In 1976, just over a hundred years after the founding of Cardiff's Art School, it became a constituent part of the South Glamorgan Institute of Higher Education, the predecessor of Cardiff Metropolitan University.

So, like art schools in Nottingham, Manchester and Bristol, Cardiff's Art School became a constituent part of an established higher education institution, and ultimately a university. Other art schools established in the same way as Cardiff, such as Glasgow, Norwich and Falmouth, remained independent higher education bodies in their own right and are now recognized as Universities. Others still ceased to exist, for example art schools set up in Frome and Bridport, or have been retained as adult education facilities, such as Penzance Art School.

To find out more about Cardiff Met's history go to:
www.cardiffmet.ac.uk/cardiffmet150

Professor Gaynor Kavanagh
Dean, Cardiff School of Art & Design



Alumni Volunteering: *Opening doors for students*

As Cardiff Metropolitan University celebrates its 150th Anniversary, we reflect on our achievements. There is no better way to showcase the University's success than through its alumni achievements and after 150 years of nurturing talent we have many alumni to illustrate this.



Your Cardiff Met alumni network is one of the most influential networks you can belong to and we are extremely lucky to have such a wealth of inspirational and high-achieving alumni who continually give back to the University and its students. We caught up with some of those who give back, to find out why they value this pay-back so highly.



Andrew Milton
Chief Operations Officer,
Constance Hotels and
Resorts, Management, 1987

What are your fondest memories of your time at Cardiff Met, then known as UWIC?

I think, like every student looking back at their time at Cardiff, it would be the friends that we made and the sports. Squash was a big part of my time at university and I was a founding member of the water-ski society, we even bought a boat and would go off water skiing every weekend in the summer. Photography classes are also a lasting memory and have served me well - photography has now become a passion. The Student Union and the social life, which was never ending, is another very fond memory.

Tell us about your career to date?

After Cardiff I knew I had to learn a second language to be successful in Hotel Management and went to Paris to learn French. When I ran out of money the only hotel to give me a job was the Hilton and I remained with them for over eight years and became part of their opening teams for their London,

Paris, Algiers and Cannes hotels. In 1993 I came to work in Mauritius and have been here ever since moving companies and islands.

How has working abroad enhanced your career?

It has given me opportunities to advance my career at a faster rate than I believe it would have, had I remained in the UK. I was lucky enough to become part of a pre-opening team and participated in a number of hotel openings, which enabled me to gain a lot of experience in a very short period of time.

I was fortunate to open my first five-star hotel as General Manager in the Seychelles at the age of 32. It was the first five star hotel to open in the Seychelles and remains the greatest experience of my career to date, yet also the toughest mentally and physically. We were a very young team and were passionate about the property. Within one year we were voted in the top ten resorts in the world.

What advice would you give to anyone in the hospitality industry wishing to work abroad?

Jump at the opportunity and learn a second language. It has given me opportunities to work with many cultures and languages. To succeed requires different management styles. At the end of the day we manage people and it's important they are motivated and encouraged to excel. Having to manage in different environments and outside your comfort zone will make you a better manager.

Do you plan to return to work in the UK and, if so, how will you use your experience of working abroad?

I would like to return to Europe at some stage and hope to be able to use my experiences abroad to be a better manager in Europe. I have a greater understanding through my travels of the expectations of different cultures and how to respond to these needs. The only difference between a good hotel and a great hotel is in the details.

How are you giving back to the students of Cardiff Met?

I would like to give the students work place opportunities in Constance Hotels and Resorts in The Maldives, Seychelles and Mauritius and am available at any time should I be able to help with career advice.

Why do you feel this is important?

This is such a wonderful industry and I think it's important to encourage the students to succeed and travel abroad after their studies, as there is so much to see and learn.



Phil Davies
CEO Hospital Innovations
Education, (PE), 1981

What are your fondest memories of your time at Cardiff Met, then known as South Glamorgan Institute of Higher Education (SGIHE)?

I had a fantastic time at the Cyncoed site, living in for the first year and then in a flat in Claude Road, Roath, for the remainder of my time here. I think my fondest memory is of the family feel that was evident at Cyncoed. The bonds that I have formed with both fellow students and lecturers at that time have stayed with me to this present day.

It is an overused adage but the time I spent at what is now Cardiff Met, were absolutely the best days of my life. The fact that it was a Physical Education course meant that sport, teamwork and camaraderie were essential parts of our day-to-day life: this camaraderie has continued to this day. Members of my year meet on a regular basis and even have an annual golf day in memory of a student from my year that died during the final year of his term at Cyncoed.

Tell us about your career to date?

When I left Cyncoed, I worked briefly at the Empire Pool (sadly now demolished), in Cardiff as a Life Guard. I don't think I saved too many lives but it was a great introduction to full time employment. I worked briefly for the Western Mail before embarking on an 18-year career with Johnson & Johnson, joining as a junior sales person in 1983 and ending my time as Sales and Marketing Director for the UK business. Prior to this I held senior marketing positions in both the UK and European businesses.

In 2000 I became UK Managing Director of a large Swiss orthopaedic company and prepared it for acquisition by Smith & Nephew in 2007. Post the acquisition I founded Hospital Innovations in 2008 and am owner and Managing Director. We specialise in the field of orthopaedics, wound care and urology and have the largest private human tissue bank in the UK.

Why do you feel this is important?

It is very important to get involved with the University for a whole number of very valid reasons - the old cliché of wanting to put something back is an obvious one, however, there is so much more to the dynamics and reasons within in this area.

I strongly believe that everyone who is lucky enough, willing enough and able enough to contribute to helping others, in whatever walk of life or level of

society they come from, should try to do so. This can be in the form of giving time, knowledge, money or guidance and is something that benefits people in a way that would not necessarily happen without your help.

In my instance I am able to commit some time, knowledge and often company infrastructure to allow students; and sometimes university staff, to gain experiences that they may not otherwise be able to participate in.

How are you giving back to the students of Cardiff Met?

I was very honoured to be made a fellow of the University five years ago and even more honoured to be invited to sit as a Governor on the University board two years later. I take the responsibility seriously and try my best to contribute ideas and thinking from outside the academic arena.

I work closely with a number of departments at Cardiff Met and speak at meetings and seminars whenever I am invited to do so. I have mentored students in their final year and have helped postgraduates to secure roles after university, including full time employment and also within postgraduate study.

My company has hosted a number of students for a variety of placements, from regular weekly placements to longer-term internships and work experience. I play a close part in these placements to ensure that both my company and students' benefit from the interaction.

If you think that you are able to give back to the University and help a student please let us know by visiting our website:
www.cardiffmet.ac.uk/volunteering



Since the London 2012 Olympic Games



Saad Khan
Degree: MBA, 2006

At London I worked as a Deputy Venue Results Manager for Tennis and Wheelchair Tennis. It was by far the most enjoyable experience of watching live sport I've ever had. I was at Centre Court when Andy Murray won the all-important Gold Medal, beating Roger Federer. After the games I moved to India to start my own construction business; however my heart was set on working at sporting competitions such as the Olympics. I came back to the UK in March 2014 to start working at the Commonwealth Games as the Venue Results Manager for boxing. I was ringside when Nicola Adams won that Gold Medal, beating a spirited challenge from Michaela Walsh.

At the end of the exciting six months in Glasgow I moved to Baku in Azerbaijan to help the country host the first ever European Games in June 2015. There I worked as a Results Manager for six sports, which included Boxing, Taekwondo, Karate, Fencing, Beach Soccer and Beach Volleyball.

Working at these world famous sporting events has been an exciting experience, as you are working in a true multinational and multicultural environment involving numerous stakeholders like the Organising Committee, Suppliers, Games Federations, local government and obviously the players and spectators. They all come together to provide a spectacular sporting spectacle.

I started life at UWIC at the now closed Colchester Avenue campus. One of the first things that struck me was how our professors and lecturers accepted us and made us feel comfortable. The faculty was very helpful, patient and understanding towards us.

My advice to my fellow alumni would be to have confidence in themselves and their abilities. Graduating from university is no mean feat in any way. University life is the first test of living independently and completing studies which alumni have done successfully. Whatever you learn, Cardiff Met is a good first lesson to prepare you for life after uni.



In our 2012 Alumni Magazine, we focussed on Cardiff Metropolitan University at the Olympics and featured some great stories: from those who were actually competing to those who were involved behind the scenes. Thanks to everyone's involvement in the Games, there is no doubt that the 2012 Olympic Games and Paralympic Games were a success, but what are some of our Alumni up to now? We caught up with two of them from the School of Management to find out more about what they have been up to since.



James Mildenhall

Degree: Leisure and Sports Management, 2007

During London 2012 I worked as an Event Services Venue Manager for the Olympic Park. This involved running the spectator front of house operations. The best moment/memory was standing in the Park when Great Britain won their first Gold medal, and the whole Park erupted in a cheer!

For Glasgow 2014 I held the position as Venue Safety Officer and Saad and I joined the same venue again. The Venue Safety Officer has full accountability with the Venue General Manager for spectator safety. After my time at Glasgow I moved onto Baku 2015, where they held the very first European Games. There I held a Senior Venue Manager Position for Event Services. As in London, I looked mainly at working with Front of House operations and the stewarding around that for spectators. The role involved managing a small number of venues all within the same precinct.

When looking to choose a university, many areas will appeal to a student on the verge of taking a big step forward in life. For me, my core criteria was based around flexibility of learning, the environment and the ability to take my passion for sports to the next level. This is where Cardiff Met (UWIC) excelled. Having chosen to read Leisure and Sports Management and having no real ambition to work within a set industry, I looked to gain the core attributes and transferable skills to ensure I was best placed once I graduated.

Cardiff Met has a real passion for students to succeed. The University gives you the tools to be able to enter industry and ensure you are best placed to be adaptable and able to take on future challenges with ease. The transferrable skills learnt will stay with you throughout your career, no matter which industry you enter.



Library Services: *A Spotlight on Special Collections*

The Library collections at the University are diverse and wide-ranging, encompassing books, journals and electronic resources across all disciplines. However you may not be aware that we are developing unique, rare and special collections.

Images are of *Alphabeta Concertina*
by Ronald King of Circle Press

*With thanks to Emma Adamson
and Doreen Barnaville*

Artists' Books Collection

Artists' Books Collection is a growing collection of over 200 artists' books dating from the 1960s. Some are one-off pieces while others are limited editions created by the artists. The Collection demonstrates the breadth and depth of the artist book genre and some material is of national and international significance.

The artists' books collection can be seen, handled and explained via workshops run by Library staff. These sessions have been undertaken with staff and students from the Cardiff School of Art & Design and Bridgend College amongst others, and can be an excellent introduction to the collections for students at all levels.

Library Services is currently working in collaboration with Cardiff University and their SCOLAR team to promote the 'Ron King: Circle Press' Artists' Book Collection, which is a joint donation by Ron King to both Cardiff University and Cardiff Metropolitan University.

Ron King is a prolific creator of artists' books. He was born in Brazil in 1932, and discovered a passion for printing artists' books when in 1967 he produced his first work, the Prologue to Chaucer's 'Canterbury Tales'. He decided to print the work himself and his Circle Press was born. Since then King and his circle have worked with over 100 artists and poets, and have considerably contributed to the expansion and legitimacy of the artist book scene in the UK. His works are made from an extraordinary range of materials - paper, wood, metal, stone, glass and wax - that stretch the concept and definition of the book to its limits.

There is a complete collection of his work, held in Yale University. We are proud to have received from King directly, a selection of Circle Press artists' books to be held within the Library Special Collections at the University.

Library Special Collections also contain the **Ceramics Collection**. The collection contains national and international exhibition catalogues; conference and research papers; interviews

with ceramicists; promotional materials; pamphlets; prospectuses; monographs and leading research publications in the field of ceramics. Held within the Ceramics Collection, of particular significance is **The Rackham Collection**: a collection of over 70 books written or edited by Bernard Rackham (Keeper of the Department of Ceramics at the Victoria and Albert Museum 1914-1938), along with books from his personal collection and associated ephemera such as letters and notebooks, donated to the University by the Rackham family.

Library Services staff have worked with passion and care to develop the collections to date, undertaking archival training, visits to other special collections such as the 'South Wales Miner's Library' at Swansea University; mapping the collections for significance; as well as promoting the collections through blogs, workshops and presenting at conference. The team has also worked collaboratively with academic staff, students at all levels, and colleagues from across the sector to ensure that the collections are continuing to develop for the University. Summer 2015 will see the University and the Library Collections referenced within the latest ARLIS UK & Ireland 'Art Researchers' Guide', which will be focused on Cardiff and South Wales, as well as the University hosting the annual art libraries - ARLIS UK & Ireland's - annual conference.

Plans are being developed for the Library Special Collections for 2015/16 to ensure that all collections held can continue to be made available for wider use, and ultimately that we improve the access, display, preservation and digitisation of the Library Special Collections. Support is always welcomed.

More information on the 'Ron King: Circle Press' donation and all other Library Special Collections, can be obtained by contacting the Head of Library Services:

Emma Adamson
✉ eadamson@cardiffmet.ac.uk

Cardiff Metropolitan

in China



I'm sure students who attended Cardiff Metropolitan University 150 years ago would never have thought that the University would become such a global institution. The University has over 6,000 international students in Cardiff and on campuses around the world. With an ever growing global presence, Cardiff Met opened a brand new office in Beijing in 2014. We find out why this is such an important move for Cardiff Met and its future.

The new Cardiff Met China Office, located near Tiananmen Square, Beijing, will aim to develop strategic partnerships with Chinese institutions for joint research, staff and student exchange and joint programmes.

It will provide Cardiff Met students, parents, agents and sponsors with professional help and advice. The Cardiff Met office also hosts the University's strategic partners - Cardiff and Vale College and Cardiff Business Council, which will aid in promoting the Cardiff and Wales brand in China. The opening of the office was officially celebrated in the official Residence of the British Ambassador to China, in the presence of His Excellency, British Deputy Head of Mission to China, Mr Andrew Key.

Cardiff Metropolitan University's relationship with China has been both longstanding and fruitful, and the University has been welcoming students from China to Cardiff Met for over 10 years. In order to best support this growing student body, the University has opened an office in Beijing to ensure that Chinese students

experience the best possible service from application through to enrolment. The University has a very successful track record for looking after its international students and was recently voted the top university in the UK for international student support five years in a row (International Student Barometer).

Professor Chapman, Vice-Chancellor Cardiff Metropolitan University, Board Member Cardiff Business Council, commented on how this office opening represents an important milestone in Cardiff Met's international development and 150 year history. He said: 'Establishing a permanent presence here, along with our strategic partners, Cardiff Business Council and Cardiff & Vale College, will not only help promote the Cardiff and Wales brand, but enable us to better support our Chinese students and strengthen our partnership network in China.'

Cardiff Met also works very closely with a number of Chinese institutions, collaborating on various projects, including joint programmes, joint research, and student and staff exchanges. Having an office in Beijing will allow the University to fully support its partner network in China and react quickly to opportunities as they arise.

This office will also aim to help facilitate the movement of Welsh students to the University partnership network in China, enabling Cardiff Met to truly internationalise its student body. It will provide students with the platform to gain an international experience in China, and to obtain a global mind-set that will equip them to compete

in what is a competitive global labour market. His Excellency, British Deputy Head of Mission to China, Mr. Andrew Key, noted the significance of the opening of the China office for the UK. At the event, he said: "Today is an important day, as Premier Li Keqiang arrives in the UK.

As he discusses strengthening ties between our two countries at the highest level, it is apposite that here in Beijing we are celebrating an excellent, concrete example of our deepening collaboration in the important field of education.

The opening of the office in China will help not only to raise the profile of Cardiff Metropolitan University among Chinese students, but also to raise awareness of just how much the wonderful culture of Wales, and its thriving capital city Cardiff, can offer."

Bibliotherapy

Self-help books on a myriad of subjects, from losing weight to getting rich quick - from how to meet 'the one' to becoming a better parent - have littered the book shelves in libraries and book stores for years. We have been bombarded with the literature of everyday human striving; on how to make us a better person; to be happier; to lead well-rounded and fulfilling lives. Bagging your dream job and finding your lifelong partner are, of course, extremely important areas of most people's lives. But what kinds of help can be offered for those more fundamental and enduring instances of human crisis? These include long-term illnesses such as cancer or dementia; bereavement; homelessness; poverty; or the various forms that abuse can take?

Under the banner of 'bibliotherapy', various schemes deploying self-help literature have arisen within the UK. Since 2005, a Book Prescription Service in South Wales has allowed medical practitioners to prescribe such texts as a part of treatment for a range of depressive conditions. But what of the bibliotherapeutic potential of imaginative literature - fiction, poetry, drama? The idea of literature being used as a form of medicine for the mind and soul goes back at least to Plato. Much more recently, however, the healing, medicinal and even socially transformative power of literature has been promising to revolutionize the ways and contexts in which texts are read. This is something that the Reader Organisation, based in Merseyside, has

begun to demonstrate. Here at Cardiff Metropolitan University, Jeff Wallace, Professor of English, has started to explore ways in which literary texts might be taken out of the lecture and seminar room and put to work in different, bibliotherapeutic ways. Following discussions with colleagues across Cardiff School of Education, Jeff has conducted a HEFCW-funded SIP project in collaboration with Stroke Association Cymru, looking at using imaginative literature in group contexts with stroke survivors.

He is a member of the South-West Network for Medical Humanities, and in March 2015, he addressed Lapidus, (the organisation of creative words in health and well-being,) on the subject of moving 'Towards a Critical Bibliotherapy.' With colleagues Dr Kathryn Simpson and Dr Elizabeth English, he established a research project, combining theory and practice, on the therapeutic potential of works by key modernist writers of the twentieth century, Virginia Woolf and D.H. Lawrence.

In the longer term, through further bibliotherapy collaborations with external agencies and stakeholders, Jeff hopes that the School of Education at Cardiff Metropolitan University may eventually be able to offer its students practical and applied work experience in bibliotherapy to augment their academic studies in English, Creative Writing, Drama and Media.

His research includes whether literature can really make a difference to someone's health and well-being?

While evidence of this is not the easiest to quantify, there is a growing sense of the benefits to be gained from participation in group reading activities of various kinds, quite apart from the joys of quiet, individual reading. If you have any thoughts on future opportunities to collaborate with Cardiff Metropolitan on projects in bibliotherapy, we in the Alumni Office, and Professor Jeff Wallace in Cardiff School of Education, would be delighted to hear from you.

alumni@cardiffmet.ac.uk

www.thereader.org.uk/what-we-do-and-why/health-wellbeing.aspx

www.theguardian.com/books/2008/jan/05/fiction.scienceandnature





Cardiff School of Health Sciences: *research into food safety for cancer patients*

Cancer is something that touches many people's lives directly and indirectly at some point and sadly can be devastating. Treatment can be gruelling and punishing on the immune system which leads to greater risk of illness and infection. With a Tenovus Cancer Care grant, a team from Cardiff School of Health Sciences is currently researching the importance of food safety during this difficult time. We caught up with the project team to find out more.



Tenovus Cancer Care awarded an Innovation grant to the Food Safety Research Group at Cardiff School of Health Sciences to investigate the need for food safety information for immunocompromised cancer patients and associated care givers. The grant is funding Cardiff Met Alumnae Ellen Wyn Evans (BSc Food and Consumer Science 2009, and PhD 2015) and Elizabeth Redmond (PhD 2003) along with Simon Dawson and Professor Adrian Peters to conduct the project which aimed to develop specific food safety information for patients and caregivers, to be delivered in the most appropriate way to promote safe food handling. This, in turn decreases chance of food poisoning among cancer patients.

During the research Ellen conducted for her PhD on 'The domestic food safety practices of older adult consumers associated with listeriosis', it was brought to her attention by a participant that information on reducing the risk of

food poisoning to immunocompromised cancer patients during chemotherapy treatment was lacking. Furthermore, when Ellen's research supervisor Professor Louise Fielding underwent chemotherapy for the treatment of breast cancer, it was established that although patients are made aware of the increased risk of illness and infection due to immune suppression during chemotherapy, there was no emphasis on food safety to reduce the risk of foodborne infection. Consequently, the idea to investigate food safety information for chemotherapy patients and their family and caregivers was successful in obtaining an Innovation grant from Tenovus Cancer Care. Unfortunately, Professor Louise Fielding passed away in December 2013 before the research project commenced during the summer of 2014. She is greatly missed by her students and colleagues.

Project background

Foodborne illness is largely a preventable disease if safe food handling and storage practices are followed. Notwithstanding that, approximately three million people in the UK suffer from food borne illnesses. The risk of food poisoning is reported to be greater among cancer patients than the general population: indeed cancer patients are reported to be five times more likely to develop listeriosis, the symptoms of which can be severe or indeed, fatal. This could mean 25% of people with cancer could develop foodborne illness during treatment. Consequently, safe food handling and storage practices during food preparation at home are required to reduce the risk of food borne disease for these 'at risk' consumers. However, relatively little is known about the food safety information cancer patients/caregivers receive and anecdotal evidence suggests there is a lack of food safety information available specifically for these groups. Food safety interventions intended for the general population may not reach this specific group or associated caregivers at a time when they are at increased risk of foodborne illness. The project aims to develop specific food safety information for patients and caregivers to be delivered in the most appropriate way to promote safe food handling, and to decrease the chance of food poisoning among cancer patients.

With thanks to Ellen Evans

Funded by
tenovus
cancer care
gofal cancer

Research findings to date

Four of the six phases of the multi-phased project have now been completed.

During the first phase of the research, food related information sources available to chemotherapy patients were obtained from 42 of 141 NHS chemotherapy providers and three UK cancer charities. Sources were reviewed and analysed using a content analysis approach to evaluate the inclusion of risk-reducing food safety behaviours. Although 64% explained why patients are at an increased risk of developing infection during treatment, many failed to highlight the importance of food safety to prevent infection. Although some information is available, considerable gaps exist and information provided varies greatly between sources.

The second phase of research involved in-depth interviews with cancer patients and family caregivers responsible for food preparation, which established perceived food safety educational needs, along with common trends, attitudes and experiences relating to food during cancer treatment. Food provision was determined to be an important role for caregivers, however food safety was of minimal concern to some patients compared to being able to cook or eat.

The findings from phases 1 and 2 informed the design and development for the questionnaire to determine knowledge, attitudes and practices of patients and caregivers. The self-complete questionnaire (online and paper-based) was completed by chemotherapy patients (70%) and family caregivers (30%) responsible for food-preparation. Findings determined that despite increased awareness of the importance of food safety during chemotherapy, perceived risk of foodborne illness during chemotherapy

treatment was underestimated, particularly among patients. Information regarding food safety for cancer patients/family caregivers was considered to be inconsistent, insufficient, and particularly sought-after. Patients were significantly more likely to receive information on 'healthy eating' and on 'keeping active' during chemotherapy than on 'food safety'.

Cumulative findings from phases 2 and 3 were evaluated to determine preferences for future food safety intervention and approach, which added the implementation of phase 4. This included focus groups and were conducted with chemotherapy patients and family caregivers to investigate the utilisation of different formats for the delivery of future food safety information. Findings determined that a multi-resource approach was preferred and that, risk-reducing behaviours not only need to be recommended to enhance food safety, but reasons why they are important also need to be addressed in the resource.

Currently, the findings from phases 3 and 4 (questionnaires and focus groups) are being utilised to inform the research team to aid the design and development of targeted food safety information intervention, and includes a website, mobile phone application and a booklet to be widely available to people receiving chemotherapy. The devised food safety intervention will be evaluated by past and present chemotherapy patients and family caregivers (May 2015) and will inform the final design of the intervention. Research findings have been accepted for presentation at the European Symposium on Food Safety (Cardiff, April 2015), which will be presented at the International Association for Food Protection (Portland Oregon USA July 2015). The research team will present the food safety resources to Tenovus Cancer Care along with a final report in July 2015.



World Leading Research at Cardiff School of Sport

Cardiff School of Sport's growing reputation for world leading and internationally excellent research was confirmed in December 2014 when the Research Excellence Framework (REF) results were announced for all Higher Education Institutions in the UK. Cardiff School of Sport was one of three REF returns submitted by the University that contributed to Cardiff Met being rated as the leading post-1992 University for quality of research.



Cardiff School of Sport's joint submission with the School of Sport, Health and Exercise Sciences at Bangor University was ranked 7th out of 51 submissions, both on research power and research quality by the Times Higher Education Magazine. Significantly, 80% of the research was rated as World Leading (4*) or Internationally Excellent (3*) with research environment and research impact (reach and significance beyond academia) rated entirely as 4* or 3*.

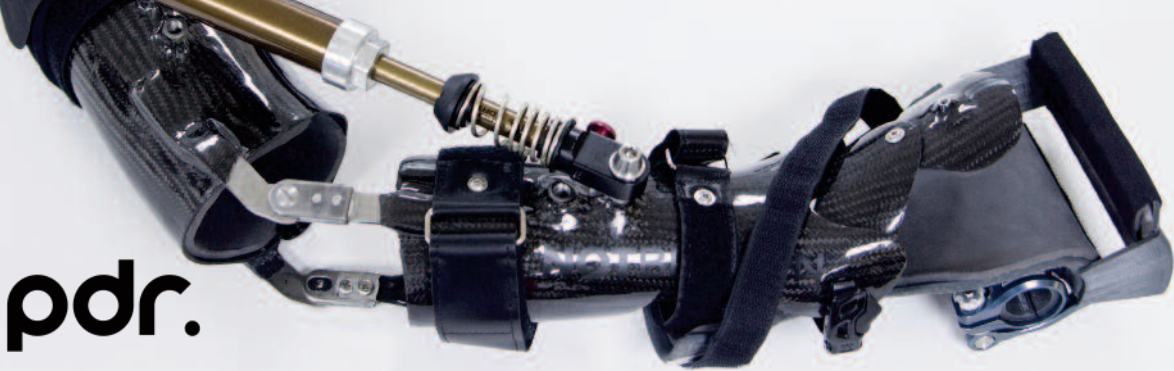
The joint submission with Bangor reflects a twenty year history of collaboration between the two institutions, which was formalised in 2013 when the Institute for Research Excellence in Sport and Exercise (IRESE) was established.

Reflecting on this success the Dean, Professor Richard Tong acknowledged the team effort to produce these outstanding results. Professor Richard Tong commented: "I am absolutely thrilled by the REF results. It reflects the hard work undertaken by all staff in the School and for those directly involved; it underlines the fact that we have world leading academics producing original and significant research."

The submission included academic staff from many of the School's subject disciplines including: biomechanics; coaching; ethics and philosophy; health; management; physiology; psychology and sociology.

As part of its vision to become the UK's leading School of Sport, the priority for research is to, 'foster a sustainable research culture that enables high quality original and applied research that underpins our teaching and informs our practice.' While the recent REF results acknowledge the School's current status and success, the School is committed to continuing to pursue a far-reaching and ambitious research agenda.

In particular, it is looking to further improve the quality of the research being conducted by academics within the School; the breadth of this research, and its influence and impact on a range of real world contexts related to sport, exercise and health. Critical to this goal will be the School's engagement with external partners to foster and invest in an environment that supports excellence in research, enterprise and learning and teaching - a goal that the School is fully committed to achieving.



pdr.

Surgical & Prosthetics

Applications of Design

The work of Surgical & Prosthetic Design in Product Design Research (PDR) is driven by the desire to develop useful research that drives improved products and services which help to meet the needs of an innovative healthcare system. Projects undertaken in the last year have embraced this ethos and illustrate the power design has to positively affect people's lives and the efficiency of healthcare services. We look at two projects that are closely related and that demonstrate the power of letting the users of devices drive research and development.

3D Camera

This first project was funded by the Welsh Government. It is a phased project that will improve access to advanced digital technologies for healthcare in Wales - the benefits of which are currently enjoyed only by select departments in the biggest centres. Year 1 focussed on implementing portable 3D camera and advanced 3D printing technologies into areas including cleft, lymphoedema care, burns therapy and orthotics/prosthetics. This has already started to improve the quality and quantity of data captured, which will ultimately lead to improved clinical decision making and patient outcomes.

A good example of this is in lymphoedema care. Lymphoedema is a chronic and incurable condition and requires lifelong management. The world-leading Lymphoedema team in Wales see approximately 9,000 patients per year. Successful management of the condition depends on how accurately treatments can be prescribed and how well patients are able to comply with their treatment. The 3D camera technology will enable patient conditions to be more accurately diagnosed and the correct treatment prescribed. It is also hoped that the 3D data captured will enable more effective, custom fitting treatment garments to be produced using Computer Aided Design (CAD) and 3D printing technologies.



Tom wearing his current exoskeleton brace whilst being 3D scanned at PDR (Image credit: Alex Tyler)

Wearable Technology

Following on the theme of custom wearable technology, the work of the Surgical & Prosthetic Design team has also resulted in a pioneering spin-off project with a top Welsh cyclist and NHS Wales patient. For the last few months, the team have been exploring exciting new opportunities in the area of wearable prosthetic technologies with Tom Wheeler, mountain bike enthusiast and founder of NotBroken. Tom's a keen advocate of pushing the limits of technology to improve performance. Having incurred a life-changing brachial plexus injury that paralysed his right arm, he's put a huge effort into his own rehabilitation and is aspiring to help others in similar situations.

Having always been a competitive rider, Tom has maintained his ambitions to ride his bike to a high standard post-injury. This has dictated the need for wearable products that perform under extreme circumstances.

In collaboration with Welsh companies such as Mojo Suspension, Tom has developed an exoskeleton-style arm brace that acts to support his right arm and provides a method of attaching his paralysed arm to the bike. This has served him well for a number of years, but he's been exploring ways in which to improve the design and make it available to other people with similar conditions.

Outcome

As with any process, there are material limitations and technical constraints, but if these are understood well in the design process, these technologies can prove to be extremely useful and capable in the production of low-cost, one-off devices. Material for even large parts works out at just a few pounds, making the rapid evaluation of designs affordable. Whilst easy to 3D print, PLA plastic (a widely used material for low-cost printing) is perhaps not the most suitable material for long-term functional applications, it's proven versatile enough to try concepts and adjust the shape (using a hairdryer to heat the plastic) where necessary.

We're now starting to explore the use of more functional materials, such as nylon, which are much more likely candidates for end-use products that need to withstand impacts. Of course, these are more difficult and slower to print with, which is why material understanding and strategic decisions of what to print and when, become key to effectively utilising these low-cost machines.

Future

This project has led to significant interest from NHS specialists involved with designing and fabricating custom-fitting prosthetic and orthotic devices. Tom's case is proving to be an ideal mechanism to demonstrate the potential to apply these technologies to thousands of patients who need custom devices that better meet their aspirational needs. The goal is to demonstrate the design possibilities, meet Tom's highly ambitious needs for products and then to employ the lessons learned to make the techniques available to NHS Wales and beyond.

With thanks to Dr Dominic Eggbeer (PDR) and Tom Wheeler

Development News

Thanks to your generosity, we have received over £1.5 million in charitable donations since 2009. Support from our alumni and other donors enables us to make a tangible difference to the lives of our students and in our community, and to support practical, life-changing research that benefits Wales, the UK and beyond.

This year alone support has created 8 additional scholarships and bursaries, to help us towards a future where everyone who has the drive and talent to succeed can reach higher education, regardless of background. New support has enabled us to begin cutting-edge biomedical research that we hope will lead to better futures for cystic fibrosis patients, building on Dr Rose Cooper's groundbreaking work with Manuka honey. Donations help us to give students life-changing opportunities: this year our fund has already helped 15 students with bright ideas to start their own businesses. Your support has also built and enhanced facilities that benefit the entire community. In April we opened an outdoor classroom space on our Cyncoed campus that is already giving children from local schools and community groups the opportunity to discover the natural world.

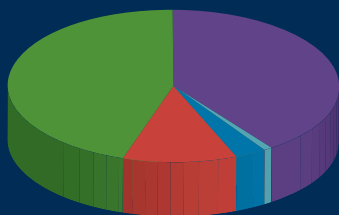
Thank you to all our alumni, staff, friends and organisations who have made this work possible; your generosity has made such an impact this year.

Did you speak to one of our student callers in February or March? This year our annual alumni Telephone Campaign gave 22 current students the chance to network with nearly 900 Cardiff Met alumni. The students couldn't have been more grateful for all the advice they have received, and as a result of the campaign, over 100 alumni have volunteered to pass on their knowledge and insights to our students through mentoring, guest lectures, or networking events. Alumni pledged a record-breaking £26,000 to the Development Fund, to help build a better future for the next generation through research, education, and projects benefitting the entire community.

Another highlight was your overwhelmingly positive response to the Student Hardship Fund Appeal, after being contacted by Josh Barnett, Student Union President. Thank you to all of you who responded. For students facing financial crisis, the small grants provided by the Student Hardship Fund can be the difference between leaving their course, and continuing with their studies. More than 120 current Cardiff Met staff have volunteered to support the Student Hardship Fund on a monthly basis through the new 'Pennies from Heaven' scheme.

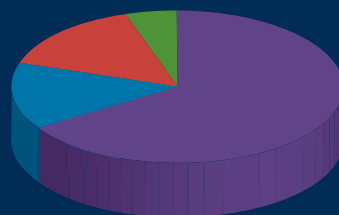
To find out more about the projects, or to donate online, go to www.cardiffmet.ac.uk/supportus

Who are our donors?



3% Charitable Trusts 11% Businesses
45% Alumni 40% Staff 1% Friends

Where did our donations go?



14% Scholarships and Bursaries
15% Student Opportunity
5% Community Outreach 66% Research



Alumni Events

From reunions to sports days, there are so many ways you can come back and reminisce about your time at Cardiff Met and meet up with old friends.

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, 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 to see how we can help make your event a success, go to: 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.

Up and coming events for your diary:

- **Class of 1975**
Saturday 11th July 2015

This reunion will be held on Cyncoed Campus in the Students' Union from 4pm with a buffet, a tour of campus and a real chance to reminisce and catch up.

For further details or if you would like to join us go to:

www.cardiffmet.ac.uk/alumnierevents

- **Class of 1972**
Saturday 12th September 2015

The class of 1972 are holding a reunion in Radisson Blu Hotel with a buffet and accommodation organised by Meredydd James and Aled Roberts. If you would like to attend please contact the Alumni Office on: alumni@cardiffmet.ac.uk

Keep an eye out for our ever-growing events calendar: www.cardiffmet.ac.uk/alumnierevents



➞ Located in the vibrant capital city of Cardiff

➞ A thriving postgraduate community*

*36% of our total student population

➞ 98% graduate employability or further study rate for our postgraduates*

*DLHE 2012

➞ World-class, internationally recognised research*

*RAE 2008

Scholarships worth **£4000** available*
cardiffmet.ac.uk/pgscholarships

*Limited number of scholarships available



GIVE AN EDUCATION A FUTURE GIVE A GIFT IN YOUR WILL

The gift of education
can be life changing.
With your help we can
change lives together.

After providing for your family and friends, please think about leaving a gift in your will to support scholarships at Cardiff Metropolitan University. Your support will provide an opportunity for a better future.

Did you know that by leaving 10% of your taxable estate to charity you could actually increase the amount that your other beneficiaries will receive? If you would like to discuss any aspect of leaving a gift in your will to support us, please contact the Development Manager on **029 2020 1590** or **developmentoffice@cardiffmet.ac.uk**

www.cardiffmet.ac.uk/supportus
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