

# QM YOU

MAGAZINE

FOR ALUMNI & FRIENDS OF  
QUEEN MARGARET UNIVERSITY

Issue 75 | August 2012



**QMU celebrates first  
BAFTA winner**



**Commercial support  
helps red hot chilli Fifers**



**East Lothian Hospitality and  
Tourism Academy takes flight**



Queen Margaret University  
EDINBURGH



# White Nights

An extravagant array of costumes evocative of the style worn by the Russian nobility during the reign of Catherine the Great (1729 – 1796).

These beautifully detailed costumes were created by level 1, 2 and 3 Costume Design and Construction students in 2012 and showcased at The Albert Roux Dinner at QMU. (see page 8)



## Principal's Introduction

I am delighted to be able to introduce our new look magazine, **QMYOU**. I am confident that this refreshed, modern look will help to convey a sense of what our University is all about - being distinctive, through providing socially and economically relevant teaching and research, which is responsive to the needs of society, and ultimately improves quality of life.

This issue of **QMYOU** offers a great insight into our work in the area of sustainable business. Our new East Lothian Hospitality and Tourism Academy (pages 16-17) helps to show how we are working to improve Scotland's hospitality and tourism industry, a key economic priority area for the Scottish Government. This partnership project is also a good example of how education institutions can work together, and with other business partners, to create excellent learning and training opportunities for young people – an important step forward in our current economic climate. Our drive to be responsive to the changing needs of society can also be seen with the introduction of our condensed three year honours business degree, which we believe will be attractive to Scottish students who wish to graduate faster, and those from outside Scotland who wish to reduce their spend on tuition fees.

Over the last few months, QMU has been involved in a number of wonderful events. Most recently, both FEAST 2012, our joint student-led food festival with Jewel & Esk College, and our Albert Roux Dinner, have helped confirm the University's commitment to Scotland's food and drink industry. Both events have been supported by some of Scotland's finest chefs, have showcased the very best of Scotland's produce and have provided outstanding hands-on learning opportunities for our students.

We have also been celebrating the talents of our media graduates and staff. Our graduate, Agata Jagodzinska's short film won a BAFTA – an outstanding achievement, and Walid Salhab, a media lecturer, has had his short film shown at the Artisan Festival at Cannes.

We love hearing about our graduate successes and, if you are a QMU graduate, we invite you to keep in touch with our Development and Alumni Office. Tell us your news, share ideas and contacts, let us know how we can assist with your business needs and, above all – stay connected.

**Professor Petra Wend, PhD, FRSA**  
Principal & Vice Chancellor  
Queen Margaret University,  
Edinburgh

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Agata Jagodzinska



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## STOP PRESS!

### Business Innovation Zone

#### Could you mentor a budding entrepreneur?

QMU recently announced the creation of a new on-campus Business Innovation Zone (BIZ). The new business incubation facility will offer office space and other facilities to local small business start-ups and QMU graduates setting up their own business.

Find out more about being a business mentor or promoting your skills via our Directory of Experts by contacting us at E: [alumni@qmu.ac.uk](mailto:alumni@qmu.ac.uk)

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# NEWS IN BRIEF



## QMU wins outstanding leadership awards

**I**N JUNE 2012, QMU's management team was presented with the top accolade in the Times Higher Education Leadership and Management Awards. The Awards celebrate leadership, management, financial and business skills in UK higher education institutions. QMU is the first Scottish university to secure the top award.

Within three years QMU has been transformed from a university facing many challenges in terms of its finances, strategy and organisational culture, to be recognised as having the best leadership and management in the UK university sector. At the London based ceremony, QMU was recognised for its clear decision-making and staff engagement which has been pivotal to its success in increasing student applications, student numbers, research and commercialisation success, and financial results.

## Tell us what you want, what you really really want!

**T**HERE'S NO BETTER WAY to find out what employers really want in a graduate than inviting them to share their thoughts. So, earlier this year, QMU hosted a session with senior business leaders to find out more about their employability and research needs. The meeting brought together business leaders from across

Scotland with QMU academics and managers. The aim was to gain a better understanding of which specific skills and experiences employers are seeking in graduates, and also to identify any research needs that businesses might have.

Employers were delighted to be asked their opinion on what graduate attributes they would find most helpful, and to learn more about how universities could support business development and future research needs. The valuable feedback is now being used by the University to shape future teaching curricula.

Alan Gilloran, QMU's Vice Principal (Academic) said: "Our economic climate is constantly evolving and it is essential that universities are responsive to employers' needs and equip students with the skills they need to hit the ground running when they enter the work force. At the same time, businesses need to tap into the wealth of expertise which exists within Scottish universities – expertise which can lead to new product innovation and strategy and service development, ensuring that Scottish businesses remain competitive and responsive to new opportunities."

If your company development could benefit from some specialist input speak to QMU's Business Innovation Executive or visit [www.qmu.ac.uk/business\\_industry/default.htm](http://www.qmu.ac.uk/business_industry/default.htm).

## 'Broken Bodies' science fest comes to East Lothian

**I**N MAY, QMU HELD a fun health science festival which introduced over 200 school children to the fascinating area of healthcare.

The event called 'Broken Bodies' followed on from the University's involvement in Edinburgh's International Science Festival. For several years, QMU has sponsored the highly successful 'ER Surgery' which is

geared towards young children. However, the University was keen to extend some of the magic of the festival to East Lothian.

'Broken Bodies' allowed secondary school pupils to use the University's high-tech clinical facilities and to engage with a wide range of health experts.

Alan Gilloran, Vice Principal (Academic), explained: "QMU has outstanding clinical facilities and this event allowed us to provide young people with hands-on experience of patient treatment in a realistic clinical environment."

The event, which was for school children in S1 to S3, got them involved in the treatment and rehabilitation of patients in a variety of disciplines including physiotherapy, podiatry, radiography, nursing, occupational therapy, dietetics and nutrition.

Ken Aitchison, 'Broken Bodies' organiser, said: "It was the equivalent of 'kids' casualty' - hands-on patient treatment with loads of fun and the inevitable gore for good measure. The school children dealt with three patients - one with a knee injury, a patient with Diabetes and an emergency admission of a patient with a suspected stroke. The University's health professionals then assisted the children in using specialist equipment to help treat and rehabilitate the patients."

Alan Gilloran concluded: "We want QMU to be a valuable resource to the community. This is a great way to get children, at an early age, through the doors of a university, and experience different aspects of healthcare. We hope this fun, active event fired up children's curiosity about treatment and patient care."

This event not only confirmed QMU's commitment to Health and Rehabilitation, one of its flagship areas, but it also provided outstanding learning opportunities for 45 QMU health students who assisted with the practical activities.



Olivia Giles

## Celebrating extraordinary people

**T**HIS YEAR'S EDINBURGH LECTURES presented an outstanding opportunity for people to hear about the lives of individuals who really have achieved something remarkable. The theme of his year's 20th annual Edinburgh Lecture series was 'Extraordinary Feats: Extraordinary People'.

QMU was delighted to sponsor the lecture by Olivia Giles OBE. Olivia's lecture, 'The Power of Opportunity' described her life-changing circumstances following the amputation of her lower arms and legs due to meningitis.

A partner in an Edinburgh legal firm before her illness, Olivia now runs the charity '500 miles', which supports amputees in Malawi and Zambia by helping to buy and fit prostheses and orthoses. Her moving and inspirational speech described her illness and recovery. She described why, in many ways, she believes that her changed circumstances has transformed her life for the better and what her experience has taught her about the potential within all human beings. She said: "Being alive and receptive to the opportunities that present themselves in everyday life is the first step to finding the courage to grasp them and the stamina to deliver on them."

Professor Petra Wend, QMU's Principal, said: "Olivia's personal journey and inspirational attitude clearly demonstrates how a traumatic life changing event could be turned into life enhancing experience. It was a privilege to learn how Olivia has used her personal experience and positive attitude as an opportunity to improve the quality of life of other people in similar circumstances in Malawi and Zambia."

For further information about Olivia Giles and her charity '500 miles' visit: [www.500miles.co.uk](http://www.500miles.co.uk)

## Health specialist contributes to health committee at Westminster

**C**ONGRATULATIONS TO JIM BUCHAN, Professor in Health Workforce Policy at QMU, who has been appointed as special adviser to the House of Commons Health Select Committee inquiry on NHS workforce planning. Professor Buchan's role involves briefing the Committee on workforce policy and planning; assisting in the development of Committee briefs; preparing questions for the witnesses that are called by the Committee, including Health Ministers and Royal Colleges; and contributing to the final report.

# IN THE KNOW

• **What the Uni Guides say:** The Sunday Times Good University Guide 2012 stated that seven people chased every undergraduate place at QMU last year. Also, QMU moved up several places in the rankings in The Complete University Guide.

• **A fishy tale:** A QMU research project which encouraged nursery children to eat more oily fish as part of a balanced diet has inspired the production of a new recipe book which highlights the recipes and activities used during the project. 'Simple Fishy Snack Recipes for Nursery Children' is a collection of tried and tested recipes for fishy snack foods. The book was launched at the Scottish Government Early Years' Conference.



• **On your bike:** QMU's push on pedal power recently paid off with the award of 'Cycle Friendly Employer' from Cycling Scotland.

• **Eliminating stigma:** QMU has signed the 'See Me' Pledge to help eliminate stigma and discrimination against those with mental ill health. Through the Pledge, QMU has made a public commitment to tackling the stigma experienced by people with mental health problems.

• **The Olympics:** Toby Harris, a 2nd year Podiatry student from Edinburgh, was selected to be a 'Coca-Cola Future Flame'. Toby carried the Olympic flame on the 14th June through the village of Walkerburn in the Scottish Borders. James Austin, a final year health psychology student, competed in Judo in the Olympics.

# The AlcoLoLs engage with Parliament

“The AlcoLoLs is an extremely well conceived idea which has not only produced an extremely positive response from the young people involved, but which is now clearly capturing the attention of MSPs and other government officials.”



Emma Wood from QMU's Centre for Dialogue outlines the project at the Scottish Parliament.

## THE WORK OF A GROUP OF SCHOOL PUPILS called 'The AlcoLoLs', at QMU's Centre for Dialogue, was celebrated at a reception in the Scottish Parliament in March.

The pupils from Portobello High School have been working with academics from QMU's Centre for Dialogue to develop a new approach to learning and communicating about alcohol. The team was able to present information about the project at the Parliamentary event hosted by Kenny MacAskill MSP, Cabinet Secretary for Justice, and attended by parents, police, government officials, representatives from alcohol charities and other stakeholders.

The AlcoLoLs group developed from a Portobello High School project called 'Peer Learning Through Dialogue: Young People and Alcohol' and has been led by staff of QMU's Centre for Dialogue. The project utilised a state-of-the-art engagement format to tap into young people's knowledge, experiences and needs so that they could 'co-design' their own learning.

The starting point was to assume that any peer group of young people could generate a high level of relevant knowledge and develop sensible coping strategies to suit different personal journeys through adolescence and alcohol.

The team spent four months working with volunteers in a series of dialogue and deliberation meetings. Once the group had developed trust and confidence,

it became clear that participants were shrewd observers of the inconsistencies of the world around them where alcohol is simultaneously glorified and vilified; friends looked out for one another in situations where alcohol could be a danger, and participants knew what would make a difference for them.

The ideas generated by the group are now being developed into a school-wide project led by participants of the dialogue group.

QMU lecturers, Magda Pieczka and Emma Wood, who developed and ran the project in 2010, are now supporting Portobello High School pupils in developing their own engagement and learning project about alcohol.

Professor Petra Wend, Principal at QMU said: "The reception at Parliament was a great occasion. The AlcoLoLs is an extremely well conceived idea which has not only produced an extremely positive response from the young people involved, but which is now clearly capturing the attention of MSPs and other government officials. It is great to see the talents of young people being harnessed in this way. We are now hoping to secure funding which will allow this innovative learning project to be rolled out to more schools across Scotland."

Find out more about QMU Centre For Dialogue and the AlcoLoLs project at: [www.qmu.ac.uk/mcpa/CDial/AlcoLols.htm](http://www.qmu.ac.uk/mcpa/CDial/AlcoLols.htm).



Students from Portobello High School take part in the Scottish Parliament reception



Agata's grandmother played the lead role in her film.

# Roll out the red carpet: Agata wins at the BAFTAs

“When I first came to Scotland I never thought about making films. Now I can't think about anything else”

**A GRADUATE FROM QMU has been awarded a BAFTA. Agata Jagodzinska, who is originally from Poland, won an award for Best Writer at the BAFTA in Scotland New Talent Awards 2012. Her short film, 'Secret of Confession' was also nominated in the Best Short Film category at the BAFTA award ceremony in April.**

Agata studied a BA (Hons) in Media at QMU. Her short film was produced as her final year dissertation project. It is the first QMU film ever to be shot in Poland and recorded in the Polish language. It is also the first QMU film to be nominated and awarded a BAFTA.

'Secret of Confession' highlights the generational conflict between the young and the elderly community in Poland. Many of Agata's family members star in the film, with her grandmother playing the lead role.

Agata explains: "The film tells the story of a religious elderly woman who is constantly confronted by misbehaving

youngsters. Dismayed by the general acceptance of pornography and contraception amongst the younger population, she decides to punish them for their promiscuous behaviour. But her extreme action results in a terrible outcome."

Agata continued: "I wanted to use the film to bring to light some of the cultural issues which are currently affecting Polish society. I screened the film in my home town. It was such a thrill for everyone to see the residents of my small town up there on the big screen. None of them, including my gran, have ever acted before or been involved in any kind of film making, so it was a really big deal for everyone."

At the award ceremony, Agata said: "When I first came to Scotland I never thought about making films. Now I can't think about anything else. I would never have been able to make this film without the support of my lecturers at QMU – Walid Salhab and Graham Drysdale. I am extremely grateful to both of them."

Jude MacLavery, Director of BAFTA in Scotland said, "BAFTA in Scotland is committed to rewarding excellence, honouring new talent, and promoting the Scottish moving image industries to the wider public. The New Talent Awards recognise the best of emerging Scottish screen talent and we are thrilled to shine the spotlight on our winners and to support their exceptional achievements."

Jude added, "It's great to see such a vibrant international community within

Scotland's moving images industries. There is a real feeling that Scotland is the place to be at the moment, which is why so many students and young people are flocking here to study and forge a career."

Initially screened at the Edinburgh Filmhouse as part of QMU's graduation show, the film has since been screened at various film festivals across Europe. 'Secret of Confession' won the 'Audience Award' at the biggest travelling festival in Poland, Filmowa Gora 2011, and 'Best Screenplay' at the Exposures Film Festival 2012, which is one of the top film festivals to showcase new talent in the UK.

Having decided to remain in Edinburgh, Agata has been spending the last year getting her own film production company off the ground. In partnership with another QMU graduate, Agata established 'Raw Film Productions'. The team specialises in corporate videos and short documentaries.

Walid Salhab, lecturer in film at QMU, said: "This is the first time that one of our student films has won a BAFTA, so this is a real coup for Agata. We often encourage our international students to shoot their films in their homeland. It helps them create a truly unique product with a distinctive look."

Walid concluded: "For such a young filmmaker, Agata produced a very high standard of work and it's wonderful that her talents have been recognised by such a prestigious award."

# Albert Roux Dinner HITS the mark



**O**ne hundred guests were treated to a glittering formal black tie champagne reception and dinner hosted by the world renowned chef, Albert Roux OBE. The event, which was held at QMU in May, involved a galaxy of Scotland's culinary stars from many of the country's best restaurants, supported by a number of talented QMU students.

The event, which was a celebration of both food and culture, showcased a number of the University's specialist areas. Hospitality, costume design & construction, and film & media merged to create a dramatic and memorable occasion for all involved.

The second Albert Roux Dinner was supported by Andrew Fairlie (Restaurant Andrew Fairlie, Gleneagles), Martin Wishart (Restaurant Martin Wishart, Edinburgh and Martin Wishart at Loch Lomond), Dominic Jack (Castle Terrace), Derek Johnstone (Chez Roux, Greywalls, Gullane), Brian Maule (Brian Maule at Chardon d'Or, Glasgow) and Malcolm Webster (The Square at The Sheraton).

Young chefs from these restaurants, assisted by QMU students, prepared, cooked and presented a wonderful meal using local Scottish produce. The food and wine was served by hospitality students who trained especially for the event.

The dinner differed from last year with some of the guests being able to enjoy the company of guest chefs at hosted tables – this helped to create a unique dining experience.

Trevor Laffin, Head of the Business, Enterprise and Management Division at QMU, explained: "The Albert Roux Dinner not only provided an outstanding hands-on learning and networking opportunity for our students, it also raised vital funds

for HIT Scotland and QMU student led-projects. The charity, HIT Scotland has helped those training to enter the industry and those already within, to realise their full potential, and we are delighted that this Roux dinner is in support of HITS' important work."

Trevor Laffin pointed out: "We wish to recognise all our food producers, suppliers and wine merchants who have given so generously to this event, as well as Andrew Wilson Caterhire; Stems for the beautiful floral arrangements; and Sound and Vision for the lighting."

The fundraising auction created a real sense of excitement and concluded the evening in a frenzy of bidding. The winners were able to go home in the knowledge that their generous support had netted them a future extravagant gourmet experience. One of the most sought after prizes was 'Le Gavroche Experience' – Albert and Michel Roux offered a week's hands-on cookery at the two Michelin star Le Gavroche in London, concluding with dinner for the prize winner and partner – a once in a life-time experience.

QMU would like to thank Albert Roux; Glen Watson and Steven Doherty who supervised the QMU kitchen at the event; and all of the chefs; producers; suppliers; guests; staff and students who contributed to the success of the evening.

The Albert Roux Dinner raised £21,445 from the sale of tickets, the raffle and auctions. The money will be split equally between student projects at QMU and the Hospitality Industry Trust (HIT) Scotland.



# Foodie favourite FEAST showcases the best of Scotland's food and drink

**T**hey came from all over Scotland, the north of England and as far as Mumbai to take part. FEAST 2012, the student-led food festival, now in its third year, continues to draw an audience of staunch supporters and culinary experts from far and wide.

Celebrating Scottish regional food, FEAST once again provided a platform to showcase some of Scotland's finest chefs. This year the event, which was held in April, was headlined by Tony Borthwick from the Plumed Horse in Leith. First timers at FEAST also included John Paul from the MacDonald Marine Hotel, North Berwick and Stuart Muir from the Forth Floor Restaurant, Harvey Nichols who complemented the chef demonstration line-up. Festival goers were also delighted that firm favourites Neil Forbes from Café St Honoré and Derek Johnstone from Chez Roux, Greywalls returned to FEAST for a consecutive year to share their culinary expertise and enthusiasm for Scottish produce. And of course, no FEAST event would have been complete without a guest appearance from Yogesh Utekar. Yogesh, who is a Director at the ITM Institute of Management, QMU's partner institution in Mumbai, travelled all the way from India to share some hot tips on Indian cooking with an enthusiastic audience.

With so many foodie activities to choose from, the only problem facing festival goers was how they were going to pack everything in. Student teams from QMU and Jewel & Esk College served up 20 mouth-watering dishes which represented the regions of Scotland. Visitors were invited to sample dishes such as 'braised leg of Orkney lamb' and 'rhubarb and cheesecake mousse' throughout the day. In addition, a range of top quality drinks producers held tutor-led tasting sessions of Edinburgh Gin,

Thistly Cross ciders, beers from Broughton Brewery, and wines and whiskies from Inverarity Vaults. But, there was more than a nip on offer. Producer tables groaned with everything from rare breed pork and beef to Asian haggis, and from sushi to cupcakes.

Kirsti McDougall, a visitor who travelled from Carlisle for attend FEAST, said: "This is the second year I've attended the festival and I wouldn't miss it. The chef demonstrations were great, especially Neil Forbes who is so passionate about his ingredients and his support of local producers. I loved the Booze Boutique and was delighted to take part in the excellent tutor-led wine tasting led by Inverarity Vaults. Also, the regional dishes included a selection of vegetarian dishes, so I felt very well catered for. I'll definitely be back next year."

Professor Alan Gilloran, Vice Principal at QMU, said: "Not only is FEAST great fun, it presents an outstanding learning opportunity for our hospitality and tourism students to work with college chefs and learn about a wide range of Scottish produce. It also gives other students experience of event management.

"The event also draws a lot of public support and it's great to see people from the local community and further afield enjoying and experiencing the diversity and quality of Scotland's rich larder."

Professor Gilloran concluded: "Importantly, FEAST 2012 helps to highlight QMU's commitment to food and drink, which is a priority area for the Scottish Government."





Joan Mitchell, aged 102 with student Heather Cooney

## Dance Movement Psychotherapy students support care home residents

**DANCE MOVEMENT PSYCHOTHERAPY students from QMU have been using their skills to enhance the lives of older people living in care homes.**

This innovative pilot project provided first year students on the master degree in Dance Movement Psychotherapy with an outstanding learning experience, whilst also offering care home residents the opportunity to benefit from improved psychological wellbeing. The collaborative project, which involved QMU, NHS Education for Scotland (NES) and the Care Inspectorate, aimed to identify how care homes could support Dance Movement Psychotherapy students to improve their skills and learning, but also to ascertain what benefits residents received in terms of personal outcomes and improved quality of life.

Dance Movement Psychotherapy is the psychotherapeutic use of movement and dance through which a person can engage creatively in a process to further their emotional, cognitive, physical and social integration. Dance Movement Psychotherapists work in a number of different settings with people with a range of needs. Practice placements are core to the education of Allied Health Professions (AHPs) students ensuring that they are able to transfer their theoretical knowledge into practice. The use of care homes as a learning environment is currently being explored by the Care Inspectorate Rehabilitation Consultant, Edith Macintosh

and NES allied health professionals. This pilot project has provided support to enable students to spend one or two days a week over the academic year working with residents in Edinburgh care homes.

Dr Vicky Karkou, Programme Leader for QMU's MSc in Dance Movement Psychotherapy, found it very rewarding to see the students putting their knowledge into practice and making a valuable contribution to the quality of care currently available within care homes. Witnessing the response from students, care home residents and staff, she said: "The collaboration presented a wonderful opportunity to introduce the therapy to care homes residents who previously had no experience of this type of therapy. Students and residents very quickly developed meaningful relationships. This allowed residents to explore their emotional difficulties through movement. The students were also able to make connections with other residents and care staff by addressing issues around isolation, loneliness, bereavement and loss, as well as joy."

Leo Sofianidis, one of the students who worked on the project, said: "Dance Movement Psychotherapy can keep the body and mind alive and can improve the quality of people's lives. Through

group work, residents were able to build relationships in a safe context where they could explore issues, be with people they liked and share their life experiences through words and movement."

Dr Karkou explained: "There is a need to educate people about what dance movement psychotherapy is and how it can support the emotional wellbeing of older people through non-verbal communication. The reactions of residents spoke volumes and it was rewarding for students and care home providers to witness the benefits of the student interaction."

Heather Cooney, QMU student, explained: "At the beginning there was very little interaction with residents. At the end, there was lots, with residents sharing stories and reminiscing. My role became less directive as the residents decided what they wanted from the sessions."

Resident Joan Mitchell, aged 102, found in Dance Movement Psychotherapy, an opportunity to remain active. She claimed: "I have no desire to lie back and do nothing." Joey Mullen, another resident, explained that during the sessions she did not feel pushed to do anything that she could not manage and she received enough explanations of everything they were doing. After the sessions people had diverse responses. Some were calmer, while others were more active. For Margo McKay, the sessions made her feel 'invigorated' and she found the whole experience 'superb!'

Mike Heard, practice supervisor added that the presence of Dance Movement Psychotherapy students in the care home benefited not only the residents but also care home staff. He said: "In a care home, staff are not always aware of the psychological needs of the residents. Dance Movement Psychotherapy helped to bring to the setting a new awareness of the psychological needs of the residents rather than focusing only on physical disabilities."

Dr Karkou concluded: "The pilot project significantly enhanced the student experience on the Masters programme and also confirmed QMU's commitment to projects which improve quality of life."

NES and the Care Inspectorate are currently working with other AHP education providers to further explore this model of practice placements, ensuring that AHPs are given opportunities to develop skills and knowledge that prepare them for the changing health and social care environment they will be working in. A short film of the student experience was produced by a QMU media student and funded by NES. It is available to view on YouTube at: [www.youtube.com/watch?v=iEIEV\\_7n6MA&feature=related](http://www.youtube.com/watch?v=iEIEV_7n6MA&feature=related)

## More speech & language therapy needed to cut re-offending

**NEW UNIVERSITY RESEARCH has highlighted the need for a greater investment in speech and language therapy within Scotland's criminal justice system to help prevent re-offending.**

Following the most comprehensive study of speech and language therapy within Scotland's criminal justice system, the research identified a huge unmet need, with few offenders receiving adequate help to improve their communication skills – skills which could better equip them to live more successfully and prevent a return to criminal activity.

It is known that around 60% of young people in contact with youth justice services have speech, language and communication needs. Poor communication skills can have a serious and detrimental effect on people's lives. Difficulties in expressing themselves or having problems understanding and interpreting someone else's speech can make it impossible for the individuals concerned to make best use of any rehabilitation services that might be on offer. Therefore, poor communication skills may go some way to accounting for the high rates of re-offending which has a negative impact on the individual young person, their community and society at large.

The aim of the recent study, conducted by QMU and the Royal College of Speech and Language Therapists (RCSLT), was to support the campaign to improve speech, language and communication services within the Scottish justice system. It also helped to identify the type and scale of the current service provision within the system and where service improvements could be made.

Most of the speech and language therapists, who responded to this scoping exercise, worked in adult learning disability, and children and young people and adult speech and language therapy services within the criminal justice system.

The survey found that speech and language therapists were working across all areas of the criminal justice service but that most provision was at the custodial sentencing stage.

There was very little speech and language support for young people prior to entering prison (pre-offending stage) or after leaving prison.

Ann Clark, Senior Lecturer in Speech and Hearing Sciences at QMU, said: "Although the value of speech and language therapy is recognised in prisons, the system is lacking assistance for young offenders still living in the community – assistance which may help prevent individuals re-offending."

"So much more could be achieved within the criminal justice service but staffing levels are just not adequate", said Ann. Currently there is only one dedicated speech and language service in Scotland's criminal justice service, at HMYOI Polmont and HMP Cornton Vale, and this service is only available for 21 hours per week.

**“ the research identified a huge unmet need, with few offenders receiving adequate help to improve their communication skills ”**

Ann commented: "Worryingly, although the criminal justice system is receiving many hours of work from speech and language therapists, it appeared that only two therapists had their contracted hours within the system protected."

In HMYOI Polmont it is estimated that approximately 450 prisoners out of 760 young men are likely to have speech, language and communication needs. Although not all of these prisoners may need specialist speech and language therapy the figure suggests a substantial unmet need in Scotland's criminal justice service.

Kim Hartley, co-author of the report and RCSLT Scotland Officer, concluded: "Although the study shows a growing demand for speech and language therapists in the criminal justice system, there are virtually no speech and language therapy services with staff or resources to meet the demand - in today's financial climate the situation is set to get even worse."



# Scottish ‘hard man’ attitude still barrier to saving men from cancer

**A RECENT UNIVERSITY STUDY has discovered that the ‘hard man’ attitude which remains prevalent in many Scottish communities is preventing men taking on board vital messages about male cancer risks.**

The male cancer charity which commissioned the study, Cahonas Scotland, is calling time on complacency in dealing with the cancer message to men in all of Scotland’s communities. Based on the findings from the research, the charity is pushing for more male cancer awareness-raising campaigns which are specifically tailored to the cultural needs of different groups of men living in Scotland.

The study, carried out by QMU on behalf of Cahonas Scotland, focused on what Scottish men from specific communities actually knew about male cancer. Most of the men in the study had limited awareness about specifically male cancers, were reluctant to deal with concerns about male cancer, and would probably ignore symptoms and delay consulting with health professionals or seeking other forms of advice.

Focus groups were conducted with four groups of men in Scotland’s central belt, with care taken to include some groups which are particularly susceptible to male cancers specifically, with representation from groups and areas in Scotland with poor health generally:

- men over 40 years of age
- homeless men
- minority ethnic men
- men aged 18 – 25 years of age

John Hughes, a sociologist from QMU, explained: “Most of the men in this study felt uneasy about being open in relation to their feelings about health and wellbeing generally and male cancer specifically. This reluctance was explained within the context of a need to protect those closest to the participants (for example, partners,

family and friends), as well as the need to maintain a strong sense of physical and emotional fortitude.” As David, a homeless man who participated in the focus group, said: “Your problem’s your problem, mine is mine. Leave it at that, have a pint, there you go!”

Participants reported that if men are experiencing health-related problems, then they tend to ignore it, “laughing it off” or “kicking their concerns under the carpet”. Most of the participants felt that men in Scotland tended to take no action until their symptoms could no longer be easily ignored, rather than seeking information, talking to friends or family about their experiences, or seeking professional advice and treatment. John Hughes commented further: “Most of the men were uncertain about the range of cancers that affect men only, and one participant was surprised to hear that women cannot develop cancer of the prostate.”

John elaborated: “Typically, according to the men who participated in this study, men living in Scotland would encourage friends to have a laugh, a joke and a pint, rather than share their emotions or fears about the effects of male cancer with each other.”

Perhaps unsurprisingly, the participants in the study also confirmed that women were far more likely to seek help with health-related problems, and were far better at talking to their friends about their concerns, compared to Scottish men.

However, the study did show some hope for Scottish men. John Hughes explained: “In spite of a generalised conception of Scottish men as unable to talk about their health concerns, participants in the focus groups were actually extremely open to talking to each other about their emotions, health, wellbeing and fears about male cancer, and they welcomed the opportunity to do so with other men like themselves.”

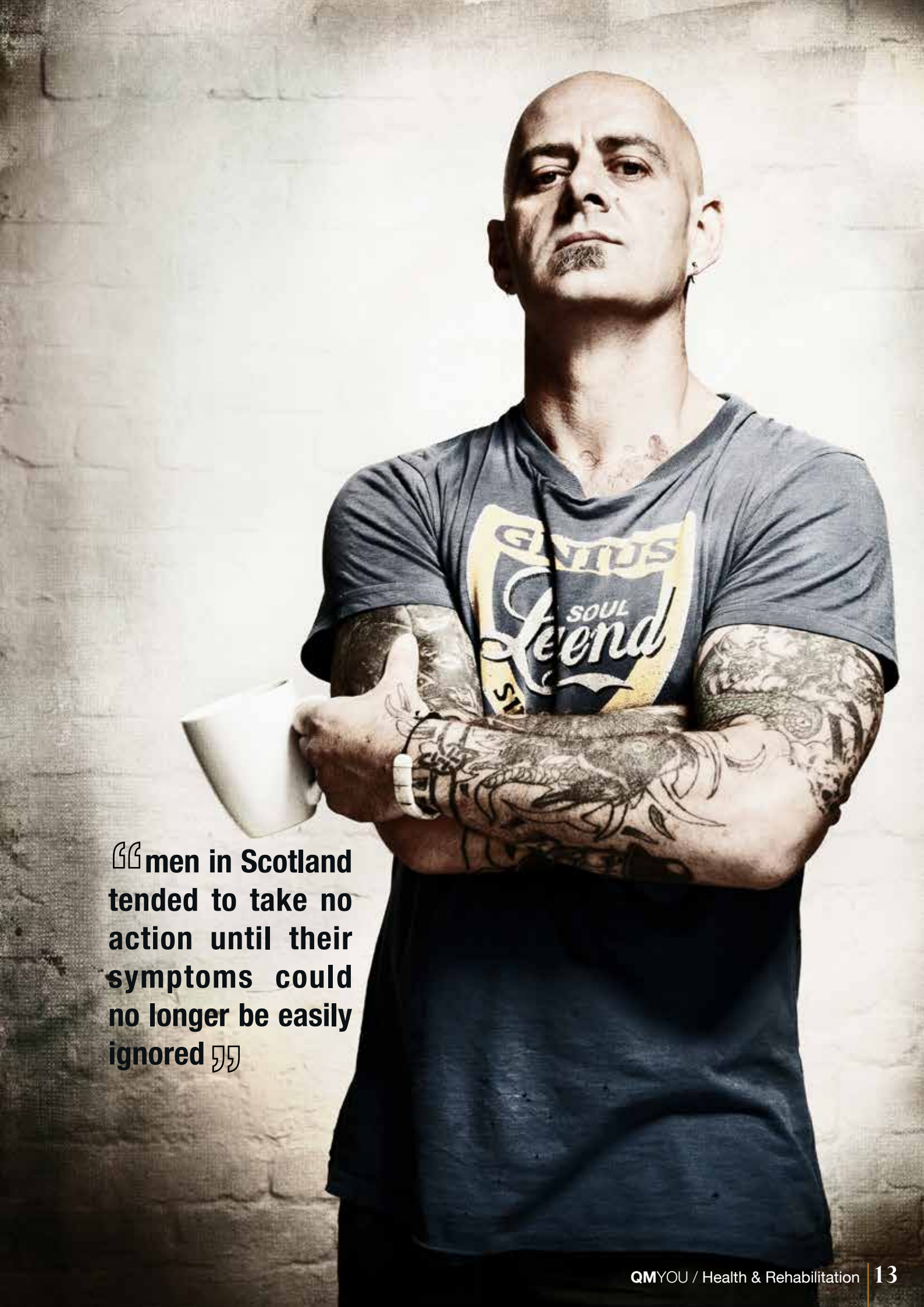
“Men do talk in their own cultural environs and participants in this study reacted positively and empathetically to hearing about stories of other men who had been diagnosed with, and recovered from, cancer. For example, hearing about one prostate cancer survivor’s personal story of the effects of living with and beating prostate cancer was enough to encourage every participant in this study to confirm that they would attend for prostate screening if they needed to.”

Martin Docherty from Cahonas Scotland said: “The study has presented us with extremely valuable information and confirms that much more specific work needs to be done to target and educate Scottish men from deprived areas about male cancers. There are still lots of barriers to be broken down, but what comes out loud and clear is that men can talk to one another about cancer but they require the right environment to be able to achieve this.”

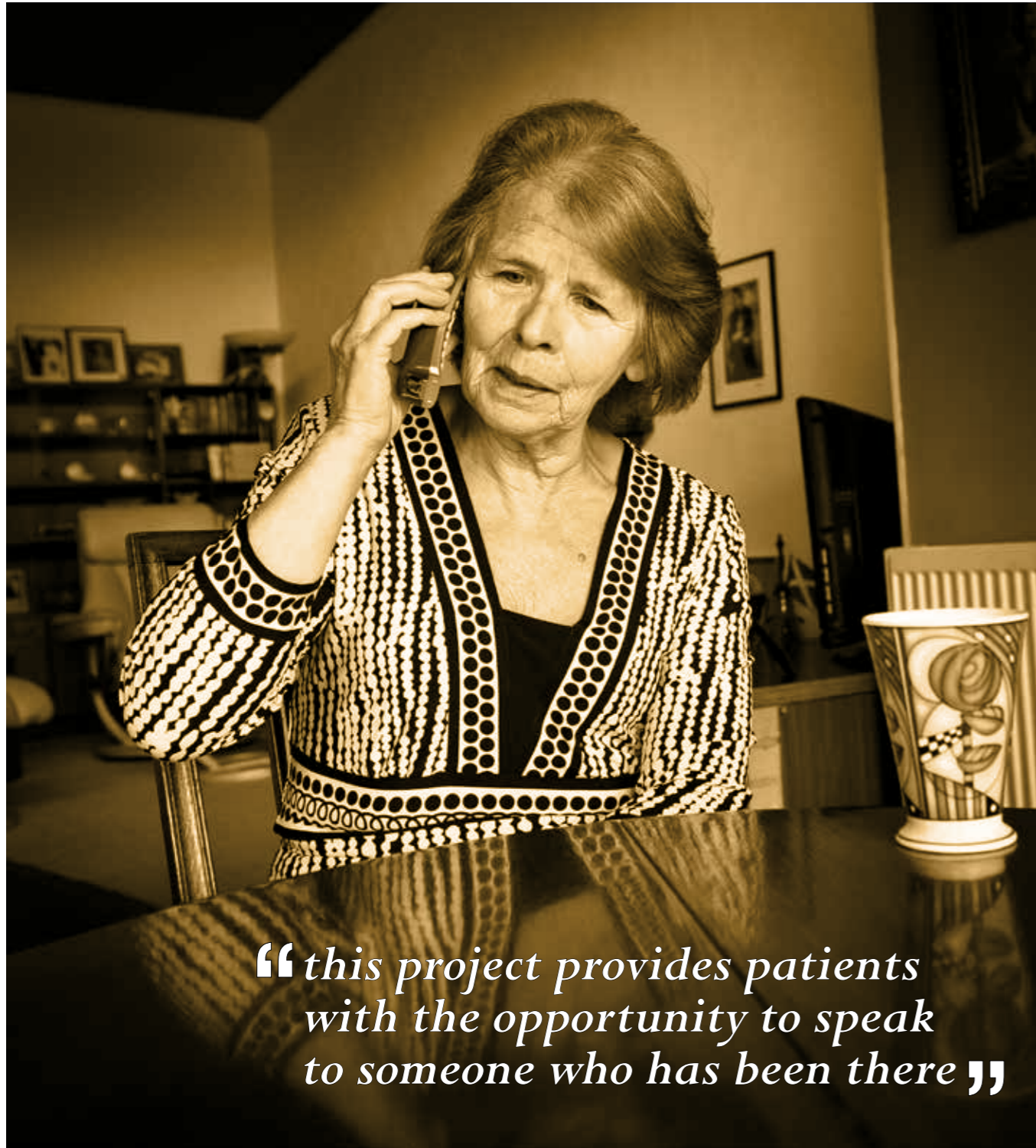
The charity Cahonas Scotland developed from the recognition that although male cancer awareness has been slowly growing, there was no real Scottish focus.

Martin concluded: “This research emphasises the importance for our charity to work in partnership with other health organisations to raise the profile of male cancers, specifically amongst deprived communities, and help to turn around Scotland’s poor health record. We now know we need a much more targeted approach for certain communities in order to break down stigma and deal specifically with Scottish cultural attitudes that are preventing men understanding and dealing appropriately with male cancers.

“It is now our intention to further develop this pilot study into a larger piece of research work which ensures Scottish men are better equipped to deal with early signs of male cancers.”



“men in Scotland tended to take no action until their symptoms could no longer be easily ignored”



*“this project provides patients with the opportunity to speak to someone who has been there”*

## Formal training for volunteers to help cancer patients self-manage

**QMU is involved in a ground-breaking partnership which will see people affected by cancer go through formal training to support other patients embarking on treatment.**

**I**N COLLABORATION WITH NHS Greater Glasgow and Clyde and Macmillan Cancer Support, QMU is establishing the Scottish Macmillan Centre for Supported Self-Management. The £538k project, which will be the first of its kind, will train volunteers who have personal experience of battling cancer, to help others who are fighting the disease.

Health experts from QMU will provide the volunteers, known as the Macmillan Supporters, with formal training which will equip them to effectively support patients embarking on cancer treatment. In the initial pilot project, the Macmillan Supporters will provide patients with support on nutritional care with plans to extend training to other areas such as survivorship and rehabilitation, as well as guidance on going through radiotherapy and chemotherapy. Cancer patients would be matched with a volunteer who has experience of a similar type of cancer and is from a similar background.

The project fits well with much of QMU's health research work which focuses on the effectiveness of patient-centred care and rehabilitation. This approach, which is now being more broadly embraced by the NHS, encourages and empowers patients to take more control of their treatment potentially freeing up staff time and resources to concentrate on the more complex cancer cases.

Rosemary Richardson, Honorary Professor of Dietetics at the School of Health Sciences at QMU, is leading the project. She explained: "Cancer is still one of Scotland's biggest killers with 28,600 new cases each year. One in three Scots will be diagnosed with cancer in their lifetime, so it is essential that organisations work together to look at ways in which patients can be treated more successfully within the confines of limited financial resources. By training people to become accredited Macmillan Supporters, we can appropriately help cancer patients take control of their care."

She continued: "The wonderful thing about this project is that it provides patients with the opportunity to speak to someone

who has been there – someone who has gone through a similar experience. Sometimes, people appreciate having the chance to hear from someone who has had cancer themselves and learn how they tackled every day issues, rather than just speaking to medical experts. Having someone to confide in, on a more supportive and casual basis, can also help with feelings of isolation which can occur following a diagnosis of cancer."

Professor Isobel Davidson, QMU's principal investigator on the project, said: "Much of the research carried out at QMU is demonstrating that, with less severe cases, it is a positive and cost effective move for patients themselves to direct their own care while remaining in the community, rather than being in hospital. By providing access to a responsible and knowledgeable support network - the Macmillan Supporters – patients can be easily equipped with the information and support they need to manage their health and lifestyle. It puts them in the driving seat by providing a feeling of control. However, in order to achieve these outcomes, it is critical to ensure the quality of training provided to the volunteers."

The University's role in the project is to define the quality assurance mechanism for the Macmillan Supporters programme and deliver the training. The first model for development will focus on generic and nutrition training. This model can then be adopted in other related cancer areas such as concomitant radio/chemotherapy or vocational rehabilitation. The University team involved in the development of the training believes that there is significant potential for transferring this model to assist other groups of people suffering from long term conditions such as diabetes.

Alan Gilloran, Vice Principal (Academic) at QMU, concluded: "This is an excellent example of the relevance of QMU's important work in the area of health and rehabilitation and our commitment to working on projects which make a real practical impact on people's everyday lives."

### The facts:

- Normally volunteers must have gone through cancer treatment themselves.
- All volunteers will receive around eight hours of training from QMU.
- The majority of contact between the Macmillan Supporter and patient will be by phone.
- Personal contact is possible if both the patient and volunteer want to extend the support beyond a telephone conversation.
- The aim is for volunteers to share experiences in a helpful way, not to provide medical advice.



# New Academy takes hospitality and tourism to a new level



**What do you want to be when you grow up? This is so often the question asked of youngsters. They might answer with “a doctor” or “a lawyer” but there are not many teenagers whose first choice is to be a chef, hotel events manager, or a restaurant or hotel manager.**

**IN SOME AREAS OF SCOTLAND'S** hospitality and tourism industry, standards are exceptional. However, sometimes we are reluctant to acknowledge the professionalism involved in providing top quality service. In many other countries working as a restaurant front of house team member or a hotel manager is viewed as an important profession where people take great pride in their roles and in the delivery of excellent service. Unfortunately, when it comes to exemplary service, well,

we're just not that good at it in Scotland. We often view jobs in hospitality and tourism as menial or stop-gap positions – something you do until you can find something better. Roles in these industries are rarely viewed as a first destination career choice for young, smart, aspiring teenagers.

But, that's now changing. Queen Margaret University, Jewel & Esk College and East Lothian Council have joined forces to establish the East Lothian Hospitality and Tourism Academy which aims

EAST LOTHIAN  
**HOSPITALITY  
& TOURISM  
ACADEMY**

**“Through the Academy, we will promote the attitude that service excellence is the only acceptable standard.”**



to raise the profile of the hospitality and tourism industries. The Academy will show young people, aged 14 – 18, the tremendous wealth of opportunities which exist within the industries by providing a range of education and work experience opportunities.

Professor Alan Gilloran, Vice Principal (Academic) at QMU, explained: “The Academy will provide young people with a unique opportunity to access academic knowledge and practical skills in ways that will equip them with the best chance of securing the best jobs. However, not only will the Academy help some young people secure a bright future, it will also assist in raising standards across Scotland's hospitality and tourism industries.”

He continued: “Hospitality and tourism is a vital component of the Scottish economy. Scotland has great food, wonderful buildings, a stunning landscape and a rich cultural history, but often we fall down on our service delivery. If we want to be a world-class tourism destination, then we need to equip a new generation with the right skills and a fresh approach. Through the Academy, we will promote the attitude that service excellence is the only acceptable standard.”

Although entry to the Academy is competitive, it's not just focused on high academic achievers. It also opens up a range of opportunities to a much wider group of talented young people.

Three East Lothian high schools are involved. Pupils from Musselburgh Grammar School, Preston Lodge High School and Ross High School will compete for places in 2012 and teaching will take place at all of the partner institutions during the day, in the evenings and at weekends.

Ray McCowan, Director of Curriculum, Strategy & Academic Planning at Jewel & Esk College, confirmed: “We are delighted that some of Scotland's most prestigious hotels, as well as high profile international hotel groups, are working with the Academy. Their contribution in offering work placements and industry knowledge will be invaluable.”

Pupils will commit to a two-year programme in their senior phase with a Hospitality & Tourism Industry Award or a Hospitality & Tourism Management Award as the certificated outcomes. Following appropriate completion of S6, pupils will then be able to progress to employment or into a programme of further or higher education.

Professor Gilloran concluded: “Scotland's hospitality and tourism industries not only represent areas of economic growth, they are often Scotland's shop window to the world which help attract other business opportunities. Scotland needs its talented young people to work in these industries and sell their country to our visitors. Our Academy will prepare them for this challenge.”

We are delighted that the following hotel organisations will be partners in the Academy:



PRESTONFIELD



Kenny Henry Picture Framer is a husband and wife business based in Ayrshire.

## New research to show family business contribution to Scottish economy

“**Family firms account for up to 65% of businesses in the UK, and provide two out of every five jobs within the private sector.**”

**Q MU AND THE SCOTTISH PRIVATE BANK, Adam & Company, are launching a major new study with the Scottish Family Business Association to investigate the importance of family businesses to the Scottish economy.**

Leading the Scottish Family Business Survey 2012 at QMU are Dr Claire Seaman and Stuart Graham, Co-Directors of the University's Scottish Forum for Family Business Research.

Stuart Graham commented: "The survey is the first of its kind to be undertaken in Scotland. We know that family businesses are the most prevalent form of enterprise in virtually all economies around the world. What we don't know is the more detailed profile of such businesses within the majority of these economies, Scotland being a prime example. The survey will contribute towards gaining a more informed insight into Scotland's family business sector."

Scottish family businesses can range from the village-based family grocery store, to companies with an international reach. There are also a vast number of agricultural land related businesses owned by families. These include food production, leisure developments, fruit farms, family adventure parks and sporting activities – all which are vital to the development of tourism in Scotland.

Graham Storrie, Managing Director at Adam, commented: "Family firms account for up to 65% of businesses in the UK, and provide two out of every five jobs within the private sector. They also contribute up to a quarter of GDP, and are vital to the success of Scotland's economy, entering each of our lives far more than we realise, from

the wine we drink, the food we eat and the cars we drive. Yet even today, much of their work goes largely unrecognised by society and they get very little help with tackling the unique challenges they face in areas such as business succession. A large number of our clients are from this sector, and so it's essential that we fully understand their needs to ensure we can provide appropriate advice and support in a relevant and personal way.

Dr Claire Seaman explained: "Family businesses are the bedrock of Scottish economies and communities, from both regional and local perspectives. Anecdotally we know that family businesses contribute in a significant way to local communities, often by their support for community activity such as their sponsorship of local sporting events or their charitable donations. As we enter a critical phase in Scotland's economic recovery, it is all the more important that firms with solid roots in Scotland are well supported.

"This study aims to provide the necessary information that will assist Government policy makers and business support professionals to provide tailored solutions for family businesses."

The Scottish Family Business Association offers help and support to family businesses in Scotland and is working with Adam and QMU to ensure a great response rate for the survey.

## Scotland's first three-year honours business degree

**S**COTLAND'S FIRST CONDENSED Business Management honours degree programme is now being offered by QMU. The move will appeal to money conscious and ambitious undergraduates capable of undertaking higher workloads. The three-year BA (Hons) degree will start in September 2012.

The course is open to all students and will be particularly attractive to Scottish students wishing to graduate faster and to those from outside Scotland who will save tuition fees.

Whilst accelerated business management degree programmes are available in other Scottish universities, usually through entry at year two, QMU's three-year degree will provide a unique package enabling undergraduates to benefit from the full learning experience by joining the full cohort in year one. The three year degree will have higher admissions criteria than its four year counterpart which QMU will continue to offer. The fast track students will undertake additional credits in each academic year.

Commenting on the successful validation of its first three year honours degree QMU Principal, Professor Petra Wend, said; "This is a very exciting development that widens opportunities

for students in an increasingly competitive business environment. Not only will they be able to enter the marketplace or take up postgraduate studies a year earlier, they will be able to enjoy the full student experience from day one instead of playing catch up which can happen for students joining accelerated courses in year two. There are also economic advantages. Importantly we have responded to demands for greater flexibility and options for learners outlined in the government's post-16 education report."

The three year programme will operate in tandem with the four year version and will adhere to the standard university academic calendar. Students will have a dedicated intensive longitudinal induction programme, dedicated student handbook, tutorials and course work as well as special events for the cohort each semester.



## First Business Gateway to be based at Scottish University

**B**USINESS GATEWAY East Lothian will have a new base at QMU.

The service, which is geared towards providing advice and support to small business start-ups, will be managed by East Lothian Council but housed within QMU. This is the first time that a Business Gateway service has been located within a Scottish university.

The partnership between the Council and QMU aims to be a one-stop-shop for East Lothian businesses, providing

a business information service and free impartial advice and assistance, as well as free workshop and seminar opportunities to a variety of businesses. It is envisaged that the Business Gateway will be an invaluable resource to small business start-up companies but it also aims to go beyond that by providing a variety of support services for further developed organisations.

Rosalyn Marshall, QMU's Vice Principal (Resources and Development) said: "The

## QMU to train International Ombudsman Institute

**Q**MU HAS BEEN INVITED to provide a three-day training course for members of the International Ombudsman Institute in Vienna this autumn.

This news builds on recent successes by QMU's Consumer Insight Centre which has demonstrated its ability to secure a range of contracts to deliver complaints handling courses to various ombudsman organisations throughout the UK.

The training package, to be delivered in Vienna, will cover complaint diagnosis and assessment; operating within legal frameworks; conflict and managing challenging behaviour; planning and carrying out effective investigations; gathering and managing evidence; investigative reasoning and effective interviewing; critical thinking and decision making; reaching and acting on reliable findings; making proportionate recommendations; effective communication; producing clear written documents and reporting persuasively.

This contract, alongside other recent contracts with the African Ombudsman Offices and the Public Services Ombudsman for Wales, will not only provide excellent knowledge exchange opportunities, but will strengthen QMU's Consumer Insight Centre's growing reputation for the delivery of high quality complaint handling courses.



new service will be easily accessible for all East Lothian businesses. It will also draw an increasing number of new business people to the University, whilst in addition, present outstanding opportunities for graduating students who wish to develop as entrepreneurs. It will also result in a growing awareness of the University's specialist facilities and research expertise, which we hope will only add value to the Business Gateway offering."



# Red hot chilli Fifers

**THE KINGDOM OF FIFE** is soon to turn into a hot-bed for chilli growers as an enterprising company uses university expertise to develop a chilli farm and a range of gourmet chilli products.

Chillilicious, a mother and daughter partnership, aims to establish a fully functioning chilli farm in the village of Ceres, which has the capacity to produce an exciting line of delicious chilli based foods.

Nicknamed the 'chilli bitches', mum, Patricia Galfskiy, and daughter, Stacey, set up Chillilicious in December 2010. Over the last year, the two chilli lovers have been juggling their own full-time jobs whilst also creating their unique fusion of chilli food and art. Having developed a small specialist selection of high quality chilli chutneys and oatcakes, they have been combining their food range with an innovative and practical line of fused glass chilli themed art for use around the house.

Currently Chillilicious operates as a sole trader, but the mother and daughter combo is determined to establish their chilli business as a fully registered company selling an exciting range of fiery gourmet products sure to delight chilli

**“As specialists in food, nutrition, and nutritional analysis, QMU is well equipped to provide vital support to small and medium sized companies within the food and drink sector.”**

fans across Scotland. However, just like any young company, they need the right help to further expand their business.

Sheena Devlin, Innovation Manager at QMU, said: “In this current climate, entrepreneurs need all the specialist help they can get to develop their ideas into sustainable businesses. Many companies are unaware that a wealth of expertise exists within Scottish universities. But with the right academic, research and business support, universities can help young companies achieve their business goals.”

She continued: “As specialists in food, nutrition, and nutritional analysis, QMU is well equipped to provide vital support to small and medium sized companies within the food and drink sector.



With support from a university business development manager and academic and research experts, coupled with high tech laboratory facilities, QMU can assist companies with many of their business development requirements.

“Often, the kind of knowledge and facilities that exist within the University are just not available within a small company. It’s really important for the Scottish economy that small and medium sized companies (SMEs) begin to tap into university resources. QMU can offer a broad spectrum of support to food businesses: from product development and analysis, and detailed information about the effects of food on health indicators such as blood pressure, through to food and drink marketing strategies.”

Researchers at the University will be assisting Chillilicious with the development of their chilli food product range. Sheena explained: “QMU will be conducting nutritional analysis of the company’s existing product range. We will also be running focus groups with the aim of gaining valuable information which will help to inform the development of the company’s future product line.”

To fund this work, Chillilicious was awarded an innovation voucher from Scottish Funding Council via Interface, the Higher



Education sector’s knowledge connection service for business, to the tune of £4760. This will pay for the research and development work undertaken by the University’s experts.

Stacey Galfskiy, who currently also works as an artist, is keen to promote the benefits of using university expertise. She said: “It’s really challenging to get a new company off the ground when you have your foot in two camps – working at your current job whilst also trying to build a new business. You can’t be an expert in everything and there is so much to get to grips with when trying to grow a business. We were delighted to be matched with Queen Margaret University and to find out that specialist help and funding are available to support small business development. We are really excited about both working with the Queen Margaret team and about the next stage in development of our unique business.”

You can find out more about the foodie delights produced by Chillilicious by visiting [www.chillilicious.co.uk/](http://www.chillilicious.co.uk/). Or you can sample their wares at many of Fife’s festivals scheduled to take place during 2012. You can find out more about QMU’s commercial support at [www.qmu.ac.uk/](http://www.qmu.ac.uk/) and about innovation vouchers and other funding schemes at [www.interface-online.org.uk](http://www.interface-online.org.uk).



**Steven Braxton -**  
(BA (Hons)  
Communication  
Studies - 2005)



Documentary filmmaker  
Braxton image

**STEVEN JOINED QMU as a mature student in 2001. "I didn't have any Higher qualifications", says Steven, "but the interview process at QMU helped the admissions tutors take into account my time in the forces and my photography experience."**

**What's your favourite memory of QMU?**

I was lucky enough to be involved in the relocation video that was made when QMU moved from the old campuses to the new campus at Craighall. That was a really interesting time as I got to go 'behind the scenes' and see the bits of the University that students don't normally see - both physically in the buildings and also how the staff worked. It was like being a fly on the wall for nine months.

**What did you do after you graduated?**

I got a place at the Scottish Screen Academy in Edinburgh. Before I came to QMU I was mainly focused on documentary photography, but the relocation film and the fact that I then chose to do my dissertation in film as well changed my focus towards the screen. I started off doing Screen Project Development but then went on to a Masters in Advanced Film Practice. After that, one of my first projects was working on a film for The Fringe Festival where I interviewed a lot of the performers. I even looked after Britt Ekland's dog whilst she was on stage! My film work has also allowed me to really get involved in issues of empowerment - empowering people from disadvantaged backgrounds and people who feel marginalised.

**What advice do you have for students who want to follow you into the creative industries?**

Work hard and keep trying to diversify your skills and gain more experience. At the moment the commercial side has been quite quiet for me but there's been just enough to keep me going. I've been making sure I use the time well though - researching the things I want to do and learning new skills and techniques. I think as long as you're working hard and getting out there it'll happen eventually.

You can view a selection of Steven's work at [www.braxtonimage.co.uk](http://www.braxtonimage.co.uk)

When Steve isn't working as a film maker he sings in 10 piece Edinburgh soul band 'The Soul Foundation'. [www.thesoulfoundation.co.uk](http://www.thesoulfoundation.co.uk)

*PR and media student is the face of Arthritis Care's new fundraising campaign.*

**Student & Graduate News**

**D**ENISE MUNRO has lived with rheumatoid arthritis from birth. Her story has not only helped other people living with the condition to cope with their day-to-day tasks, her involvement with the charity has already resulted in £36,000 worth of donations via the direct mail campaign which she features in.

Denise is not only using her personal experience of the auto immune disease to help support people across the UK, she is utilising the skills learned on her PR degree to ensure health messages are being communicated effectively.

Profoundly affected by her experiences of medical treatment and her school life, Denise always felt different. She explained: "Sometimes I would be unable to walk - it might last all day or even a week - and no-one really understood. I was terrified of my illness. My memories of hospital treatment during childhood are still my nightmares."

Aged 16 years, Denise ran away from home. She spent eight painful years hiding away so no-one could see what her arthritis was doing to her.

Denise said: "I did everything I could to avoid medication. I hid it from friends, family and employers. It took me until I got back into education before I felt ready to speak about it. It wasn't until I came into contact with Arthritis Care's Joint Potential Project that I discovered I wasn't the only young person trying to work out how to live with arthritis."

Volunteering for Arthritis Care in Scotland has become a big part of Denise's life both personally and professionally. She began applying the knowledge that she was learning from her PR degree to develop effective communication materials for the charity.

Denise explained: "In November, Arthritis Care in Scotland launched a new peer-to-peer support website at the Scottish Parliament. I was responsible for

interviewing Nicola Sturgeon, Scotland's Health Minister. It was a great learning experience in terms of producing relevant questions, filming the event and the time management of every last detail."

Denise has also created a video blog where she shares her experiences of living with arthritis. Effectively, this work has kick-started her career in the communications industry, with the charity now relying on her story and skills to communicate valuable information.

**"dovetailing my academic work with live projects which positively impact on other people's lives has been a life changing experience"**

Denise confirmed: "Having the opportunity to dovetail my academic work with live projects which positively impact on other people's lives has been a life changing experience. Not only is my work with Arthritis Care helping me develop practical PR skills, it's allowing me to grow as a person and support other young people. I now feel more confident and excited about my future."

Ann Turner, Programme Leader for the BA (Hons) Public Relations and Media, said: "Applying theory to practice is a keystone of the PR and Media programme and gaining industry experience is essential to help prepare students for careers in public relations."

Denise's story was highlighted in the Arthritis Care in Scotland direct mail campaign this spring.



Postcard  
from  
**Stef  
Smith**

**BA(Hons) Drama and Theatre Arts**  
(Specialism in Directing) - 2009

**W**e caught up with Stef after recently hearing that the play 'Roadkill', of which she was a writer, had won the Olivier Award for Outstanding Achievement in an Affiliate Theatre. Since then Stef has worked on a number of productions, including writing her own show 'Falling/Flying' (pictured below).

**What made you chose to study at QMU?**

I had an idea of what I wanted to study at University and then I went along to the QMU Open Day and had an opportunity to meet with the staff and see some of the programme first hand. All the academic staff seemed incredibly supportive and the programme looked to give a good balance between the academic side of theatre and the more practical, active skills that you need to learn to get ahead.

**What are your best memories of QMU?**

Definitely working together with the other people on my programme. We formed a really tight-knit group through our practical work and collaborations and I still see a lot of them out there, working in the theatre industry.

**What have you been up to since leaving QMU?**

Most of my work has been as a direct result of my final year placement. I secured

a placement with David Leddy's company 'Fire Exit', working as an Assistant Director on his production 'Sub Rosa'. After that finished, David asked me to stay on for a couple of other projects and it has all snowballed from there.

**What aspects of your degree do you still use?**

I learned about all aspects of the theatre and the technical background to creating and running a show. So whilst I specialised in Direction, it's really helpful that I experienced all of these other things. Everything I learned at QMU is so ingrained in my daily work that I don't really notice it - it's more of a solid grounding in all aspects of theatre.

**What does winning an Olivier Award mean to you?**

It's weird because the show came out two years ago and I've worked on a lot of other things in the interim. It's a great boost to win something like that though. Olivier Awards are internationally recognised so to be associated with that is a great way to have people take note of what you're doing.

**Stef is currently working with the National Theatre of Scotland's Literary Manager on some of her new creative pieces.**



Falling / Flying

# Development News

## Singapore Events



Professor Wend on board the Clipper



Dr Andrew Chua and Professor Wend at the opening of EASB's new training centre

In early February QMU was given the opportunity to meet up with the Marketing Edinburgh sponsored Clipper in Singapore, whilst the crew took a well earned break from the Clipper Round the World 11-12 race. This gave us the opportunity to combine the trip with staff visits to the East Asia Institute of Management (EASB), QMU's partner in Singapore, through which QMU has a Singapore-based campus.

QMU was offered the chance of a corporate sailing which provided a great opportunity to strengthen

links with EASB and create new ones with the Singapore business and education community. The UK government's Deputy High Commissioner to Singapore participated in the sailing, as well as HSBC and a number of education and business leaders.

The Clipper crew members were tremendously hospitable and great ambassadors, both for QMU and for Edinburgh as a centre of business and education. Some of them joined us for the official opening of EASB's new Hospitality and Tourism Training Centre, where EASB delivers QMU's undergraduate and postgraduate Hospitality, Tourism and Management programmes to around 80 students per year.

You can follow the progress of the Edinburgh Crew at [www.clipperroundtheworld.com](http://www.clipperroundtheworld.com).

## Investing in Student Development – How You Can Help

Here at QMU we are committed to helping students get the most out of their time at University. One of the ways in which we do this is to run a number of student-centred charitable funds which improve the student experience in various ways. These funds are generously supported by alumni donations and without your support we would be unable to provide the kind of learning materials and experiences which enhance the student experience beyond the ordinary to the extraordinary. Details on how you can donate are below.

## The Vice Chancellor's Fund – Broadening Students' Horizons

The Vice-Chancellor's Fund was set up by Principal and Vice-Chancellor Professor Petra Wend with the sole aim of supporting students who wish to take part in study or research abroad. Offering part-funding for student trips, the Fund has already supported 13 students over the last two years, with destinations as diverse as Finland, the USA, Australia and the Czech Republic. Professor Wend has been very active in raising the funds to support these trips herself – in fact visitors rarely leave without having purchased a set of cards which depict various views of the campus, painted by Professor Wend, from which all proceeds go towards this worthwhile cause.

Also benefiting from the 2011 awards was Alice Stockton, currently studying for an MSc in Dance Movement Psychotherapy. Alice spent four weeks taking part in a funded project in Uganda to help rehabilitate street children through animal assisted therapy and primate-based communication and art activities.

"The project initiated very powerful and important work, which was completely life-changing," said Alice.

"It opened me up to a completely new culture; one so dynamic and vibrant and quite different from my own. Having the opportunity to facilitate therapeutic work in Uganda has developed my skills and means of adapting as a therapist."

Alice graduated this year and is planning to move to Uganda and establish her new NGO, Kulwa-Abaana, providing therapeutic programmes for street children and advocating children's rights. (More information available at [www.kulwa-abaana.org](http://www.kulwa-abaana.org))

If you would like to support the work and development of our students overseas, you can do so in the following ways. You can purchase Professor Wend's cards, from which all proceeds go towards the Vice-Chancellor's Fund, in our shop on campus or online at [www.qmu.ac.uk/QMU-Online-Shop](http://www.qmu.ac.uk/QMU-Online-Shop). Or you can donate directly to the Vice-Chancellor's Fund at [www.qmu.ac.uk/alumni\\_and\\_friends/VC\\_Fund.htm](http://www.qmu.ac.uk/alumni_and_friends/VC_Fund.htm).



Vice-Chancellor's Fund beneficiary Alice Stockton with Ugandan street children.

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One of the students who was lucky enough to be funded through the 2011 round of awards was Sarah Sproule, a third year Speech and Language Therapy student. With the help of the VC's Fund, Sarah was able to accept a placement in Brisbane, Australia, working alongside speech and language professionals in a completely different environment from that which she had experienced in the UK.

"The time I spent in Brisbane was a fantastic learning experience and I feel as though I developed both personally and professionally," said Sarah.

"I spent 17 days working alongside several speech and language pathologists within many different school environments. I felt proud to have represented QMU in a new placement."

## LRC Book Fund Fund – Broadening the Learning Experience

The Library Resource Centre (LRC) Book Fund, which is administered by LRC staff, offers graduates and their families the opportunity to support the learning of current students by helping to purchase new books and electronic resources. You can target your gift towards a particular area of interest, or leave it up to the LRC staff to direct it towards the area of greatest need.

If you would like to donate to the LRC Book fund, donations can be made online at [www.qmu.ac.uk/alumni\\_and\\_friends/LRCBook\\_fund.htm](http://www.qmu.ac.uk/alumni_and_friends/LRCBook_fund.htm)



Vice Principal Rosalyn Marshall welcomes guests to the Alumni event at Keppel Bay Marina



## Catching up with QMU's Singapore Alumni

Whilst in Singapore, QMU held a well attended reunion for some of our graduates from the Hospitality and Nursing programmes which run in Singapore.

Over 30 past students attended the event at Keppel Bay Marina, in sight of the Edinburgh Inspiring Capital Clipper, for an afternoon tea and the opportunity to catch up with long-standing and new friends, as well as their lecturers.

Principal Professor Wend was delighted to welcome the graduates with a short speech, followed by Dr Chua of EASB and then guest of honour Sir Robin Knox-Johnston, Chairman and founder of Clipper Ventures and the first person ever to sail solo and non-stop around the globe.



Newlyweds Mr Vinod Nair and Mrs Varuna Vinod Nair who met on campus at EASB

QMU/EASB alumni were very happy to meet each other again and swap stories about what they were doing now – both professionally and personally. We also managed to catch up with Vinod and Varuna, who met whilst studying for a QMU Hospitality degree. The couple are now married! Congratulations to them.

# GRADUATES' ASSOCIATION NEWSLETTER

from Graduates' Association President, Maureen Paterson

## MEMBERSHIP

If you are not already a member of the Graduates' Association, I'd like to encourage you to join. Membership allows you to attend Networking Lunches which usually take place on the last Saturday in the month (September to November and January to April) plus the Annual General Meeting in June, details of which can be found below. Also it gives you the opportunity to enjoy the comfortable ambience of our seaside house, Madras Lodge, Gullane which is available to rent all year, including Christmas and New Year.

## NETWORKING LUNCHES

We host regular networking lunches, to which all of our members are welcome. In the last few months we have enjoyed meals at La Lanterna and La Petite Folie in Edinburgh.

## EVENTS

On 18 January 2012 several members met at the Museum of Edinburgh for a special visit to the 'Stitch In Time' exhibition, which was curated by the Museum around the collection of the late Maud Pentland, who had studied at Atholl Crescent in the 1930s. It was good to exchange memories of time spent at Atholl Crescent and see some of the wonderful work created by Maud and others. Helen Edwards, the Curator of Applied Arts at the Museum, gave a talk on the exhibition and its historical context. Craig Rutherford, QMU's Development and Alumni Manager, and Scott Anderson, Lecturer in Media, Communication and Performing Arts, were there to represent the University.

On 28 April 2012 members attended FEAST 2012 at Jewel & Esk College, which was organised in conjunction with QMU. (See the full article on FEAST on page 9) Those attending enjoyed sampling dishes prepared by some of the students, as well as demonstrations from some of Scotland's top chefs, using some of the best local produce.

## ANNUAL GENERAL MEETING

The Annual General Meeting took place on 2 June 2012 at The Edinburgh New Town Cookery School, Queen Street, Edinburgh. An update on the University was given by Development and Alumni Manager, Craig Rutherford.

## GRADUATION

Graduation took place on Friday 6 July 2012 and the Graduates' Association was represented in the procession. We would like to congratulate all of this year's graduating students and wish them the very best of luck in their future endeavours - and of course we invite you all to join the Graduates' Association.

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### Madras Lodge, Gullane

**For bookings contact:-**  
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Gardens at Madras Lodge, Gullane

**From  
OT graduate  
to Minister for  
Public Health**

Occupational Health graduate, Michael Matheson, is now Minister for Public Health within the Scottish Government. Michael stays connected with QMU by regularly visiting the University to speak to current OT students about his ministerial role.

Earlier this year he took centre stage in an important community nursing event on campus. The 'Modernising Nursing in the Community Website Launch', organised jointly by The Scottish Government and NHS Education for Scotland, attracted nursing professionals from all over Scotland. Michael spoke at the event, took part in a live online web chat about the new website and also spent time speaking to students and staff within the Health Sciences school.



## Entrepreneur wins place on Cultural Enterprise Programme

You may remember Sam from the cover of QM News issue 74. Not content with running the successful 48 Hour Film Project in Edinburgh, Sam has fought off fierce competition and won himself a place on a coveted Cultural Enterprise Office programme for business innovation, supported by Creative Scotland.

'Starter for Six' provides creative entrepreneurs with a six month programme of workshops, mentoring support and networking opportunities, at the end of which there is the chance to pitch for up to £10,000 worth of funding to support their chosen business model.

Sam couldn't tell us too much about his business idea at the moment; only that it would bring together creative and entrepreneurial people to champion local business through social media - learning from each other and transferring skills as they go.

Best of luck Sam! We're sure it will be a great success!

**Where  
are you  
now?**

## Eilidh makes on screen debut with BBC ALBA

Eilidh Daniels not only graduated this July with a BA in Drama and Performance, she landed a dream placement with BBC ALBA. Adding to her graduation success, she was awarded the Atholl Crescent Prize from QMU Graduates' Association, a prize awarded to one student each year for showing determination to succeed in difficult circumstances. News of her prize came not long after she started her summer placement with BBC ALBA as an on-screen continuity announcer, based in Stornoway on the Isle of Lewis.

Raised as a bilingual speaker, Eilidh attended the Gaelic Unit at Gilcomstoun Primary school in Aberdeen, and then carried on her studies to Higher level at Hazlehead. Discussing her reasons for choosing QMU, she said: "Having experienced the smaller classes of the Gaelic programme at Hazlehead, I really liked the idea of studying at a smaller university with a sense of community. Somewhere that I didn't feel I would be lost in the crowd."

Following the BBC ALBA, Eilidh will go on to work with the National Theatre of Scotland (NTS) as part of its 'Bank of Scotland Emerging Artists' programme, where she will develop new Gaelic drama alongside some of Scotland's best theatre arts professionals.

Eilidh's on screen debut for BBC ALBA took place on the 14th July.

## Springboard to success for hospitality student

Hitesh Singh enrolled at our partner institution ITM in Mumbai in 2007, where he gained a Diploma in International Hospitality Management (IHM). His results were good enough to come to QMU to undertake the BA in IHM, at which he also excelled.

Hitesh has continued to work in the hospitality industry since graduating in 2011. In May, Hitesh took up the position of Restaurant Manager of Jimmy's World Grill and Bar, a 400 seater restaurant within London's O2 Arena. With the possibility of a regional manager's job becoming available within the year, it looks like there's no stopping him!

"With the Olympic gymnastics and the basketball taking place there this summer, it's certainly going to be busy", said Hitesh, "but I'm really looking forward to it."



Hitesh Singh

## Musical performer, industry leader, public servant and academic awarded honorary degrees

**JULY'S GRADUATION CEREMONY** was buzzing with excitement this year as founding chancellor Sir Tom Farmer conferred honorary degrees on musical performer Susan Boyle; the eminent developmental psychologist Professor Colwyn Trevarthen; leading hotelier and hospitality industry champion Norman Springford and Professor Ian Percy CBE, former chair of QMU's board of governors. Susan Boyle, who once studied towards a Certificate of Higher Education for Carers at QMU, was recognised for her contribution to the creative industries. Colwyn Trevarthen, who has published over 200 articles and chapters on brain development, infant communication and child learning and emotional health, received an honorary doctorate for his services to education. Norman Springford, owner of Apex Hotel group, was honoured for his significant services to the hospitality industry and Professor Ian Percy for his contribution to public service and his six year tenure as Chair of QMU's Governing Body.

Professor Wend said: "Each honorary graduate was recognised for the relevance of their work to society at large reflecting the university's own commitment to enhancing lives in the communities it serves."

Susan Boyle



Colwyn Trevarthen



Norman Springford



Professor Ian Percy



## Reunions - Stay Connected

### Are you one of our lost alumni?

We have a number of reunions coming up in 2012/13. We would love to hear from you if you were part of one of these cohorts, or if you know someone who was.

### 40 Years of Nursing at QMU

The predecessor to our current nursing programmes, the Diploma in Life Sciences, was started at Queen Margaret College in 1972. If you studied on the Diploma between 1972 and 1983/4 we would love to hear from you.

### 30 Years of Graduate Nursing at QMU (BA Nursing Studies, BA (Hons) Nursing Studies, BSc (Hons) Nursing)

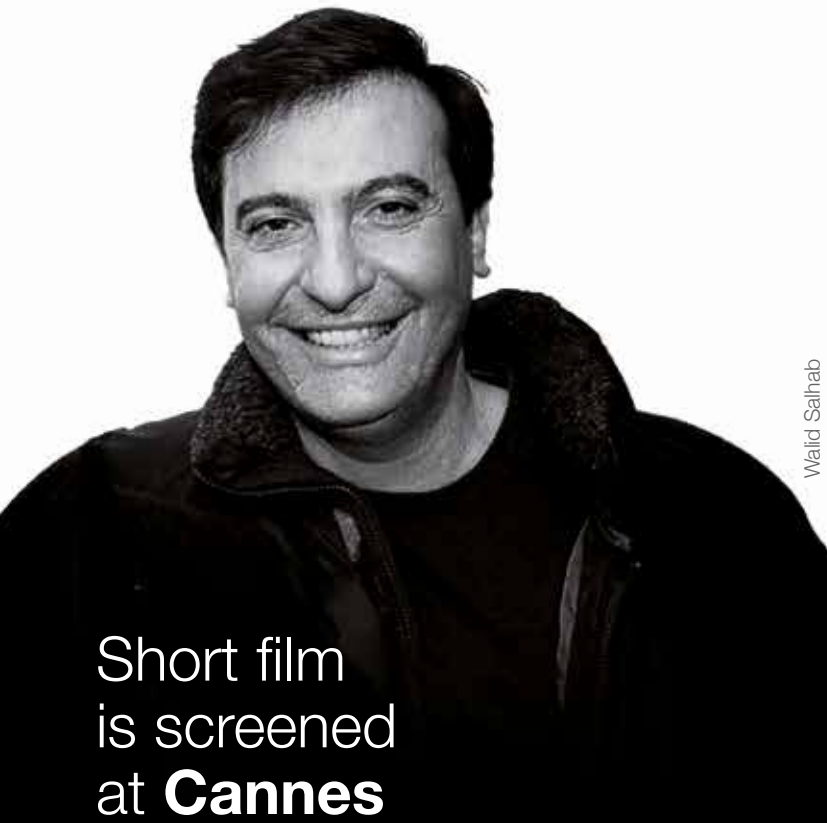
The first graduates of the BA in Nursing Studies completed in 1983 and the BA (Hons) in Nursing Studies in 1993. If you were part of this first cohort, or of any of our subsequent nursing cohorts, and would be interested in attending a celebration event in summer 2013, then please get in touch.

### HND in Institutional Management, 1974 to 1977, 35 Year Reunion

The graduating class of 1977 would like to host a reunion of the HND in Institutional Management class. If you graduated in that year, don't miss out.

### Contact us

If you would like to contact us about any of these reunions, please e-mail us with your name, programme and year of graduation at E: alumni@qmu.ac.uk



Walid Salhab

## Short film is screened at Cannes

**A** LECTURER FROM QMU has won a prestigious short film award and has had his film screened at Cannes.

Walid Salhab, Lecturer in Media Practice, has just gained a Best Short award in the prestigious 'Best Shorts Competition' based in California. His film was then premiered at the Artisan Festival International (World Cinema Festival) at the Festival de Cannes. In August, it will also be screened in The Hamptons, New York.

Walid's film 'Bra-et Al Rouh' (Innocence of the Spirit) raises awareness of Palestinian refugees by using the theme of homelessness. This theme highlights the parallels between the Middle East and Western people in a way that refrains from being politicised.

Walid Salhab talks about the film: "It's a low budget film which I shot during Edinburgh's International Festival, using the festival acts as a background for the story. My film-making is the basis for my own on going research. It allows me to explore the use of new technology in filming and editing techniques which I can then feedback into my teaching."

The film's main star is a six year old Palestinian girl and it is through her eyes that the story unfolds. The girl is drawn to help a man on the street who is deep in despair. By showing him a small act of kindness, life seems all the brighter. His life now has new hope.

Walid said: "It's amazing that a short film which cost literally nothing to make, seems to be gaining recognition world-wide. It's a great success story for the University - the crew was mainly made up of QMU film graduates. Also, the music running throughout the film was gifted by singer, Marie Campbell, who continues to be a great friend to QMU."

Walid concluded: "It's going to be a very busy summer. I anticipate that the contacts that I make at the festivals and the additional experience of the industry will bring significant benefits to future QMU film and media students."

In a letter to Walid which confirmed his success in the Best Short Competition, Thomas Baker, the Competition's Chairperson, said: "You can be justifiably proud of winning Best Shorts honors. The judging standards are high and winning means the craft and creativity exhibited by your entry is outstanding and stands above other productions."



## Coeliac event for teenagers is genius!

**Q** MU HOSTED a gluten free cooking day for teenagers newly diagnosed with coeliac disease.

The aim of the event, which took place in May, was to help teenagers who had recently been diagnosed with the condition. Youngsters had the opportunity to share ideas and develop practical skills in preparing gluten-free dishes to help them with day-to-day dietary compliance.

The event involved QMU's nutrition and dietetics researchers, medical and dietetic clinicians from the Royal Hospital for Sick Children (RHSC), the charity Coeliac UK and Genius, specialist producers of gluten-free foods.

Dr Elaine Bannerman, Senior Lecturer in Nutrition and Dietetics at QMU, explained: "A diagnosis of coeliac disease means significant changes have to be made to the diet. Very quickly people need to adapt what they eat to be gluten-free. This includes being able to identify gluten-free products to buy (natural and specialist), close scrutiny of food labels and consideration to the way food is prepared to prevent cross contamination. Learning to prepare and cook meals from scratch, which are gluten-free, gives more scope and

choice within the diet. This event presented an excellent opportunity for young people to develop fundamental life skills, to access expert advice and meet peers with coeliac disease."

Lucinda Bruce-Gardyne, Founder of Genius and a professionally-trained chef, demonstrated a number of basic gluten-free recipes which involved a range of different food preparation skills. These included tomato and cheese sauces, meatballs, fishcakes and a cake, all of which could be adapted to create different meals. Following the inspiring demonstrations, the teenagers then went on to bake their own gluten-free cake. Participants also had the chance to ask questions of the specialists from RHSC and Coeliac UK.

This event links closely with current research being carried out by Dr Elaine Bannerman and Lois White, registered nutritionist and QMU PhD student, in collaboration with Dr Peter Gillett of RHSC. The project looks at compliance with a gluten-free diet and health related quality of life of teenagers in Scotland.

## DATES for your diary

Event: **Undergraduate Open Days**  
When: Thursday 6th September and Saturday 6th October 2012  
Time: 11am – 3pm  
Where: QMU, Queen Margaret University Drive, Musselburgh, East Lothian, EH21 6UU

Event: **Postgraduate Open Evenings**  
When: Wednesday 28th November 2012 and Wednesday 24th April 2013  
Time: 5.30pm – 7.30pm  
Where: QMU, Queen Margaret University Drive, Musselburgh, East Lothian, EH21 6UU