

# Q M Y O U

MAGAZINE

FOR ALUMNI & FRIENDS OF  
QUEEN MARGARET UNIVERSITY

Issue 76 | March 2013



**Why  
Portobello honey?  
BEEcause...**



**Speech technology helps  
kids with Down's syndrome**



**Government backs  
Academies**



Queen Margaret University  
EDINBURGH



# Snow White

A team of first and second year Costume Design and Construction students created these stunning outfits for the pantomime, Snow White, which was performed at The Byre Theatre, St Andrews. This was the first professional show which this student team had worked on. They were responsible for the design, production and delivery of each costume.



## Principal's Introduction

I am delighted to welcome you to another edition of QMYOU. However, more importantly, we want to welcome you to QMU's campus. We're having an alumni reunion – **Connect 2013** – and we would be delighted if you could join us on the day to re-connect with old friends and make new ones. We'll also be offering brunch, cheese and wine tutor-led sessions and a chef demonstration from Neil Forbes, as well as the opportunity to hear about some amazing research projects taking place at QMU. You can read more about the reunion on page 24 and I hope that this information will make you want to mark Saturday 8th June in your diary straightaway.

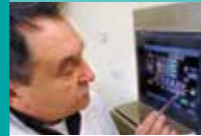
One really inspirational aspect of our research featured in this magazine is our pioneering work in speech technology and therapy which is helping more children with Down's syndrome improve their speech communication. Eleven-year-old schoolgirl Grace just loved showcasing the EPG speech technology for BBC Reporting Scotland in February. And our work in the area of health and nutrition captured people's attention when we publicised our research findings into the properties of Portobello honey. Find out more from our feature article on page 10 and 11. You will see from articles on our commercial and hospitality work that we are totally committed to supporting Scotland's food and drink industry as well as its hospitality and tourism industry. In particular, we are proud to share news of the incredible impact that our Hospitality and Tourism Academy is having on the skills development of young people. You can also read about our research into the properties of rapeseed oil and how this work has helped an East Lothian farmer.

It is always thrilling to hear about the successes of QMU alumni and it's exciting to see our performing arts graduates on TV. We have been keeping track of Angel Coulby's career progression over the last ten years and it has been wonderful to watch her in the BBC fantasy series 'Merlin' and, more recently, enjoy her stunning vocal performance in 'Dancing on the Edge'. It's also heartening to hear about James Rottger's quick success in his acting career since graduating only a year ago, as featured in this magazine, and April Cumming, who graduated in 2011 and is now working at the Scottish Parliament. Some of our students have significant barriers to overcome to reach their goals and on page 22 you can read about how QMU's specialist support helped Terrie Howie cope with dyslexia and ultimately develop a successful career as a story teller.

Enjoy reading QMYOU and, for those of you who are QMU alumni, we hope we can reconnect with you at our reunion on the 8th June 2013.

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

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### CONTACT:

**Development and Alumni Team**  
E: alumni@qmu.ac.uk

[www.qmu.ac.uk/alumni\\_and\\_friends](http://www.qmu.ac.uk/alumni_and_friends)

**Marketing and Communications Team**

E: marketing@qmu.ac.uk  
[www.qmu.ac.uk](http://www.qmu.ac.uk)

Queen Margaret University,  
Edinburgh, EH21 6UU.  
T: 0131 474 0000

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# NEWS IN BRIEF

## Food and drink partnership sweeps the board at innovation awards

**A NOVEL COLLABORATION, combining both commercial and academic expertise to explore the application of microwave technologies to the food and drink sector, has won two national awards for innovation and partnership.**

Advanced Microwave Technologies Ltd (AMT), a pioneering microwave technology business, in partnership with QMU researchers in food and drink, swept the boards at the inaugural Interface Excellence Awards 2012 for Knowledge Exchange. The team, which won in two out of three categories, received the awards from Enterprise Minister Fergus Ewing. AMT scooped 'Innovation of the Year' and together they were awarded 'Sustained Partnership of the Year.'

AMT is emerging as one of the world's most innovative users of microwave expertise in its application to the food and drink sector. The cutting-edge technology has led to a revolutionary new food processing method which could transform food manufacturing on a global basis. Trials involving commercial food businesses helped QMU and AMT researchers prove that the new technology, a very gentle process of pasteurisation, can extend the shelf life of food and drink without destroying nutrients and antioxidants and without altering taste.

Professor Isobel Davidson from QMU said: "Our congratulations go to the AMT team which had the initial idea, vision and fortitude to get their technology to this stage. We look forward to being involved in the future success of a high growth Scottish company which has the potential for global influence."

She concluded: "This award helps to promote the potential of commercial and university partnerships and confirms QMU's commitment to supporting SME's within Scotland's food and drink sector."

For more information on this partnership and these awards visit: <http://goo.gl/5bpBe>

## Community nurses mark Queen's Jubilee

**THE ORGANISATIONS RESPONSIBLE for establishing the first district nursing service in Scotland came together to mark the Queen's Jubilee. The September event, which involved community nurse practitioners from all over Scotland, also celebrated 150 years of public health nursing.**

The institutions involved in organising the celebratory event, QMU and Queen's Nursing Institute Scotland, have a shared history. Ishbel Rutherford, Nursing Lead at QMU, explained: "The University's founders were responsible for setting up the first district nursing service in Scotland. In about 1887, Christian Guthrie Wright, Louisa Stevenson and Princess Louise helped develop the Queen Victoria's Jubilee Institute for Nurses in Scotland. Almost an entirely voluntary body, the organisation established training and residential facilities in Edinburgh and Glasgow to prepare nurses to provide care to the sick poor in their own homes. Effectively this was the beginning of the district nursing service and it was a vital initiative in the period prior to the creation of the National Health Service."

The community nurses, who were also joined by current QMU nursing students, celebrated the history of and the contribution made by the community and public health nursing professions to Scotland's healthcare.

Ishbel Rutherford said: "Queen's Nursing Institute Scotland was established around the period of Queen Victoria's Jubilee, so it was an appropriate point to celebrate this

rich history. However, the event also gave us the opportunity to look ahead. With the current (CNO) review of nurse education about to be published, it was a critical time to look at the future provision and education of all community nurses in Scotland."

## Special delegation to India

**PROFESSOR PETRA WEND, Principal of QMU, travelled to Delhi, India in October for a Scottish national mission focusing on the area of innovation in higher education. The special event was organised by Scottish Development International in conjunction with the Indian Planning Commission (part of the Indian Government) and the Federation of Indian Chambers of Commerce and Industry (FICCI). Cabinet Secretary, Fiona Hyslop, led the Scottish delegation and Professor Wend spoke at the high level round table event.**

## A magical weekend of words and stories

**WITH HEADLINING AUTHORS like J.K. Rowling, Alexander McCall Smith (The Number 1 Ladies Detective Agency) and Michael Morpurgo (War Horse) the 2012 Lennoxlove Book Festival was always going to be a rip-roaring success. Thought to be the best Lennoxlove Festival yet, this year's line-up offered a host of stars including historian Neil Oliver, top food experts and business women Prue Leith and Lady Claire Macdonald, and master entertainer John Sessions.**

For the second year running QMU was delighted, not only to sponsor the event but also to have staff involved. The University held a special reception on the opening night for friends of QMU, and Trevor Laffin, Head of the Division of Business, Enterprise and Management, chaired the session with Lady Claire Macdonald, food writer and owner of Kinloch Lodge Hotel and Cookery School on Skye.

# Princess Royal's 75 years visit marks

## of Occupational Therapy education in Scotland



Professor Averil Stewart awards Rocco Angarola



Princess Royal watches student demonstrations in the Occupational Performance Room



Princess Royal talks with OT students

**QMU was delighted to receive an official visit from Her Royal Highness The Princess Royal on 18th January this year. The occasion marked 75 years of occupational therapy education in Scotland and celebrated the contribution made by occupational therapists to service users and clients, communities, organisations, and society.**

The Princess Royal has been Patron of the College of Occupational Therapists, the UK's professional body for occupational therapists, since 1987. The celebratory event was hosted by both the College of Occupational Therapists and QMU.

The visit provided The Princess Royal with the opportunity to meet the University's undergraduate and postgraduate occupational therapy students. Graduates and staff who had made a significant contribution to the profession and to the development of occupational therapy locally, nationally, and internationally, also took part. The Princess Royal also opened the Occupational Performance Room which is a simulated suite where students can practise the skills of active daily living. The Princess then met university researchers who showcased some of their innovative developments and demonstrated their impact on services.

Linda Renton, Professional Lead in Occupational Therapy at QMU, explained: "Occupational therapists have been educated in Edinburgh since 1937 and since then, Scotland has been at the forefront of the profession's education and practice."

"This was the third occasion The Princess Royal has visited QMU and we were delighted that she continues to take such an active interest in the development of the profession in Scotland, which has produced so many excellent occupational therapists over the past 75 years".

Julia Scott, Chief Executive of the College of Occupational Therapists, said: "QMU is an exemplary educator and an excellent training ground for a successful career in occupational therapy. They have spent many years training, nurturing and preparing students to excel in their new career, and become the future leaders of our profession. Their contribution to the occupational therapy workforce has been outstanding."

The event also saw Professor Emeritus Averil Stewart, the first professor of occupational therapy in the UK and former Head of Occupational Therapy at QMU, present the first inaugural Professor Stewart International Award to QMU OT graduate, Rocco Angarola.

The event brought together a range of Scottish educationalists; MSPs and local policy makers and influencers; university and college representatives; partners and supporters; and students, staff and graduates. The day was great fun for all concerned and the Royal visit was concluded with a celebratory reception involving 450 people. □





Students grab the opportunity for a snapshot with Susan Boyle

## Superstar Susan attends student voice class

International superstar and QMU honorary graduate Susan Boyle toured the university campus in November and took the opportunity to meet staff and students.

Susan, who is an enthusiastic supporter of the University, was keen to find out more about the University's work in the performing arts. She visited the costume design and construction studio, attended a voice class for Acting for Stage and Screen students and saw Drama and Performance students rehearse in the on-campus studio. □

## From the Olympics to the Commonwealth Games, it's all been happening at QMU

**It seems like the University has turned into a VIP drop-in over the last few months with some of the world's highest profile event organisers flying in from all over the world just to talk to QMU students.**

Event management students have been particularly spoiled for choice having had the opportunity to learn from an Olympic transport specialist, the producer of the Super Bowl, and the director of the company tasked with producing the opening and closing ceremonies of the Commonwealth Games 2014.

Thanks to Professor Joe Goldblatt, Director of QMU's International Centre for the Study of Planned Events, event management students have been lapping up stories of the London Olympics and the recent UK and US Super Bowl events, as well as hearing about plans and volunteering opportunities for the Glasgow Commonwealth Games 2014.

After hearing that he had worked 20 hours a day, every day for four weeks straight, students were surprised that Arnold Guanco, Olympic transport expert, could still stand up, never mind discuss the complexities of the London Olympics transport system. Arnold, who has worked at many Olympics but was most recently deputy bus system manager at the London Olympics, talked to students about the systems that were put in place to ensure the smooth running of this huge event. With many years of experience in global sporting events, Arnold was also able to highlight lessons learned in previous events which, if considered by Glasgow event managers, could help to ensure a successful Commonwealth Games in 2014.

Frank Supovitz, Senior Vice President of Events at the US National Football League (NFL), came directly from Wembley, London

where he has just produced the annual UK American Football event. He also discussed his involvement with many large scale events including the American Super Bowl, the Olympic Games opening ceremonies, the Goodwill Games and other major events across the globe.

David Zolkwer, the Executive Producer of the Glasgow 2014 Commonwealth Games opening and closing ceremonies, talked to students about the management of the event which will showcase Scotland to the world. In his first public presentation in Scotland since taking up his appointment, David discussed his involvement in various global events, including the Athens Olympic Games opening and closing ceremonies in 2004, the Commonwealth Games in Melbourne, the Beijing Olympics in 2008 and the development of the celebration sites in London's Hyde Park and Trafalgar Square which were created for the wedding of Prince William and Kate Middleton.

Professor Joe Goldblatt, said: "We have been privileged to have had such an incredible range of event specialists at the University. This has provided our students with an outstanding opportunity to learn from some of the most respected professionals in the industry. Aside from developing a greater understanding of the event management profession, the VIP talks help students gain career tips, develop their aspirations and think about what they might be able to achieve on a global basis. I like to encourage them to think big so they can realise their full potential." □

## Big drama at North Berwick



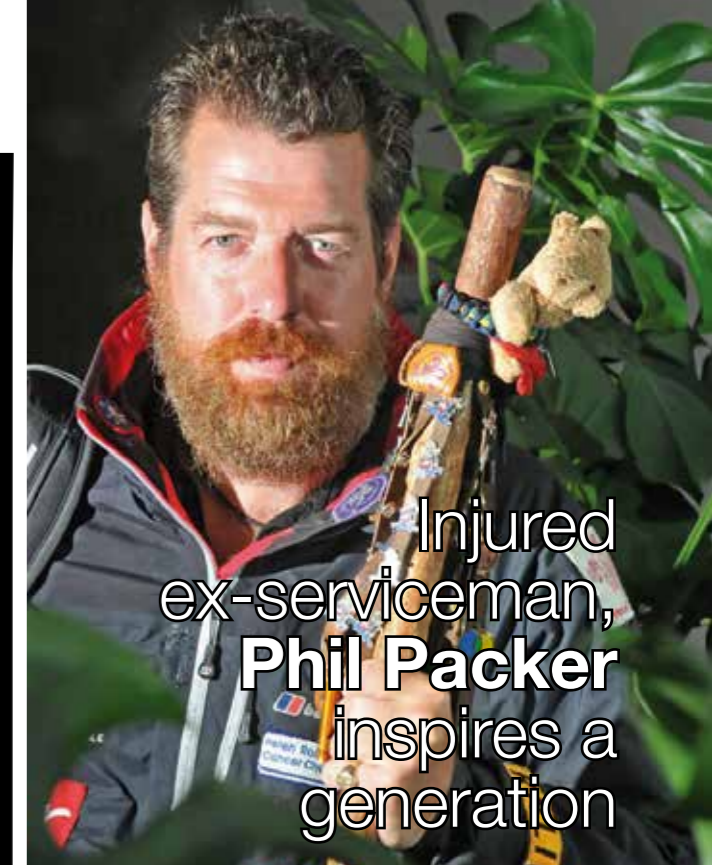
Pupils have fun with their new equipment

**North Berwick High School recently celebrated receiving a big donation of theatre sound and lighting equipment from QMU.**

David Fitzgerald, a QMU drama graduate, is the school's first ever dedicated drama teacher. However, although the school had a long tradition of musical theatre, they had a severe lack of drama equipment to support David's teaching and student productions.

Keen to support community projects and university graduates, David's former drama lecturer, Scottie Anderson, came to the rescue. With QMU having upgraded much of its lighting and sound system equipment, Scottie was able to organise a substantial donation of equipment which had become surplus to requirements.

Scottie Anderson said: "As David is a former QMU drama graduate and a fellow thespian, we are delighted to be able to support him in his new position and pleased that his appointment means that more school children are able to access drama training in East Lothian." □



## Injured ex-serviceman, Phil Packer inspires a generation

**Many of you may be familiar with Phil Packer MBE, the inspirational injured ex-serviceman who has regularly appeared on TV over the last year. Staff and students were surprised and delighted when Phil asked to visit the University to talk to young people about the challenges he faces following his spinal cord injury and his passion for his charity, The British Inspiration Trust (BRIT).**

Phil kicked off the day at QMU by raising awareness of his work with young people. A target of £15 million is needed to build the 'BRIT Centre for Inspiration' for youngsters facing adversity. Phil was then joined by students, staff and school children on a six mile walk around the campus grounds. With a serious spinal cord injury, for Phil, walking eight to ten miles is the equivalent of running a marathon.

By the time he finished his 2012 mile challenge in December last year, Phil had walked the equivalent of approximately 310 marathons in 330 days across the length and breadth of the UK.

Eve Davidson, Head Girl at St David's High School in Dalkeith, brought a group of pupils to hear Phil's talk. She said: "We felt really privileged to meet Phil, to hear about his experiences and see how, every day, he pushes himself to overcome his limitations. He's a great role model for young people and it was inspiring to see that someone, who clearly faces a lot of physical challenges, is dedicating their time to helping others." □



# Supporting Students Through Internships

THIRD  
SECTOR  
INTERNSHIPS  
SCOTLAND

## Internship programme helps students make a difference to Scotland's third sector

**WITH ALL THE** recent controversy surrounding unpaid interns in sectors such as politics, media and the arts, it's reassuring to know that an innovative collaboration between Scotland's universities and third sector organisations is leading the way in offering fully supported, high quality paid student internships.

In the last year the Third Sector Internships Scotland programme has helped over 150 university students provide invaluable support to Scotland's charitable and voluntary organisations. The project has not only provided outstanding work opportunities for students, it has helped bring fresh thinking and new skills to Scotland's third sector.

Over 130 community groups, charities, social enterprises and voluntary organisations across Scotland have benefited from this novel scheme. The programme, which is funded by the Scottish Funding Council and open to students at all Scottish universities, has allowed students to develop their skills and employability whilst making a meaningful contribution to a third sector organisation. Students have taken up posts across Scotland from Islay to Inverkeithing and from Dumfries to Dingwall.

Such is demand from employers and students that a recently published report stated that the project has exceeded its targets for internships posts. So far, 3600 students have applied for 150 advertised posts and a further 100 posts are likely to be made available over the next year.

The unique project, led by QMU, The Open University in Scotland and the Scottish Council for Voluntary Organisations, has received high acclaim from charities and communities groups. The project is a winning situation for all concerned, with students enhancing their employability skills and gaining valuable experience, third sector organisations seeing projects completed to exceptionally high standards, and communities across Scotland reaping the benefits of these fresh ideas and new talent.

Third Sector Internships Scotland Co-Director Fiona Boyle from QMU said: "The response has been incredible. Students are taking the initiative to get first class, hands-on work experience which can help boost their employability and kick-start their career. The third sector organisations are reaping the benefit – a new skills set, a fresh approach and a different pair of eyes can be just what these organisations need to help them improve service delivery to their communities."

She continued: "It's been very rewarding to know that employers really value the interns work and can see considerable benefits to their organisations. At the same time, the students are reporting that they really value the opportunity to gain relevant experience. Being given real responsibility and opportunities to develop and apply their skills can be a major confidence boost."

For some students it is the first time that they will have worked in a professional environment. Students are exposed to a wide variety of work experiences beginning with a rigorous recruitment process. Importantly, they have the chance to start a project and see it through to completion.

The recent report 'Making Internships Work for Scotland's Students and Third Sector Organisations' highlights how the partnership model adopted by the project is delivering real benefits.

TSIS Co-Director Margaret Wallace, from Scottish Council for Voluntary Organisations, explained: "The success of this project couldn't have come at a better time. With significant cuts to voluntary sector organisations, the internships project gives a much needed boost to this important sector of society. In turn, the voluntary sector is able

to fill an urgent need by offering vital skills development opportunities to a new generation of students.

"This is partnership working at its best. By delivering a robust internship programme supported by universities and voluntary organisations, we are witnessing successful knowledge exchange, outstanding opportunities for both students and sector organisations and a positive impact on communities. It's a winning combination."

In the light of recent discussions about the increased use of unpaid interns across a range of sectors, TSIS Co-Director Martha Caddell from The Open University in Scotland is keen to point out that students on the Third Sector Internships Scotland programme are paid a Living Wage. "It is only fair that students are rewarded for their valuable contribution with pay which reflects the work done. This helps to relieve financial stress and reflects the intention of the internship programme to provide high quality internships that have open and fair recruitment processes."

Following its initial success, the challenge is now to achieve the sustainability of the project. Martha Caddell continued: "The first internship for an organisation is fully funded and supported, so there has been a lot of interest from employers. Organisations keen to take on further interns are asked to provide a proportion of the intern's salary costs. The value to the organisations, and the communities they work with, can be significant. An intern's work can lead to the implementation of new projects, fundraising or research and development work which will really help the organisation move forward with its work."

One organisation which has already benefited from the project is the Befriending Network. They note that: "This initiative is a really exciting development for the voluntary sector as well as for the interns. In the long term it can only lead to a better understanding of the role of the third sector as these students move into the wider world of employment. It can also help to re-direct their career aspirations by opening their eyes to new possibilities."

QMU's Fiona Boyle concluded: "The strength of the TSIS project goes beyond improving employability. Often the impact of specific pieces of work carried out by students results in lasting positive change - it empowers them to leave a legacy. It also encourages the students, and therefore a new generation, to develop a commitment to the third sector which has a positive effect on individuals, the community and society as a whole." □

## Life-changing Saltire Scholarships open up a new world of opportunities

**OVER THE SUMMER** two QMU students took part in life-changing scholarship programmes which provided them with the opportunity to work abroad with some of the world's most influential business leaders. The two students, who successfully secured internships with the 2012 Saltire Scholarship programme, benefited from outstanding work experience opportunities in the USA and the United Arab Emirates.

Rebecca Irving, a Psychology and Sociology student, and Shereen Fazeli, an Events Management student, were the first QMU students to gain Saltire Scholarships. These high-calibre placements challenge Scotland's top students to develop their own skills while working on projects of real significance to their host companies. Not only does the Saltire Foundation organise and fully fund the programmes, they assist students in accessing, networking and learning from some of the world's top business people.

Rebecca undertook a development focused internship with Gallus BioPharmaceuticals in St Louis, USA, while Shereen specialised in events management with Grand Hyatt in Dubai. Both students not only experienced working life abroad, they were encouraged to immerse themselves in the culture of the country.

While not engaged in work, Rebecca experienced the 4th of July celebrations, the Fair St. Louis party, her first baseball game, a torch-lit trip through a museum and volunteering at the city's stray dog centre. At the office, she conducted focus groups, took part in interviews with senior staff, carried out projects and made recommendations to the Board of Directors. She wrote in her blog: "The Saltire Scholarships really is the best experience I have ever had! All of what I have learned over the past three years at university is being put into practice, in both my everyday world and the business world, so I am leaning more than I ever thought I would. This trip is a psychologist's and sociologist's dream!"

Having been initially daunted by the challenge of working at Gallus, she said: "The feedback I have received has been flattering and builds my confidence every day, to the point where I know now that I can do this, and not only here in the USA, but next year when I have graduated. My success is all up to me."

With access to all management meetings, Shereen Fazeli greatly benefited from seeing how the Grand Hyatt creates an event from start to finish by gaining an insight into each detailed step of the event management process. During her internship she was involved in a graduation ceremony as well as traditional celebratory events for Ramadan. Outside work Shereen sampled some of the delights of the Middle East when she had high tea at the seven star


**“The Saltire Scholarships really is the best experience I have ever had! All of what I have learned over the past three years at university is being put into practice”**

Burj Al Arab hotel and visited the Sheik Zayed Grand Mosque in Abu Dhabi.

Professor Petra Wend, QMU's Principal, said: "Saltire Scholarships provide students with global business experience. It is rewarding to see students creating their own goals, rising to the challenges set by these high profile businesses, gaining exposure to high level decision making and being able to offer their own solutions to business issues. There is no doubt that the skills, knowledge and life experience gained during these scholarships gives students a competitive advantage when entering the jobs market."

Professor Wend continued: "QMU is committed to enhancing the student experience. We have now become a Saltire Foundation University Partner which should open up more world-class placement and networking opportunities for future QMU students." □

If you would like more information on how you can support student scholarships or travel opportunities for students at QMU, please visit [W: qmu.ac.uk/donate](http://w.qmu.ac.uk/donate) or contact Raquel Carbo on **T: 0131 474 0000**.



## Portobello honey could be the answer in fight against bacteria

**New research has shown that honey produced in Portobello, Edinburgh is as effective in the fight against bacteria as the world famous Manuka honey from New Zealand.**

**QMU researchers found that if used in high concentrations, Portobello honey is equally as effective as Manuka honey at killing some common strains of bacteria which cause wound infections.**

The pilot research study investigated the effects of both honeys on *Staphylococcus aureus*, *Pseudomonas aeruginosa* and *E coli*, all of which are known to infect wounds. These bacteria present great challenges in hospitals where patients with wounds are often more susceptible to infections.

Dr Lorna Fyfe, Senior Lecturer in Microbiology and Immunology, led the study. She explained: "Fighting harmful bacteria has become a global challenge. Bacteria are constantly evolving to become resistant to antibiotics and the race is on to develop alternative antimicrobial agents which can fight a range of different infections."

**“Further work aims to identify how effective Portobello honey could be in dealing with antibiotic resistant bacteria such as MRSA”**

"The trouble with some antibiotics is that they contain one active ingredient to which some bacteria can become resistant. Bacteria can mutate and therefore survive by overriding the effectiveness of the antibiotic. The great thing about honey is that it contains many different ingredients which could be antimicrobial. This means it could offer more ways of successfully fighting bacteria."

In simple terms, the honey could be viewed as an army which has lots of different strategies for killing the enemy. In contrast, an antibiotic may have only one strategy, and if unsuccessful, the bacteria goes on to live another day.

The honey used in the study came from beehives kept in Portobello Community Orchard which is maintained by PEDAL, a small community organisation. The QMU study showed that Portobello honey has specific qualities - it was acidic, contained hydrogen peroxide and plant polyphenols, and showed antioxidant activity - all of which are important in the killing of bacteria.

Dr Fyfe continued: "Many varieties of honey exist because honey bees pollinate plants grown in specific geographical areas. This is why honey grown in different parts of the world is unique in taste, appearance and texture. For example, Manuka honey is produced by honey bees which pollinate the Manuka plant. This results in Manuka honey,

not only having a unique appearance and taste, but also having specific properties which are determined by the area in which it was produced. Honey contains polyphenols which are important at killing bacteria and Manuka honey is known throughout the world to possess unique antibacterial properties. The QMU research found that although Manuka honey had 10 times more polyphenols than Portobello honey, surprisingly, both honeys were equally as effective at killing the three specified bacteria in the study.

This suggests that there could be some highly active polyphenols which are unique in Portobello honey.

Dr Fyfe concluded: "The fact that it kills all three different organisms indicates that Portobello honey could have a universal antibacterial activity."

The QMU research team wishes to further develop this study to establish if Portobello honey has a unique polyphenol content. Further work also aims to identify how effective Portobello honey could be in dealing with antibiotic resistant bacteria such as the superbug MRSA.

Dr Fiona Coutts, Dean of Health Sciences, said: "This research work has highlighted an area of untapped potential for Scotland. There are many aspects of this work which offer potential benefits for the future."

If Portobello honey continues to show positive results it could offer an excellent economic alternative to importing expensive honey from the other side of the world. By harnessing the potential of a product that would be produced locally, it could have a positive outcome for the development of a new local supply chain. More importantly, it can destroy specific bacteria associated with wound infections and therefore has the capacity to improve patient recovery and impact on health service spending on wound infection control.

"This pilot study, which has recently been published in 'Phytotherapy Research', clearly demonstrates the relevance of QMU's research work in the area of health and rehabilitation and emphasises our commitment to improving quality of life."

The research team is now seeking funding to investigate whether Portobello honey and other Scottish honeys have the ability to inhibit bacteria which are resistant to antibiotics, for example MRSA. In addition, they are interested to establish if local Scottish honey could be used to treat some hospital acquired infections." □

# Research helps children with Down's syndrome improve speech

**S**peech and Language researchers are taking their expertise out to schools to help children with Down's syndrome improve their communication skills.

The project involves the use of pioneering visual feedback technology to help children with Down's syndrome, between the ages of six and ten years of age, with their speech communication skills. The research project will train school learning assistants to assist children with their speech improvement whilst still attending their own school.

The project builds on pioneering speech and language therapy technology developed by researchers at QMU.

Down's syndrome is the most common genetic cause of mild to moderate learning difficulties, affecting 1 in every 1000 children born. Children with Down's syndrome tend to have poor speech skills. Their difficulties with speech production can reduce their speech intelligibility which can lead to them being disadvantaged in a number of areas of life.

Dr Sara Wood, QMU's Speech and Language therapist, explained: "If people are struggling to communicate effectively, this can affect their educational progress. Difficulties with communicating successfully will affect the formation of friendships and integration into the wider community. These speech difficulties often persist into adulthood, which may then limit life opportunities."

She continued: "Conventional speech and language therapy relies on auditory feedback which the person with Down's syndrome cannot always use to change their speech".

The QMU research team has therefore been exploring how its cutting-edge speech technology, combined with speech therapy,

could be used more effectively to help children with Down's syndrome.

The University's earlier research identified that children with Down's syndrome responded extremely well to visual feedback. Therapists had recorded significant improvements in children's speech when they used Electropalatography (EPG for short). This new research project sees the rolling out of this EPG therapy which will now be used in some Lothian schools.

Professor Jim Scobbie, Director of the Clinical Audiology, Speech and Language Research Centre at QMU, explained: "Finding out exactly what the tongue is doing inside the mouth has traditionally

been very difficult. However, QMU has developed a range of technologies to view and record tongue movements."

EPG is a technique which is not yet routinely available in NHS clinics. EPG records where and when the tongue makes contact with the roof of the mouth during speech. It can be a particularly useful means of helping some children with speech difficulties to improve their speech because it provides visual feedback to the

child, which is not ordinarily available, and does not rely purely on what the child hears. The technique is proving particularly helpful to children with Down's syndrome, as they are known to respond well to visual stimuli.

Professor Scobbie said: "It is estimated that up to eighty percent of children with Down's syndrome have hearing

impairment which means that they find it more difficult to correct their speech by just repeating what they hear. EPG allows the child to use visual feedback, showing in real time where their tongue is touching their palate inside their mouths, and they can learn where to place their tongue to create the pattern appropriate for a specific sound."

Earlier speech projects

specifically for children with Down's syndrome required them to travel to QMU to access EPG. However, travel issues and time spent out of school prevented some children from participating in the earlier research programme.

Dr Wood explained: "This project will give 20 children with Down's syndrome easier access to EPG technology by taking it out of the laboratory and into Lothian schools. QMU will train school learning assistants to

deliver the specific therapy which we hope will significantly improve the children's speech production."

Dr Wood continued: "Children with Down's syndrome have problems with memory and learning requires frequent repetition to be effective. Children participating on the project will undergo detailed speech analysis with EPG. They will benefit from short bursts of therapy, maybe just 10 – 15 minutes at a time, but this will take place every day over a 12/week period. This means that the children will receive more intensive intervention than ever before. It will not only be tailored to their particular learning ability,

## How EPG works

EPG requires that an artificial palate be custom made for the child. The child wears the dental palate which contains 62 electrodes that detect the child's tongue movement on the roof of the mouth when they speak. These can be analysed and compared to typical speech patterns to help the therapist identify more accurately errors in the child's speech. During a session, the therapist also wears a palate that models the correct patterns to the child. The child can clearly see the images which the tongue makes on the computer screen. The child tries to copy the therapist's tongue movements by trying to recreate the same pattern which shows on the computer screen. The child can then view their own tongue pattern and compare this to the pattern made by the therapist. This visual stimulus can be incredibly effective in helping the child achieve more normal sounding speech.

Photo: EPG taking place at Prospect Bank school in Edinburgh. QMU's Speech and Language Therapist Zoe Grayson (left), helps learning assistant Joyce (right) carry out EPG therapy with Niamh.

but it will be integrated as part of their overall school learning package."

QMU Speech and Language therapists will then follow up this therapy by visiting the schools twice a month to monitor the learning assistants' teaching input and measuring each child's progress.

Dr Wood said: "By taking the technology into schools and equipping learning assistants to use EPG, we are aiming to provide real solutions for children with Down's syndrome. By targeting younger children than in our earlier study, we are hoping to correct speech problems before they become entrenched. Ultimately, we hope this work will help pave the way to a much brighter future for people with Down's syndrome."

For further project information visit: <http://goo.gl/o6qdQ>

## Filmmaker's work is a global festival hit

**Q**MU MEDIA LECTURER and filmmaker, Walid Salhab enjoyed a string of successes over the summer and autumn with his award winning film 'Bra-et Al Rouh' (Innocence of the Spirit). The low budget short film made a huge impact on the international festival circuit. It was officially selected at festivals in California, Cannes, New York, Cape Cod, Teheran and Vegas and has, to date, scooped six awards.

Dr Richard Butt, Dean of Arts, Social Sciences and Management at QMU, said: "We are delighted that Walid's work is being recognised in this way. This is also excellent news for our film and media students who will benefit from Walid's achievements – in terms of his recently acquired knowledge of the international film festival circuit and the professional contacts that he is making at these events. All of this experience is being fed directly into Walid's teaching practice." □

## Walid's success continues with 'Kinetic Edinburgh'

**T**HE 'KINETIC EDINBURGH' films – two stunning time lapse videos of the Scottish capital – have not only become global internet hits, but have continued to strengthen QMU's international reputation for Film and Media.

Whilst having a break from international film festival submissions, Walid found time to produce two short time lapse/stop motion films which show various Edinburgh landmarks to stunning effect, including QMU. The films, which were painstakingly filmed over a period of months, were used as research exercises allowing Walid to trial new visual filmmaking techniques.

Attracting the attention of locals and Scottish expats, 'Kinetic Edinburgh I' has now achieved over 473,000 views on YouTube and 17,200 on Vimeo, but the visual impact of Scotland's capital in winter has seen 'Kinetic Edinburgh II' hits rise to over three million on YouTube.

Agencies are seeing the promotional value of the films, and organisations including Visit Scotland and Marketing Edinburgh (the company behind the Inspiring Capital brand) have been keen to use the striking videos to promote Edinburgh to global audiences. It has also brought Walid's work to the attention of other filmmakers, Scottish agencies and a new international audience.

You can view 'Kinetic Edinburgh I' at [www.youtube.com/watch?v=yprLH0eottc](http://www.youtube.com/watch?v=yprLH0eottc) and 'Kinetic Edinburgh II' at [www.youtube.com/watch?v=Jh3kclDG434](http://www.youtube.com/watch?v=Jh3kclDG434) □

## World renowned Public Relations academic joins QMU

**Q**MU WAS DELIGHTED to welcome Professor Jacquie L'Etang as a member of the University's Division of Media, Communications and Performing Arts this autumn.

Formerly Director of the MSc in Strategic Public Relations and Communications Management at Stirling University, Professor L'Etang, an internationally renowned PR academic, took up the position of Chair of Public Relations and Applied Communications at QMU in November.

With more than 20 years' experience in public relations education Professor L'Etang has forged critical scholarship in the field. At QMU she plans to tackle a wide range of conceptual and applied

communication issues and problems employing cross-disciplinary insights.

She said: "Communications is central to public issues, public policy formation, major global shifts, organisational change and development, and I hope to facilitate collaboration and creative partnerships with a range of internal and external partners and stakeholders that can make interventions that benefit and change lives in line with QMU's societal commitments."

She added: "I am delighted to work with a range of colleagues in media, communications and creative practice and am familiar with the innovative work being done by the Division's Centre for Dialogue run by Magda Pieczka and Emma Wood – this is such

an exciting time to be joining QMU." Professor Alan Gilloran, QMU's Deputy Principal, said: "Professor L'Etang is one of the best known academics in PR, having been instrumental in getting critical perspectives to public relations recognised as an integral part of the academic field. Her teaching and research work will contribute significantly to the student experience and her appointment will enrich our already strong group of academic staff within media, culture and communication."

Jacquie L'Etang's current research interests include health advocacy and activism, sports communications and events, public relations history and professionalism, public and cultural diplomacy. □

## IN A NUTSHELL – Another Fringe First for Kate

**K**ate Nelson, QMU's Drama and Performance Lecturer, and her theatre company Nutshell, were awarded a Fringe First for the show 'Thread'. The production premiered at the 2012 Fringe. The previous year,

Kate, who is Founder and Director of the award-winning Edinburgh theatre company, Nutshell, also won a Scotsman Fringe First award for her play 'Allotment' which was staged outdoors on her very own allotment in

Inverleith, Edinburgh.

Her most recent play 'Thread' is the second production in Nutshell's 'Still Points in a Turning World' trilogy which toured Fife during the autumn. □



A view from Kinetic Edinburgh



# Scottish Government backs ground-breaking Hospitality and Tourism Academy in Scotland

**A**utumn 2012 saw the official launch of the East Lothian Hospitality and Tourism Academy, followed by an official reception at the Scottish Parliament. MSP Kenny MacAskill hosted the reception and provided an introduction to the event, while an official address was given by Fergus Ewing, the Minister for Energy, Enterprise and Tourism.

The launch of the East Lothian Hospitality and Tourism Academy comes in response to the Scottish Government's agenda of kick-starting employment opportunities for young people and streamlining the transition between school, college, university and work. The Academy also aims to raise standards across the hospitality and tourism industries by providing young people with the appropriate skills and attitudes to meet employers' needs.

The East Lothian Hospitality and Tourism Academy is an innovative partnership between QMU, Edinburgh College (formerly Jewel & Esk College) and East Lothian Council. Importantly, the initiative is supported by an impressive range of business partner institutions which understand the benefits of training and investing in Scotland's young people.

Some of the world's biggest hotel brands are on board as partners including Marriott Hotels, Novotel, Macdonald Hotels and Resorts, Jurys Inn, Mercure and Best Western Edinburgh Capital Hotel. Premier hotels/accommodation groups such as Prestonfield House, Archerfield, Caledonian Waldorf Astoria and Fraser Suites are also supporting the Academy by providing work placements for students.

Thirty eight schoolchildren from the three partner East Lothian

secondary schools were successful in gaining entry to the first year of the Academy. All of the pupils and their parents were present at the Parliamentary reception and one of the highlights of the evening was when two of the young people formally addressed the audience of 150 guests, explaining why they had joined the Academy and what they hoped to gain from the experience.

Since September 2012, the 38 Academy students have been attending classes at both QMU and Edinburgh College. Various placement opportunities will be available to the students over the two-year programme. Some of the young people got their first taste of event management when Academy partner, Fraser Suites, involved them in the Institute of Hospitality conference. Five Academy students welcomed the guests, registered them for the conference, served hot drinks and canapés and cleared up after the event.

Ron McGilp, the Academy's Coordinator, said: "This was an excellent opportunity for the students to get first-hand experience of working at a high profile conference involving members of the hospitality and tourism industry's professional body. It also allowed them to develop the skills they are learning at the Academy and apply them to a live event."

Zsolt Jakri, Assistant General Manager at Fraser Suites Edinburgh, is a keen supporter of the Academy. He said: "I was surprised, that at such an early stage in their development, the students were able to work to such a high standard. Seeing them in action has reinforced my commitment to supporting the Academy and its philosophy of promoting service excellence."

Professor Alan Gilloran, QMU's Vice Principal, said: "The Academy has been specifically designed to support Scotland's £11bn tourism industry and the development of our young people. The Academy model hits all the marks – in terms of preparing young people for real jobs; providing a more seamless transition between school, college, university and work; developing industry knowledge and improving skills development and employability. It also promotes service excellence which can only result in a positive contribution to the industry in Scotland. Clearly, the Academy is an example of a winning formula which could be successfully applied to many other areas. We look forward to being at the centre of future programme development which can impact positively on young people and the wider community."

The project could revolutionise how young people access education, training and employment. It is hoped it will raise pupils' aspirations, enhance employability and support Scotland's economic development in key areas of growth. □

## STOP PRESS: £4.6 million funding expands Hospitality Academy model

The Scottish Funding Council has just awarded the Academy partnership £4.6 million to roll out the collaborative model to more secondary schools across East Lothian, Edinburgh, Midlothian and the Scottish Borders. The award will fund the development of new academies in healthcare, food science and the creative industries. Up to 1200 young people will enter into specialist academy training in their chosen field of employment whilst they are still at school.

The project could revolutionise how young people access education, training and employment. It is hoped it will raise pupils' aspirations, enhance employability and support Scotland's economic development in key areas of growth. □



Students gather at the Parliamentary Reception

## New Apex partnership creates centre for hospitality excellence

**A** dynamic new collaboration between Apex Hotels and QMU is set to ensure that new graduates can 'hit the ground running' when they enter the hospitality industry.

The successful hotel group has joined forces with QMU to establish a 'live centre for hospitality excellence'. The initiative is providing QMU's BA (Hons) International Hospitality and Tourism Management students with an enhanced level of practical experience.

Through this collaboration, since October 2012, 32 students have been undertaking practical units at Apex Hotels European Hotel at Haymarket, Edinburgh within the areas of front of house, food and beverage and housekeeping. The 'real life' hotel experience is designed to complement their degree course and further develop their knowledge in preparation for their industry career. Following successful completion of the units, students will have part-time employment opportunities with Apex Hotels and will be required to achieve the same high standards of customer service delivered by current Apex employees. In addition, students will gain knowledge of Apex support functions such as sales, marketing, revenue, finance and human resource management.

Norman Springford, Apex Hotels Chairman, commented: "We are entering into a new and exciting long term partnership with QMU that will provide a unique opportunity for the next generation of hospitality students to develop their professional and practical hospitality skills during their degree course. By offering this additional 'real life' experience to students, it is our wish that they emerge from their degree course with not only a professional qualification but with valuable hotel experience. We believe that this combination will increase the number of capable graduates ready to become the future leaders of the hospitality industry."

Trevor Laffin, Head of Division of Business, Enterprise and Management at QMU, stated: "This collaboration demonstrates a ground-breaking relationship in Scotland which will benefit our students from the very outset of their studies through to graduation and beyond. This will be a unique learning experience, allowing them to combine the theoretical and managerial aspects of their programme whilst gaining experience in high quality hotel environment." □

## Scottish partnership launches rural Indian tourism co-operative on world stage

**I**n November, QMU and tourism specialists, Dunira Strategy together launched a unique Indian tourism co-operative at the world's highest profile travel and tourism event.

The Scottish partnership and YES Bank (India) showcased 'Edge of India' at the World Travel Market held in London. The promotional platform provided outstanding global exposure for 'Edge of India', a co-operative tourism network of rural Indian villages which aims to help lift communities out of poverty, and put lesser known destinations on the global tourist map.

Working with communities, 'Edge of India' uses local resources to help people develop their own areas as tourism destinations. These unique locations offer visitors a taste of life in some of the most underdeveloped but stunningly beautiful parts of India. The project team, which is supported by YES bank and funded by the Scottish Government, has developed four co-operative tourism societies in Uttarakhand and West Bengal. At the London-based exhibition, the brand 'Edge of India' was used for the first time to promote the project's first 'homestay' visits.

Andrew Frew, Professor of ICT and Tourism at QMU, said: "This is a poverty alleviation project which builds infrastructure and helps people improve their lives.



This co-operative model has the potential to safeguard and support rural communities. It will offer the more adventurous traveller markets an authentic cultural experience in underdeveloped locations which very few people outside India will even be aware of. The unique offering will be basic but will provide access to real people in genuine surroundings in real communities. Travellers will see life as it really is, and will also experience India's stunning landscape and traditions. It has many advantages over more traditional tour packages as it is designed to make a real contribution to local economies and have an immediate positive impact on the local people and the community."

In just over two years the project team has been able to officially register four co-operative tourism networks consisting of rural villages, with more planned in the coming six months. The University is actively seeking further funding from Scotland and beyond to roll out more co-operative projects. Having now produced a robust model, a sustainable network structure, developed training materials, and constructed a brand and portal, the team is well placed to replicate the process and extend involvement. [W:goo.gl/vpdKx](http://W:goo.gl/vpdKx) or [www.edgeofindia.com](http://www.edgeofindia.com) □

# Research confirms East Lothian rapeseed oil is rich in antioxidants



**Tests carried out by a team of researchers have shown that high quality rapeseed oil produced in East Lothian contains naturally occurring antioxidants which are not diminished by domestic cooking.**

The team from QMU carried out the research into Black & Gold cold-pressed rapeseed oil which is produced on a farm at Stevenson Mains, East Lothian.

Rapeseed oil is generally believed to be a good source of Omega 3. The original brief was to establish the hard facts about the Omega 3 nutritional content of the oil and its health benefits.

Louise and Hugh Elder started Black & Gold at their family farm in 2010. Having read lots of information about the nutritional value of rapeseed oil, Louise believed her newly-developed product was a rich source of Omega 3, and therefore assumed it offered significant health benefits in terms of reducing chronic disorders such as cardiovascular disease, stroke and potentially cancer.

Louise explained: "We were at a development stage of the business and wanted to expand the brand beyond farm shops, delis and butchers, by developing channels into clinical practitioners, health stores, health centres and online sales.

"I therefore needed to be absolutely clear about the properties of Black & Gold so that I could be accurate and honest about any nutritional claims I made on the labelling and in the marketing material. Engaging with the University completely changed my original beliefs and understanding of the nutritional content of rapeseed oil."

Dr Jane McKenzie, Senior Lecturer in Biochemistry and Metabolism at QMU, explained: "Due to the way some of our foods are processed, most people in the

UK already have a high intake of Omega 3 fatty acids, yet the risks of heart attack and stroke are still among the highest in Europe. It's not the total amount of Omega 3 that matters. What's important is the balance between the amount of Omega 3 and Omega 6 fatty acids, and also the content of some specific Omega 3 fatty acids. The long chain fatty acids EPA and DHA have particular benefits in preventing chronic disorders, and can only be obtained from oily fish and a few other marine sources. Unfortunately, they are not found in any oils used for cooking or food processing."

This finding was a surprise to Louise Elder. She said: "Dr McKenzie explained that consumer confusion arises because the widespread marketing term 'omega-3 fatty acids' doesn't differentiate between long chain Omega 3 found in fish, and Omega 3 found in plants such as rapeseed. It was very exciting to learn from Jane and her team the full spectrum of the nutritional properties of the oil."

Dr McKenzie continued: "We knew that the company only subjected the crop to a minimal amount of processing, so there was an assumption that Black & Gold might contain high levels of naturally-occurring antioxidants which may normally be removed by excessive processing, but this had to be proved. Many antioxidants have the ability to protect the body against damage, and may act alongside some of the Omega 3 fatty acids in reducing the overall risk of cardiovascular disease and stroke."

“The QMU research has allowed Louise Elder to provide evidence-based marketing information which accurately reflects the benefits of her product.”

Essentially, the research work aimed to establish the fatty acid profile as well as the antioxidant content of the oil. The team also wanted to ensure that the nutritional benefits of the oil were not destroyed by normal cooking and heating.

Dr McKenzie said: "Our analysis showed that Black & Gold rapeseed oil does indeed contain naturally occurring antioxidants in the form of polyphenols and that these are still active after domestic cooking such as shallow frying. Polyphenols actively work in the body to prevent certain disease mechanisms occurring. Polyphenols are antioxidants from plant foods that have been proven to enhance health and it's generally recognised that they can reduce the risk factors of cardiovascular disease and can help protect the body from chronic disease."

The research was also able to confirm that the overall balance between Omega 3 and Omega 6 fatty acids conforms to the World Health Organisation's international guidelines. This means that Black & Gold may be superior to oils commonly used for cooking, such as sunflower and extra virgin olive oil, due to its favourable Omega 3 to Omega 6 ratio and antioxidant content.

The QMU research has allowed Louise Elder to provide evidence based marketing information which accurately reflects the benefits of her product.

Dr McKenzie confirmed: "The company can now say with total confidence that Black & Gold rapeseed oil is an ideal healthy choice of oil which is versatile – meaning it can be used successfully as a drizzle oil or for shallow or occasional deep fat frying."

Black & Gold is considered to be a premium oil and is used by many top chefs around the country. Due to its superb flavour and rich golden colour, it is championed in Edinburgh by Stuart Muir, Executive Head Chef of Harvey Nichols Forth Floor Restaurant.

Louise said: "To run a sustainable small business we must have integrity. This research is now allowing us to accurately communicate the benefits of our product, provide advice about how the oil should be used to maintain its nutritional properties and to state what differentiates Black & Gold from other oils. This is all essential information for our suppliers, customers and the culinary experts who actively promote its use."

"The research has also helped with our business expansion. Armed with the facts, we can confidently provide accurate product information when approaching new investors."

Louise concluded: "Acquiring the true nutritional knowledge about Black & Gold would have been impossible without the expertise of the QMU team. I would urge any food producer who needs assistance in developing their business to make use of academic expertise and business support offered by QMU. As a country, Scottish businesses need to be more proactive in harnessing the wealth of expertise that is available within Scottish universities."

The Black & Gold research project was supported by a £5,000 Innovation Voucher provided by Interface, the knowledge exchange agency which matches businesses with university experts. □

**If your business could benefit from research support or business advice contact Miriam Smith, Business Development Executive at QMU on T: 0131 474 0000 or E: msmith3@qmu.ac.uk**

# Business Innovation Zone gives boost to entrepreneurs



QMU's new Business Innovation Zone is helping to make a contribution to the local economy by supporting new business start-ups and encouraging students and graduates to develop as entrepreneurs.

**A MAJOR PART OF** the new facility is the Business Gateway office, run by East Lothian Council, but housed within the University. This is the first time in Scotland that a Business Gateway has been incorporated into a university campus.

Scottish entrepreneur and QMU's Chancellor, Sir Tom Farmer, officially opened the Business Gateway in the autumn.

Cllr. John McMillan, East Lothian Council's Cabinet Member for Economic Development, who spoke at the launch, said: "The new Business Gateway at QMU continues the work of an existing and valued service which provides practical information and help for businesses both new and established. This advice is wide ranging. It can include helping individuals find their way through tax and regulation, and advice on how best to access public sector services needed to help establish or grow their business.

The Council is funding the establishment of the Business Gateway at QMU which we believe strongly supports and complements the aims of the Business Innovation Zone."

Professor Petra Wend, QMU Principal, said: "The UK needs to create a stronger culture of enterprise. In the current climate, it's no longer realistic for all graduates to think they can walk straight into well-paid graduate positions – many of these jobs are just not there at the moment – so graduates need to be inventive and have the ability to create their own careers. The creation of the Zone and the embedding of entrepreneurship into our courses is encouraging students to view business and entrepreneurship as a viable graduate career option."

The launch of the new Business Innovation Zone signals the University's increasing push to step up its engagement with

If you're interested in knowing more about the Business Innovation Zone contact Miriam Smith,  
E: MSmith3@qmu.ac.uk  
T: 0131 474 0000.

small and medium-sized enterprises (SMEs). Aside from the Business Gateway, the Zone incorporates new business incubation space, offering space and facilities to small business start-ups and QMU graduates who are setting up their own businesses.

QMU graduates Michael Grant and Agata Jagodzinska are developing their fledgling video production business, Raw Film Productions. Michael said: "I was surprised at just how helpful and useful Business Gateway has been. I went in with a small query about web optimisation training. By the time I'd left, the adviser had not only set me up with training, but has provided me with a whole range of other ideas to help further develop our business. He also provided excellent business leads which I am now following up."

Roots Soda, a newly developing natural drinks business, is based in QMU's new incubation space. Mark Pool, Roots Soda Director, said: "It's important that new enterprises get as much help and support in the early days as possible. We wanted to start a business for some time but the prospect can be daunting. You know that you can't do it all yourself and since the start everyone at QMU has been really supportive of what we are doing. Just knowing that we have them behind us is a real boost."

With an academic flagship in Sustainable Business, the development of the Business Innovation Zone exemplifies QMU's ambition to serve society by growing local business and expanding graduate career opportunities. □



## It's all a buzz at BIZ

Despite only opening in September 2012, there are already a number of exciting developments within BIZ. QMU's graduate start-up company Rawfilm Productions has been commissioned by our SME partner Advanced Microwave Technology (AMT) to produce a promotional film. AMT is also collaborating with QMU researchers and another BIZ tenant, Roots Soda on the pasteurisation of carbonated drinks.

## Have your next meeting in a perfect setting



Looking for the perfect venue for your next meeting or event? Look no further than QMU's new dedicated meeting and conference facility.

In addition to pre-existing meeting rooms, we now have a new dedicated meeting space which:

- can accommodate up to 60 people;
- is equipped with high-tech facilities – AV, plasma screens, interactive smart board and computer;
- comes with in-house technical support;
- can include private break-off space with a grand piano for social gatherings;
- overlooks our water feature and landscaped grounds and;
- offers easy access to the outside decking area.

So why not try our award winning sustainable campus for your next event?

Spaces for larger scale events also available.

Discuss your space and catering needs with Sarah Whigham: T: 0131 474 0000 (say 'EVENTS') or E: swhigham@qmu.ac.uk; www.qmu.ac.uk

# Red Phoenix Lands at QMU

**Terrie Howey** –  
BA (Hons) Drama and Theatre Arts, 2007



**A**PHOENIX IS A mythological bird with a colourful plumage which renews itself from its own ashes. This colourful metaphor has come to mean a lot to QMU graduate, Terrie Howey. From the age of four, she wanted to be a storyteller, and after gaining a QMU degree as a mature student, she has achieved her goal. She is now 'Red Phoenix', a successful and award winning storyteller, delivering storytelling workshops to schools and community groups.

Terrie recently won the Winston Churchill Travelling Fellowship which has seen her tour America and Canada. We talked to her about her experience of QMU and her struggle with dyslexia.

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

I remember my first day, meeting all the students from the different years and gathering in that space - the amount of excitement and enthusiasm in that room was electric. That excitement lasted for the next four years! You get an experience in your studies that you definitely don't get out in the real world. In the real world you have to be right the first time, whereas university gives us a great space for making mistakes and learning from them.

#### How was the experience of winning the Winston Churchill Award?

It was fantastic. I had an interview at Westminster in front of a panel of four people. They asked me "what is storytelling?" I have no idea what I said! It just goes to show what enthusiasm, passion and a solid background knowledge of your subject can do in the right situation.

#### Have you got any up and coming projects?

I've always got a thousand and one projects! I'm thinking of writing or co-writing a book, which is something I've never done. I wouldn't have been in a position to do it had it not been for QMU. I only found out I was severely dyslexic when I was at University. The Effective Learning Service arranged a test and I discovered that I was indeed very dyslexic.

#### How did The Effective Learning Service help you?

It changed my life. Up until that point I had just felt stupid and I didn't understand the world. Suddenly somebody was able to give me a reason why I had felt like that. They also gave me the tools to overcome it. That was revolutionary to me. To this day, I still use the software that I was given as part of that assistance. I don't think I would have been able to continue my degree if they hadn't detected the dyslexia. I don't believe I would be able to run my own business without the knowledge, tools and techniques they provided. They helped me learn to cope with the condition and to find my own way of dealing with it.

QMU was an amazing place to learn. I don't think that I would have got the support, the understanding and the specialised learning in any other place. □

#### Sharing your experience with QMU

Terrie returned to QMU to meet and share her expertise with some of our current students. If you think you have some valuable experiences to pass on to our students, please get in touch about giving a guest lecture or becoming a career mentor. E: alumni@qmu.ac.uk.

**A**PRIL GRADUATED FROM QMU's Media programme in 2011. Two years on she now holds the position of Parliamentary Researcher for Malcolm Chisholm MSP. We caught up with April when she visited QMU recently to talk with current Media students and pass on some of the experience she has gained since graduation.

#### Do you feel your QMU degree has been important in helping you get to where you are today?

There's not a lot of variety in terms of educational background in political circles, with many people coming from a very traditional, highly academic background. I think it has definitely been to my advantage that I did a much more practical degree. In a lot of ways it has helped me to hit the ground running in terms of dealing with and understanding the press and media processes around the Parliament.

#### Which parts of your degree have you found most useful on a day-to-day basis?

I'm a researcher, so many of the skills I learned at QMU through researching and constructing my coursework have been very useful. Every morning I have to put together a very quick review of relevant media coverage, so being able to quickly identify, collate and present pertinent articles in a coherent and structured way is hugely important.

## April Cumming

BA (Hons) Media, 2011

That's definitely a skill which I honed in my time as a student. My media degree has helped me to judge what effect relevant developments will have on the general political climate.

#### Any tips for current students?

Keep an open mind. The subject that you have chosen as your degree will offer you a variety of modules. You may find one day that your perspective changes and the things you find interesting in a career, and the things you value in life, are radically different to when you first set out. So embrace it and take everything you can from your degree. Use your final year to choose something that genuinely interests you and makes you want to succeed. Never do something just because it's the easiest option; choose what challenges you and will lead to a more fulfilling career.

#### What's your favourite QMU memory?

On campus, it would be working on my dissertation and finding my niche. It can be quite a challenge picking out your topic and sticking to it. However it's such a wonderful opportunity to tease out what you've found most rewarding and interesting in your course and to use it to create a substantive piece of work that you can be proud of. □



## James stars in 'Gary Tank Commander'

BA (Hons) Acting, 2012



**J**AMES ROTTGER, A QMU alumni, who graduated with BA Honours degree in Acting and Performance, has landed a dream role starring opposite the hilarious Greg McHugh in the BBC hit comedy Scottish programme 'Gary: Tank Commander'.

James, who was born in Dundee, plays the character of 'Mickey' in the hit series, but this is not his first role since graduating from QMU with a 1st class BA (Hons) in 2012. James has had the pleasure of working with companies such as Dundee Rep, Bard in the Botanics, BBC Scotland (River City) and, most recently, The Adam Smith Theatre in Kirkcaldy where he

starred in their pantomime. However, he is probably best known for his role as the hapless new recruit Mickey Millar in the third series of 'Gary: Tank Commander' which aired in autumn 2012. The BAFTA-award winning sitcom was originally broadcast in Scotland only but the series now receives a UK-wide screening on BBC Three (in Scotland it's on BBC 1).

James would like to thank the staff at QMU, particularly Robin Wilson, Marion McNeill, Scottie Anderson and Ksenija Horvat for their continued support.

For updates and news of upcoming projects follow James on twitter: @jamesrottger □

# Welcoming YOU back

**CONNECT 2013 – Saturday 8th June**

Don't miss your chance to reconnect with old friends and discover what's new at QMU!

**Whether you graduated five years ago or 50 years ago, this event has something for everyone including fun, tutor-led wine tastings, and a chef demonstration by Neil Forbes of Café St. Honoré.**

Connect 2013 is a great way to renew old friendships, meet new friends and find out about some of the amazing developments taking place at the University. You'll also have the opportunity to check out our fabulous purpose-built Musselburgh campus if you haven't already visited.

Graduates and former staff of QMU and its predecessor institutions are all welcome to what promises to be a great day out. Visitors will gain an insight to the innovative and highly-relevant research being carried out at the University in a series of short, interactive presentations.

After brunch, the afternoon will provide a relaxed atmosphere in which to catch up with friends and participate in some interesting food and drink sessions.

These will include a chef demonstration by Neil Forbes, Scottish Chef of the Year in the Scottish Restaurant Awards 2011, who will give visitors top tips on how to make the best of local produce.

Richard Bouglet, director of leading wine merchants, L'Art du Vin, will present two wine tasting sessions: "Do you know your classics?" (including a fun wine quiz) and "Wines of the season" – offering an expert insight to which wines

best complement seasonal foods.

Both wine tastings will include cheese tastings with artisan cheese-maker and QMU graduate Jane Stewart of St. Andrews Farmhouse Cheese Company. Numbers for the wine tastings are limited to 30 people per session, so get your group's booking in now!

Why not make a weekend of it, and stay in the halls of residence on campus and take advantage of events going on in Edinburgh? And remember, the new campus is only six minutes by train from Waverley station.

Neil Forbes, Scottish Chef of the Year in the Scottish Restaurant Awards 2011, will give visitors top tips on making the best of local produce.



Come and find out which one you use.

The presentations will also include some showreels by Walid Salhab, an award-winning filmmaker and lecturer in Media Practice, whose time lapse/stop motion film of Edinburgh in winter, "Kinetic Edinburgh II" has had over three million hits.

Campus tours will be on offer for those who are not familiar with the new facilities. Alternatively, why not relax and catch up with friends over cream teas available throughout the afternoon.

The QMU Graduates' Association AGM, and the Golden Jubilee Reunion of the Class of '63 from The Edinburgh College of Domestic Science (at Atholl Crescent), one of QMU's antecedent institutions, will also take place on the day of Connect 2013.

To register your interest in Connect 2013, and book for the wine tasting sessions, please contact the Development team at E: [alumni@qmu.ac.uk](mailto:alumni@qmu.ac.uk). We will be happy to assist graduates in arranging their get-togethers, including assisting with room bookings for the day, overnight stays on campus, group bookings and dietary requirements. □

Visitors will also be able to put their own tastebuds to the test in a tasting session which will demonstrate how QMU's scientific and nutritional knowledge, expertise and excellent facilities for food testing are helping small and medium-sized enterprises (SMEs).

There will also be a demonstration of the ground-breaking work by staff at the Clinical Audiology, Speech and Language Research Centre (CASL), using ultrasound. With this technology we can, for example, see that there are different ways of forming the Scottish 'r' sound.

Accessories  
Glassware  
Clothing  
& lots  
more...



[www.cafepress.co.uk/qmu](http://www.cafepress.co.uk/qmu)



## Dr Margaret Auld's Legacy

**In September, QMU hosted some of the friends and relations of our former governor, and former Chief Nursing Officer of Scotland, Dr Margaret Auld.**

Dr Auld sadly passed away in September 2010, after having been a keen and valued supporter of QMU for many years. As a result of this relationship, Dr Auld was kind enough to leave a substantial gift to QMU in her will, with instructions that it be used to benefit the learning of our Nursing students.

This generous gift allowed the department to purchase a state-of-the-art Draeger Delta monitor, for use in our Clinical Simulation Suite. The machine is comparable to the monitors currently being used in hospitals and as such allows our students to have first-hand experience of this important piece of equipment prior to going out of the classroom on their placements. The advantage of this is that students will now be able to confidently handle the equipment in a real-life situation much quicker than they would have without the prior experience.

Dr Auld's niece, Lesley Jones, along with Dr Auld's friend and former colleague, Anne Chilman, visited QMU to see the machine in action and chat to some of our students about the difference it has made to their studies. Fourth year nursing students John Hodge and Emma Rutherford were on hand to demonstrate the machine to our visitors and to explain the difference it has made to their studies and the studies of their younger classmates.

If you would like to donate to QMU, or talk about leaving a legacy to us, please get in touch.

You can donate online [www.qmu.ac.uk/alumni\\_and\\_friends/135.htm](http://www.qmu.ac.uk/alumni_and_friends/135.htm) or you can call us on T: 0131 474 0000 (ask for alumni) or E: [alumni@qmu.ac.uk](mailto:alumni@qmu.ac.uk)

# GRADUATES' ASSOCIATION NEWSLETTER

By Maureen Paterson, Graduates' Association President

## MEMBERSHIP

The QMU Graduates' Association (QMUGA) is open to all alumni members of Queen Margaret University and Associated Educational Establishments. A one-off payment will give Life Membership. Membership allows you to attend networking lunches which usually take place on the last Saturday of the month from September to November and January to April plus the AGM. in June. Membership also provides the opportunity to enjoy the comfortable ambience of our seaside house, Madras Lodge, Gullane, which is available all year including Christmas and New Year.

Membership is open to all graduates and present or former staff. Membership costs £35 at the time of graduation or £45 for staff and alumni at other times.

### To become a member contact:-

Helen Kerr

26/6 Hawthornbank Lane, Edinburgh, EH4 3BH

T: 0131 220 2714, E: hkerr@googlemail.com

## EVENTS

### Networking Lunches 2012

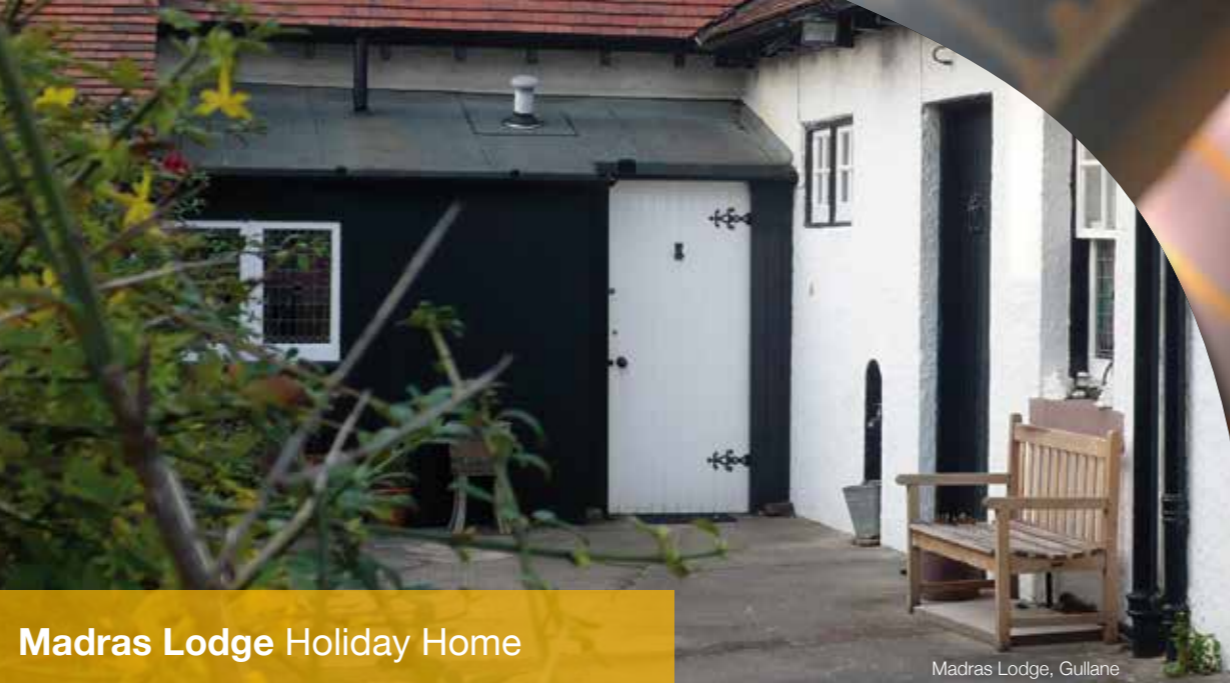
Lunches were enjoyed by several members at a variety of venues including tapas and Italian restaurants. Highlights included a traditional Christmas lunch prepared and served by QMU students at The Edinburgh New Town Cookery School on 10 December 2012. This is the second year that members have enjoyed a traditional fare prepared by students under the guidance of Fiona Burrell, Principal of The Edinburgh New Town Cookery School at 7 Queen Street, Edinburgh. Fiona herself is a former QM student and member of the Graduates' Association.

### AGM 2012

The 2012 AGM took place at The Edinburgh New Town Cookery School at the beginning of June. The guest speaker was Craig Rutherford, Development and Alumni Manager at QMU. He was glad to report that under the good influence of the Principal, Professor Petra Wend, the University was officially "in the black". Craig also reported that QMU's management team had won the 'Outstanding Leadership and Management Team' category in 'The Times Higher Education Award 2012'. In addition, QMU achieved a first class award and was ranked 2nd out of 14 Scottish Universities in the People & Planet Green League 2012. Craig answered various questions at the meeting including one on employment opportunities and he was pleased to report that QMU was in the top three Employment Opportunity Groups.

### Graduation

In July 2012 Pat Denzler represented the Association at the graduation in the Festival Theatre. Pat attended both the morning and afternoon ceremonies as well as the evening reception at QMU.



Madras Lodge, Gullane

## Madras Lodge Holiday Home

### Are you a golf enthusiast?

If so, you will know that the Open returns to Muirfield, Gullane in July 2013. As we go to press, we can still offer accommodation during the golf period to GA members with family and friends at Madras Lodge in Gullane - the House (sleeps 5) or the Loft (sleeps 4). Off street parking available.

If you prefer to avoid the crowds and enjoy a relaxing holiday with beach walks, visits to North Berwick and walking or cycling the John Muir Trail, then Madras Lodge is ideally situated. The Graduates' Association has recently completed an upgrade of the House entrance hall, following recent upgrades of the kitchen and bathroom facilities.

New in 2013 - The Graduates' Association is offering a third night free for bookings during the low season so why not take a February break (from just £90 for three nights in the Loft including handover charge) or sign up to the regular e-news from Bookings Secretary, Anne Vokes. For all enquiries on rates and how to book Madras Lodge, contact Anne on: E: mlbook@qmuga.org.uk ☐

### Atholl Crescent Prize

This year, the Atholl Crescent Prize was awarded to Eilidh Daniels who graduated with a BA in Drama and Performance. Unfortunately she was unable to attend the graduation due to weather conditions. The prize is awarded each year to one student for showing great determination to succeed. Eilidh's career has got off to a great start - she conducted a summer placement with BBC ALBA as an on-screen continuity announcer.

### AGM 2013

The AGM for 2013 will be on Saturday 8th June at QMU. As a result of an amendment to the Constitution, due to the increase in postal costs, the Constitution now reads:-

'The Secretary shall send a copy of the Agenda by Electronic Mail at least 14 days before the meeting. The date will be published in the alumni magazine. Those wishing to receive information by post can do so by sending a SAE to the membership secretary.

### Lennoxlove Book Festival Reception

Maureen Paterson and Pat Denzler attended the Lennoxlove Festival on behalf of QMU in the Chapel at Lennoxlove where the opportunity arose to meet the Director of the Festival, as well as QMU members and students. Both very much appreciated being included in the most enjoyable event.

### COMMITTEE

There will be six committee meetings during 2012/2013 prior to the AGM on 8th June 2013. ☐

## Where are you now?



Former 'Merlin' star finds her voice in 'Dancing on the Edge'

Angel Coulby, QMU acting graduate, has recently wowed the critics with her stunning vocal performance in the new BBC 2 drama 'Dancing on the Edge'.

Best known for her portrayal of Guinevere in the hit TV BBC fantasy series 'Merlin', Angel again graced our screens in February this year when she played the part of Jessie Taylor in the BBC 2 drama. The explosive drama, set in the 1930s, follows a jazz band as they find fame and royal patronage on the society party circuit.

Angel took everyone by surprise when she auditioned for the TV programme at the very last minute. She hadn't told anyone she could sing, not even her agent. Stephen Poliakoff, the programme director, was unaware of Angel's hidden talent, but when she opened her mouth, the casting team knew they had found the right person.

Angel's character is loosely based on the singer Florence Mills who supposedly had an affair with the Duke of Kent and who died of TB in her 30s. Starring next to some well-known actors including John Goodman, Mel Smith and Anthony Head, Angel played a major role in two episodes of the five-part series.

Since graduating from QMU in 2001, Angel has starred in numerous TV programmes including 'The Bill', 'Casualty', 'Holby City', 'Hustle', 'Doctor Who' and 'Vincent' before getting her big break in 'Merlin'. ☐



## Silke Harting - HIV/AIDS

Project Co-ordinator, South Sudan

Silke was living and working in Niger when she decided to apply for her MSc in International Health at QMU. After four years in the arid heat of Africa, Silke was dreaming of wide green slopes and warm rain - so Scotland seemed like the perfect solution.

Silke originally trained as a medical anthropologist, but her work in Africa made her realise she could do more with some additional skills. Having seen the programme with QMU's Institute for International Health and

Development, she thought it would be the perfect place to gain the management and methodology skills she was looking for. "I had a great time at QMU, meeting staff and classmates from 24 different countries. I still have my tutor's mantra in my head - 'be a reflective practitioner'."

At present, Silke is working as a programme coordinator for a number of HIV/AIDS and health related projects in Lakes State, South Sudan, and the skills she learned on her MSc have allowed her to work confidently and effectively at a managerial level. Talking about her present life Silke declared: "Life for me is intense and rich in terms of encounters. I have now worked in Mozambique, Lesotho, Namibia, Somali Region Tanzania, East Timor and South Sudan. If I had to give one piece of advice to current students or other recent graduates, it would be that they keep their skills up to date and realise the power of continuously networking." ☐

## Top reviews for drama graduates

Scottish theatre critic, Joyce McMillan gave a four star review in the Scotsman newspaper to Jamie Laing and Tom Birch for their play 'This little piggy' which was performed at Oran Mor, Glasgow in November. Jamie and Tom are both Drama and Theatre Arts graduates from 2011. ☐

## Student successes

### Winning essay sheds light on BBC future

Film and Media student Agata Korecka, won first prize in the UK Student Essay Competition run by the 'Voice of the Listener and Viewer' (VLV).

Agata, a Polish student in her 3rd year, attended the 'Brave New World' conference in London where she was awarded with a cash prize and two weeks' work experience with a leading television or radio production company.

In her winning essay, Agata, who intends to pursue a career in broadcasting after completing a Masters, tackled the issue of the future of public service broadcasting in an age of social media. □

### It's off to the Fringe for Sarah

Congratulations to third year Drama and Performance student Sarah Hailstones, who has received funding of £2,500 from UnLtd to help her put on her play at the Edinburgh Fringe 2013. □

### Scholarships help sporty students make the grade

Alice Spence is delighted to gain scholarship support from 'Winning Students' as she juggles her final year studying Dietetics at QMU with her blossoming curling career.

The 21-year-old helped Scotland to win gold at the 2012 World Junior Curling Championships and has now stepped up to the senior ladies level.

She said: "Now that I'm competing at senior level we would love to win the Scottish Ladies Championship to qualify for the Worlds in Latvia

next year. I would say we are one of the top three women's teams in Scotland so it will come down to who performs on the day."

Alice is one of three QMU students to receive scholarship support from Winning Students in 2012-13. The awards will be invaluable in help support the students with that difficult combination of balancing their study with their sporting aspirations. Fellow curler Mhairi Baird, a Nutrition student, has also been selected, as has hockey player Kirsty Hill. □



## things you might not know about QMU

- We are conducting award-winning work with one of the world's most innovative users of microwave technology to help revolutionise global food processing.
- Our commercial team can offer the food and drink industry assistance with product development, nutritional analysis, focus groups, intellectual property and scientific testing.
- Expertise from a QMU dietitian helped inform nutritional guidelines for school dinners and breakfast clubs in UK school.
- Our nutritional researchers are looking at how oily fish can be made more appealing to Scotland's nursery children.
- Our tourism experts are helping lift rural communities in India out of poverty by helping them develop co-operative tourism destinations which put undiscovered parts of India on the global tourism map.
- We have the widest range of allied health professional courses of any university in Scotland.
- Our researchers are exploring techniques that could reform the amount of time patients spend in hospital recovering from hip and knee replacement.
- The first ever piece of equipment to measure the severity of a speech disorder was developed by a team of speech researchers at QMU.
- Researchers have been investigating the nutritional content of East Lothian's superfruit, Seabuckthorn, which is not only loaded with antioxidants but has a high SPF factor and the potential to be used as biofuel!
- We have podiatry and chiropody clinics which are open to the public. These supervised clinics give students valuable learning opportunities whilst providing a great service to the community. □

## DATES for your diary

Event: **Public lecture by Lady Claire Macdonald** as part of The Edinburgh Lectures. QMU is a partner in The Edinburgh Lectures series.  
Title: 'The natural wonders of Scotland's culinary landscape'  
When: Monday 18th March 2013  
Time: Doors open 5.30pm, 6pm start  
Where: Edinburgh Storytelling Centre, 43 High Street, Edinburgh, EH1 1SR  
Booking: <http://edinburghlectures.wordpress.com/>

Event: **Professorial Lecture by Professor Nigel Gleeson**, Professor of Physiotherapy at QMU's School of Health Sciences  
Title: 'From bullworker to biometry and performer to patient: reflections on combating musculoskeletal fragility'  
When: Wednesday 27 March 2013  
Time: 5.30pm for 6pm  
Where: QMU  
Booking: These lectures are free but booking is essential. To reserve a place, register at: [www.qmu.ac.uk/conferencesEvents/publicEvents.htm#publicLectures](http://www.qmu.ac.uk/conferencesEvents/publicEvents.htm#publicLectures)

Event: **Postgraduate Open Evening**  
When: Wednesday 24th April 2013  
Time: 5.30pm to 7.30pm  
Where: QMU  
Event: **Undergraduate Open Days**  
When: Thursday 5th September and Saturday 5th October 2013  
Time: 11am – 3pm  
Where: QMU  
Event: **QMU Alumni Reunion**  
Title: 'Connect 2013'  
When: Saturday 8th June 2013  
Time: 9.15am - 9.30am (registration)  
Where: QMU  
Booking: [alumni@qmu.ac.uk](mailto:alumni@qmu.ac.uk)