

# QIMOU

MAGAZINE

FOR ALUMNI & FRIENDS OF  
QUEEN MARGARET UNIVERSITY  
Issue 78 | April 2014

**unmasking talent**

**rise in coeliac disease  
amongst children in scotland**

**boosting the nation's health  
with marine algae**



Queen Margaret University  
EDINBURGH



# Inspiring Talent

This 1920s style hat was created by Emily Varnom, Costume Design and Construction student. It was inspired by 'The Dolly Sisters', one of the most famous Vaudeville acts of the 1920s.

Model: Hazel Catling  
Make up: Andy Bain  
Hair: Siobhan Randle



## Principal's Introduction

Over the last few months we have been fortunate to welcome many visitors to our campus and witness new initiatives taking shape. It has been wonderful, for example, to see QMU's research work being used to create specialist training events for people with specific health problems. Recently, we ran a very successful intensive communication training day on campus for people with aphasia, as well as a dementia training day for our own undergraduate students. Both of these events developed as a result of our research. You can read about our speech research work in aphasia on page 8 & 9 and our Dementia Study Day with Alzheimer Scotland on page 12.

Our continued focus on supporting economic development in Scotland's food and drink sector has seen our food scientists extend their work in functional foods. Our academics have been applying their research knowledge to a fascinating project using marine algae. This knowledge exchange project is helping Gusto, an Edinburgh based salad oil producer, develop a unique product that delivers some of the important nutritional benefits associated with oily fish, without the need to eat fish. You can find out more about this innovative new product and how it could help improve Scotland's poor diet on page 18. Further examples, which demonstrate how our academic research work is helping other food and drink companies develop, are highlighted in our 'virtual hamper' feature on page 16 & 17. I can also confirm that we are making a significant investment in the development of more specialist facilities at the University which will enhance our offering to the food and drink industry. We therefore look forward to sharing more news of our food and drink projects in future issues of the QMYOU.

Of course, we always enjoy hearing about what our graduates are doing in the world. It was very pleasing to learn that costume design graduate, Ruth George, achieved very quick success after graduating when she secured a job creating costumes for A-listers, George Clooney and Sandra Bullock, for their roles in the Hollywood blockbuster 'Gravity'. Our focus on the creative talents of our Costume Design and Construction students in this magazine continues with six pages of stunning photos, which show a range of theatrical masks created by first and second year students.

If you are a QMU alumni, please share news of your career development with our alumni team to help us inspire other students with your successes. If you are in business and feel that some academic and research input may assist your company, then please don't hesitate to contact our Research and Knowledge Exchange Unit. If you could contribute to the success of the University or to the development of individual students, then please do get in touch. We'd love to hear from you.

Above all, stay connected.

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

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**CONTACT:**  
**Development and Alumni Team**  
E: [alumni@qmu.ac.uk](mailto: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](mailto: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

## QMU moves up 12 places in Good University Guide

**QMU HAS MOVED** up 12 places in the Sunday Times Good University Guide.

Out of 121 UK higher education institutions, we have moved up from 83rd place in 2012 to 71st place this year. Out of the Scottish HEIs, we are now in 10th place out of 15 institutions – positioned above Glasgow Caledonian (11th), Napier (12th) and Abertay (13th). Out of the 15 Scottish HEIs, only four institutions improved their position and our improvement of 12 places is the largest in Scotland. In addition, we came in second top of the post '92' (i.e. modern) universities in Scotland with only Robert Gordon University above us, in 9th place. In the UK, we were placed 20th in the table of modern universities. □

## Hollywood movies showcase QMU's creative talent

**OUR COSTUME, DESIGN and Construction graduates** have created costumes for Hollywood movies such as 'Gravity', starring Sandra Bullock and George Clooney, the action film 'The Fast and the Furious' and the new 'Man from U.N.C.L.E.' directed by Guy Ritchie.

Recently, three of our costume graduates were employed as dressers on the 'The Lion King' at the Edinburgh Playhouse, four second year students dressed on 'White Christmas' at the Festival Theatre, Edinburgh and many were employed up and down the country developing outlandish creations for panto.

Demand for our talented students has also gone global. Two costume graduates

have recently landed positions in Macau in Hong Kong. If you're a QMU Costume Design and Construction graduate working in the UK or abroad, let us know about your projects. Stay in touch at E: alumni@qmu.ac.uk □

## Reuse scheme helps heart charity

**EDINBURGH STUDENTS HAVE** donated more than 2000 bags of unwanted items to the British Heart Foundation (BHF), which could raise £40,880 for BHF shops. The scheme encouraged QMU and Edinburgh University students to have a clear-out and donate their unwanted things at the end of the academic year, enabling them to recycle items that might otherwise be wasted. □

## QMU event management students volunteer at Commonwealth Games

**JANE MYLES, A CURRENT** event management student and co-chair of QMU's Professional Convention Management Association (PCMA) Event Management Student Chapter, is among the first to be selected as a volunteer for the Glasgow Commonwealth Games 2014.

Professor Joe Goldblatt, Director of the International Centre for the Study of Planned Events at QMU, said: "We are delighted to support the volunteering programme for the Games, and as such, have embedded this one-off volunteering opportunity into the BSc (Hons) Event Management curriculum. For Jane, who comes from Glasgow, the Games presents a once in a lifetime opportunity to get involved in a global sporting event hosted in her home city." □

Professor Goldblatt continued: "It's an exciting time at QMU, with letters of confirmation now coming in for both home and international students. Involvement with the Games will not only offer our students an exciting personal opportunity, but it will help develop their interpersonal skills and improve their knowledge of the work involved in staging 'mega' events. □

## Awards recognise success of partnerships between business and academia

**QMU WAS SHORTLISTED** for its collaborative partnership with Propeller Multimedia Ltd at the national Interface Excellence Awards for knowledge exchange.

Propeller Multimedia, a specialist software company that develops speech and language therapy rehabilitation tools for adults and children suffering from brain injury and trauma, has a strong working partnership with speech specialists at QMU.

The innovative partnership between the Peebles-based speech business and QMU was recognised in the 'Sustained Partnership' category of the award scheme.

Dr Siobhán Jordan, Director of Interface, said: "The shortlisted entries recognise outstanding examples of knowledge exchange across Scotland. The Interface Excellence Awards not only celebrate the success of existing Interface partnerships, but also encourage other businesses to tap into the wealth of benefits that partnership with Scotland's world leading academic and research institutions can bring."

You can read more about QMU's work with Propeller on pages 8 & 9. □

## QMU to host Children's University



**QMU IS TO BE** the first higher education institution in the east of Scotland to host the Children's University.

The Queen Margaret Children's University aims to help school children, aged between 7 and 14 years of age, become confident learners and broaden their horizons. It will be the second Children's University established in Scotland but the first initiative for young people in the east of the country.

The initiative strives to raise children's aspirations, encourages them to learn in different ways, and rewards them for taking part in a wide variety of learning activities outside of school hours. The Children's University ethos is clearly aligned with the aims of the Scottish Curriculum for Excellence in terms of helping children become successful and confident learners, responsible citizens and effective contributors.

QMU is taking the lead in establishing the Children's University in the east of Scotland by initially working in partnership with schools via East and Mid Lothian Councils.

Professor Alan Gilloran, Deputy Principal at QMU, said: "QMU is absolutely delighted to be involved in this exciting initiative that will help encourage young children to get involved in different methods of learning, whilst boosting their achievement. We have always believed that children need a range of different opportunities and that not all learning needs to be school focused. The Children's University offers a different approach and encourages children to foster a love of learning. It also creates a unique way of recognising and rewarding individuals for learning and getting involved in new things. It's an inspirational way of engaging with the younger members of our communities and will hopefully motivate them to continue being active learners as they move through their teenage years."

Professor Gilloran continued: "We have already witnessed the success of the first year of our Academies' project – a ground-breaking collaborative initiative that sees 16 – 18 year old pupils learn about key industries at school, college, university and with employers, all

at the same time. The Children's University allows us to extend unique learning opportunities to individuals in a younger age group. This type of creative model helps us take learning beyond its traditional parameters, ensuring that Scotland's young people develop a positive attitude towards learning that will equip them for future success."

Mary Brittain, Chief Executive of Children's University Scotland, explained how the initiative works. She said: "We provide an accreditation framework that rewards children for learning outside of normal school hours. Children can gain credits by taking part in a whole range of fun, interactive activities that can be school or community based - from drama to hip-hop dancing or from cooking to sports. Each child will get a 'Passport to Learning' that helps record their participation in activities. The children build up credits by engaging in learning activities and can work towards bronze, silver and gold certificates. The celebration of their achievements culminates in a graduation ceremony that will take place at Queen Margaret University."

"The most important aspect of the Children's University is that it's a voluntary experience", said Mary Brittain. "Children work towards building their credits in their own time. This means that their success, as part of the university experience, is a more personal achievement. Above all, it should be fun!"

Ronnie Summers, Head Teacher of Musselburgh Grammar School, said: "I had heard about the work of the Children's University last year and was very keen to be involved. Children's learning does not only take place in schools - there is a wide world of opportunities to explore in the communities that surround us and the Children's University helps children be accredited for their activities in the Passport to Learning."

Professor Petra Wend, QMU's Principal, said: "QMU is fully committed to widening access and supporting learning in the community. Our involvement with the Children's University allows us to help develop and provide opportunities for young people from wide ranging backgrounds. We look forward to implementing the scheme in many of our primary and secondary schools in East and Mid Lothian." □



## Engaging with the community

### Festival of Sport

**F**OR THE FIRST TIME, QMU took part in the East Lothian Sports' Award Ceremony. The event, which took place in Musselburgh's Brunton Hall in October, honoured and celebrated the achievements of many of the county's sports people and sports clubs.

QMU sponsored the 'Volunteer of the Year' award, which was presented by Johnny Elmer, Vice President of QMU's Students' Union. This award recognises an individual over the age of 25 who has dedicated their time and devotion to a sports' programme in the East Lothian community. All of the individuals who were nominated within the category demonstrated leadership, dedication and devotion to the importance of sports for the youth. The winner of the award was Margaret Kerr, who was part of the Saltire Team Gymnastics organisation. □

### Enterprise Exhibition and Awards Dinner

**Q**MU WAS DELIGHTED to support the Mid and East Lothian Chamber of Commerce 'Enterprise Exhibition and Awards' event that was held in October. The University, which is always keen to support community projects and business development, sponsored the 'Business High Growth and Innovation Award', which was won by biotechnology company, Ingenza.

Guest speakers at the event included Ken Barclay, Head of RBS Corporate Banking Division and Fergus Ewing MSP, Minister for Energy, Enterprise and Tourism. □

### New scheme helps raise children's aspirations in science



**A** NEW SCHEME FOCUSED on raising children's awareness of science is being piloted at QMU.

The 'Researcher in Residence' scheme is part of the University's community outreach work and involves children aged 10 – 11 at a local primary school.

Three QMU researchers visited children at Towerbank Primary School in Portobello. The young academics created fun, interactive sessions that demonstrated aspects of their research projects.

The challenge for the researchers is in making PhD level research accessible to primary children. However, the academics obviously hit the mark with their entertaining sessions as feedback from teachers and the children was overwhelming positive.

Zoe Roxburgh, speech researcher, used two different types of technology to show children what their tongues were doing inside their mouths during speech. This included pioneering ultrasound technology developed at QMU as well as an iPad app that showed the general motions that the tongue, throat, and mouth make when producing certain sounds.

She explained: "Through the use of an ultrasound scanner, children, for the first time, were able to view all the different shapes that an actual tongue makes when forming different sounds. For example, they were able to see where the tip of the tongue was when creating the sound 'L' as well as tongue movement at the back of the mouth to form the sound 'G'. The children seemed to really love the visual stimuli of the ultrasound, as well as the iPad app, as they were able to mimic exactly what they were seeing on the screens."

Zoe also tried to raise awareness amongst the children that there can be a huge variation as to how different people speak. She suggested that they shouldn't be too quick to judge people on the way they sound.

Two researchers from Dietetics and Nutrition also had great fun with the children, exploring different aspects of taste and diet. The school pupils especially enjoyed the food rainbow that raised awareness of different food groups.

Dr Wendy Beautyman, Lecturer in Researcher Development at QMU, said: "This is a new community engagement project that brings science to life. It emphasises the relevance of QMU's research work by showing the children how science has a very real part to play in their everyday lives. When, for example, the children stop to think about how you actually form certain words or taste certain foods, they begin to understand how science affects everything."

Dr Beautyman continued "This is a great opportunity to encourage the children in our local community to raise their aspirations. The researchers can clearly show the children how their work affects people's health and quality of life. Hopefully, we are giving them an insight to the variety of science-based careers that are now available, as well as providing a glimpse of some of the fascinating work that goes on within the University. Maybe we will inspire the children, especially those from non-traditional backgrounds, to believe that a future place at university, or within the field of science, is within their grasp." □



Jack enjoys talking to Costume Design and Construction students.

### QMU gets creative with Jack Vettriano

**T**HE CELEBRATED SCOTTISH ARTIST, Jack Vettriano, took centre stage at an open discussion held at QMU recently.

The Fife-born artist, best known of his painting 'The Singing Butler', entertained a large audience of students, staff and members of the public with humorous tales of his life in the art world.

Led by Dr Richard Butt, Dean of The School of the School of Arts, Social Sciences & Management, the interview took the audience on a journey of Jack's life from mining engineer to one of Scotland's most well-known artists. Mainly self-taught, Jack's artwork attracted attention when he submitted two paintings to the Royal Scottish Academy's annual exhibition - both pieces were accepted and sold on the first day. The following

year, an equally enthusiastic reaction greeted the three paintings that he entered for the prestigious Summer Exhibition at London's Royal Academy, and his new life as an artist began. Since then there have been sell-out solo exhibitions in Edinburgh, London, Hong Kong and New York, and in 2004, his 'The Singing Butler' was sold at Sotheby's for close to £750,000.

Over 100 of Jack Vettriano's paintings were recently on show at Kelvingrove Art Gallery, Glasgow. The exhibition, which included many works that have not been seen for more than 20 years, was his most comprehensive show ever. □



Jack talks to a packed audience at QMU.





# Stroke survivors benefit from innovative communication therapy

*Speech experts recently held an intensive therapy programme for people who had developed communication problems following stroke.*

**Q**MU, in partnership with local NHS services and stroke survivors, piloted an intensive communication therapy programme for people with aphasia. The innovative project aimed to help people with aphasia gain confidence with their day-to-day communications and ultimately improve their quality of life.

About 130,000 people in Britain have a stroke each year and a third of these survivors experience communication difficulties. The communication condition aphasia can have a significant impact on people's lives and affects survivors in different ways. Aphasia varies in severity and can impact an individual's

understanding of the spoken or written word, and/or their speech or writing.

Evidence suggests that intensive therapy can be a very effective approach but no intensive group therapy is currently available in Scotland for people with aphasia. In response, QMU piloted a two-week research programme for people

with aphasia and their communication partners (a relative or friend with whom they regularly communicate).

The programme, which took place at QMU in June 2013, involved a half-day introduction, five days of therapy over a two week period, and a half-day follow up. Eleven people with aphasia aged between

35 and 86 took part. The diverse group showed the full range of different communication difficulties associated with aphasia.

The team used a person-centred approach with participants to increase their confidence in communicating in everyday situations. Tricia Mitchell, Joint Therapy Lead, explained: "The aim was to encourage everyone to feel comfortable in using a range of communication methods – speech, writing, drawing and gesture. Some used low-tech tools such as pen and paper whilst others shared their skills with more high-tech gadgetry such as iPads."

Technology is increasingly being used in clinics to support more traditional speech therapy activities and to encourage self-directed home exercises. To help participants gain experience of using specialist technical programmes, the therapy team offered daily practice on [react2.com](http://react2.com), an online computer therapy programme. Read more about [react2.com](http://react2.com) in the next story on this page.

Participants had the chance to try different activities such as role play – for example, proactively making phone calls – as well as participating in art and music therapy. There was also a talk on exercise after stroke provided by physiotherapy experts in the University. The aim was to help people explore different ways of communicating so that they had more options to help them communicate better. A wide range of individuals took part, including QMU's reception and catering staff, which gave real-life opportunities for practising and improving communication.

An important element of the programme was the involvement of relatives and friends of the participants. Amanda Bennett, Joint Therapy Lead, said: "We do not communicate in isolation. It was essential for the longer term impact of the project that communication partners were an integral part of the programme. We offered opportunities to learn more about aphasia and ways of supporting their partners' everyday communication whilst encouraging their independence."

Positive feedback from participants confirmed that the team had offered an effective approach to the therapy sessions and there was a demand for further opportunities in the future. Course participants found that the camaraderie developed through the group approach was particularly helpful with one individual saying: "It was liberating – nice to know I'm not in this space alone."

This unique programme also presented an outstanding learning opportunity for QMU speech therapy students.

Jocelyne Watson, Principal Investigator on the project from QMU, explained, "In addition to helping improve people's quality of life, this project gave eight speech and language students an excellent therapy placement directly under the supervision of the two joint therapy leads. This provided students with an interesting and alternative placement to those offered within the NHS. In addition, a new internship, as part of the programme team, gave a newly qualified speech and language therapist much needed experience to support her future career development."

The pilot evaluation ([www.qmu.ac.uk/icga](http://www.qmu.ac.uk/icga)) demonstrates a strong argument for QMU and partners to hold further communication therapy programmes in the future, thereby extending much needed support to more people affected by aphasia. The programme highlighted further research and development opportunities and future funding is now being sought to expand this important area of work.

Michelle Brogan, Service Lead Adult Community and Rehabilitation Speech and Language Therapy Services, NHS Lothian, explained: "This model focuses on key fundamentals related to functional communication and self-expression, and encourages peer support and communication partner participation. It is innovative and has potential to address some key gaps within existing speech and language therapy services."

Dr Fiona Coutts, Dean of School of Health Sciences at QMU, said: "This project highlights some extremely important outcomes. Firstly, the model was the result of a scoping exercise to ensure that the programme complemented existing services in the NHS and voluntary sector for people with aphasia. This has allowed us to develop our partnership working with current health services. In terms of interdisciplinary working, this programme has been a triumph. It has brought together specialists from speech and language therapy, music and art therapies, and physiotherapy to provide a lively and stimulating experience for participants. Finally, the project is an outstanding example of how people can be empowered to take more control over their illness and help direct their recovery."

Dr Coutts concluded: "Our sincere thanks go to the Headley Trust for funding this progressive project and to the Forth Valley, Lothian and Borders Health Boards for their support. Their assistance has allowed us to work together to make a positive contribution to people's quality of life." □

## *Speech intern helps commercial company improve online therapy tool*

**A** QMU SPEECH INTERN has helped develop an online interactive speech and language therapy tool for adults who have communication difficulties.

Lucy Charrington, a speech and language graduate, worked with a leading provider of specialist software to improve a rehabilitation programme. The software programme called React2.com allows adults to benefit from an online speech and language therapy package that they can use in their own homes. This helpful online tool allows individuals with speech problems to build therapy sessions into their daily lives.

The React2.com website offers 8,000 speech and language therapy exercises, some of which will be designed to help adults with aphasia. Lucy worked with Propeller Multimedia Ltd on sections of the website dedicated to understanding sentences – an area with which people with aphasia often struggle.

Thanks to the support of a Santander Internship, Lucy spent four months meticulously working through sections of the website – analysing data, identifying problems and looking at how the rehabilitation exercises could be made clearer and more effective for the user. Patients using React2.com are able to work through a series of different levels allowing them to become more proficient in key areas such as completing sentences and semantics.

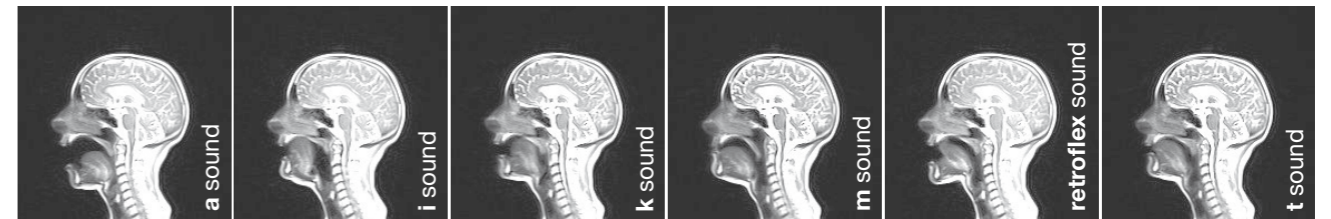
Many of the adults, who participated in the intensive communication group for people with aphasia at QMU, were able to try out the React2.com software for the first time.

Lucy said: "This unique internship provided me with commercial experience, allowed me to work with other researchers, and involved me in the development of an online learning tool that will ultimately help to improve the lives of people with speech and language problems." □



# 'Seeing Speech' - new website showcases ultrasound and MRI speech imaging

Specialists from five Scottish universities have launched a website which, for the first time, shares pioneering 2D video of tongue movements inside the mouth during speech. The ultrasound tongue imaging (UTI) and magnetic resonance imaging (MRI) videos will provide an invaluable new resource for teachers and students of practical phonetics.



**P**honetics is the scientific study of speech and is a fundamental part of linguistics and speech and language therapy training. The 'Seeing Speech' resource aims to improve phonetics training by providing teachers and students with real speech sound and reference speech sound examples produced by trained phoneticians.

Launched in September 2013, the 'Seeing Speech' website will give students and teachers the best understanding yet of the processes that take place when we speak. Led by Dr Eleanor Lawson, with speech researchers at QMU, the University of Glasgow, University of Strathclyde, University of Aberdeen, and the University of Edinburgh, the 'Seeing Speech' website demonstrates the use of ultrasound and MRI technology to show 2D images of tongue movements. In the past, knowing exactly what the tongue is doing during speech has been something of a mystery. However, this type of advanced imaging allows students to view the complex movement of the tongue inside the mouth when speech is taking place.

The new online resource brings together the vocal tract imaging expertise of QMU, the expertise in digital database construction of the University of Glasgow, and the phonetics expertise of the three other Scottish universities. It contains over a 1,000 articulatory videos (people actively producing speech sounds) - some by speech experts and others by untrained English speakers. The website also has an extensive collection of clips showing speakers with different English accents.

This work builds on years of speech research carried out at QMU and some of the partner universities. Particularly, it makes use of QMU's work in ultrasound technology, and its more recent collaborative research (the QMU-based Ultrax project) involving MRI technology,

to create clearer videos of tongue movements inside the mouth during speech.

Jim Scobbie, Professor of Phonology and Phonetics at Queen Margaret University, has been leading research in ultrasound tongue imaging for ten years. It is a comparatively new technique that uses medical ultrasound machines to record an image of the surface of the tongue during speech. He explained: "Normally, someone who has a speech difficulty has to rely on their auditory skills to identify where a speech problem is occurring. They must listen to their speech, and that of a speech therapist, and try to modify their own speech to create the correct sound. But that doesn't always work because the client can find it difficult to identify where they are going wrong. With ultrasound technology people can see the movement and shape of their own tongue inside their mouth in real time and use this visual information to help them create the correct sound. Ultrasound therefore has the potential to provide powerful information about typical and disordered speech and can help speakers modify their own incorrect tongue movements."

A video database showing accent differences in speech production across varieties of English is also part of the website. Twenty-three different English accents are showcased. It is believed that this will be useful to individuals studying accents and accent change, as well as providing normative data for speech therapists, for example showing

the strategies that different speakers have for producing particular speech sounds. Videos of speech sounds are also produced by expert phoneticians Dr Janet Beck from QMU and Dr John Esling from the University of Victoria, British Columbia.

Dr Eleanor Lawson, Researcher in Phonetics and Sociolinguistics at QMU and the University of Glasgow, has spent the last two years working on the project. She said: "Currently, there are no such comprehensive resources that visualise what is happening inside the mouth when we speak. The team is therefore delighted to be involved in a project that advances the teaching and learning of phonetics and linguistics, but which may also be of interest to speech therapists, learners of English as a foreign language and acting students who want to learn an accent. The 'Seeing Speech' website is a great starting point and one that we aim to develop into a more substantial teaching and learning resource in the future."

The 'Seeing Speech' project, which has taken over two years to complete, was funded by the Carnegie Trust.

To find out more visit:  
[www.seeingspeech.arts.gla.ac.uk](http://www.seeingspeech.arts.gla.ac.uk)

**STOP PRESS:**  
QMU is delighted to confirm that the Arts and Humanities Research Council has committed £188,587 to develop further the 'Seeing Speech' website.



# Raising the profile of dementia amongst allied health students

A team of QMU health academics and dementia experts from Alzheimer Scotland ran a dementia study day for over 200 occupational therapy students at the University in October.

**T**HE TRAINING EVENT, which was the first of its kind in Scotland, aimed to improve understanding of the illness amongst future allied health professionals and improve support to people with dementia. It will also help allied health students connect their professional practice with Scottish Government policy.

Dementia is a word used to describe a group of symptoms including memory loss, confusion, mood changes and difficulty with day-to-day tasks. There are many types of dementia, with Alzheimer's being the most common. Currently 800,000 people in the UK have dementia and that figure is set to rise to over a million by 2021. Last year, the financial cost of dementia to the UK was more than £23 billion. That cost is set to spiral as the number of people living with the disease, and others affected by their illness, continues to grow.

Fiona Maclean, Senior Lecturer in Occupational Therapy at QMU, said: "In Scotland alone about 86,000 people have dementia and that number doesn't include the wider circle of people who are affected by a family member or friend with the condition. It is a growing problem and one that presents massive challenges for our health and social care services, as well as our economy."

Fiona continued: "All occupational therapists in employment will be faced, at some point, with the challenges of working with people with dementia, as well as their families and carers. This study day helped support students in their awareness of dementia in order to enhance their practice skills when working with all people impacted by this condition.

"In order to work effectively as an occupational therapist, professionals need to understand and respect the importance of the individual's personal circumstances. Our study day emphasised to students the importance of living well with dementia. By increasing their knowledge and awareness, we equipped our graduates to work much more effectively in the changing landscape of health and social care in Scotland."

The training event was devised by Elaine Hunter, the National Allied Health Professionals Consultant within Alzheimer Scotland and Fiona Maclean, Senior Lecturer in Occupational Therapy at QMU.

Elaine Hunter, National Allied Health Professionals (AHP) Consultant, said, "This has been an inspirational piece of partnership working between Alzheimer Scotland and QMU to improve dementia knowledge among occupational therapy students. Scotland's current National Dementia Strategy outlines a key role for AHPs to support active non-pharmacological interventions for people with dementia, carers and families."

An important part of the event was the Alzheimer Scotland Memory Bus that was located in QMU's University Square. The Memory Bus is a unique mobile information vehicle that travels across the country to raise awareness and support for those interested in, or affected by, dementia. The bus not only proved very popular with health students on the day, it also attracted many other students and staff whose lives had also been touched by dementia.

Henry Simmons, Chief Executive of Alzheimer Scotland, opened the event. He explained: "Dementia is one of the biggest health issues to affect our society and there are few families in Scotland who are not affected by this illness. We must develop better ways of treating, supporting and caring for people with dementia to enable them to live better in their own homes and communities. This collaboration offered a positive and innovative way of educating future health professionals about dementia, so they can make a truly meaningful contribution to patient care both in the NHS and the independent healthcare sector."

Professor Alan Gilloran, QMU's Deputy Principal, said: "Not only did this event confirm the relevance of QMU's work to the issues that affect society, it was a perfect example of how QMU connects education, research and policy. Ultimately, we hope this event has helped to significantly improve our students' understanding of dementia so that they can contribute to a better all-round service provision and improve the quality of life for those affected by the condition." □

## Occupational therapist's research leads to dementia study day

Research from a final year health student, during an internship funded by Santander, uncovered the need for Occupational Therapy students to gain a better understanding of dementia before going into the workplace.

**C**LARE KENNEDY'S RESEARCH showed that many Occupational Therapy students had gained an understanding of dementia but that some elements were mainly acquired while on work placement or from personal experience.

Clare's research showed that QMU needed to support students to develop

their knowledge base of dementia by enhancing educational opportunities as part of their degree programme.

Following graduation, Clare undertook this Santander internship with QMU and Alzheimer Scotland. The project, which involved her working with Occupational Therapy academics and experts from the charity, looked at the knowledge

base of final year students in relation to the Scottish Government's Promoting Excellence Framework.

Clare's work informed the development and delivery of the dementia study day at QMU in October. Read more about the study day in the article above. □

# More Scottish children now affected by coeliac disease

New research has found that more children than ever before are living with coeliac disease - a debilitating digestive disease.

**A** TEAM OF SCIENTISTS from QMU and the University of Edinburgh has found that coeliac disease now affects six times more children living in Scotland than it did in 1990.

Coeliac disease is a common digestive condition where a person experiences adverse reactions to gluten. However, the disease only affects those who carry the gene for the condition. Symptoms can range from mild to severe and eating foods containing gluten can trigger a range of symptoms including diarrhoea, abdominal pain, bloating, weight loss and flatulence. It can also make people feel extremely tired and can even affect children's growth. At its most serious, coeliac disease may cause children to become malnourished because their bodies struggle to absorb nutrients.

The research team analysed the health records of children from South East Scotland aged under 16 years who were newly diagnosed with the condition between 1990 and 2009.

Researchers based at Royal Hospital for Sick Children in Edinburgh found that the rate of children being newly diagnosed with coeliac disease rose from 1.7 in every 100,000 children in 1990-1994 to 11.8 per 100,000 children in 2005-2009.

Findings from the study confirms a trend that doctors have seen on a daily basis in Lothian, Fife and Borders. They are keen to look closer at the reasons why they are seeing more patients with coeliac disease, as the study found that it's not just because people are more aware of the disease or that tests to detect coeliac disease have now improved.

The research discussed above was highlighted in the journal 'Pediatrics'.

<http://pediatrics.aappublications.org/content/early/2013/09/04/peds.2013-0932.abstract> □

## A gluten-free diet: how good and easy is it?

### Energy intake on a gluten-free diet

Further research by the scientific team from QMU and the University of Edinburgh examined the dietary and nutrient intakes of 35 Scottish teenagers with coeliac disease and compared this to healthy teenagers.

Lois White and Dr Elaine Bannerman from QMU, along with Dr Peter Gillett from Royal Hospital for Sick Children, NHS Lothian, found that teenagers with coeliac disease had a greater energy intake from sugar and saturated fat. It is believed that this may be due to a wider availability of gluten-free substitute products that are high in sugar and fat compared with other food groups. Again, the team believes that further research is needed to determine if true nutritional inequalities exist between the groups.

### Sticking to a gluten-free diet

The research team also looked at how well Scottish adolescents with coeliac disease stuck to a gluten-free diet. Results showed that 39% of teenagers adhered to their diet. This flagged up the possibility that a significant proportion of teenagers may need additional help so they could better follow a gluten-free diet. Support could include help with better understanding of food labelling and all scenarios when dietary compliance is more difficult, such as preparing for social events, eating during long distance travelling and preparing a suitable diet whilst on holiday.

Dr Elaine Bannerman, Senior Lecturer in Nutrition and Dietetics, said: "This research provides detailed information on the dietary habits of adolescents with coeliac disease, as well as insight into their dietary compliance. These findings will assist the food industry, healthcare professionals and specialist third sector groups to provide more targeted support to improve the lives of young people with coeliac disease."

This research has been funded by generous support from the Gloag family and Coeliac UK. For further information about coeliac disease visit the Coeliac UK website: [www.coeliac.org.uk](http://www.coeliac.org.uk) □





# The Value of Apology

Across the UK, we're not very good at saying we got it wrong. Although extreme, the tragedies at Mid Staffordshire NHS Trust are testimony to what happens when complaints are ignored and spiral out of control. It is possible for complaints to be resolved early on, but from small doctors' surgeries to large local authorities, organisations often fail to grasp the value of a well-constructed apology.

**RESEARCH FROM QMU'S Consumer Insight Centre shows that there are real benefits for organisations that fully understand the power of apology and that put resources into developing effective complaint handling procedures.**

QMU's Consumer Insight Centre is a leader in the provision of ombudsman and complaints handling training to organisations in the UK and internationally. The Centre's academics have developed an

innovative masterclass for forward-thinking organisations that understand the merit in improving complaint handling. 'Managing Complaints: The Value of Apology' is a one-day masterclass that is delivered at QMU or at a location of choice. The course allows individuals to explore the power of apology in providing genuine and positive remedies for complaints.

Carol Brennan, Director of the Consumer Insight Centre, explained: "Providing meaningful and lasting solutions to complaints is a significant challenge –

particularly in the complex world of health and social care grievances.

There are risks attached to a failure to handle a complaint effectively. Managers and governance staff – in both private and public sector organisations – need to learn that a well-constructed apology can turn around a troubled situation so that it has a positive outcome for both the organisation and the consumer."

She continued: "Poor complaints handling is a continuous source of negative headlines. The Francis Report, published in 2013, highlighted the need to avoid formulaic, insensitive, patronising language in apologies that would be more likely to exacerbate wounds rather than heal them.

## COMPLAINT MANAGEMENT MASTERCLASSES

QMU's Consumer Insight Centre runs a variety of short masterclasses that focus on the effective management of complaints. They are designed for managers and complaints staff in a wide range of public and private sector organisations.

**Managing Complaints Masterclass: The Value of Apology**

**Managing Complaints Masterclass: Coping with Challenging Behaviour**

## PUBLIC SERVICES: COMPLAINT MANAGEMENT COURSES

QMU's Consumer Insight Centre has launched new complaint management courses for public services staff. Offered in a flexible format of three single day events, the courses are designed to meet the needs of complaint handlers and managers. The three single day events cover:

- Resolving public services complaints
- Investigating public services complaints
- Remediating public services complaints

## BESPOKE TRAINING IN COMPLAINT HANDLING

QMU's Consumer Insight Centre offers bespoke courses to organisations involved in a wide area of complaint handling including dispute resolution and mediation. In the last three years, the team has trained 1200 staff throughout the UK and internationally and has worked with organisations such as the International Ombudsman institute, African Ombudsman Research Centre, Asian Ombudsman Association, Welsh Language Commissioner, Care Inspectorate, Audit Scotland, NESTA, Legal Ombudsman Service and the Financial Ombudsman service.

To discuss your organisations needs contact Carol Brennan on E: [cbrennan@qmu.ac.uk](mailto:cbrennan@qmu.ac.uk) or T: 0131 474 0000. □

Now, more than ever before, organisations need to grasp the concept that with the right training, it is possible to deal with difficult situations more effectively, limit reputational damage and rebuild trust. Equipped with the right knowledge and by adopting a better approach to complaints, it should be possible to transform the consumer experience."

The Masterclass will tackle various important issues such as resolving complaints at the earliest opportunity. This can help avoid complaints escalating unnecessarily to senior management, the ombudsman or the courts. It also includes methods for managing feedback and listening to concerns, as well as top tips for verbal and written apologies.

Carol concluded: "QMU has considerable expertise in complaint management and dispute resolution. A key benefit is that our Consumer Insight courses are underpinned by solid academic research." □

# Hot topic of public services governance becomes academic

In response to the UK's increasing focus on public service governance, academics from QMU's Division of Business, Management and Enterprise are delivering a postgraduate programme on the subject to government officials. The management specialists are delivering a Postgraduate Certificate in Public Services Governance to public service workers across Wales.

**QMU IS THE ONLY university in the UK to offer a postgraduate programme in public service governance. Academi Wales, the leadership development arm of the Welsh Government, has contracted QMU to deliver the innovative programme to 21 public servants based in various Welsh public bodies.**

Dr Ian Elliott, programme leader at QMU, said: "The failures involving Mid-Staffordshire NHS Trust and Morecambe Bay NHS Trust highlight the need for proper governance in our public services.

"Public services in the UK are increasingly delivered by a complex network of public, private and third sector organisations. This heightens the challenge of achieving transparency and accountability in public service delivery."

Dr Elliott continued: "We commend Academi Wales for taking a proactive approach in developing the skills of Welsh public servants in addressing these challenges. These are very challenging times for public service delivery and it is therefore very helpful to be able to share experiences from across the devolved governments."

The Postgraduate Certificate takes into account the most recent national and international policy developments in public services governance in Wales as well as the rest of the UK. Issues such as public finance, leading change and communications are all explored using examples of good practice and cutting edge research. The programme is delivered with a blend of face-to-face and online learning to fit around the busy working lives of public service workers.

QMU has a long-established track record in this niche specialism and

recently ran an international pre-conference that investigated the role communication expertise plays in shaping governance.

Professor Alan Gilloran, QMU's Deputy Principal, said: "QMU is focused on developing courses and conducting research that is relevant to society's changing needs and that improves quality of life. This new partnership represents a continued commitment by QMU to support the effective delivery and governance of public services and one that will ultimately improve services for the public."

Jo Carruthers, Director of Academi Wales, Welsh Government, said: "Academi Wales, working with a number of our key public services stakeholder groups, recently identified that a priority skills requirement for 2013-14 was needed to improve organisational governance capabilities across all areas of the public services. A key facet of our response to this requirement is the Postgraduate Certificate (PGC) in Public Service Governance. We believe that this programme will not only increase capability amongst existing senior governance colleagues, but will also assist the public services in Wales in succession planning and building the skills for the future.

"We have been delighted to work with Queen Margaret University on the delivery of this programme. Its blend of academic rigour, experience and expertise has enabled them to deliver a programme that not only develops the knowledge and skill of participants, but is set very much in the context of the Welsh public service, and wider UK public service. This makes the programme wholly relevant to delegates, enabling effective transfer of learning to the workplace." □

**If your organisation could benefit from training in public services governance please contact Dr Ian Elliott on E: [ielliott@qmu.ac.uk](mailto:ielliott@qmu.ac.uk) or T: 0131 474 0000 □**



# Using research to support Scotland's food & drink industry

One of QMU's key priorities is to support the development of Scotland's food and drink industry. Our research expertise is helping a range of commercial companies develop healthy food and drink products and bring them to market.

## THE CHOCOLATE TREE

- organic chocolatier based in East Lothian

**Producer aims:** to gain a clearer understanding of the nutritional content of its products. This would allow the producer to promote the health benefits associated with its high quality product and challenge the view of chocolate as an unhealthy indulgence.

**Research aims:** to provide accurate antioxidant and mineral information to enable a fuller understanding of the nutritional characteristics of the 'bean-to-bar' chocolate.

**Research results:** QMU provided scientific evaluation of the antioxidant profile and mineral content of the organic certified 'bean-to-bar' range, as well as professional guidance on the health and nutritional aspects of the products.

**Producer results:** the health and nutritional information provided is helping the company develop accurate information for labelling and advertising purposes. This will also feed into a longer term marketing campaign.

## GUSTO

- artisan dressing, marinade, oil and vinegar producer in Leith, Edinburgh

**Producer aims:** to develop a unique salad dressing incorporating marine algae oil – a vegetarian alternative to the omega-3 fatty acids primarily found in oily fish (DHA)

**Research aims:** to develop three new products, incorporating marine algae oil, to provide a novel source of DHA, and ensure consumer acceptability and commercial viability.

**Research results:** a range of acceptable products were produced, each providing a significant intake of DHA by enrichment with marine algae oil.

**Producer results:** Gusto is now scaling up the production of these novel salad dressings, incorporating marine algae oil for commercial production. This unique approach offers customers the nutritional benefits associated with eating oily fish without actually having to consume it. These products will be suitable for vegetarians and those who do not have a taste preference for oily fish.

## BLACK AND GOLD

- East Lothian rapeseed producer

**Producer aims:** to gain accurate information about the oil's nutritional properties for marketing purposes.

**Research aims:** to establish the fatty acid profile as well as the antioxidant content of the oil and the effects of cooking on nutrient content.

**Research results:** Black and Gold oil does contain naturally occurring antioxidants in the form of polyphenols that are still active after cooking (such as shallow frying). Polyphenols can enhance health, reduce cardiovascular disease and protect the body from chronic disease. Black and Gold's overall balance of Omega 3/Omega 6 and its antioxidant content means that it may be superior to other cooking oils such as sunflower and extra virgin olive oil.

**Producer results:** acquiring the true nutritional knowledge has allowed Black and Gold to confidently provide accurate product information for marketing statements and new investors.



QMU's virtual hamper shows a mouth watering array of artisan food and drink products from QMU's knowledge exchange partners.

## ETEAKET

- leaf tea experts based in Edinburgh

**Producer aims:** to expand the range of speciality teas, tea blends, flavoured and decaffeinated teas, and to identify and understand the antioxidant and caffeine levels of Eteaket teas in order to convey accurate information to customers.

**Research aims:** to assess the antioxidant content and caffeine levels of Eteaket's product range.

**Research results:** the research provided a scientific evaluation of the antioxidant, total polyphenol and caffeine profile on the product range.

**Producer results:** the company can now provide customers with clear and visual nutritional facts by highlighting accurate information in its packaging and website.

## CUDDYBRIDGE

- artisan juice producer based in Peebles

**Producer aims:** to produce a new seasonal drink using apple and sea buckthorn berries.

**Research aims:** to establish the qualities and nutritional properties of the combined juice.

**Research results:** the addition of sea buckthorn results in a high antioxidant content that can prevent slow oxidant damage to the body. The combination of the apple counteracts the slightly tart taste of the sea buckthorn and results in a delicious, freshly squeezed fruit drink.

**Producer results:** the development of a new freshly squeezed juice combination that has a higher nutritional content than the company's individual apple juice product.

## BELHAVEN FRUIT FARM

- East Lothian fruit farm

**Producer aims:** to develop a successful marketing strategy for its new fruit ice dessert products.

**Research aims:** to establish the nutritional content of its new fruit ice products.

**Research results:** many healthy components of the fruit ice were identified.

**Producer results:** Belhaven was able to make confident statements in its promotional materials about the health benefits of its new product. This had a positive impact on its sales and marketing efforts.



# MARINE ALGAE – THE SECRET INGREDIENT TO HELP SCOTS IMPROVE THEIR DIET

An Edinburgh based salad-dressing producer is working with QMU to develop pioneering products incorporating health-promoting natural elements aimed at addressing one of Scotland's high risk medical conditions – cardiovascular disease.

**GUSTO ARTISAN FOODS and QMU's nutrition experts have created unique highly nutritious salad dressings and oils that are infused with a natural, non-fishy vegetarian alternative to omega-3 fatty acids. The added ingredient is recognised for its positive role in reducing heart disease risks.**

QMU has worked in partnership with Gusto as part of the Business Innovation Exchange (BIE)\* programme that provides SMEs with access to innovation support across a variety of sectors. It encourages businesses to work closely with academia, and as a result Gusto will incorporate marine algae oil in to some of its existing range of products.

The key is marine algae oil, also known as marine plant oil, which delivers some of the nutritional benefits associated with oily fish without actually having to eat it. Essentially it is an alternative source of docosahexaenic acid (DHA), which is the element in omega-3 fatty acids that helps reduce the risk of cardiovascular disease. Academic experts believe that the addition of marine algae oil to the Gusto salad dressing will offer significant benefits to individuals who are vegetarian or who for any reason choose to avoid oily fish.

The risk of cardiovascular disease in Scotland is amongst the highest in Europe. In years gone by, oily fish was a staple of the Scottish diet, but research has shown that intakes of oily fish in Scotland are now much lower, and overly-reliant on salmon. Current dietary recommendations to reduce cardiovascular disease highlights the importance of consuming two portions of fish per week, one of which should be oily, in order to take in a source of omega-3 fatty acids, specifically DHA.

Gusto saw the opportunity to introduce an alternative source of the health producing benefits of DHA into the Scottish diet through its products.

Dr Jane McKenzie, Academic Lead in Food and Drink at QMU, carried out the research. She said: "There is an increasing need to reduce cardiovascular disease risk amongst the Scottish population and this is a novel and innovative way of offering consumers an alternative source of vital docosahexaenic acid (DHA) in their diets."

Dr McKenzie's research shows that very few commercially available food items are enriched with DHA from a marine algae source, and these products can avoid many of the prohibitive aspects of oily

fish, such as taste and smell, making it more desirable to a wider population and easier to incorporate into manufactured goods and therefore into Scots' diets.

Dr McKenzie confirmed: "We're thrilled to be working actively with Gusto to develop such innovative products that will provide great health benefits to its customers. We believe that this research work with Gusto presents enormous implications for the future development of other functional food products. It opens up other possibilities to positively influence the health of the Scottish population and beyond, and Gusto should be commended for taking this first important step."

The QMU team worked with Gusto on incorporating the marine algae oil into three of their products that are now being prepared for commercial production. They also tested initial consumer responses to the taste of the new products and the novel idea of adding marine algae oil to foods. The favourable outcomes will help to inform product promotion and marketing of the enriched salad dressings and oils.

Professor Alan Gilloran, QMU's Deputy Principal, said: "This project is great example of how academic expertise can have a positive influence on the development of a growing business. QMU is committed to supporting SME development but we now need more businesses to recognise that world-class expertise, knowledge and research facilities exist within Scotland's universities. Companies need to make the most of this resource and develop innovative collaborations that will have a positive impact on SME growth, economic development and ultimately quality of life."

Rachael Cousins from Gusto Artisan Foods added: "It has been great working with the University to develop these products that will not only have huge health benefits but will also taste good. It means consumers, including vegetarians, can achieve their recommended intake of DHA in a healthy, non-fishy way. Consumers are getting increasingly discerning about what they eat. To be able to deliver a high quality artisan product, which tastes great and also delivers additional nutritional benefits, is a step in the right direction for everyone." □

\*The Business Innovation Exchange is a unique partnership among Queen Margaret, St Andrews, and Edinburgh Napier universities that blends the expertise of modern and ancient institutions to provide SMEs with easier access to academic know how, facilities and intellectual property.

## Time-lapse film of East Lothian celebrates Scotland's beautiful summer

**THOSE OF YOU** who have watched and enjoyed Walid Salhab's stunning stop-motion/time-lapse films of Edinburgh, will be delighted to know that the QMU Media Practice Lecturer has added to his suite of Kinetic films.

Kinetic East, a striking short video of south east Scotland, was created by Walid as a celebration of the beautiful summer of 2013. Walid wanted to capture and share some of his favourite coastal spots in East Lothian, as well as some of the hidden treasures that are on offer in Scotland's south east. He particularly loves the expanse of Ravensheugh Beach, the nature reserve at Aberlady, Dunbar Harbour, and the buzz of North Berwick. In addition, this film includes footage of Peebles, Cramond Island at sunset, views from North Queensferry and his all-time favourite – the ruins of St Antony's Chapel at Arthur's Seat, Edinburgh.

If you watch closely you might even spot the UFO that Walid said zig-zagged across the sky during the shoot at Arthur's Seat. He insists it was not a shooting star.

Walid's time-lapse/stop-motion technique captivated an international audience when he first released 'Kinetic Edinburgh I' in September 2012. This was followed by his stunning portrayal of Edinburgh in wintertime 'Kinetic Edinburgh II', which achieved over three million hits on YouTube. Walid perfected his unique time-lapse/stop-motion technique during the production of his Kinetic Edinburgh films. He is now applying the technique to a short film 'Avaritia', which will be available some time later this year.

Walid hopes to provide a fresh perspective on well-known beauty spots, to inspire people to seek out hidden gems and encourage people to appreciate the natural beauty of Scotland.

You can view Kinetic East at W: [www.youtube.com/watch?v=tgWWKu9gsow](http://www.youtube.com/watch?v=tgWWKu9gsow) and the trailer for Avaritia at W: <http://vimeo.com/56547987>.



## Research explores public relations expertise in Scotland

**Academics at QMU are the first to explore how public relations (PR) professionals in Scotland got into their profession and how they conduct their daily work.**

**A PILOT STUDY LED by a QMU research team is exploring the professional expertise of public relations professionals in Central Scotland. The research is involving professional PR bodies and a range of both private and public sector PR practitioners.**

Jacquie L'Etang, Chair of Public Relations and Applied Communications at QMU, explained: "In recent years the PR profession has experienced significant changes. By working closely with professional bodies, we aim to get a clearer understanding of current working practice in Scotland for the benefit of both academics and the wider PR profession."

The pilot study, which looks at the knowledge base and daily professional practice of PR professionals across Scotland, involves interviews and focus groups with practitioners across Central Scotland, and some from the north of the country. The research team will also offer interventions that may change the way practitioners think about their work and methodologies.

Laura Sutherland, Chair of the Scotland Group of the Chartered Institute of Public Relations (CIPR), explained: "After speaking to Professor L'Etang at QMU, we realised that there was no real research into how people got into the profession and indeed the way in which people approach their work. We agreed to contact members and

non-members of the CIPR, allowing a better 'cast of the net', to participate in the study."

Laura continued: "It is important, as a profession, that there are high standards set across the board, both in terms of employment and everyday work. We are delighted to be supporting QMU with this pilot study and we hope this research will allow us to understand, to some degree, where people practising PR in Scotland came from and what their work involves. It may demonstrate trends that we can use to further advance the profession."

The QMU research team continues to work closely with professional bodies and contribute to their internal debates. It is also planning some activities arising from the research in 2014. □



# the **Mask** the



## Revealing the talent behind the mask



Fish — Cara Fraser



Swan — Siobhan Randle

Throughout the world masks are used for their expressive power as a feature of masked performance - both ritually and in various theatre traditions. Over the centuries they have been used for protection, in feasts or in wars, for ceremonies or in theatrical performances.

Masks are used almost universally and maintain their power and mystery both for their wearers and their audience. They continue to be popular with various audiences - for carnival, children's parties and Halloween, with mass produced masks often associated with characters in popular films, TV programmes or cartoon characters. Their popularity is a reminder of the enduring power of pretence and play, and of the power and appeal of masks.

But moving away from their mainstream popular appeal, there's not a hint of a cheap plastic mask or a thin nylon black cloak to be found in QMU's busy costume design workshop. Instead, an intriguing array of handcrafted creations adorn the cutting tables. Amongst the stray slithers of lace and silk, is a selection of bespoke masks and hats suitable for all genres of theatre.

The Costume Design and Construction students have been hard at work crafting original one-off designs for their assessments. These beautiful masks and millinery range in style from the mythical to the outlandish, with some suitable for a British period drama and others for something altogether more tropical. Some, even from the lower year groups, wouldn't be out of place in productions like the 'Lion King' or 'Downtown Abbey'.

We'd like to share with you a selection of the stunning masks and millinery constructed by students on the BA (Hons) Costume Design and Construction programme. We hope some of you will join us, later in the year, at 'Costume Showcase', where many of these creations will take centre stage.

*All masks in this six page feature are created by 1st and 2nd year Costume Design and Construction students with photography by award-winning photographer Hamish Scott-Brown.*





Christie Reeve's (2nd year) intricate headpiece was inspired by the theme 'Mythical Creatures'

All masks modelled by student Hazel Catling



**'Hunter and the Hunted'**  
Fox mask created by Emily Kenyon-Roberts (1st year)



**'Hunter and the Hunted'**  
Otter mask created by Hazel Catling (1st year)





**'Hunter and the Hunted'**  
Wolf mask created by Becks Marnie (1st year)  
Styling: Andy Bain (2nd year)  
Hair: Siobhan Randle (1st year)



Red Phoenix inspired by the theme 'Mythical Creatures'  
created and styled by Andy Bain (2nd year)





# Costume designer lands role on Hollywood blockbuster 'Gravity'

**Ruth George, BA (Hons) Costume Design and Construction, graduated 2010.**

Ruth George at the Olivier Awards celebrating the costume design success of the musical 'Top Hat'.



**N**OT MANY GRADUATES can say that they have designed costumes for A-listers George Clooney and Sandra Bullock, but Ruth George hit the big time almost immediately after graduating from QMU, when she created the astronaut costumes for the technically dazzling film 'Gravity'. Although the film is only recently out in the US and the UK, Ruth worked on the project almost three years ago. She gives us an insight into her work on the movie as well as her current theatrical connections with David Tennant.

## How did you get the 'Gravity' job?

I worked on 'Treasure Island', a two part TV feature film starring the comedian and actor Eddie Izzard and Rupert Penry-Jones. One of the cutters that I worked with on that production put my name forward for 'Gravity' and it all spiralled from there. I worked as a stitcher alongside a team of cutters and designers to develop the space suits worn by Clooney and Bullock.

## What were some of the challenges on the 'Gravity' project?

The suits had to look as if they really were being worn in outer space, so no part of the costume could look as if it were being pulled down by gravity. In order to portray this anti-gravity look, we had to develop undergarments, consisting of tubes, which helped the suits sit correctly and created a bulkiness that slightly restricted the actors' movements. The construction of the costumes had to help the actors look as if they were moving in outer space. The project was unique and technically challenging - it involved a lot of trial and error. Our team had to make several suits for the actors and stunt doubles just in case anything went wrong. I also learned to use larger scale industrial machinery and developed new techniques, rather than concentrating on the hand-sewing that I would normally do.

## Did you have any memorable moments on the project?

It was great seeing some of the props and machinery that were used to create the movie, particularly the flying contraptions that Sandra Bullock was strapped to. It threw her around the set as if she was let loose in outer space. The costumes had to stand up to this type of harsh treatment. Unfortunately I did not get to do the fitting for George Clooney, but I did get to meet Sandra Bullock briefly. I feel extremely privileged to have worked on such an interesting project. My work covered an eight week span before filming began. It's weird that you can work on a project but not actually see the end result until three years down the line.

## What has been your most current project?

I was Wardrobe Deputy with the Royal Shakespeare Company on a theatre production of Richard II. The play, which starred actor David Tennant, was running in Stratford. We then took it to the Barbican in London where it ran until the end of January. My role for this production included maintaining and laundering costumes and having everything ready for the actors.

## Tell us about some of your other successes?

I worked in wardrobe on the hugely successful musical 'Top Hat' in London's West End. It is very humbling to have worked on a show that has won so many awards, but the most important to me was the Olivier Award in the Best Costume Design category.

## How did you break into film?

It started at QMU when my lecturer, Maggie Scobbie, took me on placement with her to work on a film in Ireland. I worked as a dresser on the film 'Cracks', which is about an elite all-girls boarding school. Maggie then helped me get the job with 'Treasure Island'. One of the great things about costume design at QMU is that the staff - people like Maggie Kennedy - have excellent industry connections. The early opportunities that I was given on my course really propelled me very quickly into the film industry. □



## Nurses celebrate 30th anniversary of degree

**O**VER 60 NURSING alumni gathered at the University's campus in August 2013, to celebrate the 30th anniversary of the nursing degree programme at QMU.

Professor Joe Goldblatt, of our Alumni and Development team, and lecturers past and present, were very pleased to join the graduates in celebrating this special anniversary.

The alums took time to share photographs and stories about College and University days. They especially enjoyed the tour of the campus and the opportunity to see all the new innovations used to teach nursing at QMU nowadays.

The comments were universally positive about the building, food and drink, programmes and the event. Professor Goldblatt commented: "My simple definition of a successful event is when the guests refuse to leave. This was the case on Saturday when they were still going strong at the stopping point."

For further information on planning a course or class reunion, please contact the Alumni Office, E: alumni@qmu.ac.uk or T: 0131 474 0000 □



## Lennoxlove Book Festival comes up trumps yet again

**B**ITAIN'S MOST EMINENT mountaineer, Sir Chris Bonington, paid tribute to John Muir, the father of the environmental movement and founder of America's national parks, in a lecture at the Lennoxlove Book Festival 2013.

Held in November at Lennoxlove House, East Lothian, the festival was, for the fourth year, part sponsored by QMU. The 2013 festival highlights included Alan Johnson, the former home secretary, discussing his poverty-stricken childhood; Kirsty Wark talking about her favourite books, and William McIlvanney, the godfather of crime writing. Other guests included impressionist Rory Bremner, actress Patsy Kensit, and interviewer and broadcaster Jeremy Paxton.

From history to fiction, cookery to politics, and from crime to children's entertainment, the Festival had something for everyone. Also, for the first time, the Festival included The Scottish Mortgage Investment Trust Book Awards, Scotland's largest literacy prize, worth £30,000.

Professor Alan Gilloran, QMU's Deputy Principal, said: "It is always a pleasure to support an event that bursts with life and vigour and that continues to grow and appeal to a wider audience. It was also a wonderful opportunity for QMU staff to get involved in chairing some of these very lively and entertaining sessions." □

## Students benefit from first ever Ryder Cup Bursary Scheme

**S**OME LUCKY QMU students are benefitting from a four-year bursary investment deal from Ryder Cup Europe.

Five QMU students are amongst the first in the world to receive financial support linked to the 2014 Ryder Cup in Scotland. Just before Christmas, five third year students, who study on the BA (Hons) International Hospitality and Tourism and the BA (Hons) Events Management, each received a one-off payment of £1,000. Ryder Cup Europe has made a commitment to QMU to fund five tourism, hospitality and event student bursaries per year for a total of four years. The bursary scheme means that a total of twenty QMU students will benefit by receiving £1000 each.

The bursaries will help the students pay for their travel and accommodation costs and ensure they can access courses relevant to The 2014 Ryder Cup.

Richard Hills, European Ryder Cup Director, said: "The 2014 Ryder Cup will bring major benefits to the local and Scottish economy and we want to leave a lasting legacy for generations to come. The bursary schemes will help support QMU students with their living expenses. We hope that these students will go on to contribute to the Scottish tourism and hospitality industries for years to come."

Shona Robison MSP, Minister for Commonwealth Games and Sport, said: "The Ryder Cup is more than just golf, and good hospitality and management can help make the event truly great. This investment places young people at the heart of our legacy commitment and will give young people new skills in their chosen career path and the best training to go on to work, whether it is in the hospitality and event management industry, or as the next generation of industry leaders."

International Hospitality and Tourism student, Calum McEachern, was delighted to receive a Ryder Cup bursary. He said: "I take on quite a lot of paid employment to support my studies. However, the bursary will relieve some of the financial pressure associated with being a student and I can hopefully spend a bit more time focusing on my studies. I am extremely grateful for the support and freedom that this investment brings. I'm excited about the Ryder Cup coming to Scotland and will be trying to get involved in some way."

The Ryder Cup Bursary Scheme is running at QMU as well as Perth College UHI and the University of Stirling. The Scheme completes a range of educational commitments made by Ryder Cup Europe, covering primary through to higher education initiatives. □



# GIVING TO QMU

We rely on the generosity of individuals and organisations to assist us in supporting students' development and enhancing their opportunities, as well as furthering academic research that will ultimately improve the lives of people in Scotland, the UK and internationally. There are a number of ways that you can support the University but the Martlet Club and our 'Trees of Life' project are two good examples. Read more about them below.



## The Martlet Club

for supporters of Queen Margaret University

The Martlet Club exists to acknowledge supporters of QMU who make a donation of £120 or more each year, or a monthly donation of £10 upwards.

The name is taken from the martlet emblem on the QMU coat of arms. This emblem, which is associated with learning, represents Queen or Saint Margaret, after whom the University is named. As the campus is a haven for wildlife, including swans, ducks, herons and moorhens, the name of the club also reflects the University's commitment to sustainability and to enriching the community.

To join the club, send an email to E: [development@qmu.ac.uk](mailto:development@qmu.ac.uk) expressing your interest and we will give you full details. Your gift will support the work of QMU, providing relevant teaching and research that makes a real practical impact and transforms people's lives. Funds will be put towards a number of projects, for example allowing students to complete CV-enhancing projects or supporting initiatives focused on using QMU's expertise to the community's advantage.

In return you will receive:

- a copy of QMU's stakeholder magazine, QMYOU, twice a year;
- QMU Update, which is a letter from the Principal every other month updating you on University news and
- an annual invitation to a reception.

In addition, for each new member, we will plant a flower bulb on campus contributing to the beauty of the environment. □

## Vice-Chancellor Award – vital support for current students

QMU is committed to supporting our students, helping them to make the most of the opportunities available and ensuring they have the best possible learning experience during their time here.

The Vice-Chancellor's Fund was set up in 2010 with the sole aim of supporting students who wish to take part in study or research abroad. These overseas projects enrich students' academic experience, broaden their horizons and help them to make a real contribution to their field or to serving society's needs. With your help and generosity we have been able to offer part-funding for student trips to destinations as diverse as India, the USA, Australia, Malaysia and the Czech Republic. The Fund has already supported 15 students over the past two years.

In 2013 there have been a further eight awards to part-time and full-time students. One student who was lucky enough to be funded through the 2013 round of awards was Elaam Leung, a level 4 student in BSc (Hons) in Occupational Therapy. With the help of the VC Fund, Elaam travelled to Moldova, as part of the SKIP (Students for Kids International Projects) Edinburgh team. The team volunteered in an orphanage for disabled boys in Orhei, Moldova for three weeks. Resources and equipment were limited and the boys were living in cramped conditions, with care facilities stretched to one carer per 10 boys and with carers working 24 hour shifts.

Elaam said: "Due to limited resources and being the only occupational therapy student in my group, creativity was key, and I was always thinking on my feet about how to give a range of therapy to the boys. Another challenge for me was to justify therapy purposes to both group members and the carers, educate them on how to carry out simple therapy and also ask carers to sustain therapy when I left.

"Upon my return to Scotland, I feel very strongly motivated to raise money for the charity, Bettlyn Moldovan Relief. The charity buys mobility equipment, which in turn helps to raise the standard of care in the orphanage. I also invited SKIP Edinburgh to the Student Occupational Therapy Links Scotland (SOTLS) 2013 Conference at QMU. They run a workshop to raise awareness of the project and increase numbers of OT student volunteers."

Also benefiting from the 2013 awards was David Stevenson, then a PhD student in Cultural Policy. David spent one week at the Centre for Cultural Policy Studies at the Royal School of Library and Information Science in Copenhagen. During his time there he developed a co-authored paper with international academics as well as having the opportunity to network and develop contacts in his field. David also gave two guest lectures. Both were well received by the students and staff in attendance.

David said: "Two benefits came from these sessions. Firstly they provided me with an opportunity to reflect on my professional development as an educator. Secondly, the head of the Cultural Policy Centre has

encouraged me to write up my second presentation and submit it for publication. This had not been a consideration but it took an outside eye to see that I had constructed a case study that would be of interest to an international readership."

Like the other students who have benefited from the fund, Elaam and David have expressed their gratitude. Elaam said: "I am extremely grateful to the Vice-Chancellor's Fund as financial issues for a full-time student can be a major obstacle in taking part in a project like SKIP. Having received the VC Fund I was able to fully focus and engage in the process; and to apply and consolidate my OT skills in a setting that I will never come across in the UK. I feel very fortunate to have received this funding. So thank you again for supporting me."

If you would like further information on the Fund, including details of how to give or how to apply for a grant, see [www.qmu.ac.uk/alumni\\_and\\_friends/VC\\_Fund.htm](http://www.qmu.ac.uk/alumni_and_friends/VC_Fund.htm) or E: [development@qmu.ac.uk](mailto:development@qmu.ac.uk) □

## Generous donation to help students

Dr Frances Dow, CBE, former Vice-Chair of the QMU Court has recently given a gift of £4000 to the Vice-Chancellor's Fund. The fund was set up by Principal and Vice-Chancellor Professor Petra Wend with the sole aim of supporting students who wish to take part in study or research abroad.

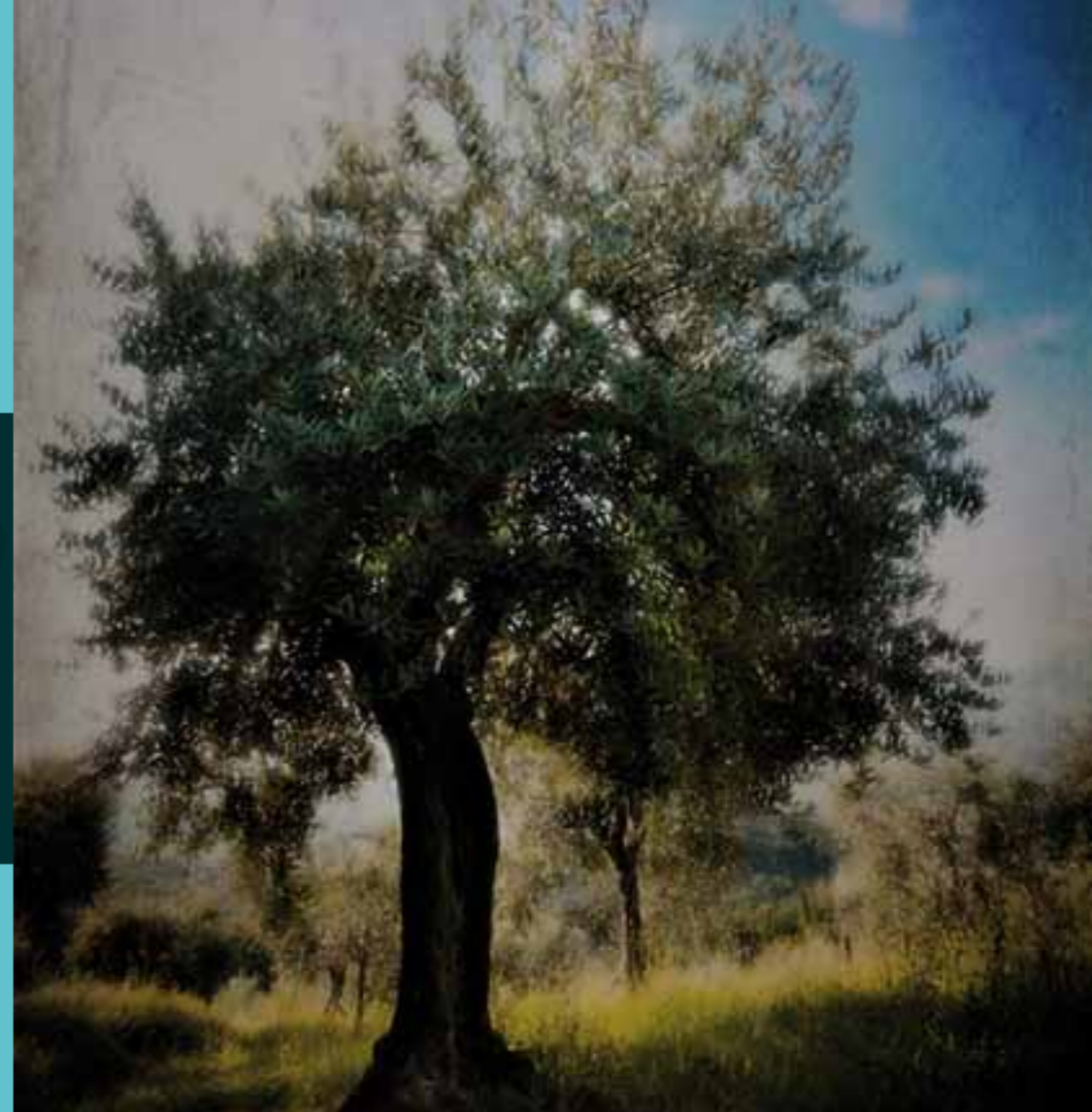
Dr Dow, a former Dean of Arts and Vice Principal at the University of Edinburgh, served on the Court of QMU for several years. During her time on the Court, >>

>> she drew on her broad range of higher education experience to provide much appreciated wisdom and counsel to fellow Court members and staff of the University. Generous donations such as those from Dr Dow help us provide the learning opportunities that enhance the student experience beyond the ordinary to the extraordinary.

She said: "It gives me great pleasure to further the aims of the Vice-Chancellor's Fund. I know from my own career that first generation university students can benefit enormously from confidence-building experiences that raise their aspirations as well as their achievements."

Thanking Dr Dow for her donation, Professor Petra Wend said: "I am sure that this generous gift will greatly enrich the lives of the beneficiaries, building their confidence, aspirations, and sense of the opportunities available to them in life."

If you would like to discuss different ways of supporting student development at QMU or indeed options to support other aspects of the University's work, please contact Lisa Gillespie, Development and Alumni Manager on E: [lgillespie@qmu.ac.uk](mailto:lgillespie@qmu.ac.uk) or T: 0131 474 0000. □



## 150 'Trees of Life'

Graduate gift programme

In 2025, QMU will celebrate 150 years of service to Scotland and the world. Join us in creating a special grove of trees on campus to commemorate this milestone.

Plant a tree to:

- celebrate your time at QMU;
- commemorate someone close to you or an event or
- remember a loved one.

In consideration of your sponsorship of an individual tree we are happy to notify the person being celebrated, honoured or remembered.

One recent donor, Sheila McCulloch said: "I feel honoured to dedicate a tree to the pioneers of the Diploma in Life Sciences and early degree nursing students. I have fond memories of my time at QMU. I loved the trees in the Corstorphine Estate and I wanted to contribute to the new campus."

Three easy ways to make your 150 'Trees of Life' donation:

1. Make your cheque payable to Queen Margaret University and return to:

FREEPOST RRLC-REXE-UGBH,  
Development & Alumni Office,

Queen Margaret University, Musselburgh, EH21 6UU, Scotland.

2. Visit W: [www.qmu.ac.uk/treeoflife/](http://www.qmu.ac.uk/treeoflife/) scroll to the bottom right of the screen and click on DONATE to complete the secure transaction.

3. Visit the QMU Finance window in Student Services on campus and make your contribution in person.

If you would like to discuss further opportunities for giving to QMU, please E: [development@qmu.ac.uk](mailto:development@qmu.ac.uk) or call the Development team at T: +44 (0)131 474 0000.

Help to enhance the natural beauty of the QMU campus. With every tree there is a story of achievement, honour and remembrance.



## Dobbies

With thanks to Dobbies for its generous support of the 'Trees of Life' project. □



# GRADUATES' ASSOCIATION NEWSLETTER

By **Maureen Paterson**, Graduates' Association President

## MEMBERSHIP

The QMU Graduates' Association is open to all members at QMU and associated educational establishments. A one-off payment gives life membership that 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, and the AGM. Membership also provides the opportunity to enjoy the comfortable ambience of seaside house Madras Lodge in Gullane, which is available all year including Christmas and New Year. Membership is open to all graduates and present or former staff. A membership costs £35 at time of graduation or £45 for members of staff and alumni members at other times. However, to celebrate the 100th anniversary of QMUGA, in 2014 membership is being offered at £20 for the first 100 applicants. To become a member contact Sylvia Northcott, Membership Secretary (see page 31)

## SOCIAL EVENTS

In July, I attended the QMU graduation ceremony that took place in the Usher Hall, Edinburgh.

## MASTER CHEF CLASS

On Saturday 28th September several members attended a Master Chef Class followed by an excellent lunch at Café St Honoré, Edinburgh.

## REMEMBRANCE DAY SERVICE

On the 10th November Sylvia Northcott and myself represented QMUGA at the Remembrance Day Service in the Old Quad Edinburgh.

## CHRISTMAS LUNCH

In December, several members met at the Edinburgh New Town Cookery School for a Christmas lunch prepared and presented by QMU students as part of their practical training. Everyone was impressed by the standard achieved as they had only started training in September 2013.

## JANUARY NETWORKING LUNCH

The first lunch of the year took place at Number 20 Restaurant, Royal British Hotel, Princes Street, Edinburgh.

## GA DATES FOR YOUR DIARY

**Anniversary Celebration - Friday 23rd May 2014:** The Queen Margaret University Graduates' Association invites you to its 100th anniversary celebration to be held at QMU in May. More details of this event can be found on the back page.

To mark this occasion QMUGA has donated £150 to the 'Trees of Life' fund. The tree will be dedicated to the centenary of the QMUGA. The ribbon will be cut at the 100th Anniversary event.

**AGM - Saturday 7th June 2014:** The AGM will be held at 11am at the Edinburgh New Town Cookery School. Coffee will be available from 10.45am. This year a committee member and president will be retiring so please could we have proposals for committee members. Other social events will be arranged for the year and information will be sent via email.

Best wishes, Maureen Paterson, President



## Founders commemorated with Historic Scotland plaque

**A**t the end of January QMU celebrated the unveiling of a Historic Scotland Commemorative Plaque to celebrate Louisa Stevenson and Christian Guthrie Wright, founders of Queen Margaret University.

The Historic Scotland Commemorative Plaque Scheme was designed to celebrate the life of significant historic figures through the erection of a plaque on a building that is particularly synonymous with their achievements. Louisa Stevenson and Christian Guthrie Wright founded Queen Margaret University in 1875 when they created the Edinburgh School of Cookery.

Supporters of the mid-Victorian women's movement, they campaigned for improved career opportunities for women who were at that point excluded from higher and technical education, with an inevitable consequence being widespread female poverty.

The commemorative plaque, which will soon have pride of place on the building at 5 Atholl Crescent, Edinburgh, was unveiled by Sir Tom Farmer in front of students in period costumes and invited guests.

The Edinburgh School of Cookery's original lectures took place before huge audiences in the Royal Museum in Chambers Street, and teaching staff went out with mobile gas and paraffin cooking equipment to give programmes of public lectures and demonstrations all over Britain. In 1891 they set up a company to purchase the Atholl Crescent premises and, with no public funding, the school developed extended

courses and offered places to residential students. By 1909 cookery classes and physical education were both made compulsory in state schools, and 'Atholl Crescent' became world renowned as setting the standards for the training of domestic science teachers.

Commenting at the event, QMU Principal, Professor Petra Wend, said; "Those associated with the University today are very proud of its origin and of the valiant women who began its story and we are delighted that they have been recognised in the first year of Scotland's Commemorative Plaque Scheme. Their vision for a fairer and healthier society and their contribution towards enhancing the lives of others has survived and flourished and we are delighted that their names will be forever associated with the historical building they purchased in Atholl Crescent in order to expand and develop what would become an educational establishment of the first rank."

Fiona Hyslop, Cabinet Secretary for Culture and External Affairs said: "I am delighted that the contribution made by Louisa Stevenson and Christian Guthrie Wright to Scotland has been recognised in a Commemorative Plaque at the property that is so strongly associated with their early work. They were women of real influence who not only founded the Edinburgh School of Cookery, which ultimately became QMU, but also had a vision for a creative, fairer and healthier society. I hope the Plaque will act as a reminder to all of the impact that their visionary work continues to make to this day." □



## Q.M.U.G.A.

### CONTACTS

#### Bookings Secretary for Madras Lodge

Anne Yokes  
T: 07817 328035  
E: mlbook@qmuga.org.uk

#### Social Secretary

Dorothy Finlayson  
4 Brunstane Road North  
Edinburgh  
EH15 2DJ  
T: 0131 669 5341  
E: alanfinlayson@virgin.net

#### Membership Secretary

Sylvia Northcott  
22 Waulkhill Drive  
Penicuik  
Midlothian  
EH26 8LA  
T: 01968 674161  
E: sylvia@thenorthcotts.net

#### Committee and General Communication

Maureen Paterson  
Fettes Court  
5/2 Craighleith Road  
Edinburgh  
EH4 2DL  
T: 0131 332 0047  
E: maureenlpaterson@gmail.com

## Where are you now?

### Ashley Russell tours with 'Mama Mia'

In 2008 Ashley Russell, a QMU drama graduate, was one of the finalists in the BBC talent show-themed television series 'I'd Do Anything'. The show saw Ashley compete for the role of Nancy in a West End production of 'Oliver'. Since then, Ashley has performed in concerts and musicals including 'Shrek the Musical' on Drury Lane. She is now performing all over the world on the 'Mamma Mia' international tour. Ashley is also recording a track for the new Scottish animated feature film 'Sir Billi' directed by Sascha Hartmann and produced by Sir Sean Connery. □

### Jordan Young, new star of 'River City'

QMU graduate Jordan Young has just landed a role in a well-known Scottish BBC TV soap. Moving from the hugely successful film, 'Filth' where he starred alongside James McAvoy, Jordan feels right at home on the set of 'River City'. Jordan plays an entrepreneur and businessman, Alex McAllister, the nephew of resident Billy Kennedy. Even though he has dodgy family connections, Alex tries to do legitimate business. He can be extremely cut-throat and is a true go-getter.

It will be a treat to see Jordan on our TV screens on a regular basis and we will watch with interest to see how his character develops. □

### Commonwealth Games

Emma Jack from Aberdeen, who graduated in Events Management in 2012, has been appointed to a volunteer role in press relations with The Commonwealth Games 2014. Arlene Rush, who was featured in the last QMYOU, also landed a superb position with The Games. She left her job as Events and Governance Co-ordinator with North Glasgow Housing Association for a once in a lifetime opportunity to work at The Commonwealth Games, which is being hosted in her home city of Glasgow. Arlene, who graduated in 2011, is now Ceremonies' Senior Cast Coordinator at Jack Morton Worldwide, the global events company appointed to deliver the opening and closing ceremonies for The Games. □

### John Naples-Campbell inspires through drama

Drama and Theatre graduate John Naples-Campbell is currently working as an Acting and Performance lecturer at Edinburgh College. After graduating from QMU, John completed his qualification as a drama teacher at the University of Edinburgh and went on to establish drama departments at Maxwelltown High School in Dumfries and Knox Academy in East Lothian. In addition to his lecturing, John's position with Edinburgh College now sees him teaching on the highly successful Creative Industries Academy - a joint partnership between Edinburgh College and QMU. John has also directed several hit productions throughout Edinburgh. Never one to shirk a challenge, John combines his busy workload with studying for a PhD with QMU's Division of Media, Communication and Performing Arts. Always having a passion for equality and diversity issues, John was delighted to be the first teacher in Scotland to be awarded Professional Recognition by the General Teaching Council of Scotland. □

### Eat your greens

Ady Delaney, a recent nutrition graduate from QMU, has just launched a new website that encourages young children to become more knowledgeable about good nutrition.

The website, called [vegeville.co.uk](http://vegeville.co.uk), raises awareness amongst children of the importance of vegetables in their diets. It aims to be a fun, bright, educational experience while also adhering to Early Years Foundation Stage (E.Y.F.S.) guidelines. The website gives vegetables a name, face, and a description as to how they are important to a child's diet. The website provides an alternative way of drawing attention to important aspects in children's nutrition in UK.

Take a look at this inspiring new website at [W:vegeville.co.uk](http://W:vegeville.co.uk) □





## Event: 100th Anniversary Celebration of the Graduates' Association of Queen Margaret University

**When:** 23rd May 2014, 2pm – 5pm

**Where:** The Piano Bar, QMU

**Cost:** £10

**Details:** You are invited to join GA members for afternoon tea and a glass of fizz to celebrate the 100th anniversary. You are welcome to bring memorabilia, mementos and personal effects from your days at QMU. The QMU archive staff will be delighted to look at them. Further information will be available soon.

**Booking:** Contact Sylvia Northcott, Membership Secretary  
E: [silvia@thenorthcotts.net](mailto:silvia@thenorthcotts.net) ☐

## MADRAS LODGE - Time to enjoy a relaxing break or book a summer holiday?

All members of the Graduates' Association can rent The GA holiday home, Madras Lodge in Gullane, East Lothian, at modest rates. Special rates apply during off peak months and weekly rental costs in July and August are £350 for the house or £220 for the loft.

Take a two-night taster in the spring for just £110 for the house or £90 for the loft.

The house, which sleeps five people, has a double, twin and single bedroom, two shower-rooms, lounge, dining-room and fully fitted kitchen with dishwasher, microwave and easy access to the garden and barbeque area.

The loft, which sleeps four, has first floor south-facing sitting-room and views over East Lothian. The convertible couch and lug chairs make for comfortable relaxation and the kitchen area has a dishwasher, oven, hob and microwave beside a cosy dining corner.

There is a single and double bedroom on the ground floor plus bathroom with over bath shower.

Madras Lodge has its own garden and parking area. Situated in a perfect area for beach walks, golf, outdoor activities and good restaurants, the property offers an ideal base for a family holiday, class reunion, or relaxing mini-break.

Downies and pillows are provided - guests must bring their own bed-linen and towels.

Booking and rental rates can be found at W: [www.qmuga.org.uk](http://www.qmuga.org.uk) or contact bookings secretary, Anne Vokes on E: [mlbook@qmuga.org.uk](mailto:mlbook@qmuga.org.uk) ☐

## things you might not know about QMU

- moved up 12 places in the Sunday Times Good University Guide in 2013.
- hosts a Children's University, raising the aspirations of children aged between 7 and 14.
- organises a variety of public events throughout the year open to all including public lectures and postgraduate open evenings.
- launched a new MSc in Gastronomy in 2014. Funded places are also available for this course.
- offers four Academy programmes for S5 and S6 school pupils in Creative Industries; Hospitality and Tourism; Food Science and Nutrition; and Health and Social Care - raising aspirations and enhancing employability.
- has a wide range of flexible spaces for hire for seminars, conferences, meetings, weddings and other social gatherings.
- launched its 'Trees of Life' project which allows individuals to support the University. Trees can be planted in memory of a loved one or can act as recognition of time spent at QMU.
- has a Development and Alumni team that keeps graduates in touch with news of the University. If you're a QMU graduate, stay connected by emailing E: [alumni@qmu.ac.uk](mailto:alumni@qmu.ac.uk).
- offers a Mentoring Scheme for current QMU students. If you feel you could offer some time and your expertise to mentor a student, we'd love to hear from you. Contact Juan Garcia on E: [JGarcia@qmu.ac.uk](mailto:JGarcia@qmu.ac.uk)
- has a fascinating archive that includes books, cooking equipment, clothing, paintings, photos, student work, reports and records of QMU and its predecessor institutions. If you have any items that you might like to donate to the archive contact Orla O'Brien on E: [oobrien1@qmu.ac.uk](mailto:oobrien1@qmu.ac.uk) ☐

## DATES for your diary

Event: **Postgraduate Open Evening**  
When: Wednesday 23rd April 2014  
Time: 5.30pm – 7.30pm  
Where: QMU

Event: **Undergraduate Open Days**  
When: Thursday 4th September and Saturday 4th October 2014  
Time: 11am – 4pm  
Where: QMU