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Welcome to Issue 11 of UCLan’s Faculty of Health and Wellbeing newsletter.

I’m delighted to share our latest news and developments from what has been an exciting time for the Faculty.

In Health, some of the highlights range from supporting Syrian refugee families settle into the area to community art projects which are raising money for local mental health charities.

In Sport and Wellbeing, our courses have been further recognised by accrediting bodies whilst some of our students have been applauded for their achievements.

I am sure you will enjoy reading about the fascinating work that is going on within our Faculty, and we would be delighted to hear from you if you have any questions or comments about the work we do here at the University of Central Lancashire.

Professor Nigel Harrison, Executive Dean of the Faculty of Health and Wellbeing, UCLan
LOCAL NHS TRUSTS WELCOME FIRST NURSING ASSOCIATES TRAINED THROUGH UCLAN PILOT COURSE

35 NEWLY QUALIFIED NURSING ASSOCIATES BEGIN PIONEERING NEW ROLE

NHS Trusts across Lancashire are welcoming their first ever nursing associates following a successful pilot programme at UCLan. UCLan was one of the first universities in the country to run the two-year nursing associates foundation degree and now the first cohort has already been offered jobs across three NHS Trusts: Blackpool Teaching Hospitals; East Lancashire Hospitals and Lancashire Care.

The pioneering role was developed by Health Education England (HEE) as a new support role to bridge the gap between health care assistants and registered nurses. It focuses on delivering hands-on care for patients while at the same time freeing up registered nurses to focus on more complex clinical duties.

Nursing associates are educated in all areas of care including mental and physical health, acute, primary, secondary and community care. The first cohort of students were all already working as health care assistants, allowing them to build on their existing experience and develop their careers. Although a professional role in its own right, nursing associates have the opportunity to progress and complete an own right, nursing associates have the opportunity to progress and complete an associate lead for HEE, congratulated the first cohort has already been offered jobs at Blackpool Teaching Hospitals, East Lancashire Hospitals and Lancashire Care.

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HEALTH EVENT ATTRACTS HUGE NUMBERS TO PRESTON

Many other checks were completed on hearing, sight, and oral health, and all the individuals involved in the tests received personal and confidential advice and counselling from friendly health professionals.

UCLAN biomedicine student Ralph Atia added: “Attending the Health Mela was a truly positive experience; in fact, I would go as far as to say it was the most positive public health event I have heard of. Not only did the counsellors, dentists, renal team and diabetic specialist take a genuine interest in the lives of people, but they offered encouragement and advice about managing their health throughout the event.”

Professor Ramesh Gupta OBE, Chair of the National Forum for Health and Wellbeing, said: “When our series of Health Melas began 18 years ago, we believed that there was real positive energy focused on promoting community wellbeing that could be released by bringing together in the Health Mela, a mixture of NHS voluntary and community organisations in a regional and informal celebration of health.”

As each year has passed, we have seen this belief confirmed and amplified beyond our imagination. My heartfelt thanks to all the organisations and individuals who have worked so hard with us over the years to achieve our aim of healthier and happier communities. We look forward to many more years of developing partnership working.”

Preston Health Mela saw more than 1,000 people take part in free, fun event held at UCLan

HEALTH & WELLBEING AT UCLAN

CLEAN BILL OF HEALTH FOR UNIVERSITY’S EDUCATIONAL BLUEPRINT

At the heart of this is the University’s One Health strategic vision, namely that it is the refocusing of national and regional priorities on prevention of ill-health and the pursuit of health and social wellbeing that is the direction the nation needs to follow. Others talk about it but UCLan does it!

“A key theme that provides the energy for this is the empowering of individuals themselves and their communities to create solutions to improve the health and wellbeing of all those in the region, and it is this that the University and its extensive partner network are bringing about.”

Among his many achievements, Professor Croisdale-Appleby authored and delivered a public lecture entitled: ‘The Integration of Health and Social Care or Hunting the Snark to an enthusiastic and well attended audience of practitioners, professionals and academics from around the region.’

Professor Aidan Worsley, School of Social Work, Care and Community, coordinated the visit and added: “David was able to view at first hand our range of innovative approaches to the professional delivery of education within the health and care sectors as well as gain a valuable insight into the high-profile research that we conduct linked to this field.”

He also found time to meet PhD students and colloquies supporting the work of engagement with children, young people, services and patients.”

Commenting on his visit Professor Croisdale-Appleby said: “During my visit I encountered many examples of leading-edge educational provision across the Faculties of Health and Wellbeing and Clinical and Biomedical Sciences. But I particularly wanted to hear how the application of our integrated One Health strategy is seeing real benefits for the region’s patients and service users alike.”

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Among his many achievements, Professor Croisdale-Appleby authored and delivered a major review of social work education, which was informed, in part, through a visit to UCLan. His recommendations were subsequently accepted by the Government, and now form the basis of the extensive reform of social work education. He has long been an important figure in medical and clinical education, and was called in by the trustees to save from closure Dementia UK, which provides specialist mental health nurses (Admiral Nurses) and a hotline for the information and support of the carers and families of those with dementia.
ATHENA SWAN PROGRESS

Athena SWAN was established in 2006 to recognise and advance the careers of women in science, technology, engineering, medicine and mathematics (STEMM). In May 2015, the Charter was extended to arts, humanities, social sciences, business and law. Since 2015, the Athena SWAN Charter has become more progressive, recognising the work undertaken to address gender equality within a broader diversity and inclusion agenda. Nationally, the Charter is managed by the Equality Challenge Unit at Advance HE.

WHERE ARE WE NOW?
The Faculty of Health and Wellbeing is the only UCLan Faculty to hold an Athena SWAN Bronze award. The award was presented to the Faculty by Sir Paul Nurse at the Advance HE award ceremony in Swansea in 2018. The UCLan project team is now tasked with implementing the action plan in the ‘Bronze’ phase of Athena SWAN with the aim of using the work as a catalyst for structural, cultural and attitudinal change demonstrating our commitment to, and progress with, equality and diversity as we move towards a Silver award in the near future.

OUR PRIORITIES
Based on our Faculty and staff surveys, our priorities are:

- Career progression and promotion
- Mentoring
- Appraisal
- Induction
- Professional, Technical, Administrative and Support Staff (PTAS) development

PROGRESS
In the first 12 months since achieving our Bronze award, we have hosted 20 Athena SWAN-specific events attended by 300 people from across the Faculty.

Four high profile figures have delivered guest lectures to share their stories, career highs and lows, and diversity challenges and triumphs. Dame Professor Nancy Rothwell OBE (Vice Chancellor, University of Manchester), Professor Heather Tierney-Moore OBE (former Chief Executive, LancashireCare Trust) and Dr Barbara Stowell (Executive Director, Nursing Now Global Campaign) and Paul Jebb (Deputy Director of Nursing at Southport & Ormskirk NHS Trust and UCLan Honorary Senior Lecturer) have given us insights and inspiration through our Athena SWAN lecture series.

Based upon our Faculty priorities, three engagement events have taken place:

- we have had the opportunity to discuss, learn from colleagues, engage with HR colleagues and pose questions to the Faculty Executive Team on promotion, mentoring and appraisals.

Professional, Technical, Administrative and Support Staff (PTAS) colleagues have had the opportunity to attend PTAS forum meetings in December 2018 and April 2019. The forum aims to give PTAS staff a voice, enabling them to shape the agenda and future direction of activity.

Athena SWAN activity International Women’s Day 2019 focused on Women in Sport. The audience were treated to moving stories of success, failure, challenge and achievements from a range of inspirational women including Laura Masienski, Professional Squash Player and UCLan Honorary Fellow; Amanda Wilkinson, Head of Women and Girls Performance and Womens’ Head Coach at Wigan Warriors Rugby League Club; UCLan Undergraduate student, Zuleikha Chikh, UCLan Football and Futsal Activator; and Stephanie Slater MBE, retired Paralympic swimmer and UCLan Honorary Fellow.

ONGOING WORK
We are influencing Athena SWAN work at an institutional level. Professor Nigel Harrison is now Chair of the UCLan Athena SWAN Self-Assessment Team (SAT), supported by Professor Lois Thomas (Faculty and UCLan Athena SWAN Project Manager) and Leona Trimble (Faculty and UCLan Athena SWAN Ambassador).

The Faculty of Health and Wellbeing scooped three awards at the Golden Roses, the annual student-led teaching awards held by UCLan Students’ Union.

The Golden Roses allow UCLan students to recognise staff across the institution for the vital role they play in both teaching and supporting students. This year was the 10th annual Golden Roses, in which students’ nominated teaching and non-teaching staff in 12 awards categories.

The School of Community Health and Wellbeing won School of the Year award and is recognised as the School has the best provision for its students. This is the third year in a row the School has collected this award.

Faculty of Health and Wellbeing Executive Dean, Nigel Harrison congratulated the team: “This is a huge achievement demonstrating continuous commitment in providing an outstanding student experience sustained over a number of years.”

The Sport Business Management team picked up the Course Team of the Year award. This award recognises the UCLan Course Team that has made a significant positive contribution to the academic experience, by working together to provide a consistent experience throughout all levels of the course, as well as working with students as participants and active learners.

There was double delight for Sport Business Management Course Leader Dr. Joel Rookwood who won the Real World Learning award. This award recognises a member of staff who takes a particular focus on using real life examples in their teaching, helping students develop as professionals and preparing them for their future careers.

UCLan Pro Vice-Chancellor for Academic Development, Rachael Craig commented: “This kind of recognition from our students is one of the most fantastic forms of acknowledgement that any of us can receive. The process enables students to recognise, thank and reward those who have made a real impact on their lives. This is something that you have so clearly done.”

Leonie Trimble, Sir Paul Nurse, Lois Thomas and Nigel Harrison at the Advance HE award ceremony.
Happiness is big business, with sales of self-help books in the UK reaching record levels in the past year. Perhaps that’s because happiness is no longer the birthright of the elite. Just half a century ago, psychologist Warner Wilson seemed to suggest that you are less likely to be happy if you’re uneducated and poor when he stated that a happy person generally is “young, healthy, well educated, well paid, extroverted, optimistic, worry free, religious, married, with high self-esteem, high job morale, modest aspirations, and a wide range of intelligence.”

Today happiness is something we can all aspire to. But, as many of us try out gratitude journals, meditation and positive affirmations, we often discover that they don’t make us substantially happier. The same often goes for reaching society values such as marriage, an interesting job or physical fitness. So is happiness just another myth? Research suggests no. The problem, however, is finding a recipe that works for everyone.

Wherever we turn, we are encouraged to strive for happiness. We’re told it will make us more productive and successful in life in general. So it’s no wonder most of us seek happiness goals to which we aspire, whether they are based on cultural norms, self-help books or scientific research. However this pursuit of happiness can be stressful – and research suggests that it actually makes many people unhappy.

What’s more, much of the research on happiness emphasizes methodological practices that report on what works for most people, for example by working out average results. Therefore, while insightful, studies about what makes people happy are not representative of us all. After all, people value fundamentally different things in life, from material possessions to intellectual growth.

Originally, the branch of science most devoted to happiness studies – positive psychology – stated that wellbeing is all about maximizing positive emotions and minimising negative emotions. But this approach has recently been found to be too simplistic. Recent research instead suggests that individual differences play a great role in our psychological fit for happiness.

Meaning versus positivity
The view of many researchers today actually ties in with ancient philosopher Aristotle’s view of the “good life”. Aristotle argued that happiness is not just about feeling good but about feeling “right”. He suggested that a happy life involves experiencing the right emotions based on your values and beliefs.

Therefore, happiness is not simply about a hedonistic pursuit of pleasure, but a meaningful engagement with life. At times it may be appropriate to be sad or angry as well as being optimistic and hopeful that things can change.

Meaning is a close relative of happiness. They often go hand in hand, but are two entirely separate constructs. It is possible to lead a pleasurable life, but without much meaning. It is also possible to experience a meaningful life dedicated passionately to a cause, but experience very little positive emotion.

My own forthcoming study has found that meaning is more predictive of happiness in the long run – over and above positive emotions.

Personality and maturity
But meaning and pleasure can be subjective. For one person, raising children in a stable and happily family house may be the best way to achieve meaning, while for someone else it may be travelling the world and learning as much as possible about it, with or without children.

Research has indeed found that people with different personalities differ in their experience of happiness. For example, people who are extroverted are more likely to feel fulfilled by a hedonistic approach to happiness. But for other people, this approach is not linked to a happy life. So if you are introverted, you may be more likely to find happiness by developing a meaningful purpose in life – whether that’s charity work, art or family.

Studies have found that people who are “open to experiences” – meaning they like to explore new and unconventional things and ideas – are also more likely to report having a happy life. For these people, experiencing negative emotions from time to time does not significantly reduce happiness overall. They also report less fear than others of being “too happy”, which naturally allows happiness to flow more easily. Perhaps another factor is that people who are open to new experiences are less likely than many others to conform to society’s norms – including those about happiness.

What’s more, our personalities change over time – we tend to get more emotionally stable and conscientious as we age. That means our approach to happiness changes over time too. One qualitative study exploring the way individuals talk about happiness and personal growth found that people experience wellbeing differently based on what stage they are in of their consciousness development, as determined by the researchers.

In the stages of early development, our happiness is mostly dependent on social norms – being loved and accepted by others. As we mature, we can differentiate between our own and other people’s emotions in order to pursue meaningful goals. Even higher stages of development are associated with a self-transformation which involves a shift of awareness from pursuing goals to the process of living. For example, when it comes to family time, it may be more important to just be together than doing certain things as a group – such as going to Legoland because everyone else is. The researchers found that mature individuals exercised more control, choice and flexibility over their wellbeing, and that this opened up more opportunities for happiness.

So it’s unlikely that a few simple rules could make everyone happy. Even the “rule” that money can’t make you happy is now questionable. More recent research shows that this isn’t necessarily true, but depends more on how we spend money and whether this fits with our personality and what we value.

So the next time a well-meaning relative tells you that renovating your house will boost your life satisfaction, don’t panic. We all have different ways of being happy and do not need to conform to a universal formula. As much as it is tempting at times to find happiness through learning from others – and being accepted by them – if it’s someone else’s version of happiness, it might not fit with you.

In fact, it is very possible that the social norms about what constitutes happiness make up many of us miserable. Perhaps the key to happiness is truly getting to know yourself and having the guts to do what makes your life worth living at a certain point – regardless of what others say.
The majority of popular AI subsets is “machine learning”, which allows a machine to learn a task without being explicitly programmed. This is achieved by algorithms that are designed to discover relationships within large amounts of data. Just imagine an AI system that can continuously read maternal and foetal movements, breathing patterns and bio-signals such as heart rate or blood pressure—and reliably identify crucial individual patterns in the physiology, emotions and behaviours of both mothers and foetuses—during childbirth. Through learning day by day, it would get more accurate at determining which combination of patterns would lead to which outcome. Could such a system be used to suggest what to do during labour, minute by minute, with excellent levels of accuracy and reliability? It was recently recognised that caring companionship and human emotional and psychological support are no longer limited to human experts, but can be provided by algorithms that are designed with the ability to understand human emotions and talk to people, just like a midwife or obstetrician. As we are focusing more and more on the prioritisation of measuring, monitoring, counting and recording in labour over simple human interaction, and as we fall more and more in love with our personal technology devices, there is a risk we could lose sight of what matters for human wellbeing in a range of areas. In fact, we are making it easier and easier to translate childbirth expertise into an Al-based birth assistant interface.

What will happen to women and babies if, as a result, Al one day becomes so smart that it controls us? Maybe, if Al could be used as an aid for skilled and caring birth professionals and childbearing women—rather than as the ultimate decision maker—it could contribute to the best and safest experience for each woman and her baby.

At the moment though, it seems like no matter that prominent thinkers and writers have repeatedly warned of the potential risks of Al, we are on a headlong rush towards it. While it is impossible to stop a river in spate, it is possible to reroute it, and to put it to benefit rather than just letting it destroy everything in its path.

FACT OR FICTION?

But how close are we actually to having Al involved in childbirth—and do we know whether it would be beneficial?

A group of researchers from MIT have already developed an Al robot that can assist in a labour room. In their study involving doctors and nurses, they found that the robot’s recommendations were accepted 90% of the time and that the number of errors were similar whether the robot was there or not. On that basis they suggested it should be safe and efficient to use Al during childbirth.

However, this also raises the question—if the technology is no better than human expertise, why would we use it? Especially as humans pick up a range of subtle cues that machines cannot perceive. For example, a clinical trial called INFANT showed that the use of software that was designed to improve the decision-making of midwives and obstetricians for women who had continuous electronic foetal monitoring during labour did not improve clinical outcome when compared to expert judgement.

So, it may be some time before Al is rolled out in maternity units. But we cannot ignore the writing on the wall—the potential for totally Al supported birth is not so very fantastical.

EMOTIONAL SUPPORT

But birth, the beginning of life, is not a transactional enterprise that only requires monitoring and measuring to be both safe and fulfilling. It is an interaction story between the woman, her baby, her partner, labour supporters and healthcare providers. For most women around the world, it is a profoundly important experience that has an impact on parenting and self-esteem—lasting way beyond the moment of birth.
The institution won the Business/Industry Collaboration – University Sector and Research Project of the Year trophies at the 2019 Educate North Awards.

In addition, a UCLan graduate won the 2019 University Entrepreneurs Grant, which rewards start-up businesses with a kick-start grant of £1,000.

Developing Futures: A UCLan and St Catherine’s Hospice Collaboration took the Business/Industry Collaboration prize. The partnership has seen the two institutions experiment with collaboration to develop a new skills for a next-generation workforce. This has involved utilizing student-tutor-industry relationships to develop new capabilities and improving the knowledge base and skills of future graduates in addition to fostering economic competitiveness for St Catherine’s Hospice.

Examples of the work already undertaken include a research project looking at the future of hospice care in the area, to ensure it will meet the needs of patients and families in the long-term; retail management students visiting an international trade show with St Catherine’s trading team to discuss ranges with suppliers; and software development students creating a route planner for St Catherine’s furniture delivery and collection volunteers that would ensure the most efficient route is taken.

Project Manager Matthew Roberts said: “It’s fantastic to win this award, it represents lots of hard work and collaboration between the hospice and staff across the University. We’re very proud to work with St Catherine’s and what we have achieved together, this recognition will help drive us to continue to grow this partnership.”

Cheryl Gordon, Senior Lecturer in Retail Management, added: “This celebrates the diverse interdisciplinary collaborations being developed within an important partnership, which we will continue to build upon in the future.”

Stories2Connect claimed the Research Project of the Year trophy. The innovative project, which was funded by the Arts and Humanities Research Council, began with a problem identified by young people with disabilities and/or experiences of the care system who accessed a young researchers’ group run by UCLan. They wanted disadvantaged young people like themselves to tell their stories to inform and educate the general public and professionals.

Their stories would challenge stigmas associated with being on benefits, having learning difficulties or disabilities, and being in care. Research partners included academics from three universities, Barnardos’s workers and young people, two well-known children’s authors, community writers and illustrators, and students from a range of subjects.

The team collected stories through peer interviews with disadvantaged young people; co-created fictionalised stories to represent their perspectives; and co-designed story-telling machines so that their stories could be told in new and exciting digital ways, as films as well as storybooks, to have impact on a wide range of audiences.

Dr Candida Satchwell, Reader in Education and Literacies and Principal Investigator of Stories2Connect, commented: “It’s wonderful that Stories2Connect has won the Research Project of the Year Award. It’s a great endorsement of our collaborative work with Barnardos, disadvantaged young people, researchers and students. Thanks to UCLan for facilitating and supporting these connections, giving young people a chance to tell their stories.”

Dave Clayton, who has completed BA (Hons) Community Leadership and MA Business Management at UCLan, won the University Entrepreneurs Grant for his interactive video designed for upskilling young people on sex education called ‘Wot Wud U Do?’. The video presents choices for the audience to interact with, similar to the recent Netflix sensation ‘Bandersnatch’, and presents the consequences of their actions in an informative and engaging way. The building entrepreneur was mentored by UCLan’s business support unit, Propeller.

Dave said: “It feels amazing, I don’t quite know what happened, but I woke up this morning with a cheque for £1,000 and a trophy. I met quite a few people who have offered to help with my business, I will be using the money to finish off my resource, develop a new section of the website focusing on LGBTI issues and to develop a handbook for teachers and tutors using my product with their students.”

The awards, which are a celebration of excellence and best practice in the education sector in the North, were judged by a panel of leading industry professionals and experts. This year’s ceremony took place at the Hilton Deansgate, in Manchester, on 25 April.

UCLan scooped two awards at a prestigious educational event which celebrate excellence and best practice in the Education Sector.

TRIPLE SUCCESS AT 2019 EDUCATE NORTH AWARDS

UCLAN SENIOR LECTURER APPOINTED AS THE NEW PRESIDENT OF THE AFPP

Operating Department Practice Leader, Tracey Williams has been elected into the role of president of the Association for Perioperative Practice (AFPP), becoming the first operating department practitioner to hold the post.

The AFPP is a national professional organisation which represents nurses and operating department practitioners (ODPs) in theatre and exists to advance health by improving patient care in perioperative practice by:

- Determining standards and promoting best perioperative practice
- Facilitating education and practice development
- Providing professional support services
- Providing a forum for partnership with industry
- Shaping healthcare policy

Tracey is a registered nurse and therefore is truly representative of the members of the organisation. Part of the role involves membership of committees working to change legislation and standards pertaining to healthcare. She is also involved in delivering safe perioperative practice to international communities.

The AFPP works to enhance skills and knowledge within operating departments, associated areas and sterile services departments with an aim to enhance the quality of care and patient safety in the NHS and the independent sector throughout the UK.

Tracey commented: “I feel very proud and privileged to have been given this opportunity. I am passionate about high-quality perioperative care and through my position I am able to promote this nationally. Operating Theatres is a rapidly evolving environment. My vision is to fully integrate perioperative teams. We are all proud of our qualification, be it registered nurse or operating department practitioner and quite rightly so. We have all worked hard to gain that status and continue to work hard developing our knowledge and skills to retain our place on the relevant register.”

To enable Tracey to undertake this role UCLan have supported a secondment of one day per week.

SPEECH AND LANGUAGE THERAPY COMING TO PRESTON

UCLan is delighted to announce that we are developing a new pre-registration course for Speech and Language Therapy. This postgraduate entry MSc award is due to open for the first student cohort in September 2020. This will complement our existing teaching provision for Physiotherapy and Occupational Therapy.

We have now appointed the Course Leader, Dr Paula Leslie; who started her new role on Wednesday 1 May 2019.

Dr Leslie brings with her 12 years of experience as a Professor of Communication and Science disorders at the University of Pittsburgh, and director of the advanced clinical programme, the Doctor of Clinical Science. Prior to that Paula was a member of the development team and director of the innovative MSc in Dysphagia and Dysphonia Research that ran at Newcastle University from 2002 – 2007. She graduated as an SLT from Leeds Metropolitan University in 1995 and worked for the NHS until 2006.

Paula maintains full clinical licenses in the USA and UK where she is a Specialist Adviser to the Royal College of Speech & Language Therapy in swallowing disorders. Her interests include the process of clinical decision making, health professionals’ education and non-traditional routes to advanced clinical training. She publishes, provides support to researchers, and provides continuing education from grassroots to international level and across the health professions on complex clinical decision making, ethics and end of life decisions in vulnerable populations. Her awards include the Southwestern Pennsylvania Speech-Language Hearing Association Honours, the American Speech-Language Hearing Association DCaro Clinical Achievement Award, the Pennsylvania Speech-Language Hearing Association Clinical Achievement Award, and Fellow of the Royal College of Speech & Language Therapists (UK).
**COMMUNITY LEADERSHIP**

**NICHIE Project**

“UTLAN has joined forces with a Northern Ireland health group to develop a knowledge exchange partnership.

UCLAN’s Centre for Volunteering and Community Leadership will collaborate with Health Alliance Northern Ireland to enhance communities in wellbeing projects.

Professor Ali Mellinger, MBE, Director of the Centre for Volunteering and Community Leadership, said: “We are looking forward to building strong links between the Centre for Volunteering and Community Leadership community wellbeing partnerships in Westlakes and Blackburn and the Health Alliance Northern Ireland network.

“We want to facilitate dialogue and workshops between our community groups to develop a co-created knowledge exchange, challenging inequalities in community wellbeing.”

Recently, Ali gave the keynote address at the 7th Networks Involving Communities in Health Improvement (NICHIE) conference. NICHIE is part of Health Alliance Northern Ireland and it aims to support the involvement of communities in improving health and social wellbeing and reducing health inequalities.

She spoke about health inequalities in the context of social justice and the importance of engaging communities in shaping policy and practice. Ali also discussed how policy makers and communities should come together in the co-creation of knowledge around health, wellbeing and inequality.

UCLAN’s team, led by Ali, will work with conference organisers and NICHIE Area Project Officers Veronika McKinley, Ann Marie McStoker, and Pam Davis to take the collaboration forward.

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**WHITEHAVEN WAVE ON DISPLAY IN TOWN’S MUSEUM**

A vivid piece of artwork showcasing the town’s distinctive culture of Whitehaven has gone on display in the town’s museum.

The UCLAN ‘Whitehaven Wave’ project, which celebrates the town’s long history as a port, highlights the wide range of people who have travelled to and from over the centuries, was launched at the Beacon Museum on Tuesday 28 May.

The finished artwork shows ships from far and wide, which once brought tobacco from Virginia or sugar from the Caribbean, or to trade their cargo of coal from the local mines. And of course, attendees can spot the infamous John Paul Jones, shown in the midst of his raid into the town’s recognisable landmarks.

It was also supported throughout by Suzanne Wilson, from the UCLAN Centre for Citizenship and Community, who has been running a Connected Communities research project by creating a local ‘Gigs’ Gang’ group.

Suzanne said: “Gigs’ Gang has been involved in community research and social actions to better understand and support their local community. The Whitehaven Wave helped to build on this, adding to the groups existing knowledge about their community, both past and present.”

The finished artwork will be exhibited in the reception of the Beacon Museum until later in the summer. Afterwards the plan is for the artwork to be auctioned off to the highest bidder, with the proceeds going to a local mental health charity.

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**CHILD POVERTY IS AT A 20-YEAR HIGH – BUT IN ONE ENGLISH COMMUNITY, CHILDREN THEMSELVES ARE INTERVENCING**

There are 200,000 children living in absolute poverty across the UK, according to the latest report by the Child Poverty Action Group. This means that 200,000 children live in households which don’t make the minimum income required for basic needs such as food, heating or electricity over an extended period of time.

There’s little agreement across the political spectrum on the causes and consequences of poverty – or on how to address it. But evidence clearly shows that the experience of poverty goes far beyond simply not having money. Research shows that being poor is linked to social exclusion and chronic stress, which affects children as well as adults.

For example, a new report by the National Education Union showed how poverty impacts education, including accounts of children arriving at school hungry, without the right equipment and with ill-fitting or dirty uniforms. The shame children experience at school often causes them to truant, further limiting their chances of breaking free from poverty.

The cultural, social and psychological effects of poverty can make children feel unable to take responsibility for their future, for the simple reason that they cannot see their future. This creates barriers to positive action such as trying to save money, or enrolling on a long-term course that might lead to a job.

Yet this evidence is rarely taken into account by organisations or governments, as they seek to address poverty. For example, foodbanks do provide an essential form of solution to hunger – but unless accompanied by opportunities to understand and reflect on their lives, while also giving them a platform to tell people in positions of power what matters to them.

Yet there are local institutions – especially universities – who can challenge the effects of child poverty at a local level. In West Cumbria in the north of England, for example, local communities are working together on the Connected Communities project, which aims to enhance the community’s wellbeing, sense of citizenship and capacity to make a difference.

In this project, children from communities experiencing significant hardship conduct their own community research, exploring local people’s social networks, feelings of loneliness and emotional wellbeing.

As the project progressed, the children’s mental wellbeing improved through the process of having their voices heard – especially by those in positions of power locally.

This newfound confidence grew as the children started working with local partners – such as the police, housing authorities and charities – to develop new ways to bring people together and improve their physical and emotional wellbeing through things such as family fitness sessions and combating littering.

They also shared their results with local authorities, in order to make a real impact on their own lives and the lives of other children.

Research projects that aim to empower disadvantaged children have given young people around the world a voice; to make a difference, and can show children living on the margins this information can see that they do indeed have a future.

Taking part in empowering experiences and having adults in positions of authority listen to their views proves young people that they can make a difference, and can show children living on the margins this information can see that they can indeed have a future.

It is only through accepting and understanding the complex nature of poverty that local authorities and other services can do meaningful and sustainable work to address poverty. By working in strong partnerships, based on shared values and an understanding of the complexity of what poverty means, the UK’s most vulnerable children can be given opportunities to thrive.

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**POLICY HIGHLIGHTS**

**Research**

Research shows that the effects of poverty are pervasive and harmful as the financial hardships experienced by children and young people in poverty. It does challenge the cultural, social and psychological effects of poverty which can be just as pervasive and harmful as the financial hardships.

By taking part in empowering experiences and having adults in positions of authority listen to their views proves young people that they can make a difference, and can show children living on the margins this information can see that they do indeed have a future.

Further findings from a similar project in the Netherlands confirmed that this approach to poverty is most effective when politicians genuinely listen and accept children’s views as being valid.

Of course, this kind of participatory approach can’t tackle all of the difficulties faced by children and young people. But it does challenge the cultural, social and psychological effects of poverty which can be just as pervasive and harmful as the financial hardships.

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**FURTHER RESOURCES**

- UTU CLAN – with children from disadvantaged backgrounds.
- Build with children: children are able to participate and change their world.
- The Children’s Charter: the council’s pledge to keep children, especially those facing hardship, at the forefront of all new policies it develops. They were also given a budget to design and deliver community events, aimed at building connections, extending social networks and reducing loneliness.
Social Work, Care and Community at UCLan

UCLan seeks community partners to work on social change projects

New Institute of Citizenship, Society and Change aims to tackle social, environmental, economic, technological and cultural problems in Community

UCLan is calling for local community groups, charities and public service agencies to work on a host of projects designed to make social and environmental changes.

The newly launched UCLan Institute of Citizenship, Society and Change has brought together experts in many areas that affect modern society: including environmental crisis, poverty, inequality and social exclusion. The idea behind the Institute is to invite interested parties to work collaboratively with the researchers on developing practical projects to tackle a variety of issues, with the Institute using its expertise to apply for funding from a variety of external sources.

One example is the Stories2Connect project, which won Research Project of the Year at the recent Educate North Awards. Funded by the Arts and Humanities Research Council, it allowed young people with disabilities and/or experiences of the care system to tell their stories to inform and educate the general public and professionals.

Working with Dr Candice Satchwell from UCLan and other partners, including Barnardo’s, the young people co-created fictionalised stories to represent their perspectives and co-designed story-telling machines so that their stories could be told in new and exciting digital ways, as films as well as storybooks, to have impact on a wide range of audiences.

The levy focus of the Institute comes under three strands of:

- Social justice and sustainability
- Relationships, risks and safety
- Community and the public realm

Other project ideas in the pipeline include community food growing initiatives, locally produced energy that is governed by the community, developing more sustainable transport and working with the Harris Museum on citizen engagement using art, technology and historical artefacts.

Dr Nicky Stanley, co-director of the Institute of Citizenship, Society and Change, said: “Our world today faces many urgent and complex problems that can only be addressed by bringing together many different kinds of knowledge and experience. Through the Institute we want to bring together scientists, artists, engineers, social researchers and many others to come up with new ways of addressing the social, environmental, economic, technological and cultural problems we face.

“We’re really keen to work with members of the local community to develop projects that can improve the way we live and encourage people who are keen to work with us to get involved. It was really encouraging to see more than 100 people from community groups and public transport agencies attend our launch event.

The initiative has close ties to the Preston Model: an inclusive economy approach that aims to keep profits localised by redirecting key anchor institutions, including UCLan, spending power back into local businesses.

Preston Labour Party has been central to the establishment of the Preston Model and gave its backing to the new UCLan Institute.

Councillor Peter Moss, Cabinet member for Planning and Regulation and Deputy Leader at Preston City Council, said: “I fully endorse and congratulate UCLan’s work in developing and now launching this Institute.

“This is a terrific opportunity for grassroots projects and communities to work collaboratively in order to help improve lives. I would encourage community groups to get involved with the Institute to help make positive social and environmental changes in Preston and the wider area.”

Rob Hopkins, activist and writer on environmental issues, gave a keynote speech at the launch event.

He said: “It was such an honour to speak at the launch of the Institute. I explored some of the ideas in my forthcoming book: From What Is to What If: about how the boosting of our collective imagination might be one of the most important tasks at hand. I talked about how important it is that we perfect the art of asking good ‘what if’ questions, and how that might change how we do activism, illustrating it with stories from around the world. I also got the audience into pairs to try to think of as many different uses as possible for a paper coffee cup, filling the room up with imagination and creativity.”

Organisers of the Institute’s launch event received positive feedback on social media.

Anyone interested in finding out more about the Institute of Citizenship, Society and Change email InstituteCSC@uclan.ac.uk or call 01772 893223 or 893425.

Direct ancestor of UCLan founding father graduates from institution

The great-great-great grandson of the man credited as one of the founding fathers of the University of Central Lancashire has graduated from the institution his ancestor established in its earliest form 190 years ago.

Roger Livesey was awarded a Masters in Community and Social Care from UCLan after returning to study following a 27-year career at BAE Systems. Roger is in the three times removed grandson of Joseph Livesey, a local cheesemonger, philanthropist and founder of the Temperance Movement who, in 1828, co-founded the Institution for the Diffusion of Knowledge in Cannon Street: a place where people could come together for thought-provoking lectures, to access a library and share ideas. This school of learning eventually grew to become UCLan almost two centuries later.

Roger, 53, said: “I am extremely proud to be graduating from UCLan and of my family connections. Joseph helped to put Preston on the map and had a vision to open-up education to everyone. He talked about diversity at a time when it was an alien concept, so I think he’d be really pleased with the work UCLan does to encourage people from all walks of life to come to University.”

Roger, who has lived in Clayton-Le-Woods since 1996, only found out he was a direct ancestor of Joseph Livesey at aged 22 after someone from the Livesey Historical Society prompted him to fully investigate his family tree.

“I knew we were related, but I didn’t realise how closely” he said. “I grew up in Burn Geoff but always had an affinity to Preston. When I was a child I covered the flag market in Cannon Street. I get a strange feeling I’m at home. Looking back at paintings of Joseph there is definitely a family resemblance, my dad Kenneth especially looked like him. We all have similar noses and eyebrows.”

The dad-of-one is now studying at Runshaw College on the UCLan validated PGCE for further and higher education.

He said: “I ended up working in engineering, but it wasn’t my passion. Returning to study has been refreshing and has ignited my desire for politics and social enterprise. I’ve worked with Galloway’s Society for the Blind as part of my tutor’s work and am keen to continue this line of work.”

“I think Joseph would be very proud of what I’ve achieved, especially as I’m registered deaf but I’ve never let this stop me from being successful. My ambition is to eventually teach at UCLan and in my own way, stand in his shoes.”

UCLan students volunteer to help families start their new lives in East Lancashire

Students and local community groups joined together to help Syrian families settle and feel welcomed in their new communities.

Community leadership from UCLan were among those who volunteered to be buddies to the refugees who are making their new homes in East Lancashire.

A special welcome event took place in February at UCLan Burnley’s Victoria Mill Campus and attracted more than 30 Syrian families who have been resettled in Barnfield, Nelson, Rosendale, Brierfield and other areas within the county.

Lecturer Bob Walley, from UCLan’s Centre for Volunteering and Community Leadership (CVCL), said: “The event was a huge success and it was great to see so many people there. The aim of the day was to link families up with our students to help in a peer mentoring or ‘buddying’ capacity supported as volunteers through us at CVCL.

“The plan is to match up the interested students, some of whom are international students themselves, with the Syrian families. They will then be able to meet up, perhaps have a cup of tea, help the refugees practice conversational English, tell them about things going on in the area and help them with things they are not sure about.

“We all appreciate how difficult it must be for the families who’ve had to leave their home land so this is a great chance to meet new people, make new friends and help support their integration into the local community.”

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CHILD SEXUAL EXPLOITATION AWARENESS TRAINING

A UCLan graduate has set up a company that offers specialist training for professionals and volunteers to help vulnerable children after an alarming increase in statistics regarding children and young people involved in Child Sexual Exploitation (CSE).

Karen Livesey chose to study PGCert Leadership and Management in Social Work and Social Care to extend her social work knowledge whilst continuing with advanced specialist training in child sexual exploitation and child criminal exploitation with Safe and Sound and PACe (Parents Against Child Exploitation). At the time of starting the course, Karen was employed as an Advanced Practitioner with Lancashire County Council Young People’s Service. After finishing her study in 2017, Karen became an independent trainer in her own business C.A.T. (Child Sexual Exploitation Awareness Training). Part of Karen’s motivation to create her own business came from a UCLan competition entitled ‘The Big Idea’ where students put their entrepreneurial skills to the test in a live challenge aimed at enhancing graduate enterprise and boosting employability. Karen’s team won the Most Innovative Business Idea related to a regeneration and social enterprise project.

In 2019 Karen won a UCLan Enterprise Award for her innovative project, ‘No Whispers’, which aimed at training volunteers to become champions in CSE awareness and social media.

An interactive approach was used to engage, motivate and educate the volunteers and allow sharing of ideas, experiences and understanding. The training sessions enabled volunteers to identify signs of sexual exploitation, understand the misuse and impact of social media, gain knowledge of safeguarding and reporting, understand the connection with county lines and ensure volunteers can offer support whilst increasing the likelihood of early intervention to children and young people.

Speaking about her passion for this subject, Karen said: “Over the years the number of CSE cases has increased significantly and the need to address grooming and abuse via social media is dramatically evident.”

Working in partnership with Preston City Council Community Safety, the project was delivered to a diverse group of adults over six weeks. The social pedagogy approach enabled the volunteers to interact, engage and influence the learning process and connect and share with one another. The group dynamics and connections that occurred as a result of this approach contributed towards a quality training experience with trust, mutual respect and heightened learning.

“No Whispers” works towards creating an educated work force of community members who are significantly placed to work with children, young people and families. One Volunteer commented: “I have never experience training like this and loved it!”

A Volunteer from Lancashire Young Addiction states: “The training was interactive, engaging and interesting. Karen is very knowledgeable, and you can tell how passionate she is about the topic.”

Looking back on her time at UCLan, Karen reflected: “My Leadership and Management in Social Work and Social Care course provided a multitude of interactive activities that were stimulating and thought provoking as well as fun! I have also enjoyed meeting the vast array of visiting lecturers and engaging in dynamic and challenging discussions. I discovered new resources and research in the library and found ways to critique work and ideas and begin to relate my own professional experience to wider academic studies.” Karen further added: “I have been given opportunities, contacts, learning experiences and numerous challenges that have shaped my academic skills, personal ambitions and quality of life.”

C.A.T.
Child Sexual Exploitation Awareness Training

For more information, visit the C.A.T. website: cse-awareness.co.uk or email: karen@cse-awareness.co.uk

SPORT AND WELLBEING AT UCLAN

Students and staff from UCLan have been chosen to provide specialist medical care at an international sports competition.

The sports therapy and sports medicine cohorts will provide pitch side care and run drop in treatment centres at the Gibraltar Island Games 2019.

The event will see 1,800 athletes, from countries including Bermuda, Cayman Islands, Guernsey and Rhodes, compete in 12 sports including football, archery, golf and swimming.

Andy Cunningham, Principal Lecturer in the School of Health Sciences at UCLan, said: “This is a great opportunity for our students to work at an international multi-disciplinary sports event. They will be able to interact with competitors from a variety of islands which include the Falklands and Bermuda.”

In the lead up to the Games, which takes place between 6 and 12 July, students undertook a series of training workshops which will focus on managing injuries within this environment specifically exertional heat illness. They will also be designing a range of emergency action plans for each of the venues to assist medical services on site.

Andy recently met with the games organiser and Director of the Gibraltar Island Games committee Kim Chang when he was over in Gibraltar to promote the University’s courses. They signed a memorandum of understanding to deliver the range of medical services to support the International Island Games.

Kim said: “The Organising Committee is delighted that UCLan staff and students will be supporting the Games in July. This will be the first time that an athletes’ polyclinic will be provided at an Island Games and hopefully continued at future Games as a legacy project.”

UCLAN PHYSIO LEADS TEAM GBR CARE TEAM AT INTERNATIONAL SPORTS EVENT

Students and staff to offer medical support at July’s Gibraltar Island Games

A University of Central Lancashire physiotherapy academic travelled to Russia to work for Team GBR at an international sports event.

Health Sciences lecturer Rob Hamilton is the Head of Care for Team GBR and he played a vital role at the World University Winter Games, held in Krasnaya, Russia.

His role saw him overseeing the physio provisions throughout the tournament, known as the Universiade, over a three-week period earlier this year.

The games are seen as one of the largest multi-sport competitions in the world, with over 2,500 participants from more than 50 countries.

He said: “There was a really strong team of staff I was working alongside and we supported each other, sharing knowledge along the way”.

This was the first time Rob had worked in a winter sports environment, something he believes will help benefit his students and he says he is relishing the challenge.

He said: “I will be able to share my experiences, and those of my medical colleagues I worked with in Russia, in case study evidence based learning examples and discussions. “I have built new friendships and professional links that will continue to provide opportunities for knowledge transfer.”

The Russian Federation topped the medal table with 41 gold, 32 bronze and 32 bronze medals. The UK won 3rd in the Curling event, finishing in 19th place overall.
A powerlifting student from UCLan has walked away with three medals after representing Team GB in her first ever international competition.

Bobbie Batters, who is currently studying for a Masters in Strength and Conditioning at UCLan, won two silvers and a bronze medal at the European Open Classic Powerlifting Championships in Lithuania.

The 24-year-old, who competes in the 57kg category, is currently ranked second in the country across all weight categories. She won silver for squat and bench before being awarded bronze overall. Bobbie is also the first female and third ever powerlifter in the North West Powerlifting Division to achieve above 500 Wilco’s score, which is used to measure the strength of a powerlifter.

She said: “I came away from my first international competition with four personal bests and that to me is the mark of a very successful day. To also come away with three medals is just an incredible and surreal bonus. This success is the result of staying calm and in control throughout the whole competition and bringing the fire when it was required. I couldn’t be happier with my performance.”

Bobbie, who has been powerlifting since she was 16, has ambitions to become a strength and conditioning coach and eventually launch an online coaching business with her partner. She has already completed an undergraduate degree in strength and conditioning at UCLan and aims to complete her master’s by research, which focuses on the snatch lifting technique in male weightlifters, in December 2019.

“We endeavour to coach strength athletes and guide them to become the best versions of themselves that they can be,” she said. “My degree was a stepping stone in allowing these career plans to be possible by giving me the appropriate tools to endlessly evolve as a coach and person.”

The dedicated athlete says she lives a ‘militant lifestyle’ and balances her studies with training two to three hours a day, five days a week.

Bobbie said: “I plan my weeks and days ahead of schedule to be able to prioritise all the important tasks that I need to get done on any given day. This allows me to complete them all at the most optimum time of the day, so everything is done to the best of my ability and I can give 100% effort. I see my athletic career as a continuous journey where one competition builds into another, where I will always be proud of my performance and willing to learn from the mistakes to improve further.”

Bobbie has taken part in many competitions since she was 16 and describes the women’s powerlifting scene as a growing sport that is “busting.”

She added: “The sport of powerlifting is an opportunity for everyone to push themselves and become as strong as they can be. Everyone shows nothing but respect and support for one another, both inside and outside the powerlifting community.”

**STRENGTH AND DETERMINATION LEADS TO MEDAL HAUL FOR UCLAN STUDENT**

UCLAN ONE OF FIRST TO RECEIVE QUALITY STANDARD APPROVAL FROM INDUSTRY BODY

UCLan has become one of the first UK universities to have undergraduate degree programmes endorsed by the sport and physical activity sector’s professional standards framework.

The higher education endorsement programme has been developed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and its higher education partners over the past 18 months, and approved by sector employers, to create an endorsement and recognition process for UK sport and physical activity-related degree programmes.

Endorsed degree programmes are certified as meeting employer-set professional standards – an employability benchmark making clear the job roles a student completing the programme is qualified for. Both the BSc (Hons) Nutrition and Exercise Sciences and BSc (Hons) Sport and Exercise Sciences courses have been endorsed by CIMSPA in relation to the roles of Personal Trainer and CIMSPA Gym Instructor.

In addition, students studying on the BSc (Hons) Sports Coaching and Performance and BA (Hons) Sports Coaching Development will gain a degree endorsed by CIMSPA to meet its Coach professional standards.

Finally, the BSc (Hons) Sport Business Management is now aligned with the Entry and General Management professional standards.

UCLan was one of the first universities to partner with CIMSPA and has been consistently working with the professional body. This includes improving work placement and internship opportunities and developing a national graduate training programme for the sector.

Dr Adrian Ibbetson, Head of the School of Sport and Wellbeing and Academic Director of Sport at UCLan, said: “We are proud to be part of the process of helping CIMSPA to professionalise the sport and physical activity sector.”

Richard Millar, Chair of the professional development board, said: “On behalf of the Sport and Physical Activity Sector Professional Development Board we congratulate the University of Central Lancashire in achieving CIMSPA endorsement. We are delighted to see the employer developed Professional Standards have been included enabling the development of work-ready graduates.”

UCLan has two other associated courses with CIMSPA: BA (Hons) Outdoor Adventure Leadership and BA (Hons) Sport and Physical Education.

**POWERLIFTER BOBBIE WINS THREE MEDALS FOR TEAM GB AT EUROPEAN CHAMPIONSHIPS**

UCLAN SENS LABS SECURE BASES ACCREDITATION

The UCLan Sport, Exercise and Nutritional Sciences (SENS) team have had their laboratories accredited by The British Association of Sport and Exercise Sciences (BASES).

The BASES Laboratory Accreditation is a quality assurance process that provides confirmation of the appropriateness of a laboratory to conduct scientific analyses.

Laboratory director Dr Jonathan Sinclair commented: “This is something that the SENS team have been working towards for a long time and gives us something that none of our direct North West competitors have.”

“Our laboratories are accredited for pedagogy, research and sport science support which brings a number of key benefits to UCLan. For pedagogy this is important for both current and prospective students and is a clear message from an independent organisation like BASES that the teaching provision within the laboratories is high quality and our research strongly informs the SENS curriculum.

“From a research perspective holding accreditation firstly is a recognition of the high quality outputs that come from SENS, but also gives assurance to external funding bodies that the research is being conducted in an accredited laboratory.

“Finally from a sport science support perspective, with the launch of the brand new SENS consultancy service holding accreditation for our laboratories improves the visibility of SENS to external clients/athletes but also gives them confidence regarding the professional nature of the service that we provide.

For more information on the UCLan Sport, Exercise and Nutritional Sciences consultancy service please visit www.uclansens.uk
Regional Handball Competition Hosted for Second Time at UCLan

UCLan hosted schools from around the region as they competed in the County Finals Handball Competition.

More than 20 teams took part in the event, which was organised by Lancashire School Games Organiser Tim Fletcher. Blessed Trinity proved victorious in the girls’ competition whilst Lancashire Royal Grammar School came out as winners for the boys. Both will now play in the North West round, where they could potentially find themselves at the National Finals in June.

The event was overseen and officiated by students on the sports and PE course at UCLan. It is one of a number of school sports event hosted by the University throughout the year to provide UCLan sports students with practical, hands-on experience of working with young people. Abigail Gent, who is in her first year at the university, believes the preparation beforehand was key for them to run the event.

She said: “A few of us from UCLan took a level one handball refereeing course so we could come down and help today, and then a couple of weeks ago we helped out at Preston’s College in a similar event to this. It was an all-girls handball competition. It was kind of a starter for us to get ready for these important games.”

Andy Clark, Regional Delivery Partners Manager for England Handball, expressed his approval of the partnership with UCLan and the efforts put in by the students.

“We’re really lucky to have the UCLan students, we’re doing a training programme with them, helping them with officiating,” he said.

“We have eight students in the morning and eight in the afternoon for the boys’ games. This is part of the training development that they offer at the University. So, in terms of having a multi layered event, this is fantastic for National Governing Bodies to work with schools in the local area.”

Chris Gunn, lecturer in Sport and Sport Business Management, added: “This is a great event and combines opportunities for our students to gain relevant experience while having a positive impact on local sports event. We welcome these partnerships with Active Lancashire, the Schools Games Organisers and local schools.”

This was the second consecutive year the event has been hosted at the Sir Tom Finney Sports Centre.

Former Pakistan International Appointed interim Head Coach of Lancashire Cricket Women

Lancashire Cricket appointed UCLan student, and former Pakistan international, Atiq-uz-Zaman as the Lancashire Women’s interim Head Coach for 2019.

Atiq, who played a Test match and three ODIs for Pakistan, replaced Dan Atkinson who has stepped back from the position for 12 months to focus on his coaching duties with Myerscough Cricket College.

The former wicket-keeper is studying on the MSc Sports Coaching degree at UCLan.

Before joining Lancashire he was the Head Coach of Pakistan First-Class side Sui Southern Gas Company and the Punjab cricket team. In addition to this, he has worked as a Fielding Coach for Pakistan Super League Franchise, Lahore Qalandars and as a Wicket Keeping Coach at the National Cricket Academy in Lahore.

The 43-year-old was also part of the coaching set-up for the Lancashire Cricket U19s side that won the Six Counties Championship last season.

After being appointed interim Head Coach, Atiq-uz-Zaman said: “I am thrilled to have been named as interim Head Coach of Lancashire Women.

“The hard work has already started ahead of a busy season and it has been great to work with such a highly talented squad.

“I am very familiar with the Red Rose having already coached with the Lancashire U13s and U19s set-up last season, I hope that we can enjoy another successful season.”

Following a T20 and One-Day domestic double under the guidance of Atkinson in 2017, Lancashire Women finished sixth and fourth in the table respectively last term.

Stephen Titchard, Performance Manager for Lancashire Cricket, added: “We are delighted to have been able to appoint somebody with the international experience of Atiq-uz-Zaman. He knows the Club well and he will be supported by a coaching team which will be confirmed before the beginning of the season. We are looking forward to an important campaign.”
Fans learn which towns and cities will be used as training and team bases when the Rugby League World Cup comes to England in 2021.

The next stage of planning has been finalised, with the announcement confirming the local communities that will host the 32 competing nations. UCLan and partners Preston City Council and the Preston Marriott, have combined forces to produce a successful bid for Preston to be a training base for the tournament.

Qualification is still ongoing across the men’s, women’s and wheelchair tournaments and all nations will be confirmed in time for the draw, which takes place on November 27. Following the draw, each of the towns/cities will be allocated to a nation allowing planning to commence for adopt a team initiatives and local community engagement events.

The locations which have been selected as training and team base camps are:

- Allerdale
- Bolton
- Doncaster
- Hull
- Leeds
- Liverpool
- London
- Manchester
- Preston
- Sheffield
- St Helens
- Tees Valley
- Trafford/Salford
- Warrington
- Wigans/Leigh
- York

Jon Dutton, RLWC2021 Chief Executive, commented: “RLWC2021 will see nations from all over the world travel to England to compete for the sport’s most prestigious prize. Today, we are really pleased to be able to announce which towns and cities will be used as hotel and training bases for the competing nations. Each chosen location submitted a compelling bid and our decisions represent our confidence in each of these towns and cities to provide a world-class host experience to the visiting nations in 2021.

“These chosen hosts will play such an important role in welcoming all teams and nations, offering them a base and helping them prepare in the best possible environment so they can perform at their peak on the pitch.”

Dr Adrian Ibbetson, Head of the School of Sport and Wellbeing and Director of Sport at UCLan, said: “As a University that prides itself on community engagement, widening participation and inclusion we’re really excited to play a significant role in the next Rugby League World Cup by welcoming some of the biggest names in the sport to train in Preston at the University’s Sports Arena.

“It is fantastic that the wheelchair, women’s and men’s tournaments are all taking place at the same time and ground breaking that the men’s and women’s finals will be held on the same day at Old Trafford. We hope that the World Cup experience will be inspiring for all involved and that by sprinkling some of the tournament’s ‘magic dust’ across the City, we can raise interest and participation in the sport.”

Mayor of Preston, Councillor Trevor Hart said: “We were incredibly proud to have been chosen as a host city for a Rugby League World Cup 2021 training camp earlier this year and are delighted to now find out that the North West will be a hub of training camps for this major sporting event.

“Preston is perfectly located for fans and teams to access game locations across England and the North West, and has a proven track record with hosting international teams, thanks to the University of Central Lancashire’s state-of-the-art facilities.

“This is a great opportunity for the city and we hope that Prestonians - current and future rugby fans alike – embrace the chance to see some of the tournament's biggest names in action in Preston. It will be an important role in welcoming all nations to Preston and ensuring every fan can enjoy the best possible environment so they can perform at their peak on the pitch.”

The honour is given to those who make a significant difference in volunteer roles for rugby in schools and clubs. It is the highest rugby volunteering award that any UCLan student has received.

Louis’ journey began towards the end of 2017, when the now 21-year-old started volunteering at Westholme School in Blackburn, as well as Preston Grasshoppers Rugby Football Club where he got his first involvement in coaching.

“From there, the learning experiences and opportunities I’ve had have been second to none,” he said.

“From leading my first rugby session, training the under-13s team at Grasshoppers, to later having the confidence to run a taster session for senior girls at Westholme School.”

His love for sport has led Louis to gaining further qualifications in coaching and officiating rugby as well as representing Grasshoppers and becoming a Young Rugby Ambassador.

His nomination for the award came from UCLan’s Nick Passenger, Course Leader for Sports Studies and Sport and Physical Education, who said his tireless efforts and attitude made him a worthy candidate.

Nick said: “He has been offered a number of opportunities by the course, as well as taking up opportunities that I have passed onto him with regard to extra-curricular rugby in schools.

“Through his support here [at UCLan] Louis was offered a number of opportunities by Westholme School which he volunteered tirelessly for, to the extent where some players have now been nominated for the Developing Player Pathway for Sale Sharks.”
The Chinese Ministry of Education has chosen UCLan to deliver one of only three Ministry-approved approved sports degrees.

Hunan Normal University in Changsha has collaborated with two principal lecturers from UCLan to establish a BA (Hons) Sport and Physical Education degree course for Chinese students, which brings a different approach to teaching PE in China.

Traditionally, physical education in China is taught in large groups around a set sport and using a formal structure, which means participants may not be active for a full session. The new UCLan degree teaches different academic approaches and looks to enhance key knowledge of a variety of physical activities.

UCLan beat off stiff competition from other UK universities to run the course in China, which is taught fully in English and involves many activities but sees the students also specialising in their chosen sports of athletics, basketball and football. It has introduced a skills-based curriculum focusing on agility, movement, positive encouragement and leadership to make the shift from concentrating on performance-based sporting excellence to regular participation in a range of physical activities.

Academic lead for Sport, Physical Education and The Outdoors at UCLan Nick Passenger is the course leader for the new Hunan Normal University sport and PE degree. Along with Programme Manager Dr David Greci, the two fly out monthly to oversee and quality assure the provision.

Nick said: “The course mirrors the successful programme at our Preston Campus, which aims to create teachers who have the knowledge to deliver physical education in a way that will develop pupils holistically. It is less focused on specific sports, as has often been the way in China, and instead teaches students to use a range of techniques to keep their class active, motivated and provided with the opportunity for long-term participation.”

This new way of teaching ties in with China’s push to improve health across its population at a time when obesity levels are at an all-time high and one in four Chinese people are expected to be overweight by 2030. The Healthy China 2030 blueprint, established in 2016, aims to increase the number of people taking part in regular exercise to 530 million by 2030.

There are currently 62 students on the foundation year of the course and it is anticipated that this will increase to 120 per year.

Professor Tang Changfa from Hunan Normal University said: “This has been a unique co-operative programme in China. UCLan is rich in excellent teaching resources and in its teaching concepts. This joint sport programme with UCLan is part of our strategic plan, which will benefit our students, teachers and the internationalisation of the college. We are pleased to provide all the support and resources to ensure the success of the programme and are willing to conduct in-depth cooperation between the two universities for this first step.”

University of Central Lancashire research project to tackle zinc and iron deficiency has been awarded an additional £1.9 million grant.

The study, which is the first large-scale investigation into the potential of biofortified wheat to reduce zinc and iron deficiencies among adolescent girls and children in Pakistan, has received the grant from UK Research and Innovation (UKRI), through the Global Challenges Research Fund (GCRF), awarded by the Biotechnology and Biological Sciences Research Council (BBSRC).

The two-year funding will enable lead academic Nicola Lowe, Professor of Nutritional Sciences at UCLan, and her team to build on the research they have already undertaken during the past two years.

She said: “Zinc and iron deficiencies are huge global public health problems. In Pakistan, more than 40% of women are anaemic and at least 40% of children are chronically malnourished. In addition to the consumption of biofortified flour on zinc and iron status and general health.”

Biofortification is a process by which the nutritional quality of food crops is improved through conventional plant breeding techniques and addition of nutrient-rich fertilisers. HarvestPlus has developed varieties of wheat with significantly greater zinc and iron concentrations, compared to standard varieties which have been release in South Asia.

Professor Lowe said: “Wheat is the staple crop in Pakistan and most families consume chapatis, made from wheat flour, with every meal. This demonstrates how much of a need there is to be able to produce wheat which is boosted with zinc and iron. The £1.9 million funding will allow us to scale up the research programme to investigate the effect of increasing the intake of these nutrients on the health of young people.”

During the first six months of the trial, 500 adolescent girls, aged 10 to 16, and 500 children, aged 1 to 5, living in a low-resource community in North West Pakistan will consume their usual locally purchased flour. For the following six months, they will consume either biofortified flour or standard flour, both of which will be grown locally, and a range of biochemical measures will be taken to assess the impact of consuming biofortified flour on zinc and iron status and general health.

In addition to the consumption of biofortified wheat, the research will also focus on understanding wheat growing conditions in Pakistan and supporting farmers to improve the yield and grain quality of biofortified wheat.

The UCLan team is working with academics and medical professionals from the University of Nottingham. London School of Hygiene & Tropical Medicine, Kings College London, Pakistan’s Khyber Medical University, British Geological Survey and the Abaseen Foundation.

Martin Broadley, Professor of Plant Nutrition at the University of Nottingham, has been heavily involved in the joint research project. He said: “The prevalence of zinc and iron deficiencies, in Pakistan and elsewhere, is shocking. Biofortified wheat, which has more zinc and iron in its grain, is a promising way to help address these deficiencies, however, producing the best quality wheat also requires good soil management. We’re looking forward to continued collaborations with Nicola and colleagues in both Pakistan and the UK and to help understand more about how the agriculture sector can support healthier food systems.”

Dr Jaffar Khan, from the Khyber Medical University, added: “This is an exciting opportunity for us to generate high-quality evidence to inform policy makers in Pakistan to make better and timely decisions to tackle zinc and iron deficiencies. In addition, this project will also help understand the sociocultural aspects related to this new wheat flour at farmer, businessman, and consumer levels. Being the only public sector Medical University in Khyber Pakhtunkhwa, this project is a unique opportunity for capacity building of its staff, students, and laboratories in collaboration with the UK universities and its researchers.”

Previously the project has received £300,000 from the BBSRC through the UKRI GCRF programme.
A UC Lan student has been selected as one of the most influential Muslim women in global sport. Zuleikha Chikh has joined 30 professional athletes, journalists, coaches and senior sports administrators on the Muslim Women in Sports Powerlist 2019.

The final year BB (Hons) Sport Business Management student and founder of UC Lan’s Women’s Futsal Club is passionate about engaging women in sport and increasing the representation of people from ethnic minorities in leadership positions in the football industry. She is also involved with numerous national governing bodies and sport panels.

The 21-year-old said: “It’s truly overwhelming to be listed among the top 30 most visionary and influential Muslim women who are positively impacting the sports industry at various levels from world-renowned Olympians to local heroes. I am honoured to have been recognised for my efforts and be a part of a growing movement of women leading the way in sport. It just proves the increasing quality of influence from the female Muslim sports community and the role we play in sport.”

Zuleikha, from Preston, was nominated for the award by her UC Lan lecturer Leona Trumble, British Universities and Colleges Sport (BUCS) Women and Girls Football Development Officer Nicki Rumel and FA Equality and Diversity Manager Kevin Coleman.

The former Our Lady’s Catholic High School, in Fulwood, and Cardinal Newman College student believes sport is a tool that can be used to bring people together from different backgrounds, to boost self-esteem and to contribute to educational attainment. She is involved with a number of other organisations, including the role of Coach at Sir Tom Finney Soccer Centre and Football Club, Youth Sport Trust Team Leader, Chartered Institute for the Management of Sport and Physical Activity Youth Panel, Lancashire FA Inclusion, Advisory Group member, volunteer with the British Red Cross and UC Lan Students’ Union (SU) Black Asian Minority Ethnic Ambassador.

Zuleikha, who has been shortlisted for Volunteer of the Year Award at the upcoming Preston Sports Awards and who won the BUCS Higher Education Hero Award for 2017/18, said: “It is a great feeling to be recognised for doing what I love! I could not be more thankful to my family, the staff at UC Lan Sports Arena, UC Lan Sir Tom Finney Sports Centre, UC Lan SU UC Lan Sport and Wellbeing for supporting me and Zah and Pete Mason from Sir Tom Finney Soccer Centre for all the amazing opportunities they have given me and UC Lan students to flourish.

“I have had a great support network around me and have secured £750 from Lancashire FA to grow UC Lan Women’s Futsal Club. It is truly amazing now we have students and staff from different countries such as Nigeria, Uganda, Ghana, Malawi, Portugal, Gibraltar and Germany coming together to play the beautiful game.”

There are plans to bring all the powerlist 2019 women together at some time during the year. Other women who made the list are BBC and BT Sport presenter Reshmin Chowdhury; Nawal El Moutawakel, International Olympic Committee Member and Moroccan Olympic hurdles champion; and Fatma Samoura, FIFA Secretary General.

Zuleikha’s next project comes at the end of this month when she heads to Morocco with UC Lan’s School of Social Work, Care and Community to run sporting activities and develop information and communications technology skills with boys and girls at an orphanage and with adults at an addiction rehabilitation centre.

She added: “This is an amazing opportunity to be able to engage people in sport on an international level, share ideas and help them maximise their potential and employability skills.”

In May 2019, UC Lan students made the annual visit to Zambia to teach children about the dangers of HIV and drug abuse using sport as a tool for teaching.

Established in 2006 by Cliff Olsson, Senior Lecturer in Sports Coaching and Development, the students work for a community development agency called Sport in Action as part of the project.
The vision of the Faculty of Health and Wellbeing is to be recognised by stakeholders for providing a collaborative approach to the development and delivery of contemporary, evidenced-based education and applied research and innovation, which is responsive to local needs, national policy and international perspectives. The Faculty embraces solution-focused approaches to provide opportunities for students, staff and partners to achieve their full potential, irrespective of one’s personal background.

### School of Community Health and Midwifery

The School of Community Health and Midwifery aims to develop students to be solution focussed individuals who will be well equipped to enable, stimulate and promote health and wellbeing within their communities and beyond. It is our goal to work in partnership with our students so that they are able to achieve their full potential and in doing so facilitate them to make a difference within the communities in which they serve.

### School of Health Sciences

The School of Health Sciences is a large provider of multi-professional healthcare education, training and development, offering a range of taught undergraduate and postgraduate modular-based courses, research degrees and credit recognition. The School develops its portfolio collaboratively with partners in response to national policy and local requirements and needs, providing professional courses, short courses and continuing professional development. The focus is on students developing evidence-based knowledge, skills and person-centred values in preparation for employment.

### School of Nursing

The School of Nursing has a mission to provide a rich, stimulating and supportive environment for students and staff, enabling them to develop their full potential by providing excellent higher education, innovative solutions and real-world research to stimulate health and wellbeing within communities and advance nursing excellence at every level.

### School of Social Work, Care and Community

The School of Social Work, Care and Community is proud of its national reputation for delivering high quality education for social work, social care, the children and young people’s workforce, and community leadership and engagement. The School has a vibrant community of research-active staff engaged in a wide range of research activities that make a difference to the lives of vulnerable and disadvantaged people, and which influences policy and practice both strategically and at grassroots level.

### School of Sport and Wellbeing

The School of Sport and Wellbeing delivers exceptional teaching, research and consultancy in the areas of sport and exercise, sports coaching and development, nutritional sciences and food safety, sport business management, studies and the outdoors. Our academic team consists of dedicated professionals with an active research profile, many of whom also have strong links with industry and relevant professional organisations. Our students, at undergraduate and postgraduate levels, gain in-depth subject knowledge, as well as developing a wide range of personal and transferable skills, highly valued by today’s employers.

### CPD and Short Courses

We have a wide range of CPD and short courses available. For more information, please visit our websites -
Health: uclan.ac.uk/healthcpdworkshops
Social Work: uclan.ac.uk/socialworkcpd

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