UCLan academics receive industry awards for outstanding teaching impact

Sun shines on City of Preston 10K

Science fun in the sun for thousands of youngsters
Welcome to Issue 12 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.

Since the last issue we have welcomed new cohorts of students to all our programmes and celebrated with those that successfully completed their studies in the summer and winter graduation ceremonies.

We have continued to make a positive impact on local, national and international communities, both with the work we do as a university and the impact our graduates have in their new careers.

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

UCLan is first university in Europe to commit to highest ethical research standards abroad

The University of Central Lancashire is the first European university to adopt a global code designed to prevent the export of unethical research practices to low and middle-income countries.

Tackling what is known as ‘ethics dumping’, the Global Code of Conduct for Research in Resource-Poor Settings (GCC) opposes double standards in international research and supports building long-term research relationships between lower-income and higher-income regions of the world.

Examples of ‘ethics dumping’ in low- and middle-income countries by researchers from high-income countries, such as Europe and the USA, include imposing high risks on research participants who are unlikely to benefit from the study. In some cases, it could also involve not respecting cultural requirements such as community approval for research involving indigenous populations and refusing to compensate for harm incurred during a study. Taking valuable biological samples out of the country without sharing the benefits and undertaking animal experimentation that is ethically unacceptable or even illegal in the researchers’ home countries could also be considered as ‘ethics dumping’.

The GCC sets out a framework of four principles that will shape the future of research: follow; fairness, respect, honesty and care. This involves researchers in high-income countries, from institutions like UCLan, collaborating with host country researchers during all stages to develop a culturally appropriate plan to share the benefits of the research, which could range from information, a new low-tech health intervention, or a vaccine.

Generally, no research should be carried out in a low-income country that would be prohibited in high-income countries. As part of this framework, the GCC requires all international researchers to obtain ethical approval from bodies in the country where the research will be undertaken, as well as from the researchers’ countries or institutions.

The GCC has been developed over four years by TRUST, an international collaborative EU-funded project, led by Professor Doris Schroeder, Director of the Centre for Professional Ethics at UCLan.

Authors of the ground-breaking initiative include representatives from highly influential global organisations, such as UNESCO and the Wellcome Trust and colleagues representing vulnerable populations.

The GCC has already been adopted by the European Commission as a mandatory reference document for all research funded under the Horizon 2020 programme, by the European and Developing Countries Clinical Trials Partnership and the University of Cape Town in South Africa.

Professor Schroeder said: “A pioneering international team has created the GCC using an ambitious participatory approach. It was a high-risk approach at the time, but we never lost sight of our mission, to stop ethics dumping. I am delighted to see UCLan become the first university in Europe to adopt it and send out a clear message against ethics dumping.”

Dr Lynne Livesey, Deputy Vice-Chancellor (Academic) at UCLan, said: “It is fantastic to see an academic from our own institution lead on a global campaign that will shape the future of research practice. The GCC is very much in line with our own institutional ethical values and practice and we are very happy to have this spirit captured in a short, clear and inspirational ethics code. We are very proud of Doris and what she has achieved with the global TRUST team.”
Dr Clive Palmer and Anna Coonan-Byrom have collected their National Teaching Fellowships

Two UCLan academics have collected prestigious awards which recognise their outstanding impact in higher education teaching.

Dr Clive Palmer, Senior Lecturer in Sport, PE and the Outdoors; and Anna Coonan-Byrom, Lecturer in Midwifery, took to the stage recently to receive their Advance HE National Teaching Fellowships (NTF). Recognising the vocational academic divide in higher education for studying Outdoor Leadership, Sport and Physical Education, Clive has been influential nationally for curriculum change, bridging this divide, specifically by generating a demand for learning through literacy. Clive and Anna received their awards at a black-tie event in Manchester alongside 52 other higher education professionals from around the country.

Alongside her commitment to enabling knowledge translation and democracy, Anna’s passion for digital innovation, knowledge translation and democracy, stimulating a global student learning community, strengthening 21st Century skills.

The National Teaching Fellowship Scheme showcases the outstanding impact of individuals and teams who teach or support learning in UK higher education, recognising their success and providing a platform to share the learning from their practice. Clive, who draws upon his varied background in sport, engineering, the arts and philosophy to experiment with teaching innovations, said: “I am delighted and honoured to receive this NTF award. It is recognition for my efforts to promote learning in exciting ways, to challenge the traditional hierarchy of knowledge creation and recognition on the status of authorship in academia - concerning who might be learning from whom.”

After training as a RAF Apprentice Engineer, Clive became a school teacher and since 2000 he has worked as a lecturer/cumulism to higher education in. In 2007, he established the peer-reviewed Journal of Qualitative Research in Sports Studies as an ‘academic window’ for student research and he is also Editor of the Sporting Image series of books.

Anna, who is a member of UCLan’s Maternal and Infant Nutrition and Nurture Unit, commented: “It is such a privilege to receive this award and recognising my desire to transform midwifery education, through dynamic, student-centred approaches, to improve outcomes for all women and babies.”

She led the vision and operational framework for an immersive case-based learning midwifery curriculum, that stimulates social and active learning with a ‘real-life’ application. This curriculum approach has had national and global impact.

The 15 new NIHR Applied Research Collaborations will ensure that we grow and refocus on the status of authorship in academia - concerning who might be learning from whom.”

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As part of the ARC NWC, the University of Central Lancashire will lead on the implementation of innovative measures to reduce health inequality.

The collaboration will see UCLan working with universities across the region, as well as leading innovation and local authorities to solve some of the biggest issues facing health and social care over the next five years.

Priorities for the ARC NWC during this funding period include person-centred complex care, improving population health, and equitable place-based health and care. Health Minister Nicola Blackwood has announced £35 million for research that could transform the lives of millions of people living with a range of conditions, including dementia, mental ill health and obesity.

UCLAN ACADEMICS RECEIVE INDUSTRY AWARDS FOR OUTSTANDING TEACHING IMPACT

Clive and Anna’s awards are the pinnacle of reward and recognition in teaching and learning, and the NTF award is recognition for my efforts to promote learning in exciting ways, to challenge the traditional hierarchy of knowledge creation and recognition on the status of authorship in academia - concerning who might be learning from whom.”

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Other applied research projects to receive funding in previous years include:

• An online tool to help people manage their long-term conditions from the comfort of their own home, saving the NHS £75 per patient, reducing hospital stays and improving patient outcomes.

• The introduction of life-saving blood clotting treatment - tranexamic acid (TXA) - across all ambulance services in England to reduce bleeding in trauma patients - saving an estimated 400 lives a year.

• The ‘academic window’ for student research and recognition on the status of authorship in academia - concerning who might be learning from whom.”

• A home-based rehabilitation programme for people with heart failure that has been shown to significantly improve quality of life, lead to better health outcomes for patients and is cost-effective to deliver in the NHS.

Professor Chris Whitty, NIHR Lead and Chief Scientific Adviser to the Department of Health and Social Care, said: “The unique local collective approach at each NIHR Applied Research Collaboration will support applied health and care research that responds to, and meets, the needs of local patients, and local health and care systems. The network will also be able to tackle health priorities at a national level.

The 15 new NIHR Applied Research Collaborations will ensure that we grow applied health and care research in every region in England. The additional funding of £135 million to support these initiatives will mean we will ensure that our world-leading research is turned into real benefits for patients and ensure the NIHR Applied Research Collaborations work together to have national-level impact.”

“Fifteen partnerships across England, including dementia, mental ill health and obesity.

UCLAN TO TAKE ON BIGGEST HEALTHCARE CHALLENGES AS PART OF A NATIONAL INITIATIVE

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Health Minister Nicola Blackwood said: “As the population grows and demand on the NHS increases, it is paramount we develop the next generation of technologies and improve the way we work to ensure the NHS continues to offer world-leading care. “The UK has a proud history of cutting edge health research and by supporting the great minds in health and social care, this funding has the potential to unlock solutions to some of the biggest challenges facing healthcare and revolutionise the way patients access treatments in the future.”

The extra funding follows a number of successful projects funded by the NIHR in the past, including research which led to the Long Term Plan commitment of every woman receiving care from the same midwife during pregnancy, birth and postnatally by 2021.

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GRADUATION CELEBRATIONS FOR BURNLEY STUDENTS

FIRST BURNLEY CAMPUS GRADUATION CEREMONY TOOK PLACE AT TOWNELEY HALL

The University of Central Lancashire (UCLan) has held its first ever graduation ceremony in Burnley. Taking place inside Towneley Hall, the special event saw Burnley Campus based students from the School of Social Work, Care & Community; the School of Community Health & Midwifery; and the Lancashire School of Business & Enterprise; receive their presentation of their BA (Hons) Business & Management, BA (Hons) Health & Social Care and a Foundation Degree in Community Leadership.

The graduates, who all live in East Lancashire, donned their academic caps and gowns and processed across the stage to graduate in front of proud families, senior UCLan staff and new Honorary Fellow Tony Attard OBE DL, Chief Executive Officer of Burnley-based fabrics supplier Panaz. Tony offered some advice to the new graduates: “Always say yes if asked to do something, opportunities will present themselves, never be afraid to take them even if they are outside of your comfort zone, you never know where it might lead. You are about to embark on the toughest challenge of your lives. You are all individuals, listen to nobody else except yourselves and go out there and do it.”

The new graduates had studied on a range of courses including BA (Hons) Business & Management, BA (Hons) Health & Social Care and a Foundation Degree in Community Leadership.

Dr Ebrahim Adia, Provost of UCLan’s Burnley Campus, said: “It was a special day because we all created a little bit of history as this was the first time that UCLan has held its own graduation ceremony for its growing campus in Burnley. To give the graduates the best send-off possible, we were able to hold it in the amazing setting of Towneley Hall.”

The full NUPHA statement signed by academics from the NHSA, NI Research Partnership and Public Health England reads:

“Health inequalities are an enduring challenge across the North of England – losing £13.2bn from the UK economy - with evidence that the health gap between the poorest and the richest has been increasing over recent years. There is a substantial health gap between the North and the rest of England, with average life expectancy 2 years lower in the North. When looking at County and Unitary Authorities, also known as Upper Tier Local Authorities (UTLA), 36 out of 50 (72%) of UTLSAs for men and 40 out of 50 (80%) for women show a wider gap in life expectancy between the most and least deprived areas than the England average, in comparison to just 11/77 (14%) for men and 6/77 (8%) for women of UTLSAs in the South. According to the latest Public Health England data, 33/50 (66%) of UTLSAs in the North have a lower female life expectancy than the area with the lowest female life expectancy in the South of England. The corresponding figure is 22/50 (44%) for male life expectancy. Furthermore, 88% of UTLSAs in the North have a lower female life expectancy than the England average (86% for males).

This disparity is further compounded by the inequalities in the health service and research funding that is received by the North compared with the rest of England. Increasing the NHS budget by 10% in the North would decrease economic inactivity rates by 3 percentage points. Health is important for productivity and improving health could reduce the £6 gap in productivity between the North and the rest of England by 2% or £1.20 per person per-year, generating an additional £13.2 billion in UK Gross Value Added. In addition to this, according to the latest available figures, the southern regions receive over 4 times as much funding for research and development from the government and research councils. This equates to £2.95 per head in the North and £55.02 per head in the South.”

“Tackling the North’s ill health is vital to growing a vibrant UK economy – an investment in the health of the North is an investment in the entire country, equipping it to move forward into a truly vibrant 21st century economy.”

“Leading health experts across the North have today joined together as a response to worsening health inequalities between the North and the rest of England showing over half of the North has a lower life expectancy than the worst area in the South. The scale of the issue has led stakeholders involved in the North to join forces, the Health for Wealth report and Well North to link together with leading experts from more than 30 northern universities, including the University of Central Lancashire, Public Health England, The Northern Health Science Alliance (NHSA) and NI Research Partnership to form the Northern Universities Public Health Alliance (NUPHA).

The new analysis of figures, to coincide with the launch of the Northern Universities’ Public Health Alliance (NUPHA) at the International Festival of Public Health, shows in 66% of areas in the North, female life expectancy is lower than the area with the lowest female life expectancy in the South. The figure is 46% of areas for male life expectancy.

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Mark Dooris, Professor in Health & Sustainability and Director of the Healthy & Sustainable Settings Unit at UCLan, said: “The Northern Universities’ Public Health Alliance, of which UCLan is a part, represents an exciting opportunity to harness expertise and create synergy for innovative and collaborative public health research.

This offers huge potential to make a real difference to the wider determinants of health and wellbeing and to help tackle health inequalities across the North of England.”

Professor David Burn, Chair of the NHSA and Pro-VC-Chancellor for the Faculty of Medical Sciences at UCLan’s Professor Mark Dooris joins Northern Universities’ Public Health Alliance

Newcastle University, said: “We know that health inequalities across the North of England are entrenched and worsening. We also know that a third of the productivity gap between the North and the rest of the UK is due to ill health – losing £13.2bn from the economy each year.

“Tackling the North’s ill health is vital to growing a vibrant UK economy – an investment in the health of the North is an investment in the entire country, equipping it to move forward into a truly vibrant 21st century economy.”

“This world-leading research network gives us the opportunity for a genuinely place-based approach to tackling health inequalities.”

NUPHA aims to build on the messages of the North Report, the early work of the Equal North Network, and latterly the NHS’s Health for Wealth Report. This initiative hopes to work collaboratively across the North, highlighting the gross inequalities seen within the North itself and between the North and the rest of England.

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The figures also show that 88% of Northern Local Authorities have a lower female life expectancy than the England average and 86% have a lower male life expectancy.

Mark Dooris, Professor in Health & Sustainability and Director of the Healthy & Sustainable Settings Unit at UCLan, said: “The Northern Universities’ Public Health Alliance, of which UCLan has held its own graduation ceremony for its growing campus in Burnley. To give the graduates the best send-off possible, we were able to hold it in the amazing setting of Towneley Hall.”
THOUSANDS OF YOUNGSTERS
ENJOYING SCIENCE FUN IN THE SUN

EIGHTH ANNUAL LANCASHIRE SCIENCE FESTIVAL ATTRACTS HUGE CROWDS TO THE FREE EVENT IN PRESTON

Thousands of youngsters have once again been inspired by the award-winning Lancashire Science Festival.

Organised and hosted by UCLan, the popular and action-packed fun fest showcased the very best in electrifying shows, fantastic workshops, exciting exhibits and hands-on activities.

Among the highlights for many youngsters at the three-day extravaganza were the From Plate to Poo show, Science Dome Planetarium and the Animal Detectives show.

Other exciting demonstrations and shows revealed the science in your favourite sci-fi shows and the maths that make thrilling theme-park rides. Many companies and organisations also brought hands-on activities to share the science and technology in the world around us.

Among the attendees was 10-year-old Adeite Oludotun-Fasanya from Barton St Lawrence’s CE Primary School. He said: ‘It’s been an amazing day. The ‘Maths, Disney and Pixar’ event was mind-blowing as I learnt about how the films are put together and the mistakes that are made.’

Eight-year-old Edeson Ogunlana-Aresin, from Grange Primary School in Preston, added: ‘I have enjoyed learning about being a scientist for the day and it’s been lots of fun to play with all the exhibits.’

The annual event offers a wide variety of activities to inspire youngsters about the real-world applications of science, technology, engineering, maths and medicine. The Festival has previously won the Best Community or Business Engagement Campaign prize at the Heist Awards for Education Marketing and Best Corporate Social Responsibility Campaign at the Northern Marketing Awards.

Dr Liz Granger, Lancashire Science Festival Director, said: ‘It’s been amazing to see thousands of people fully engaged with the wide variety of science, engineering, technology and maths (STEM) activities we had on offer.

‘This has been our eighth year and it’s been bigger and better than ever. We’ve had such a great selection of science, technology, engineering and maths events with shows, workshops and drop-in activities that appeal to all ages. To see the mass appeal of a free STEM related festival is wonderful and it shows the appetite of schools and parents to bring children along and inspire the next generation.

‘Once again our sponsors have been great this year. It’s been a real team effort, with contributions from staff, students, volunteers, regional businesses and organisations and the result has been seeing thousands of youngsters leaving with huge smiles on their faces with an understanding that science is really fun.’

HEALTH & WELLBEING AT UCLAN

UNIVERSITY OF CENTRAL LANCASHIRE ACADEMIC PRESENTED WITH FELLOWSHIP

DR HAZEL RODDAM HAS RECEIVED THE AWARD FROM THE ROYAL COLLEGE OF SPEECH AND LANGUAGE THERAPISTS

The Royal College of Speech and Language Therapists (RCSLT) has presented Dr Hazel Roddam, reader in allied health practice at the University of Central Lancashire (UCLan), with a fellowship. Hazel was recognised for her impressive advocacy for the speech and language profession on both a national and international level.

The RCSLT was impressed with how Hazel had created a Europe-wide peer support and mentorship in research skills network for clinical speech and language therapists and students through the formation of ReNeSLT. Hazel was also awarded for the contribution she has made to raising the profile of the RCSLT through her role as an RCSLT delegate to the European speech and language therapy organisation CPLOL.

Commenting on the award Dr Roddam said: ‘I am absolutely delighted and honoured to have received this recognition from the RCSLT.

‘I look forward to continuing to work with individual speech therapists and teams to raise their awareness of the research environment and to give them more confidence to implement research evidence into their own local practice.

The RCSLT Fellowships are awarded annually to RCSLT members who have made outstanding contributions to the speech and language therapy profession.

Her Royal Highness the Countess of Wessex GCVO DSU attended the awards ceremony, as Patron of The Royal College of Speech and Language Therapists, on 25 September 2019 at Council House, Nottingham.

The online learning community that I started has grown beyond all my expectations; connecting people internationally and across many professions. And the clear focus is always on improving services and quality of life for people with speech, language and communication needs and their families.”

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The University of Central Lancashire has signed a three-year agreement which strengthens its international presence with a leading German university in the field of health.

UCLan’s Faculty of Health and Wellbeing signed the contract with Hochschule für Gesundheit (hsg) in Bochum, Germany which formalises a collaborative agreement to extend teaching, research and clinical practice over the next three years.

The new contract builds on the collaborative links which were first formed in 2015 when UCLan’s Dr Hazel Roddam helped hsg Bochum develop a master’s programme for speech and language therapists. hsg Bochum is the first state-funded university for healthcare in Germany, specifically for nursing, midwifery and health sciences.

Professor Nigel Harrison, UCLan’s Executive Dean in the Faculty of Health and Wellbeing, said: “Over the last few years our relationship has gone from strength-to-strength in terms of collaborative research and innovation within the fields of nursing, midwifery and allied health. We are now at the point where we want to take our partnership to the next level for the mutual benefit of both universities, our students and of course the public in both countries who will be the long-term beneficiaries. We are particularly excited to be welcoming hsg Bochum physiotherapy students to UCLan where they will undertake their placements at Royal Preston Hospital.”

In recognition of her work to establish and sustain the collaborative partnership, hsg Bochum are to award Dr Roddam the highly prestigious honorary title of ‘Associate Member’, the first such award to be made by the institution.

Professor Dr Anne Friedrichs, President of hsg Bochum, added: “Hsg Bochum as a still young university with a strong focus on health sciences so this cooperation represents a huge opportunity as UCLan has an established academic and international reputation in the field of health sciences and research. The partnership is enabling us to sharpen our academic profile and build on our international network.”

Both UCLan and hsg have several new collaborative ideas in the pipeline that will enhance both institutions’ teaching, learning and research. For instance, a connection has already been established between the partners’ two occupational therapy courses involving live link-ups and discussions during academic sessions between respective partner students.

Staff exchanges will also take place with hsg Bochum academics enrolling on UCLan PhD programmes, elements of which will take place in Preston, and in September 15 staff and postgraduate research students from hsg Bochum came to UCLan for a joint academic symposium.

Amy Johnson, 23, from Withnell, near Blackburn, graduated with a 2:1 in Nursing, specializing in children and young people over her three-year undergraduate degree. After impressing during the course, she has now started work as a neonatal nurse, providing care for sick or premature babies at Warrington Hospital, choosing the role above two other nursing posts she was offered after finishing university.

Amy started the course after developing an interest in nursing while at college and was attracted by the course allowing students to learn on the job by undertaking practical experience in work placements across the North West.

Undertaking five work placements during her time at UCLan, Amy went on to create a final year portfolio which astounded her academic advisor, due to its detailed and reflective nature. Similarly, Amy’s motivation for the course was noted, as she worked multiple part-time jobs at the same time as completing her placements and coursework.

Thanks to her hard work, Amy was offered jobs at multiple North West hospitals in children’s nursing before she accepted her current role, which allows her to continue to train and study to become a specialised neonatal nurse.

Amy said: “The course at UCLan has really helped me to find a job that I love. I really enjoyed every aspect of studying to be a nurse, from learning the anatomy and physiology required through to getting hands on and really helping children and families to overcome or live with an illness from an early age.

“Neonatal children’s nursing is such a fulfilling job, as you support the child and family as they are growing up and you get to know them. The job is even better than I could have imagined it.”

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Amy Johnson, 23, from Withnell, near Blackburn, graduated with a 2:1 in Nursing, specializing in children and young people over her three-year undergraduate degree. After impressing during the course, she has now started work as a neonatal nurse, providing care for sick or premature babies at Warrington Hospital, choosing the role above two other nursing posts she was offered after finishing university.

Amy started the course after developing an interest in nursing while at college and was attracted by the course allowing students to learn on the job by undertaking practical experience in work placements across the North West.

Undertaking five work placements during her time at UCLan, Amy went on to create a final year portfolio which astounded her academic advisor, due to its detailed and reflective nature. Similarly, Amy’s motivation for the course was noted, as she worked multiple part-time jobs at the same time as completing her placements and coursework.

Thanks to her hard work, Amy was offered jobs at multiple North West hospitals in children’s nursing before she accepted her current role, which allows her to continue to train and study to become a specialised neonatal nurse.

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“Neonatal children’s nursing is such a fulfilling job, as you support the child and family as they are growing up and you get to know them. The job is even better than I could have imagined it.”
I had always wanted to go abroad for my Midwifery elective. It was my chance to experience a completely different healthcare system and to travel before starting full time employment. Arequipa, Peru immediately drew me in, and I was fascinated by the country’s history. Work the World (an overseas elective planning organisation) organised the experience for me and provided detailed placement plans within the best departments for my discipline. For someone doing an intensive healthcare degree, this took the stress out of organising my placement.

Finally, the day of my departure arrived. My friend and I travelled to Peru via the United States and Peru’s capital, Lima. When we arrived in Arequipa, someone was waiting to meet us along with two other arrivals (some of my new housemates). They accompanied us back to the house we’d be living in for the next few weeks.

The journey from the airport to the house was interesting to say the least. Very few people seemed to observe the traffic rules, but the constant honking was something we quickly got used to.

We arrived on a Sunday, which was a quiet day in the house. Many of the other students who were already living in the house were away on weekend trips. We took a tour and then underwent our scheduled welcome briefing. The afternoon went on, and we were welcomed by many of the other housemates as they arrived home.

**MY ELECTIVE EXPERIENCE**

Monday was my first day on placement. In some ways, it was similar to a UK birth centre where low risk women go to give birth. But nothing could have prepared me for the stark differences between care when compared with the UK.

I witnessed my first birth that morning. The woman birthed alone, as men were not allowed to attend in Peru. The woman was on her back and, as with most women, received an episiotomy.

With three beds in the open delivery room, there was little privacy. The obstetras (local equivalent of midwives) and obstetric doctors were friendly and happy for me to watch and ask questions. Local staff also enquired about midwifery practice back home, and were surprised by our use of pools, and standing and squatting positions.

All of the women I came across in clinic were extraordinary. Their resilience during childbirth was amazing to observe. This was especially true when considering that practices in Peru differed greatly to those in the UK. Some local practices were difficult to accept. I remembered, however, that I was there to learn and not to judge.

But there were many positive aspects to the local approach to care. The obstetras use natural methods to induce contractions which were something only women were involved in.

Women were required to provide all supplies for their postnatal stay — food, nappies and hygiene supplies were not supplied by the clinic. Once mothers-to-be were transferred to the postnatal ward, partners and families cared for them.

I have a renewed appreciation for the abundance of sterilised equipment we have back in the UK. The swabs used in Arequipa were packaged using old sterile glove packets and a member of staff wearing a pair of gloves. Sterile gloves would be used once at a time for examinations and left on the side until the next woman came in, sometimes hours later. Despite this, Peruvian sepsis and infection levels following birth seemed low.

It was great to see a high breastfeeding rate in Arequipa. I witnessed women breastfeeding very openly across the country, in cafes, the airport and even at the top of Machu Picchu! This may have been due to the open attitudes towards this way of feeding, the large amount of publicity in the form of posters around the clinic, and the lack of affordable formula milk and hygienic ways to prepare it.

In the afternoon following placement, grouped us visited local attractions in Arequipa. The museum of the Ice Maiden ‘Juanita’, Chaqchao Chocolate factory, where we made our own chocolates, and Alpaca Mundo to name a few. Most housemates would head into the city on a Tuesday and Thursday evening for cocktails, bachata and salsa dance lessons, which was always a fun night. We met a lot of local people this way.

Speaking of people, the friendships I made with people from all across the world will stay with me forever. The trips and activities wouldn’t have been half as fun without the amazing housemates I lived with.

The trip was a once in a lifetime experience and I enjoyed every single second of being in Peru. I still think about my experience now with laughter, joy and amazement. I can’t believe I actually did it!

Work the World specialise in tailoring overseas physiotherapy placements in Asia, Africa and Latin America. Their destinations provide eye-opening insight into the challenges associated with delivering healthcare in the developing world.

Fiona is a 3rd year midwifery student from UCLan. She recently travelled to Peru on a two week midwifery elective to see the differences between healthcare in the UK and in the developing world.

AREQUIPA AND FURTHER AFIELD

Arequipa was a beautiful city, with plenty of history along with modern Western conveniences — the former offering a stark visual contrast to the historical buildings they stood beside. The people were friendly and welcoming, and the city itself felt very safe. On my last day in the city, I attended the Arequipa Day Parade, which showed just how proud of their city the people of Arequipa were.

One weekend, my midwifery colleague and I travelled to Machu Picchu via an overnight bus and train. It was one of the best experiences of my life. Despite seeing photos and having some idea of what to expect at the summit, I was unprepared for the magnitude of the scenery. It was breathtaking. I’ll admit I was a little emotional after such a long journey to get there. But even the three-hour train journey from Cusco to Aguas Calientes had the most amazing views as the train travelled through farms, over riverbeds and through jungle forests.

One contrast to women’s experience delivering healthcare in the developing world.
A n international student is preparing to start her new career after graduating from UCLan with a PhD.

Dr Manal Small split her time between Preston and the United Arab Emirates during her studies for the PhD which focused on the effect diabetes has on the heart.

Manal had previously achieved a degree in nursing at the Fatima College of Health Sciences at the United Arab Emirates University (UAUE). She’s now preparing to return to the college to start a new role as an instructor to teach nursing in August.

It had always been a goal of the 28-year-old’s to complete a PhD, but it wasn’t until she met UCLan Professor Jaipaul Singh while at UAUE that she decided to study in the UK, relocating to Preston and dividing her time between the two countries.

As part of her studies, Manal was given several opportunities to travel around the world, including two months spent in the US as part of an experimental research project, and visiting India for a conference. Her work also resulted in 12 papers being published.

Manal said: “I first came to Preston during the winter, and I immediately noticed the difference in the weather as it’s very hot where I’m from! During my time here I’ve found it to be a lovely city, and a nice place to study.”

“I’m very happy and proud to graduate from UCLan, it’s been a long journey but worth all the hard work. I’ve been given some great opportunities and my tutors including Professor Jaipaul have been very supportive. Doing the PhD has allowed me to meet lots of people and find out more about advanced studies and techniques in my field, which is all extremely valuable experience that I can take into my new role.”

“Thank you to all my family and friends who have supported me throughout my degree. I’ve really enjoyed my time at UCLan and I will miss my friends and the university.”

Generous students and staff from UCLan have raised much needed funds for two national charities.

Throughout the year, UCLan’s School of Nursing students and staff managed to raise £650 for the Royal College of Nursing (RCN) Benevolent Fund and the Florence Nightingale Foundation.

It is the ninth year that the School has dedicated its efforts towards raising funds for the worthy charities. Some of the fundraising activities included a used book sale, bake sale and competitions.

Senior Lecturer Sabina Gerrard says the work put in by staff at both charities makes it an easy decision to support them.

“They have been our chosen charities for a number of years due to them supporting nurses that are in hardship, that are in need and for nursing scholarships,” she said.

“The Nurse’s Day celebrations provide an opportunity for nurses and healthcare students to come together and take time out from their usual routine to celebrate the amazing work that healthcare professionals do on a daily basis.”

It was the second year that pre-registration nursing student Uzoma Judith Anazodo has been involved with the fundraising, highlighting how important it is to her and her fellow students to help such important organisations.

She said: “Sabina had asked me if I’d like to be involved last year. I wanted to help and volunteer because both charities support nurses in need. It’s also an opportunity for us students to get together and volunteer, meeting other people and make a difference.”

The picture shows students and staff from UCLan’s School of Nursing with their cheque to the Royal College of Nursing Benevolent Fund and the Florence Nightingale Foundation.
A former primary school teacher from Zimbabwe has secured a dream new career for herself as a nurse in England after graduating through UCLan.

Sheilah Chitungo, who lives in Leigh, Wigan, first moved to the UK 10 years ago to begin a new life and now she has just celebrated graduating with a BSc (Hons) in Nursing. To add to her achievement, she has now also begun her first full-time nursing role at Manchester’s St Mary’s Neo-Natal Intensive Care Unit.

For Sheilah, 43, it marks the culmination of a dream to take up nursing as a career and with UCLan I was able to get some fantastic experience working in the front line at children’s hospitals in Lancashire.”

As part of her training, Sheilah spent time working in the children’s wards at hospitals in Wigan and Ormskirk, something that really inspired her.

She added: “I am naturally compassionate as a person, particularly having a child of my own, and the experience of working on my placements has made me even more compassionate.”

Sheilah says that the support she had from tutors at UCLan and her own family as she studied has really helped to build her confidence as an individual and prepare for working in a real-world environment.

She said: “Thanks to the support I have had from them over the last three years, it has really inspired me to feel more confident in myself and take my ambitions forward.”

Sheilah has also now just begun her first full-time nursing role at Manchester St Mary’s Neo Natal Intensive Care Unit.

She adds: “It is such an exciting challenge for me and I feel so lucky to be starting a job where you can bring really positive change into people’s lives. For me this is a dream fulfilled and I am so grateful to the tutors and staff for helping to make this possible for me.”

A UCLan professor has been awarded the highest academic award possible for his contribution to the philosophy of mental health care.

Professor of Philosophy and Mental Health Tim Thornton has received a Doctor of Letters (D.Litt) from UCLan. D.Litt is a unique distinction offered to individuals who have contributed to the study and understanding of a subject.

Professor Thornton, a philosopher researching mental health and illness with degrees from the History and Philosophy of Science Faculty, Cambridge, teaches in the School of Nursing and becomes just the third person to achieve a higher doctorate at UCLan and the first humanities-based D.Litt.

The D.Litt degree is only awarded to candidates whose record of published work and research shows conspicuous ability and originality and constitutes a distinguished and sustained achievement. It is considered to be the highest academic award possible.

Professor Thornton said: “I’m delighted to be awarded this higher doctorate. I learned to achieve this award in memory of my late father who had always found it mildly amusing that I had achieved so many qualifications and had letters after my name.”

His thesis was reviewed by Grant Gillett, Professor of Bio-medical Ethics at the University of Otago in New Zealand and Matthew Ratcliffe, Professor of Philosophy at the University of York who agreed that the work of Professor Thornton met the strict criteria set out in order to achieve the award. This confirms the global reach and international importance of Professor Thornton’s work, which shows the breadth of knowledge appropriate to the field and in line with disciplinary norms and expectations.

“The philosophy of mental health is a growing interdisciplinary field of research by clinicians, philosophers and, increasingly, service users into the pressing conceptual issues surrounding mental health and illness,” said Professor Thornton.

“It is mental illness diagnosis value laden rather than purely factual and so whose values should count? How should we understand experiences and beliefs, such as delusions, that characterise some conditions? What, if anything, should be the connection between mental illness and coercion? By bringing disciplines together to analyse and argue, the field aims to shed light on what is an especially contested area of healthcare.”

Executive Dean of the Faculty of Health and Wellbeing at UCLan Professor Nigel Harrison said: “This is an amazing and huge accomplishment which very few people achieve. It is testament to Professor Thornton’s distinguished career and the originality and research and scholarship which he has contributed to in the field, philosophy of mental health care.”

Professor Thornton is a part of the Mental Health and Wellbeing research team at UCLan, which works to ensure UCLan research brings benefits to patients and vulnerable people who are diagnosed, supported and cared for, or at risk, because of mental health needs.

Professor Thornton teaches on the BSc (Hons) Mental Health Nursing, MSc Pre-reg Mental Health Nursing, MSc Nursing and MPA Philosophy and Mental Health courses as well as supervising a number of PhD students.

Professor Thornton officially received his award at the UCLan graduation ceremonies in December 2019. He was unable to receive it in July’s ceremonies as the gown hire company had to specially make the graduation robe for this occasion!
TRAGEDY INSPIRES MUM TO FULFIL CAREER AMBITION

A mum who followed her nursing dream after watching health professionals care for her dying daughter has graduated from UCLan.

Simone McDaid used the heartbreak of losing five-year-old Bethany-Kate to inspire her to fulfil her career ambitions.

The adult nursing graduate said: “I had always wanted to be a nurse, however due to having a daughter who needed 24-hour care, my nursing degree was put on hold until later.

“I lost my daughter in 2008 but it was her death which taught me how I could be the best nurse. Her illness required a lot of care from a large multi-disciplinary team and watching that team showed me the good points of care but also some issues, so rather than fighting the NHS I decided to join them.”

The 34-year-old has since gone on to have two more children and has been a mixing her full-time degree with having children but you learn how to prioritise your life and learn how to be organised. They are some of the most valuable skills in nursing so it’s helped in my job.”

Simone had previously worked in healthcare and was the team leader for the complex care paediatric home-care team prior to studying adult nursing at UCLan.

She said: “Due to my life experiences, I had lots of experience in nursing but had to get my degree to achieve my dreams, ambitions and goals. I chose UCLan because it allowed me to complete the foundation year, which I would highly recommend. This really set me up for the degree and gave me an advantage when it came to learning how to write essays.”

Simone, who has now started work for Lancashire Teaching Hospitals Trust, added: “As a mature student I was nervous before starting University, but it’s been one of the best parts of my life as I’ve made lifelong friends.

“You do have to put the hours in, I’m not going to lie, but the hard work pays off as it’s so rewarding and it’s an honour to help people on their journeys, through illness, recovery and even death.

“Graduating was one of the best days I’ve ever had - what an achievement to be proud of after four years.”

She was one of 1,500 students who graduated in front of her family at UCLan’s Preston Campus in December.

Simone McDaid followed her nursing dream after witnessing care her dying daughter received.
We trust schools to steward the children of today into the adults of tomorrow. They’re certainly apt at nurturing our ability to calculate, compete, and cram – but what about our capacity to connect? As a researcher in community development, I worry that we’re spending too much time assessing children as individuals, and not enough helping them to feel part of something much more valuable – communities.

Young people are becoming more and more disengaged from the environment and people that surround them. Many spend less time outside than prison inmates. Belief that their opinions make a difference is low, while mistrust in charities, adults and world leaders is high. Mental health issues are on the rise, with children feeling more lonely than any other generation.

Cultivating a sense of community, be it through litter picks, community walk, or helping out in nursing homes, can counteract many of these problems. Children who take part in social action programmes show gains in confidence, self-esteem and self-efficacy. They develop greater empathy for others, co-operation and problem-solving skills, dedication to long-term goals, and resilience to setbacks. They’re also more likely both to identify as part of a community and engage in social action in the future – just as is the case with children engaged in charitable giving from a young age.

And of course, the wider community reaps all kinds of rewards too. Community interventions aid mental and economic well-being, and can have a ripple effect, spreading social behaviour.

PUTTING COMMUNITY IN THE CURRICULUM

The trouble is that the vast majority of community initiatives available to young people, such as the UK’s National Citizen Service and the Duke of Edinburgh award, are voluntary and more likely to attract those who are already more community minded. And while in the UK the government has made some good progress in setting aside time to engage in social action in the future – just as is the case with children engaged in charitable giving from a young age.

As part of our wider Connected Communities research project, we worked with primary school children in a special weekly community group. The group encouraged the pupils to reflect on their views about their community, including where they did and didn’t feel safe, and their role in strengthening their community. They surveyed residents to understand their views too, and the connections between them.

They also did litter picks, designed posters to promote community-focused values, and collaborated with authorities including the police, housing associations, and the local council, who adopted a co-written children’s charter as policy.

Ongoing analysis of interviews and focus groups with the children and their teachers is showing that the group developed more pride in their collective identity. Meetings with authority figures cultivated a culture of reciprocity.

Both children and teachers felt that exchanges like these helped to build self-esteem, especially in quieter children, who felt more confident to ask for help in class. School data comparing predicted with actual progress in English and maths showed that children involved in the community project progressed further than those not involved.

These preliminary findings were based on a small sample and do not conclusively establish cause and effect, but they’re certainly encouraging. The UK government is currently looking at new ways to help young people gain the attributes needed for active and positive citizenship – and our work suggests that putting more community in the school curriculum should be seriously considered as part of the solution.

We could embed a community-based ethos across all subjects. For example, a school project that researches people’s views on sports in the community could utilise geography in mapping sport facilities and green spaces in their community, maths in compiling local quantitative data, and develop English and research skills in report writing. To foster community values, these subject-spanning projects should be individually and thoughtfully tailored to the issues that matter in each locality.

This would obviously require more work to adapt the current curriculum than tackling on an extra half-hour of community-focused learning. But if we embrace the challenge, academic learning can be made not only more fun, but also more relevant to the real lives of children, both inside and outside of school.

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Article by Susanne Wilson, Research Fellow in Social Exclusion and Community Development. Published on Theconversation.com 06/08/19.

CIF FUNDING ENABLES SAFENET TO HELP EVEN MORE FAMILIES IN REFUGE

SafeNet Domestic Abuse and Support Services have been awarded more than £10,000 to recruit a part-time clinician support worker at their Preston Refuge.

Awarded by Construction Impact Framework (CIF) through a fund generated from its work with UCLan, the grant will enable the existing SafeNet Specialist Children and Young People’s Worker to carry out even more group work with families who are dealing with domestic abuse and provide crucial support to mothers and children, helping to create a safer, healthier, and happier future for them.

In 2018, the Preston Refuge supported 86 adults and 67 children from a range of cultures and backgrounds who have experienced domestic abuse, offering safe accommodation alongside individually designed support plans, personal support sessions, group work, interventions, counselling, resident’s support groups, advocacy and other services.

CIF is an award-winning Official Journal European Union (OJEU) compliant construction framework with a focus on social value and an ethical way of working whilst relieving the pressure on frontline public sector services.

To drive social value through public procurement the CIF require that any contracts that are awarded via one of their frameworks include a percentage fee, paid by the successful supplier, which is fed into a fund to be used for a social value initiative; in this case SafeNet.

Alex Atkinson, Head of Support Services at SafeNet, said: “This additional funding enables our Children & Families team to offer vital support needed in refuge for our children and young people. This means we can offer quality childcare which is tailored and sensitive to children’s needs arising from living in domestic abuse. We can then ensure parents have access to more in depth support via 1 to 1 sessions, group work and essential appointments.

This further enables our team to fully support families through their recovery journey.”

Sara Lawton, Managing Director of CIF, said: “Our work with the University of Central Lancashire is a great example of how CIF’s strategy of re-investing public money impacts on the lives of those who need support at their most vulnerable. By choosing to ‘buy social’ UCLan is making a huge difference not only to SafeNet residents and their children but to our public-sector partners who deliver frontline domestic violence services, for us this is public procurement at its best.”

A UCLan spokesperson said: “SafeNet already has a link with the University by supporting student placements in local refuges, so this project is an ideal fit for us. It has been great to see the impact that UCLan can make through the power of social procurement using the CIF. We are delighted that the profits gained from using the framework have gone to such a worthwhile cause that will make a tremendous difference to people’s lives.”
Researchers from UCLan and a group of schoolchildren have joined together to take part in West Cumbria’s first Social Science Festival.

A Celebrating Connecting Communities event was recently held at The Beacon Museum, in Whitehaven, which brought pupils from St Begb’s and Monkwear Junior schools together with UCLan researchers to raise awareness of the role and impact of social sciences.

Research centres from across the University’s School of Social Work, Care and Community got together to deliver different hands-on method workshops including community-mapping, using artwork to express feelings and photo-voice. All the workshops gave the children tasters of ways to involve people in thinking about their communities.

It was delivered by Dr Julie Ridley and Suzanne Wilson, from the Centre for Volunteering and Community Leadership; and Deborah Crook, from the Centre for Children and Young People.

These sessions aimed to encourage the pupils to think critically about their community and ignite a passion for social science and social action.

Organiser Suzanne Wilson, Research Fellow in Social Inclusion and Community Engagement at UCLan, said: “It was a privilege to work alongside such enthusiastic young people who have so many exciting ideas to help strengthen their community.

“I hope we have introduced the idea of going to university to study social science and inspired the next generation of young social scientists of the future!”

Alan Gillon, Learning Officer at The Beacon Museum, added: “It was a fantastic opportunity for the Beacon Museum to host a Celebrating Connecting Communities event with UCLan.

“...the museum is at the very heart of the community, and through the museum collections we are able to tell the stories of the diverse local community we have in West Cumbria, from thousands of years ago to the present day.

“The event has helped to break down the barriers around social science and challenged the pupils to think about their landscape and local community.”

“The event was sponsored by the Economic and Social Research Council and was one of 450 events taking place across the UK to raise awareness about how social science affects everyday life.”

The title winning Burnley FC Women first team was promotion to the third tier of women’s football in the summer of 2019 and the sleeve badges will be a fixture on shirts throughout the team’s campaign in the FA Women’s National League Northern Premier Division.

Securing consecutive league titles, momentum for the women’s game continues to grow at Burnley FC with the women’s first team facing sides including Derby County LPC, Sunderland AFC Ladies and Huddersfield Town Ladies FC.

UCLan’s Burnley Campus opened in 2009 offering undergraduate courses in sports, social care and business management. Last year the University acquired Victoria Mill, pledging to expand its presence and student numbers in the town to 4,000 by the year 2025.

UCLan will offer a growing portfolio of courses in Burnley including nursing, medical sciences, social work, MBA, cyber security, engineering, digital technology solutions as well as teaching phase two of the University’s prestigious medical degree.

To achieve its education vision for the region, the University is working in close partnership with Burnley Borough Council, Burnley FC, Burnley FC in the Community, East Lancashire Clinical Commissioning Group, Lancashire County Council and the Burnley Bondholders group of influential local business leaders.

Dr Ebrahim Adia, Provost at UCLan, said: “We are delighted to take up this sponsorship opportunity and wish the team every success for the coming season.

“The profile and popularity of women’s football has never been higher and like Burnley FC Women, UCLan is passionate about unlocking and nurturing new generations of talent and potential. Our goal is to raise educational aspirations of young people and under-represented groups from Burnley and beyond so they can reap the lifelong benefits that higher education can bring.”

Neil Hart, Chair of Burnley FC Women and Chief Executive Officer of Burnley FC in the Community, added: “We are thrilled to announce UCLan as our first official shirt sleeve sponsor of Burnley FC Women. Our first team have enjoyed a remarkable journey over recent seasons, and we are delighted that UCLan have chosen to support the team and our ambitions for the women’s game.

“Like Burnley FC, UCLan has a long history in the Lancashire region and a thriving Burnley Campus, making it the perfect fit for this partnership. We very much look forward to strengthening our existing relationship.”

For more information on Burnley FC Women visit: www.burnleyfcwomen.com
OVER 550 PRIMARY SCHOOL CHILDREN COMPETE IN CITY-WIDE ATHLETICS FINAL

Over 550 local school children put their sporting skills to the test at the annual Primary School Indoor Athletics Finals hosted by UCLan.

Years five and six pupils from more than 30 Preston primary schools challenged each other in various track and field events at UCLan’s Sir Tom Finney Sports Centre before Broughton C of E Primary School was crowned the winner.

The competition is a key fixture in the Preston primary school sports calendar and staff and students from UCLan’s School of Sport and Wellbeing teamed up with volunteers from Preston Harriers and Ashton Community Science College Sports Leaders to deliver the athletics programme for the third consecutive year running.

Each of the schools took part in events such as hurdles, javelin, long jump and relay racing, with children from Preston Harriers providing demonstrations of some of the sports.

Among the schools taking part in the event were St Andrews Church of England Primary School in Ashton, Head Teacher Scott Martland said: “This is a great opportunity for us to be involved in an event that brings children together from right across the Preston area, mixing different cultural backgrounds in a way that will hopefully inspire many of the pupils to do more sport at school.”

St Andrews Primary School pupil Harvey Forbes, 10, said: “Kids should have a passion for sport and maybe try activities that they haven’t done before. I love the competitive edge that comes with the games and the fact that it encourages you to try your hardest.”

Laura Shepherd, Head of Sports at Goomnagh C of E Primary School, said: “With our school being in a rural environment fitness and sports features prominently in our activities from an early age. This event is a perfect opportunity to remind pupils of the importance of that message.”

Goomnagh C of E School pupil Millie Cornall, 10, said: “It’s a great event as everyone can get do the sports they enjoy and try out some new ones which is great.”

Pupil Olivia Leech from Broughton C of E Primary School said: “I’ve never been to this event before and it really inspires you to do your best for your school. I love the fact you can do some of the more traditional events like javelin throwing as well as more unusual ones like the obstacle relay.”

UCLan hosts major primary school Indoor Athletics Championship

SPORT AND WELLBEING AT UCLAN

UCLAN STUDENTS TRAIN ELITE INTERNATIONAL SPORTS TEAM

Students from UCLan had a hands-on role in preparing a group of elite rugby players ahead of the biggest matches in their history.

A handful of students travelled down to Wigan Warriors’ Robin Park Arena to help the Serbia Rugby League side in their preparations for their World Cup Qualifiers against Scotland and Greece.

Serbia, managed by UCLan Sports Coaching & Performance lecturer Stuart Wilkinson, needed just one win to qualify for the 2021 World Cup, for the first time in their history.

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SPORT AND WELLBEING AT UCLAN

Hands-on role for students as they helped prepare the Serbian Rugby League squad for vital World Cup qualifiers

UCLAN STUDENTS TRAIN ELITE INTERNATIONAL SPORTS TEAM

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UCLan has blazed a trail at an international sports event and earned plaudits from around the world.

A total of 35 staff and students from the School of Sport and Health Sciences, the School of Medicine and the School of Journalism, Media and Performance spent 10 days in Gibraltar at the 2019 NatWest International Island Games.

UCLan was chosen to provide specialist medical care at the Games which was held on the British Overseas Territory between July 6-12.

The sports therapy and sports medicine cohorts provided pitch side care and ran a daily polyclinic, the first time in the history of the Games that such a facility was available to athletes.

Three sports journalism students were also at the Games, working in tandem with the official Gibraltarian media teams to provide online and video content.

The student medics treated around 500 athletes with injuries ranging from muscle strains through to serious knee injuries.

Their efforts didn’t go unnoticed, with Linda Alvarez, chairman of the Gibraltar 2019 Games Organising Committee, and Reagan Lima, chief executive of the Gibraltar Sport and Leisure Authority, describing the army of volunteers as ‘heroes’.

While they were needed at many events, they were severely put to the test at the end of the cycling time trial, which finished at the top of the iconic ‘Rock’ as many cyclists crossed the line exhausted after a punishing 4km climb in the searing heat.

In an email, Mr Lima said: “I witnessed your team’s performance first hand at this particular event and to say that I was both impressed and proud is an understatement.

‘They were able to provide a high level of clinical skill and made many friends from the competing islands and the people of Gibraltar. Students were up early and finished late as events were completed but they were always punctual and in good spirits the next day. I received numerous thanks from officials of competing islands for their help and professionalism.”

It is hoped this could be the start of a link between UCLan and the Island Games. The Guernsey team officials, who host the next event in 2021, have shown keen interest in the role played by the University’s students in Gibraltar.

Two lecturers, Greg Littler and Rob Hamilton, were also given the honour of handing out medals to competitors in pistol shooting and ten pin bowling.

Karen May, Principal Lecturer in Sports Medicine, was interviewed by Gibraltar's TV station, GBC, following the cycling time trial while the three sports journalism students went behind the scenes at the daily sports bulletin at the GBC studios, as well as being interviewed for a community feature.

Their action and interview footage of the Isle of Man athletes was used by BBC North West Tonight with UCLan gaining a mention on their nightly bulletin.

Davina Barbara, Media Liaison Manager at the Games, said: “It was fantastic to see the students thoroughly enjoying the experience and their time on the Rock.

‘I think the Island Games afforded them a fabulous hands-on experience, and for us their reporting was great as we were able to cover different events at the same time.

‘They should be very proud as they were not intimidated in any way, and really grabbed every opportunity that came their way.”

What is the Island Games?

Around 1,800 athletes from 22 islands competed in 14 sports from badminton to beach volleyball and sailing to swimming.

Islands competing included Aldlland, Alderney, Bermuda, Cayman Islands, Falkland Islands, Faroe Islands, Gibraltar, Greenland, Guernsey, Hitra, Isle of Man, Isle of Wight, Jersey, Menorca, Orkney, Shetland Islands, St Helena, Western Isles and Ynys Mon (Anglesey).

It started in 1985 when the Isle of Man held an ‘Inter Island Games’ and invited athletes from islands with similar history, heritage and geography to compete and forge links between the islands. It was a huge success and it was agreed to host it every two years.

The host island gets to choose 12 to 14 sports from a list of 18. To qualify to compete in the Games you must have been born to a member island or have lived on one at least 12 months prior to the Games.
ELIZABETH CLINCHES MASTERS DEGREE AFTER WORKING IN GIBRALTAR ISLAND GAMES

UCLan physiotherapy graduate Elizabeth Atchoesen has clinched another personal success just months after providing vital medical care support to athletes in the Gibraltar International Island Games.

The 22-year-old, from Orrell, celebrated achieving a Masters MSc Sports Medicine at UCLan just 18 months after graduating with a BSc (Hons) in Physiotherapy.

The achievement marks the culmination of a year which has seen Elizabeth travel to Gibraltar as part of the UCLan medical management team who assisted athletes at the Gibraltar Island Games.

Elizabeth’s role as a venue medical manager involved supervising a dynamic group of sports therapy students to deliver emergency medical management and pitch-side first aid during a multitude of sporting events; specialising in providing support to cyclists and other athletes at the Games. This included helping cyclists complete a punishing 4 km climb up the rock of Gibraltar in searing temperatures.

The Gibraltar International Island Games attracted competitors from as far afield as the Faroe Islands, Jersey, the Isle of Man, St Helena and the Cayman Islands.

Elizabeth said: “It was a real thrill to be part of the support team at the Games and working as support to the cycling teams was a great challenge, particularly with the hot conditions and environment.

“We did have a number of injuries to treat during the events, particularly during the climb up the rock of Gibraltar where a number of cyclists were suffering from severe exhaustion.”

A keen sports player herself, Elizabeth played in the UCLan hockey team as an undergraduate and competed in the England Universities home nations tournament as well as competing against the Belgian Under-21s team.

Elizabeth added: “I think my own experiences as a player have helped to give me a good basic understanding of sports therapy so to now achieve an MSc in Sports Medicine has now given me the perfect incentive to pursue physiotherapy as a career.”

To help build up her experience, Elizabeth has now also begun her first-time job role working as a physiotherapist at the Liverpool Heart and Chest Hospital.

Elizabeth said: “Studying at UCLan has provided me with massive inspiration to push forward with my career ambitions. One of the things that first attracted me to UCLan was the opportunity to work in smaller groups and this has been reflected as well in the support I’ve had from staff during my stay here.”

UCLAN PHYSIO STUDENT PROVIDED SPECIALIST MEDICAL CARE TO ATHLETES AT MAJOR INTERNATIONAL TOURNAMENT

More than 1,200 runners took to the streets of Preston for the City of Preston 10k on Sunday 20 October after adverse weather conditions forced the cancellation of the previous 10k, which had been due to go ahead on September 29.

Starting in Market Street, the runners ran past beautiful scenery via Avenham Park and around the River Ribble, before finishing back on Market Street, to cheering friends and family.

First to cross the finish line in the male category was Mohammad Alhurum from Altrincham & District with a time of 35.49. Adam Skidmore from Salford Harriers claimed 2nd place in 34.30. Third place went to Robert Affleck from Preston Harriers who finished in 34.59.

In the female category, first place went to Kirsty Longley from Liverpool Penketh & Selton Harriers with a time of 35.49. The UCLan employee, Sophie Pilkington from Red Rose Runners won 2nd place in 34.59. Third place went to Natalie Iddon from Lancashire Constabulary AC who finished in 34.42.

The final mile of the race was named after Iddon from Lancashire Constabulary AC who finished in 34.42.

The runners were also supported by the UCLan Worldwide Samba Drummers and Lion Dancers.

Leader of the Worldwide Samba Drummers, Dr. Jon Aveyard commented: “It was fantastic to be invited along with the rest of the Worldwide Samba Drummers to take part. The diversity of people engaged and way in which people of all abilities were encouraged to take part are goals in line with the band’s supporters, UCLan’s Worldwide Learning Centre and the UCLan Something for Everyone project.”

Stephen Owen, Foundation Operations Manager of The Running Bee Foundation said: “It was great to welcome so many runners to the second year of the City of Preston 10k, especially after having to cancel the original run due to severe weather conditions.

“The City of Preston 10k is an ever-growing event and has become increasingly popular with the Preston Community.

“I’d like to thank everyone who ran, the supporters and partners and our volunteers. Their support is enabling The Running Bee Foundation to help projects in Preston.”

City of Preston 10k is an event organised by The Running Bee Foundation which was founded and is supported by Sports Tours International.

The Foundation will provide grants from the profits raised from all its UK races to give to community initiatives across the North West, and help to promote health and wellbeing and the fight to tackle and reduce childhood obesity.
UCLan has joined forces with the nationally renowned and award-winning Pro Football Academy to create a new football education centre for budding footballers over the age of 16.

The new site, based in Stockport, Cheshire, will be the very first Pro Football Academy in the country to give young players aged 16 to 18 the chance to train for a BTFC Level 3 Diploma. As part of the course they will have the chance to train and learn with UEFA qualified coaches at the academy’s world-class facilities in Stockport Sports Village.

The BTFC qualification at the new academy will then also give them a guaranteed interview with UCLan to potentially go on and complete a sports degree in areas such as coaching and management.

The new academy will give students a unique opportunity to combine their BTFC studies with a professional, full-time football training programme. As part of the initiative, Pro Football Academy has also bought local semi-professional club, Stockport Town FC, which will offer the opportunity for students to be selected to play in the FA Youth Cup as well as in weekly competitive fixtures.

The BTFC programme at the new academy is being led by director of football Lee Waddington, a UEFA A Licensed coach with over 20 years’ experience working in the professional game for clubs such as Blackburn Rovers, Manchester United and Burnley. He is supported by head coach Marc Maddocks, who is also a UEFA A Licensed coach and worked in the Manchester City academy for over 20 years.

Dr Adrian Ibbetson, Director of Sport and Engagement at UCLan, said: “This is a very exciting initiative which will really help to enhance the future options for young people who are set on pursuing a career in football.

“Thanks to the first class learning experience that the academy will provide, students will not only be able to substantially improve their footballing skills but they will also have the opportunity to develop academically and enhance their future employability, as with the support that UCLan will be providing, they will have the chance to study for a degree.”

Recently Pro Football Academy won the New Business of the Year Award at the Lloyds Bank National Business Awards and Small Business of the Year at the Lloyds Bank National Business Awards. Lee Waddington, Director at the new Pro Football Academy site in Stockport said: “We are looking for committed players; those who wish to expand their game on the pitch with top class coaches and develop their education off the pitch within a World Class learning environment.

“Through our partnership with UCLan, students successfully completing the BTFC Level 3 Diploma will be guaranteed an interview for entry to the appropriate UCLan course. As Pro Football Academy is only expanding across the UK to 150 centres there will be opportunities for students wishing, for example to gain employment as a coach to access a guaranteed interview upon successful completion of course.

“During the programme players will have the opportunity to showcase their talent to a host of professional clubs in specially arranged games.”

Adrian Ibbetson added: “In the modern game the odds can often be stacked against a young player making it as a full-time professional player with a club, but thanks to the opportunity now being provided by ourselves and Pro Football Academy those players will now have a great chance to widen their options and still fulfil that dream of achieving a career in the sport they love.”

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Rhodri Lloyd, who signed for Wigan in 2012 and spent time on loan at London Broncos and Widnes Vikings before officially becoming a Swinton Lions player in 2016, has completed a degree in sports studies at UCLan and began a one-year teacher training course in September 2019.

The Welsh, international and Swinton captain juggled training and playing commitments with a full-time degree at UCLan because he felt inspired to work with young people and pass on his sporting experience.

Rhodri said: “I’ve always liked coaching alongside playing and I wanted to explore this interest further. As part of my studies at UCLan I’ve taken work placements in several schools and now want to become a PE teacher. Being a professional sports person involves many highs and lows and I feel I have a lot of experience to share with the next generation.

“I’ve had an amazing career so far and representing Wales in the 2017 Rugby League World Cup has got to be one of the highlights, even though I had to Skype my university tutors to make sure the work didn’t pile up. I’ve had to be very disciplined to manage playing with studying, but it’s been worth it.”

Rhodri originally hails from Caerpilly in South Wales but has lived in Orrell, Stansfield and now in Hindley since swapping codes from union and league and relocating to the North West in 2012.

“It was daunting moving so far away from home when I was only 17 but I’ve always been made to feel very welcome in Wigan and now my girlfriend Bethan has also settled up here with me,” he said. “Obviously rugby in Wales is predominately union but I think representing my country in any code is an absolute honour and wearing the three feathers on your chest is always a source of pride for any Welsh person.”

Before he began teacher training, Rhodri co-hosted a summer camp for youngsters at Swinton Lions; an idea that sprung up from a research project he completed as part of his studies.

The back-row centre said: “We wanted kids to have fun and feel inspired to enjoy rugby league. It’s all about opening the club up to a younger audience of fans and making the club very much part of the local community.”
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.

**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