

# QM YOU

MAGAZINE

FOR ALUMNI & FRIENDS OF  
QUEEN MARGARET UNIVERSITY

Issue 82 | April 2016



**Research helps  
Scotland integrate refugees**

**AlcoLOLs use dialogue to improve  
teenage drinking culture**

**New courses launching  
including family business**



Queen Margaret University  
EDINBURGH

## Principal's Introduction

We are delighted to share with you some of our ground-breaking initiatives and our student and graduate success stories.

Since its inception, QMU has addressed the most pressing issues affecting society, and our pioneering initiative to deal with the culture of teenage drinking reflects that commitment. QMU's AlcoLOLs project, led by dialogue experts, is showing that peer to peer dialogue can have a significant positive influence on how teenagers respond to alcohol related pressures. The work of our experts is having such a powerful positive impact on Edinburgh secondary school pupils that we believe the AlcoLOLs project now has the potential to be rolled out to schools across Scotland. Ultimately, it could help tackle Scotland's unhealthy relationship with alcohol thereby improving the future lives of many people in our communities. You can read more about the AlcoLOLs on page 12 and 13.

QMU aims to be a university of ideas and influence. Many of the QMU events which have been held over the last few months have shared research that will influence and inform policy and decision making. For example, our Institute for Global Health and Development recently held a briefing session for MSPs at the Scottish Parliament which shared academic research on the resettlement of refugees. The information is helping MSPs, council and housing officials, and voluntary sector organisations formulate an appropriate response to receiving Syrian refugees in Scotland. Page 18 and 19 shares more information on this briefing event. You can also find out how Sarah Ssali, a graduate of the Institute of Global Health and Development, is using the skills she learned at QMU to influence teaching and international health projects in Africa (page 20 and 21).

We always enjoy hearing about the influence our graduates are having in their specialist fields. This issue shares an interview with graduate Samantha Hamilton, Brand Manager of Dakota Hotels. Since graduating, Samantha has built an impressive career and has continued her relationship with QMU by establishing scholarships and awards through Dakota Hotels for current hospitality and tourism students (page 24).

Please do continue to stay connected with the University. For example, you might be able to fund a student scholarship and award, or maybe you could become one of our student mentors. Other options include offering an internship, supporting our research, donating to the Student Development Fund, remembering us in your will or simply sharing your news via our alumni team.

We look forward to hearing from you.

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



First Minister Nicola Sturgeon meets the Principal and health professionals during a visit to QMU



04  
NEWS  
IN BRIEF



New Chair of Court

Business Innovation Award

05  
NEWS  
IN BRIEF



Ministerial visits

Academies widening access initiative

06  
COMMUNITY  
ENGAGEMENT



New children's champion

06-07  
COMMUNITY  
ENGAGEMENT



Physical activity programme improves health of communities

08-09  
SUSTAINABLE  
BUSINESS



New Family Business and Public Administration programmes

10-11  
SUSTAINABLE  
BUSINESS



East Lothian food map

Ryder Cup Bursary

## CONTENTS

### CONTACT:

Development and Alumni Team

E: [alumni@qmu.ac.uk](mailto:alumni@qmu.ac.uk)

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

Marketing and Communications Team

E: [marketing@qmu.ac.uk](mailto:marketing@qmu.ac.uk)

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

Queen Margaret University,  
Edinburgh, EH21 6UU.

T: 0131 474 0000

### COVER PHOTOGRAPH:

School pupils in AlcoLOLs project



### DESIGN:

Marketing & Communications Team

### PRINT:

This publication is printed on Revive 100% Offset (a recycled paper containing 100% post consumer waste).

### STAY CONNECTED AT



[facebook.com/QueenMargaretUniversity](https://facebook.com/QueenMargaretUniversity)



[@QMUniversity](https://twitter.com/QMUniversity)  
[twitter.com/QMUniversity](https://twitter.com/QMUniversity)



[@qmuni](https://instagram.com/qmuni)  
[instagram.com/qmuni](https://instagram.com/qmuni)

12-13  
CREATIVITY  
& CULTURE



AlcoLOLs - changing teenage drinking culture

14-15  
CREATIVITY  
& CULTURE



Film prepares children for hospital

Creative Scotland Board appointment

16-17  
BUSINESS  
INNOVATION  
ZONE



Supporting student entrepreneurship

18-19  
HEALTH &  
REHABILITATION



Helping Scotland respond to the refugee crisis

20-21  
HEALTH &  
REHABILITATION



Influencing teaching in Africa and rebuilding healthcare systems

22  
HEALTH &  
REHABILITATION



Saving the nation's voices

23  
KNOWLEDGE  
EXCHANGE



Ancient island grain creates unique oat cake

24  
GRADUATE  
INTERVIEW



Interview with Samantha Hamilton, Dakota Hotels

25  
DEVELOPMENT  
NEWS



Apex Hotels supports top students

26-27  
DEVELOPMENT  
NEWS



Celebrating scholarships and student development opportunities

28  
GRADUATES'  
ASSOCIATION



President's newsletter

GA holiday home in Gullane

29  
WHERE ARE  
YOU NOW?



Graduate news

## £150 could be yours! QMU introduces the Alumni Referral Scheme

An alumni referral scheme has been introduced as a way of thanking alumni who recommend QMU as a place to study.

The scheme has been specifically set up for the MBA and MSc International Management and Leadership courses. So, if you have a friend who would like

to study a MBA or MSc International Management and Leadership course at QMU, then why not refer them and you could receive £150. This scheme is open to current and former QMU students who refer a friend who goes onto study at our Edinburgh campus.

Referring a friend is easy. All you have to do is go online and complete the form at [www.qmu.ac.uk/alumni\\_and\\_friends/refer-a-friend.cfm](http://www.qmu.ac.uk/alumni_and_friends/refer-a-friend.cfm)

If you have any questions, E: [alumni-referral@qmu.ac.uk](mailto:alumni-referral@qmu.ac.uk)

31-32  
DEVELOPMENT  
NEWS



Memories of Atholl Crescent

Broadening student horizons

32  
THINGS YOU  
MIGHT NOT  
KNOW



Dates for your diary

10 things you might not know about QMU

# NEWS IN BRIEF

## New Chair of Court appointed

**A DISTINGUISHED EDUCATIONAL LEADER and academic has been announced as QMU's new Chair of Court.**



Dr Frances Dow CBE MA DPhil FRHistS FRSA took up her appointment as Chair of the University Court in March 2016 and will serve for three years in the first instance. She replaced Keir

Bloomer BA MA FRSE, the outgoing Chair of Queen Margaret University's Court, who has served in the position with distinction since October 2010.

Dr Dow was appointed to the role after public advertisement and interview by an appointment panel, whose membership included staff and student members of the University.

With a strong background in higher education and recent involvement in healthcare improvement, Dr Dow brings to the role wide-ranging experience in academic leadership and in governance. Dr Dow was a member of the Queen Margaret University Court between 2005 and 2012, and its Vice-Chair in 2011-2012.

Dr Dow has enjoyed a number of public appointments, including since 2014 ministerial appointment to the Scottish Advisory Committee on Distinction Awards for NHS consultants, and membership of the Appointments Committee of the General Teaching Council for Scotland. In 2013, Dr Dow chaired the Independent Review of Healthcare Improvement Scotland's inspection of the care of older

people in Ninewells Hospital, Dundee. Previously she chaired two Scottish Government Health Directorates steering groups on the regulation of healthcare support workers and on Professionalism in the Nursing, Midwifery and Allied Health Professions. From 2007 to 2011, she was Chair of the Marshall Aid Commemoration Commission, which oversees the award of Marshall Scholarships to highly-qualified US graduate students for study anywhere in the UK. Dr Dow was awarded the CBE in the New Year Honours List 2012 for services to UK/USA relations.

Dr Dow is currently Vice Convener of the Business Committee of the General Council of the University of Edinburgh, a Trustee of Scotland Inheritance Fund and a member of the Council for At-Risk Academics. The latter assists overseas academics, often refugees, who are threatened with discrimination or persecution.

Commenting on her appointment Dr Frances Dow said: "It is a great honour to be appointed to chair the Court of Queen Margaret University. QMU's excellence in research, teaching and knowledge exchange, and its commitment to social justice, are well established and I look forward to working with fellow Court members, staff and students, to enhance its renown as a leading centre of ideas and influence." □

## QMU wins top Business Innovation Award

**QMU has won the top Edinburgh Chamber of Commerce 'Innovation in Business' award 2016.**

QMU beat off stiff competition from businesses and organisations across Edinburgh to clinch the top accolade.

An expert panel of independent

L-R: Miriam Smith (Business Development Manager, QMU); Colin Henderson (Partner Manager for CityFibre on the Edinburgh CORE project – sponsor of award); Professor Petra Wend (Principal and Vice-Chancellor, QMU) & Joe Goldblatt (Professor of Events Management, QMU)



industry judges singled out QMU for its innovative business partnership and engagement work, including the new Scottish Centre for Food Development & Innovation at QMU, the new Student Tourism Ambassador Role Scotland (STARS) initiative at Edinburgh Airport, supporting graduate start-up companies in the creative industries sector and the University's ambitions for the use of the land across the campus.

The judges were looking for a high degree of creativity and dynamic approach to new market growth and those who had successfully developed and implemented innovative products and services.

QMU was recognised for clearly demonstrating its vision to be an organisation of ideas and influence by addressing the future market needs. The judges also highlighted QMU's dynamic 'can do' attitude and its delivery of excellent results.

David Birrell, Chief Executive, Edinburgh Chamber of Commerce, said: "Edinburgh and Scotland needs to continue to embrace innovation and focus on raising expectations, to allow us to remain competitive on an international level. It was therefore great to see some of the exciting initiatives in the city showcased in the hotly contested 'Innovation in Business' category. QMU's focus in this area is inspiring." □



## First minister makes £27m funding announcement during QMU visit

**Scotland's First Minister, Nicola Sturgeon, used her visit to QMU in February to make a public announcement about the future funding of Scotland's NHS.**

During her visit with nursing and speech researchers and QMU students, the First Minister announced her intention to provide £27m of funding to equip Scotland's NHS for the future.

The Minister's speech, which was delivered to students, staff and visitors in QMU's Halle Lecture Theatre, set out her vision for a modern NHS in Scotland and included announcements about a range of initiatives to widen access to education across a range of professions over the next five years.

On the same day, Angela Constance, Cabinet Secretary for Education, also visited QMU to find out about QMU's work in widening access and in its retention and development of female researchers. The Education Minister was interested to learn about QMU's pioneering Academies project for 14-18 year olds and to meet young students who had successfully completed the Creative Industries Academy and secured places on QMU's media degree. She also viewed the Women Researchers' Exhibition which highlights the research careers of female staff. □



Professor Petra Wend, QMU Principal with Angela Constance, Cabinet Secretary for Education

## Students gather to kick start their Academies programme

**FOUR HUNDRED STUDENTS from 50 schools across Edinburgh, the Lothians and the Scottish Borders gathered at QMU in August to kick start their learning on the pioneering South East Scotland Academies Partnership programme.**

This year's new students are the fourth group to join the Academies programme, a project led by QMU, Edinburgh College and local authorities. The Academies give young people the opportunity to study at college and university, undertake work experience and learn about industry while still at school, highlighting career options and improving employability.

In 2012, the Academies started off by providing educational opportunities for young people in three East Lothian schools. It now offers outstanding learning and career opportunities to 15-18 year old school pupils in East Lothian, Midlothian, West Lothian, Edinburgh and the Scottish Borders. Recently, the project expanded into West Lothian, bringing nine new schools on board.

The initiative, which was conceived by three senior staff at Edinburgh College, QMU, and East Lothian Council, has been hailed as one that is delivering real results for Scotland's young people. Three years ago, the project started off with the Hospitality and Tourism Academy which aimed to smooth the transition between school, college, university and work, as well as raising standards within the industry.

The South East Scotland Academies Partnership now offers four academies in Hospitality and Tourism; Creative Industries, Food Science and Nutrition; and Health and Social Care. The academies provide young people with a real insight into key growth industries and improve their employability by developing specialist skills and knowledge.

All 400 academy students gathered for a photograph at QMU where they are studying part of their academy programme. Learning for all four academies also involves the students taking classes with academics and industry experts at the University. Students also study at Edinburgh College, Borders College or West Lothian College depending on where their schools are located, as well as gaining work experience in industry. □



# New children's champion appointed



**Q**MU HAS APPOINTED its first dedicated Children's University Officer to help boost educational opportunities for youngsters in the East of Scotland.

Hayley Jones brings with her a wealth of experience in delivering a range of widening participation to higher education projects for young people of all ages in Edinburgh.

Hayley's skill-set is well suited to the Children's University project, having previously worked with the Edinburgh International Science Festival. She is also a QMU graduate, having received a first class BA (Hons) Drama & Theatre Arts in 2011.

QMU is the first higher education institution in the east of Scotland to host the Children's

University, which aims to help school children, aged between seven and 14 years of age (and five and six year olds with their families), become confident learners and broaden their horizons. The initiative strives to raise children's aspirations, encourages them to learn in different ways, and rewards them for taking part in a wide variety of learning activities outside of school hours.

QMU has taken the lead in establishing the Children's University in the east of Scotland by working in partnership with schools across Midlothian and East Lothian Councils.

Commenting on her new role, Hayley said: "I have a real passion for widening access to higher education and believe that the Children's University project is a fantastic way to encourage and support young people to enrich their learning in their own time.

"There is strong evidence to suggest that taking part in extra curricular activities raises attainment within schools, and the Children's University is a fantastic project that promotes this. I look forward to working with local schools, businesses and the University staff to develop this already thriving project."

Hayley's appointment means that QMU will be able to implement the scheme in many more local primary and secondary schools in East and Mid Lothian. □

View the Queen Margaret Children's University film at: [https://www.youtube.com/watch?v=Qr\\_bHaHTYKA](https://www.youtube.com/watch?v=Qr_bHaHTYKA)



## Physical activity programme improves health through community engagement

**We all know that physical activity is critical for health and wellbeing, but so many people struggle to incorporate it into their daily routines.**

Scotland continues to be known internationally for its poor health record which can be linked to lifestyle – specifically poor diet and lack of fitness. Heart disease and diabetes are major issues affecting the population, not to mention the significant health inequalities that are so prevalent across Scotland.

Throughout its history, QMU has always responded to the most important and pressing issues affecting our society. In response to the health issues affecting our country today, the University now has a physical activity champion, Dr Jane Culpan, who is leading the

new BSc (Hons) Physical Activity, Health and Wellbeing. The new degree bridges the gap between exercise sciences and allied health professions, such as physiotherapy and occupational therapy. Importantly, the new programme incorporates a significant amount of community engagement, with students encouraging people to take part in activity projects across a range of social care, community and third sector organisations.

Dr Culpan explained: "Social care providers are looking for suitably qualified professionals to increase opportunities for physical activity across the lifespan. While there are a large number of exercise and science degrees across UK higher education institutions, few have any practical application within the health and social care setting.

"We wanted to offer a degree to people interested in working to support the health and wellbeing of others. At the same time, we chose to create opportunities for students who might not traditionally go to university."

Now in its first year, this degree looks beyond the area of health and social care. Dr Culpan explained: "An integral part of the new curriculum is working within our communities. Students will be required to develop projects with groups such as Capability Scotland, Scottish Association for Mental Health and voluntary groups, to incorporate physical activity into the daily life of the community. So, for example, they can help establish walking groups, encourage care homes to build activity programmes into their residents' daily routines, or work

as exercise buddies with people with limited mobility. This type of work helps individuals build confidence to try new activities – ultimately, our overall aim is to support people in our communities to develop physical, mental and social wellbeing."

Dr Culpan continued: "Significant health inequalities exist within our communities and these are based on the inequitable distribution of resources. The evidence shows that overall, poorer people in society have shorter lives. We urgently need to redress the balance by working in partnership. This will ensure people have both better knowledge and understanding of what is required to achieve good health, and the support to make a difference."

Aside from gaining a thorough understanding of theory, the direct work with community groups gives students a practical understanding of other people's experiences. Dr Culpan explained: "Walking in someone else's shoes can change their perspective. Armed with this information, students will be guided in developing innovative solutions that can be applied to real life situations – ultimately improving health and wellbeing."

Dr Fiona Coutts, Dean of Health Sciences at QMU, said: "Our new BSc (Hons) Physical Activity, Health and Wellbeing aims to provide new opportunities for enthusiastic students, with an interest in physical activity, to make a positive contribution to the health and wellbeing of local communities. Currently, the course is in its infancy, but in the future, it will equip QMU graduates with the skills and experience to make a real difference to people's lives." □

# New Family Business degrees to be launched at QMU

**T**wo new postgraduate study programmes in Family Business have just been announced for 2016. The courses are part of a new suite of MBA and MSc programmes in the areas of business, tourism, hospitality and events management.

Following five years of industry consultation with organisations such as Scottish Family Business Association, Family Business United and a range of family-run Scottish businesses, the University has developed a new MSc International Management & Leadership with Family & Smaller Enterprise (subject to validation) and a new MBA Family & Smaller Enterprise (subject to validation), to meet a growing demand.

The two specialist programmes will offer experienced business professionals, as well as recent business graduates and those who are returning to the family business after studying for an unrelated degree, greater insight into the value, practice and function of family businesses. Topics will include family business succession, governance, behavioural finance and risk.

In 2014, a major research project involving QMU's business experts revealed how family businesses and SMEs in Scotland have the potential to boost the country's annual economy by up to £1.23 billion.

The study, which also involved government bodies, businesses and professional advisers, indicates that Scotland needs to do more to build and protect this important sector. There is an opportunity for Scotland to lead America and parts of Europe in providing the knowledge, skills and support needed to become a world-wide centre of excellence.

In Scotland, SMEs account for 99.3% of all private sector enterprises and 63% of these are family businesses.

Dr Claire Seaman, Reader in Enterprise and Family Business at QMU, said: "After several years of industry consultation, we're very pleased to have reached this milestone in the development of our new MSc and MBA in Family Business Management.

"We will continue to engage and work with Scotland's SME and family business policy makers and practitioners to explore ways of improving the growth and sustainability of this vital sector.

"Our research suggests that family businesses are crying out for the right kind of support to help them succeed across the generations. If we want to change thinking and practice and improve business succession across these businesses, we need an integrated approach to learning, research and influencing policy."

Commenting on the planned Family Business programmes at QMU, Martin Stepek, Chief Executive of Scottish Family Business Association, said: "The Scottish Family Business Association has worked collaboratively with QMU for many years and we've found the University to be proactive and innovative in its explorations of family businesses. QMU has continued to develop and grow its range and depth of research, learning and teaching, and we're all the beneficiaries of this work.

"The Scottish Family Business Association is highly supportive of plans at QMU to review their MBA and MSc programmes with a plan to develop a family business strand within each postgraduate path. We're prepared to help assist with these plans and future developments by providing practical support."

Paul Andrews, Founder and Managing Director of Family Business United, added: "Many of Scotland's businesses are family owned and managed, and make a significant contribution to the Scottish economy.

"We're delighted to support the new programmes at QMU as including family businesses in education in Scotland is a major development and something that should assist in the further growth of these businesses.

"Family Business United Scotland (FBUS) is at the heart of the Scottish family business sector as the leading organisation championing the sector and providing a voice to celebrate the contribution made by family firms across Scotland. As well as providing a voice for the sector, FBUS is growing as a community and helping to disseminate best practice, news, insights and more besides. We look forward to seeing the courses develop and become an integral part of the learning for the next generation of family business owners in Scotland."

□

For more information on MBA and MSc programmes visit: [www.qmu.ac.uk/be/default.htm](http://www.qmu.ac.uk/be/default.htm)

## Higher education boost for Scotland's public service sector

**Q**MU HAS LAUNCHED a new Master of Public Administration (MPA) in an effort to meet a growing industry demand.

In Scotland, around 21% of the workforce is employed in the public sector. This does not include the many private and third sector organisations that help deliver vital public services.

At a time of increasing pressure on public finances it is increasingly important that all those who support the delivery of our public services continue to develop their professional skills and knowledge. QMU's public services programmes support those seeking to develop these skills.

The MPA is an internationally recognised professional postgraduate degree, which is a public sector equivalent to the Master of Business Administration (MBA).

The programme is targeted primarily at public service professionals working in a range of organisational contexts. The aim of the programme is to enable learners to build on their professional experience by studying key developments in public administration in order to more effectively deliver public service outcomes in a rapidly changing environment.

The programme addresses some of the key challenges facing our public services such as financial accountability, partnership working, governance, effective leadership and responding to change.

The MPA has an innovative leadership exchange element, working with the Association of Chief Officers of Scottish Voluntary Organisations (ACOSVO), to enable all students to partake in an appropriate exchange within another organisation. QMU is also an institutional member of the Joint University Council's Public Administration Committee.

The programme offers options for both full-time study and part-time study, which will fit with busy working lives.

This is a multidisciplinary course, with the purpose of preparing students for professional academic level roles in the public sector in democratic and legal states. As such, the delivery draws on academic expertise from a range of backgrounds such as administrative justice, public management and social policy. The input of research active academics will be complemented with expert guest speakers and visits to key public administration sites such as the Scottish Parliament.

Dr Ian Elliott, Senior Lecturer in Business and Public Services at QMU, said: "Our new MPA has been specifically designed to support managers who are currently charged with delivering public services, from within the public sector or from private and third sector organisations. QMU's public services courses have always delivered excellence in the facilitation of academic qualifications and knowledge in a practice-focused setting.

"The new MPA is designed for middle level managers who have an interest in the way public services management has developed from traditional public administration to the new public governance. The course focuses on key themes and issues including public finance and leading change. As such it equips managers with skills and knowledge to step ahead in their career and implement real improvements in within their workplace."

For more information on public service and business programmes at QMU, visit: [www.qmu.ac.uk/prospective\\_students/postgraduate/postgraduate.htm](http://www.qmu.ac.uk/prospective_students/postgraduate/postgraduate.htm) □

# Business expert creates food map of East Lothian



**B**USINESS AND CONSUMER expertise from QMU has been used to develop an interactive map of East Lothian's food and drink businesses.

The new map will highlight the wide range of food producers, growers, retailers and social enterprises that operate throughout the county.

Mike Pretious, from QMU's Division of Business, Enterprise and Management, has a keen interest in social enterprises and food businesses. As Chair of Social Enterprise East Lothian he is also involved in an offshoot group 'Food of East Lothian', which is striving to create a sustainable environment which supports the development of a strong food business culture within the county.

With funding from NHS Lothian and East Lothian Council, Mike, together with a QMU graduate, has carried out a mapping exercise of all the enterprises across East Lothian with an association with food.

He explained: "We really wanted to understand the breadth and depth of the range of food organisations within the area, and to create awareness of the different geographical zones of food across farming/growers, fish merchants, seed merchants, small trade production, large scale enterprise, social enterprises, family business, farmers' markets and retail."

Mike contracted Alison Stone, a recent graduate from QMU's MSc Gastronomy course, to help with the creation of the map. Alison's newly launched business '3 Minutes to Midnight' focuses on the area of sustainability within the food industry. She now operates full-time from QMU's Business Innovation Zone, the university base which supports the development of new graduate start-ups.

Alison explained: "This was a fantastic project to be involved in, both personally and professionally, and presented several research opportunities and challenges. The first was to identify a technology platform which could deliver the mapping functionality, without blowing the budget. The second challenge was to locate all the food and beverage outlets for inclusion within the map. Finding details of commercial premises was easy - trying to identify the more community based projects, such as growing schemes, allotments and other food producing social enterprises, proved to be more difficult. The final piece of the jigsaw involved geo-mapping the data and presenting it in a meaningful way, with keys and colour coding to denote the different business sectors."

Mike confirmed: "The mapping exercise provides a true picture as to the size and variety of food businesses within the area. We now hope to participate in the creation of a regional food hub which will aid contact between different parties and encourage buying and selling between businesses."

Mike said: "We feel the food map will be a useful resource for businesses, the economic development unit within the Council and NHS Lothian when it launches in the near future.

It can be used to strengthen business to business links, as well as creating connections between the food industry and the health service, which will ultimately contribute to the economic health of East Lothian."

Mike concluded: "This project was initiated by Food of East Lothian and we have ambitious and exciting plans to further develop a strong food culture across the county - the map is just the start." □

Alison Stone's business, 3 Minutes to Midnight, specialises in the food, drink and tourism sector and offers consultancy services to assist clients in identifying, measuring and reporting their company's current commitment to sustainable development practices.

Contact Alison T: 07724 4646806  
E: [alison@3minutestomidnight.co.uk](mailto:alison@3minutestomidnight.co.uk)  
[www.3minutestomidnight.co.uk](http://www.3minutestomidnight.co.uk)

# Shannon scores hole in one with Ryder Cup bursary

**S**HANNON OVENS, an Events Management student, is one of five QMU students this year to receive an award of financial support from the 2014 Ryder Cup.

Shannon, aged 20 from West Lothian, was delighted to be awarded a £1000 bursary from the Ryder Cup Europe.

Ryder Cup Europe made a commitment to QMU to fund five tourism, hospitality and event student bursaries per year for a total of four years. The bursary scheme, now in its third year of distribution, means that a total of twenty QMU students will benefit by receiving £1000 each.

Shannon was delighted to win the financial support from the Ryder Cup which is being used to help finance her daily travel from her home in West Lothian to the University.

She said: "I based my application for the award on an event that I worked on with the Scottish Council for Voluntary Organisation (SCVO). I volunteered to assist with the event management of 'The Gathering' - SCVO's showcase charity event in Glasgow, which was held in 2015 and attracted over 3000

people. It allowed me to gain hands-on work experience in event management and helped confirm that I really did want to pursue a career in the events industry."

Shannon continued: "This bursary will really help to alleviate the financial burden of student life. Before receiving The Ryder Cup Bursary, I juggled studying at QMU with working four days in a restaurant. I have now been able to reduce my restaurant work to two days which is allowing me more time to focus on my studies.

"It's important that I get the best marks I can during my 2nd year on the BA (Hons) Events Management", said Shannon. "My aim is to study abroad during my third year, but I need top marks in order to do that."

Professor Joe Goldblatt, said: "The 2014 Ryder Cup has created lasting benefits across Scotland and the bursary scheme is an important element of its education legacy. We are delighted that QMU students are benefitting in this way. The financial benefits associated with this scholarship help students concentrate on their studies and reduce stress during the learner journey." □



# AlcoLOLs helps change Scotland's teenage drinking culture

**SPECIALISTS IN DIALOGUE at QMU have created a ground breaking initiative which could transform Scotland's drinking culture.**

The AlcoLOLs project, which has been running in Edinburgh since 2010, is helping change young people's attitudes to our notorious drinking culture.

The innovative project, which has been funded by The Robertson Trust, was developed by QMU. It focuses on peer to peer dialogue where young people share experiences of alcohol issues. Their increased knowledge of how to deal with such issues and peer pressure is having a real positive impact on teenagers' attitudes to drinking and on their own drinking behaviour.

The project team, made up of communication academics, recognise that most young people learn about alcohol through trial and error during their early adulthood, usually as part of a friendship or peer group. The new peer-led intervention aims to establish healthier norms of behaviour concerning drinking, and to prevent alcohol misuse. Ultimately, the team hopes to reduce the long-term harm associated with Scotland's drinking culture.

Emma Wood, Lecturer in Public Relations at QMU, explained: "Drinking too much is a well-recognised social problem which is tackled through a combination of education, controlling availability, and, sadly unsuccessful legislative efforts such as minimal pricing. Young people are an important target group but teenagers often don't respond to being 'talked at' by adults and advertising falls on deaf ears. We know from research that they are influenced by their peers and so teenagers needed to become more involved in designing their own approach which they can truly associate with."

She continued: "Our approach was co-created with a group of pupils at Portobello High School, now known as The AlcoLOLs. We developed dialogue techniques so that they could run dialogue groups with

their peers at school to encourage them to talk and think about alcohol in different ways. Together, they devise strategies for making confident, informed choices, and for navigating situations involving alcohol safely. They run groups in their schools with no adults in the room. It's very different from the traditional technique where health professionals tell young people what they should, and should not, be doing."

The AlcoLOLs created a film and scenarios based on their own experiences in order to stimulate honest discussion amongst their groups. This work has almost unfailingly created insights into participants' motivations and impacts of drinking, or choosing not to drink. It equips them to deal more effectively with situations involving alcohol. It also shows them how to talk about their choices with their parents or another responsible person, something which research shows is crucial in creating safer drinking behaviour.

Emma said: "For the first time, many of the pupils were able to be truly honest about the way they normally communicate at school. One pupil summed this up when she said: "I never say what I really feel. I only say what I need to say to fit in."

"It was apparent that alcohol was associated with fun and was used as a way to fit in with the 'in-crowd', to be popular, to be cool.

They described a culture of drinking to get drunk as normal and where ending up in A&E after an evening of binge drinking could be viewed as a badge of honour. Dialogue enabled very honest discussions about teenage attitudes and behaviours. It allowed people to start expressing feelings and thoughts about drinking usually not voiced, even in the friendship groups. Attitudes began to shift."

Emma continued: "At sessions, people really opened up. Some individuals admitted that they didn't think that their friends who get very drunk, are sick and pass out are actually funny. Although they'd never said it before, they admitted to viewing these people as annoying attention seekers.

**"Being able to share credible, honest opinions like this in a safe environment is very empowering for young people – that's why they like dialogue and why it works."**

They express real views, are listened to and learn from each other. It's very different from their normal conversations which focus on teenagers posturing about how great it is to get drunk, with others keeping quiet if they disagree."

The research team created diverse groups to become AlcoLOLs in their own schools. Emma explained: "By encouraging peers to talk about things in a different way, the AlcoLOLs are able to help young people question certain behaviours and develop a confidence to deal with issues. The process of dialogue encourages them to reflect on their own behaviour and thoughts, and to almost step outside themselves. The impact of doing this is astonishing."

One pupil who took part in an AlcoLOLs session said: "It never occurred to me that I could choose not to drink. I would get drunk, act up and be the centre of attention. I thought I needed to entertain. But now I know I don't have to do that."

Some participants said they felt awkward socially and so alcohol was used to give them confidence to mix with others. Through dialogue, they learned that alcohol shouldn't be the central component used to make friends. The project shows them how they can use dialogue to talk to people and make new friends without needing to drink first.

Dr Magda Pieczka led the project with Emma Wood. Magda said: "We have worked in six high schools in Edinburgh for three years. It became clear that young people embraced this opportunity to take control of their understanding of the issue of alcohol with great enthusiasm and maturity. Many of our AlcoLOLs felt changed by their dialogic journey and that motivates them to help others. There was a strong feeling of altruism and responsibility to their peers."

By harnessing the collective power of young people, the AlcoLOLs project has reached over 2000 pupils across six Edinburgh schools. The project continued to develop with the technique being used to great effect with students during the first week of Freshers at University, another stage of transition normally associated with high levels of alcohol consumption.

Professor Alan Gilloran, Deputy Principal of QMU, said: "17.5% of all deaths in the 16 – 24 age group in Scotland are estimated to be caused by attributable alcohol conditions. Our alcohol culture is a major issue for our health, safety, economy and our country's reputation. With the correct funding in place, the AlcoLOLs project has the potential to be rolled out to other areas of Scotland to help tackle Scotland's drinking culture and improve health outcomes for future generations." □



**An evaluation of the project, funded by The Robertson Trust, will be available in Spring 2016. The team is looking for ways to expand the project so that young people all over Scotland can benefit.**



Alice McKinney and Emma Foster

## Student film helps prepare children for hospital

**TWO FILM STUDENTS** have used their creative talents to help parents prepare their children for a visit to hospital.

Alice McKinney and Emma Foster, third year media students, volunteered to create a specialist film for an Edinburgh based charity. The voluntary sector organisation 'What? Why? Children in Hospital' helps parents and carers prepare their children by reducing the anxiety associated with hospital visits. The charity makes video clips suitable for children and parents so they know what to expect when they go into hospital and answers some questions starting with 'what' and 'why' about procedures and treatments.

Dr Marit Boot, from the What? Why? Children in Hospital charity, explained: "A hospital visit can be a very scary time for children, as well as their parents. The need for specific procedures can be difficult for parents to explain, for example most children may not understand why they need a blood test or what happens when a patient goes into an MRI machine. We wanted to make it easier for families to understand what happens in hospital and so our charity website offers a number of useful and informative short video clips which help parents prepare their children for hospital visits and medical procedures."

She continued: "We knew that QMU's film students often worked on external projects and we hoped they could use their talents to assist us in developing our film 'How do I prepare my child for hospital?'"

"We attended the University's film screening at Edinburgh's Filmhouse, which showcased an impressive range of work produced by QMU film and media

students. We approached the University and were delighted when Alice and Emma agreed to volunteer their time to help us create the new film.

Twenty-four year old Alice McKinney, said: "We were really pleased to get involved. We were not only helping the charity, the project allowed us to gain experience of dealing with sensitive topics and working with a client. It also helped us build on our existing portfolio of films."

The students, who have already established their own video production company 'Bonnyblink Productions', used their summer holidays to carry out the filming and editing for the project. Most of the filming was done on location at the new Glasgow Royal Hospital for Children.

Emma Foster, aged 21, said: "We particularly enjoyed meeting and interacting with parents, children and healthcare specialists, and helping to tease out the essential information that would eventually help families going through similar hospital experiences."

Graham Drysdale, Lecturer in Film at Queen Margaret University, said: "We have had glowing reports from the charity about the students' work. We are extremely pleased at the way Alice and Emma conducted themselves throughout this project – interacting skilfully with parents, children and charity representatives. The girls were only in second year when they worked on the project and the quality and content of their film is very impressive. We are sure it will be a valuable resource to the charity."

Dr Marit Boot said: "It was a pleasure working with Emma and Alice and we are grateful that QMU supported this project by lending the essential video production equipment necessary to create the film. 'How do I prepare my child for hospital?' will be an extremely useful tool in helping parents communicate with their children before hospital visits." □

The video is now available to watch on the charity website:

<http://www.whatwhychildrenin-hospital.org.uk/>

# Arts Management student appointed to Creative Scotland board

**A**N ARTS MANAGEMENT student from QMU has been appointed as a board member of Creative Scotland - the government agency in charge of promoting Scotland's arts, screen and creative industries.

Sheila Murray, who studied MA Arts, Festival and Cultural Management at QMU, secured the four-year role to help Creative Scotland deliver the ambitions set out in its 10 year plan.

To secure the position, Sheila was able to demonstrate her practical knowledge and understanding of the arts and creative industries in Scotland.

Sheila's international experience in the arts spans a 25-year former career with the British Council in a wide variety of management roles in London, Israel, Spain and Scotland. She was responsible for cultural relations and strategy formation, as well as organising and promoting events and projects across the world in all art forms. Sheila now works freelance and has co-ordinated a conference for Creative Scotland on the arts in Africa and curates Edinburgh's Macmillan Cancer Support annual exhibition.

Sheila has been a board member of the Traverse Theatre, the Fruitmarket Gallery and NVA Europe. Her background is in the visual arts and she holds a master's degree in fine art.

Sheila's studies at QMU allowed her to reflect upon her previous experience, deepening her knowledge, skills and understanding, all of which helped her to secure the Creative Scotland role. The QMU master's degree provides graduates with an integrated perspective on the management of cultural organisations and the political, economic, social and environmental conditions in which they function.

Creative Scotland has become the first public body to answer the Scottish Government's call for all boards of directors to be gender-balanced by 2020, thanks to the appointment of its new members, including QMU graduate, Sheila Murray.

Commenting on her appointment to Creative Scotland's Board, Sheila said: "This is a great opportunity for me to contribute to the future development of Scotland's arts sector within an international context.

"I'm a believer in life long learning. The course updated my skills by providing valuable insight into contemporary issues affecting the management of arts organisations and festivals today and by introducing me to new ways of looking at the arts through practical application and academic research which are essential for becoming an effective leader in the arts.

"Studying at QMU brought home to me that connections, age and background are not as significant as a willingness to learn and to share ideas. I will take these values with me as I begin my new role with Creative Scotland."

Janet Archer, CEO, Creative Scotland, said: "Sheila's experience, knowledge and understanding of the sector will help us support the continued growth of the arts, screen and creative industries across Scotland. We were delighted to recently be announced as the first public body in Scotland to achieve a 50:50 gender split on our board. I very much look forward to working with Sheila and I know she will make a significant contribution to our work." □





# Business Innovation Zone

helps new graduates step ahead

**T**HE BUSINESS INNOVATION ZONE (BIZ) on campus is now a thriving hub of activity with eleven fledgling graduate businesses taking their first steps into the commercial world.

The enterprises range from young drama companies and video production teams to sustainability measurement consultants and a music documentary producer.

Based in the central atrium in the university, the aim of the BIZ is to support the development of entrepreneurial graduates by providing a nurturing, innovative environment and facilities that will help ease the pressures associated with getting young businesses off the ground.

Aside from having an established base, reduced overheads and access to IT, QMU's graduate companies can now access the services of Enterprise Campus, a collaboration between the Scottish Funding Council and Scotland's 19 universities, which is located at the BIZ one day per week, as well as other external organisations such as Scottish Institute for Enterprise and Edinburgh Chamber of Commerce. As QMU was the first University to have a Business Gateway incorporated into its campus, graduates can also tap into expertise from Gateway business advisers on a regular basis.

QMU's BIZ initiative responds to the increasing role of universities in making Scotland a world-leading entrepreneurial and enterprising nation. This aspiration is set out in both the Scottish Government's Innovation Framework 'Scotland Can Do' and Universities Scotland's cross-sector commitment and entrepreneurship action plan 'Making it Happen'. Our strategy is to continue to embed enterprise deeper within the culture and curricula of QMU and increase the level of entrepreneurship support for students.

BIZ users, Sam Sadler and Cordelia Toennies, have established a video production company which creates promotional videos and short films for a diverse range of clients including charities, hotel groups and theatre companies. The young entrepreneurs behind FilmMeThis are passionate about providing a personalised quality service which falls within clients' budgets. The company also provides photography services thereby offering an all-round comprehensive visual service.

Sam Sadler from FilmMeThis, explained: "With the rise in use of digital media, everyone now requires good quality video content to help communicate their main messages and stand out in the marketplace. There is big demand for video product services but there is also lots of competition to secure people's business."

Sam continued: "We always knew we wanted to run our own business but it takes time to get established and to build a portfolio and clientele. Being part of the BIZ gives us space to breath. It offers us time to develop contacts and get our business properly established without being under pressure to pay significant running costs for premises. As part of our agreement with QMU, we continue to make an in-kind contribution to the University which helps keep us connected with staff and students."



Despite being full of fun, Bawsoot Theatre company is extremely serious about running its new theatre production company. The fresh-faced young team of local artists, founded by Laila Noble, Laura Caldwell, Emilie Robson and Jack Gemmell, produce small scale touring work which is ideally suited for remote communities and arts festivals.

Laila Noble from Bawsoot, explained: "We needed to be different. We are passionate about creating innovative intriguing theatre which will encourage new audiences to enjoy drama. We are also keen to offer opportunities for other emerging practitioners to collaborate."

Bawsoot made its debut at the Edinburgh Fringe in 2014 with their dark comedy 'Swiss Cheese'. The production sold out. Their recent original work 'The Raven' received a five star rating from All Edinburgh Theatre.

Kim Gilchrist, Head of QMU's Research and Knowledge Exchange Development Unit, said: We are committed to growing a more entrepreneurial campus environment which supports the development of new ideas and creativity, and helps to makes business start-up a viable career option for our students. At QMU, we not only teach entrepreneurship across the campus but are creating an environment in which students are inspired and empowered to develop enterprising capabilities, skills and know-how.

"The BIZ business model is helping to break the mould. It is allowing a new type of entrepreneur to emerge, and one which, without this kind of support, may not have initially survived during the early years of business development. For example, Caught Red Handed is a theatre company which explores new avenues for political discussion in Scotland. The founding members, Susan Aitken and Tom Chalmers, are committed to creating accessible and engaging pieces of contemporary theatre for the Scottish stage."

Kim concluded: "The BIZ initiative is refreshing, but it's also important. By providing the capacity for new talent and businesses to flourish, we help to create healthy new opportunities for graduate employability which can enrich our communities and bolster our economy." □

Bawsoot Theatre company

# Global health academics help Scotland respond to refugee crisis

**EXPERTS FROM QMU'S Institute for Global Health and Development have been using their research to help Scotland respond to one of the most pressing issues currently affecting our society – the refugee crisis.**

The team shared research with MSPs, council officials, policy makers and service providers to help these groups formulate plans to support refugee integration in Scotland.

The event 'Refugee Integration: Framing the Scottish Response' was held at the Scottish Parliament in November. It involved presentations from researchers and also representatives from organisations currently involved in the Scottish response to supporting Syrian refugees, such as the Scottish Refugee Council.

Professor Alastair Ager, Director of the Institute for Global Health and Development at QMU, has worked extensively in conflict areas to address the humanitarian and protection needs of refugees. His colleague from the Institute, Dr Alison Strang, has widely recognised expertise on refugee integration. Over the last 15 years, she has worked extensively in Glasgow with refugees, asylum seekers and community groups with her involvement specifically looking at the refugees' resettlement. She also leads

the implementation of 'New Scots', the Scottish national strategy for refugee integration and is a member of the newly formed Scottish Government Refugee Taskforce. Beyond Scotland, she has carried out research in refugee camps and other conflict settings in Gaza, Sri Lanka, and in Darfur, Sudan.

Funded by the UK Home Office to develop a framework for indicators of integration, Professor Ager and Dr Strang's work has provided the foundation for policy and practice in relation to refugee and asylum seekers in Scotland and internationally.

At the Parliamentary briefing, both Professor Ager and Dr Strang highlighted key areas of learning from their research in Scotland and the Middle-East.

Dr Strang explained: "Organisations have been keen to gain as much knowledge as possible to help them formulate plans across areas of housing, healthcare, language, education and employment which will help refugees integrate successfully into Scottish communities. We were pleased to be able to share our research from both Scotland and abroad. This is helping policy makers develop effective plans for building strong and diverse communities by receiving and integrating Syrian refugees."

Professor Ager concluded: "This event was an excellent example of the relevance of QMU's work, clearly demonstrated how research can be used to shape and inform policy. It also helped to strengthen QMU's reputation as a university of ideas and influence."

The briefing session 'Refugee Integration: Framing the Scottish Response' was sponsored by John Mason, SNP Member of the Scottish Parliament for Glasgow Shettleston. □

**"This is helping policy makers develop effective plans for building strong and diverse communities by receiving and integrating Syrian refugees."**



1 QMU shares its research on refugee integration at the Scottish Parliament  
 2 | 3 Professor Alastair Ager and Dr Alison Strang, QMU's Institute for Global Health and Development  
 4 Ayman Hirh, refugee from Syria, shares his experience of resettlement in Scotland  
 5 | 6 | 7 Audience of policy makers and community group representatives

# Influencing the next generation of social scientists in Africa

## Interview with Sarah Ssali, International Health graduate

Sarah Ssali, Senior Lecturer in Makerere University, Uganda, graduated with a PhD International Health Studies from QMU's Institute for International Health and Development (now Institute for Global Health and Development), 1999 – 2003

### What does your lecturing position at Makerere University involve?

As part of the School of Gender Studies I focus on gender analysis. I teach students about gender and its relation with the state and public policy, institutions and social transformation, research methods and feminist theory. My work within the Clinical Epidemiology Unit includes looking at government policies and the health system from a social (including gender) perspective. This involves examining the impact of social policy on communities affected by poverty and war.

### Why did you come to Scotland in 1999?

QMU offered me the opportunity to develop my current knowledge in international health and to learn to study and teach. Having previously visited Scotland, my husband said that it was the best country in the world!

### What were your achievements while studying at QMU?

Completing my PhD in three years whilst raising a young child and also having a baby! I was seven months pregnant when I arrived in Scotland and my husband was studying abroad. As a single parent, juggling a young family and my education was very challenging.

### What were the most important lessons you learned from the international health staff at QMU?

That good teaching is about humility and information sharing.

In Uganda, being a professor is a really big thing – it brings status and clout. But QMU has a different value system. A lecturer must have high levels of integrity and to teach well you must be able to empathise with students and communities. You must see things from all angles and be able to relate to people. It's about how you positively impact people and share knowledge for the betterment of society. It's not about being better or more knowledgeable than your students.

I also learned the benefits of inter-professionalism and how helpful it is to have other people from different specialisms critique your work. My final reports were always much better if I allowed others, from different backgrounds, to critically evaluate my work.

### Did your time at QMU influence your teaching?

The influence of QMU staff has been significant on my lecturing. I undertook pedagogical training while at QMU and I had the opportunity to teach whilst studying for my PhD. I also learned how to research, as well as the importance of critical analysis. Critical analysis is an important part of what is taught at QMU. This style was not part of teaching in Uganda. Normally Ugandan teachers provide all of the information necessary, the students learn it all, regurgitate it correctly, and pass the exam. Critical analysis helps people improve what has been done in the past and so affects positive change.

I have applied QMU's various teaching styles to my lecturing at the University of Makerere, and I have been promoted several times. I now sit on the University Council and oversee graduate programmes. I am helping to change and influence teaching styles across the University and in my school and college.

### How has your research style affected communities in Uganda?

You must be able to empathise with people if you are going to carry out research work in some of the poorest communities. My research has involved hundreds of people in Uganda and you can only be successful if you try to see the world through their eyes. Hopefully the results of my research for the ReBUILD project will help transform health systems in Uganda and improve the lives of the poor.

### Most significant achievement whilst working in Uganda?

Being able to join the administration of the Academic Staff Union which allows me to advocate for the improvement of staff welfare.

I really improved my English while studying at QMU and, as a result, I am often asked to contribute to University reports for government policy makers.

### What are you most proud of?

Being able to identify and teach Africa's next generation of social scientists. I am delighted to be a lead facilitator on the Social Sciences Research Council on the programme 'Next Generation of African Social Scientists' which means I am helping to nurture and develop some of the leaders of the future in Africa. It is one of the most inspiring programmes I have been involved with, and one which will have real impact on the future of Africa.

### What's the best bit about coming back Scotland?

The opportunity to come back to Edinburgh to take part in the ReBUILD project is fantastic. After a visit to Scotland I feel reborn! It's like going to an academic Mecca!

### How have you stayed connected with QMU?

QMU gave me a future, so it's important to me that I am able to give something back.

I undertake joint research projects like the ReBUILD Consortium and I support QMU students who wish to carry out research in Uganda.

### What's the most important life's lesson you learned from your time at QMU?

Not everything has to be monetarised. People shouldn't just help others if they are being paid. QMU academics really invested their time, energy and knowledge to help me. That went far beyond normal paid academic hours.

I have tried to use QMU's values to positively influence teaching and research in Uganda. It is very satisfying to see how my students are now using their skills and knowledge to create change in our communities. QMU's work really does have international reach. I am what I am today because of QMU!

### What are your best memories of QMU?

Staff and students from IIHD enjoying the beautiful gardens at the Corstorphine campus and the sense of camaraderie within the Centre and across the University. ☐

## ReBUILD – helping rebuild healthcare systems in countries recovering from conflict

**When countries are affected by conflict, health systems can break down and emergency assistance is often the main source of care. As recovery begins, so should the process of rebuilding health systems. However, in practice, not enough is known about the effectiveness of different approaches which help to rebuild and strengthen health systems.**

**The ReBUILD Consortium, an international research partnership, is helping improve access to effective healthcare for poor communities. Through research into the financing of healthcare systems and human resources, the project aims to reduce the burden of healthcare costs in post-conflict countries.**

**Staff from QMU's Institute for Global Health and Development, lead the project in the UK with a team from Liverpool School of Tropical Medicine. The UK institutions work with research partners in Cambodia, Sierra Leone, Uganda and Zimbabwe.**

**Sarah Ssali, Senior Lecturer in Makerere University, Uganda, took part in the ReBUILD conference, which took place at QMU last autumn. She was joined from colleagues from Sierra Leone, Cambodia and Zimbabwe.**

**ReBUILD is funded by the UK Department for International Development.**

[www.rebuildconsortium.com](http://www.rebuildconsortium.com)



# University project set to save the nation's voices

**A team of voice care experts from QMU is set to save the nation's voices with its pioneering technology after becoming a finalist in a top commercialisation competition.**

**LED BY QMU'S Dr Felix Schaeffler, the specialist team has devised a smartphone-assisted voice care service for iPhones and Android devices to help teachers, lecturers, call centre workers and other professional voice users look after their voices.**

Increasing evidence shows that people who rely on their voices for work are at risk of developing voice problems. Time off work due to voice stress and strain costs the UK economy around £200 million each year. A voice problem can also have profound impact on a person's everyday social interaction and well-being.

Using their new smartphone-assisted voice care service, QMU researchers are now offering a quick way of identifying voice problems before they become serious enough to require medical treatment, as well as providing tailor-made advice on how people can protect their voice.

The new service, 'fitvoice', allows regular voice monitoring via a smartphone app, including audio recordings and self-reports. The data is transmitted via the internet to a database which is accessible by voice coaches and therapists. They monitor vocal health of each individual client, supported by automatic acoustic analysis. Based on their analysis the experts then provide regular personal feedback and advice to professional voice users as to how to protect their voice or at what point to seek specialist medical care.

QMU's fitvoice project was announced as a finalist in the Social Enterprise category at the Converge Challenge Awards, which took place at the Barony Hall in Strathclyde on 29th September.

Converge Challenge is Scotland's premier commercialisation competition, which is open to staff and students from all Scottish universities and research institutes. The

initiative is an award-winning beacon for entrepreneurship, providing a prize fund of over £100,000 in cash, as well as business support.

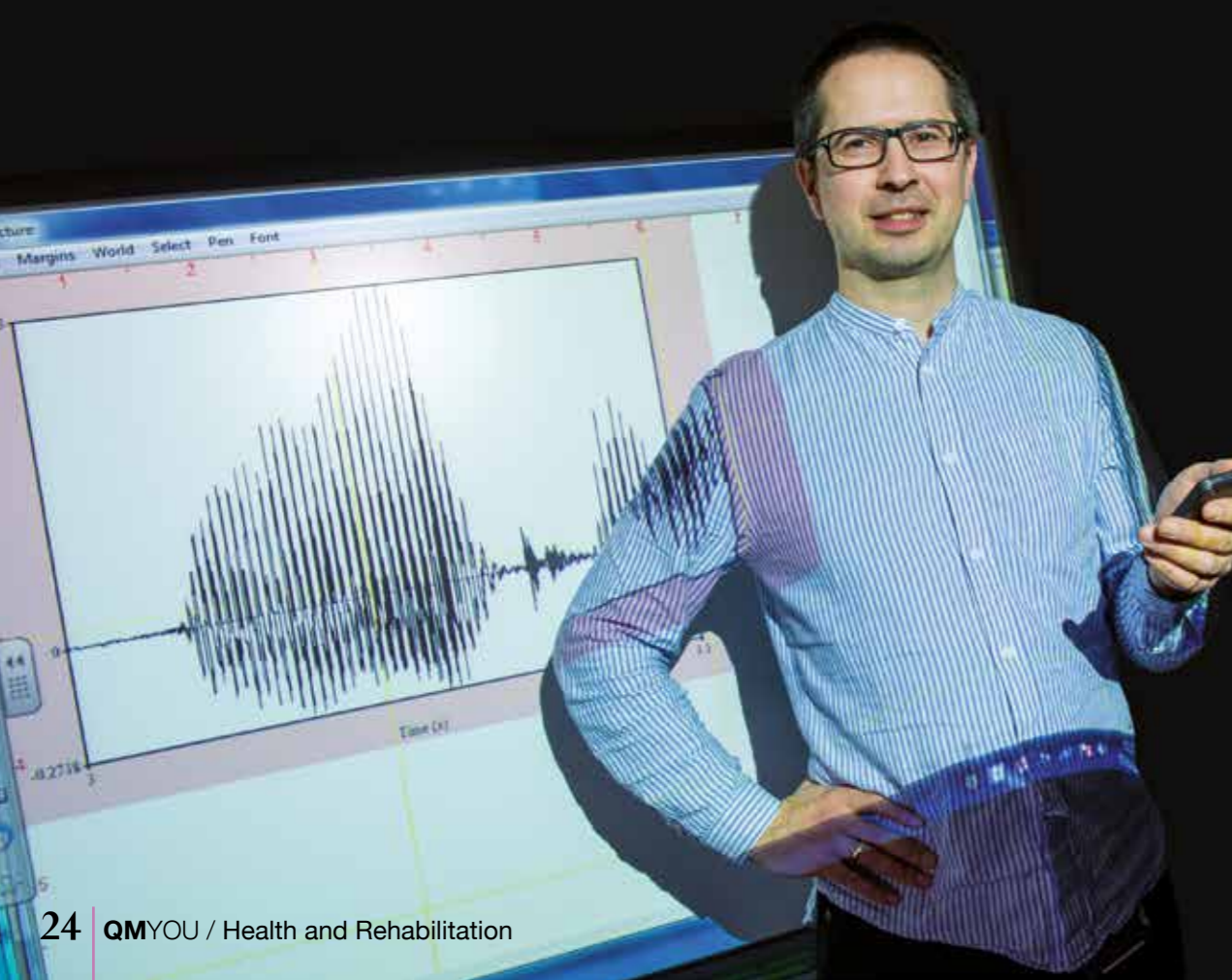
Commenting on the fitvoice project, Dr Felix Schaeffler from QMU's internationally renowned Clinical Audiology, Speech and Language Research Centre, said: "We're delighted to have reached the finals of this prestigious competition for our voice care service.

"Our aim is to help professional voice users to work effectively and to reduce both short and long term voice problems. The fitvoice service has the potential to have a positive impact on professional voice users across various professions and businesses, with significant possibilities for the call centre industry, for example.

"fitvoice addresses a gap in the market for a convenient and affordable service that allows remote assessment of voices and remote delivery of personalised advice, so that professional voice users can fit regular voice care into their busy daily routines."

Professor Alan Gilloran, Deputy Principal of QMU, said "We'd like to congratulate Dr Schaeffler and his team for their outstanding achievements. fitvoice is an excellent example of QMU's socially relevant research and fits with its philosophy of improving quality of life.

"Entrepreneurship continues to be at the forefront of QMU's strategy, from expanding entrepreneurial thought across our teaching programmes to creating research led start-ups that drive impactful social innovation".



# Research shows ancient island grain creates a uniquely flavoured oatcake

**UNIVERSITY RESEARCH HAS shown that an ancient grain grown in the Northern Isles and the Outer Hebrides can be used to create a Scottish oatcake which is healthy, high in fibre, and has a unique flavour.**

Bere, a crop which is grown in Orkney, Shetland and areas of the Outer Hebrides, has been used to create a uniquely tasting Stockan's Oatcake which offers a useful range of micronutrients.

Beremeal is utilised in the Orkney Islands but is not significantly used throughout the rest of the UK. Stockan's, a long-established oatcake producer based in Stromness, has been baking oatcakes for over a hundred years. The company, believing that Beremeal would offer significant nutritional benefits, was keen to develop a new and exclusive Scottish product that would be unique to Orkney. Research was needed to confirm the nutritional content of the flour and the acceptability of a new oatcake made using the special island ingredient.

Research conducted by QMU's Scottish Centre for Food Development and Innovation has shown that the oatcakes made with Beremeal have a high fibre content. Specifically, the Beremeal flour used in the recipe offers high levels of vitamin B1, folate, iron, biotin, phosphorous, magnesium and iodine.

Dr Laura Wyness from QMU, explained: "Folate, iron, iodine and magnesium are often found to be at low levels amongst some population groups, so anything which can boost the intake of these micronutrients amongst the UK population is a positive step."

QMU reviewed the nutritional content of Beremeal flour and conducted consumer taste panels using Stockan's Orkney Beremeal Oatcakes. The taste panel results were favourable in terms of the sensory attributes of the new oatcake, especially for taste and aftertaste.

Moirá Cairns, Business Development Manager from Stockans, said: "Our company is well known for our Orkney Heritage and we were delighted to work with QMU to develop a new oatcake. We have sourced our Beremeal, made from a traditional Orkney grain, from Barony Mill, which is awaiting confirmation of 'Orkney Beremeal' gaining Protected Food Name status. We are delighted with the unique taste, flavour and nutritional benefits of our Stockan's Orkney Beremeal Oatcake."

Dr Wyness explained: "During the focus groups it was clear that participants were very positive about choosing to buy and eat Beremeal oatcakes. The nutritional benefits of Beremeal, and the fact that it's a Scottish ingredient, were clear positive factors amongst the consumer panel members. Some consumer panellists mentioned the 'intriguing delicate flavour' of the Beremeal oatcakes and others described the oatcake as 'very moreish' with a 'good texture balance of grainy and smooth'."

As part of the research trials, Stockan's also received consumer feedback on the company's oatcake packaging which they have used to finalise their new attractive rustic design.

Dr Wyness concluded: "The unique nature of Beremeal gives Stockan's Beremeal oatcakes a remarkable yet subtle taste and fine texture, which was generally liked by the consumer taste panel. With high fibre and a number of useful micronutrients, we are sure that Stockan's Beremeal Oatcakes will be a hit with consumers who are looking for a healthy and tasty snack."

This project was supported by an innovation voucher from the Scottish Funding Council through Interface. □



Illustration of Barony Mill in Orkney

## Samantha Hamilton, Brand Development Manager with Dakota Hotels

### What did you study at QMU and when?

I started with the BA (Hons) Tourism Management in 2007 – 2010 then went on to study the MBA Hospitality on a part-time basis between 2013 and 2015.

### What does your role involve?

Our brand is our team, so my primary focus is people by way of group-wide recruitment, on-going development, and the way we deliver guest service.

### How have you progressed within the industry?

I began on reception at a Holiday Inn whilst studying, and later joined the Old Course Hotel in guest relations upon graduating, before initially joining Dakota in the role of training executive.

### How have your courses at QMU helped you in your role with Dakota?

In particular, I feel returning to study my MBA whilst working in industry really heightened all of my theoretical learning. I also benefit greatly from being given the autonomy to challenge the way we do things and explore ways to improve our operation.

### How have you remained involved with QMU?

Dakota Hotels provides internships and financial support to QMU's hospitality and tourism degree students. I speak with the undergraduate hospitality students on an annual basis to offer internships at Dakota during their industry placement. We also currently have two QMU graduates on our Graduate Development Program, and three members of our team studying Hospitality at QMU, which helps to strengthen the relationship Dakota has with QMU.

### What do you love about your job?

I love being part of a team which shares similar values; we are all here to be a part of something special. I genuinely enjoy myself each day and I feel I work with friends, which in turn provides an invaluable support system.

### What are some of your biggest challenges?

After being introduced to our Chairman, Ken McCulloch, there was a learning curve of how to effectively deal with his unique larger-than-life character and interpret this into effective business management. Particularly, when I first attained a managerial position, my ability to prioritise was also something I struggled with.

### What do you consider to be your most important achievements?

I have spent the last two years of my career being especially focused on recruitment and talent development. During this time, there have been many individuals for whom I feel a great sense of pride for having played a role in their success story within the company.

### What have been some of your funniest or most memorable moments working in the hospitality and tourism industry?

My first role in tourism was during a summer internship with Walt Disney World in Florida, which was arranged as part of my undergraduate course at QMU. Those three to four months were the best of my life; a lot of work, but exceptionally fruitful.

### Do you feel the industry offers opportunity for graduates?

I grew up knowing my career would be in hotels. So, to be in senior management for a brand with such personality - so aligned with who I am, and with great plans for future growth - highlights the fact that there are so many opportunities for graduates within our industry, as long as they find an organisation which is the right fit for them, are driven, and radiate enthusiasm for what we do. □



## Apex Hotels scholarship supports top students

**A LEADING HOTEL GROUP** has joined forces with QMU to help bolster career opportunities for hospitality and events students. The move aims to create a new generation of hospitality leaders who can transform Scotland's hospitality industry so that it is a key player on the world stage.

Apex Hotels and QMU's hospitality and event colleagues launched a scholarship programme which will see students gain significant work experience in the hospitality industry. Successful students will also be rewarded with a bursary to help fund their studies. An additional award in the name of the Apex Hotel's founder, Norman Springford, will provide financial reward for a top student for postgraduate studies and help secure employment with the leading hotel group.

The new scholarship programme will support two students from hospitality and tourism or event management during their final year of university study, and will provide each with paid work experience with Apex Hotels. The students will gain hands on experience across all areas of the business, and will conduct a research project which will aim to find solutions to internal organisational problems.

Professor Joe Goldblatt, Director of the International Centre for the Study of Planned Events at QMU, said: "We are delighted that Apex Hotels is investing in student learning and working with QMU to develop strong managers who can contribute significantly to Scotland's important hospitality and tourism industry. The combination of talented students who have both solid work experience with a leading hotel organisation, and excellent academic knowledge, will help to create future managers who can raise industry standards."

The professor continued: "Aside from this scholarship, the Springford family has made a generous donation which will see one or both of the scholarship students presented with the Norman Springford Scholar Award. The top student will also be offered a full-time position with Apex Hotels whilst completing their postgraduate education at QMU."

Norman Springford said: "The Hospitality industry is a key growth area within Scotland and critical to the Scottish economy. We therefore need to equip a young workforce with the right skills and attitude to continue improving and transforming Scotland's hospitality and tourism industry. By joining forces to support and reward talented young students, who are passionate about the industry, we can ensure that Scotland is viewed as a leading hospitality destination both by a home audience and internationally." □



Apex Hotel, Glasgow



## Moffat Trust boosts international work opportunities for students

**FOUR INTERNATIONAL HOSPITALITY and Tourism Management students from QMU have fulfilled a lifetime dream to work overseas, thanks to the Moffat Trust Scholarship Fund.**

The Moffat Charitable Trust has made a generous donation of £50,000 to QMU to set up the Fund and help students gain study-related work experience in some of the world's most prestigious hospitality and tourism venues.

Kevin Scott, Cameron Simpson, Miroslava Bajzikova and Ryan Paterson made successful applications to the Fund to help finance their industry placements in New York, Connecticut and Slovakia. The placements provided the students with experience in conference and event management, as well as new customer service skills in luxury hotels and leisure resorts.

The Moffat Trust's gift has allowed QMU to set up the ten-year Scholarship Fund, which provides financial support to second year students on the BA International Hospitality and Tourism Management programme.

A core part of the programme is a nine month placement in industry. The Fund helps ensure that all students, irrespective of their financial background, have equal access to achieving an overseas placement, should they wish to pursue this option.

Each year until 2024, five selected QMU students will receive up to £1,000 towards the cost of their overseas industry placement.

Commenting on the success of the Fund's first student recipients, Dr Jamie Moffat, from the Moffat Charitable Trust, said: "The Trust is delighted to support student scholarships as these will assist the students in travelling overseas as part of their wider education within the hospitality industry."

As part of the Scholarship, students are asked to take part in community engagement in their chosen country. Upon return, they submit a reflective portfolio describing how the Fund has supported and enhanced their overseas experience and they will also give a presentation to the next year's cohort, building recognition for the Fund.

Marc Robertson, Programme Leader for the International in Hospitality and Tourism

Management degree at QMU, said: "The University is extremely grateful for the generous support of the Moffat Charitable Trust, which is greatly enhancing the experience of our International Hospitality and Tourism Management students who receive the Scholarship.

"Scholarships like this really enrich students' academic experience, broaden their horizons and allow them to make a real contribution to their field or to serving society's needs.

"We congratulate Kevin, Cameron, Miroslava and Ryan as the first cohort of the Fund and hope they serve as an inspiration to future International Hospitality and Tourism Management students at QMU."

QMU teaches hospitality and tourism in India, Nepal, Athens and Singapore, as well as in Scotland, at both undergraduate and Masters level. The University has a thriving PhD community whose research in hospitality, tourism and events management develops research based approaches to current industry challenges. □

## Vice-Chancellor's Fund helps QMU student join Study China Program

**A FIRST YEAR FILM and Media student from QMU has fulfilled a lifetime dream to study in the Far East, thanks to support from the University's Vice-Chancellor's Fund.**

Neil McLeod applied to the Vice-Chancellor's Fund to help finance his travel and living costs, as part of the Study China Program.

His successful application to the Fund allowed him to study Chinese history and culture, as well as learn Mandarin, in Shanghai during the summer of 2015.

Set up by QMU's Principal and Vice-Chancellor, Professor Petra Wend, and funded solely by generous donations, the annual award of up to £500 per applicant, aims to fund travel, either wholly or in part for suitable overseas academic, professional or vocational initiatives.

Commenting on his successful application and experience, Neil McLeod, said: "Studying in Shanghai was an incredible opportunity that has helped enhance my learning. I would never have been able to fund my time with the Study China Programme without the support of the Vice Chancellor's Fund."

As with all beneficiaries of the Vice-Chancellor's Fund, Neil was required to produce an evaluation report of his studies, outlining how the experience benefitted him personally and academically, and QMU as a whole.

Neil has shared his study experience in Shanghai through an online blog: <http://neilstudieschina.tumblr.com>

Some of the awards that have been made by the Vice-Chancellor's Fund in the past have been to support a range of activities, including fieldwork for a research project and Masters dissertations, professional placements, attendance at international conferences and summer schools, as well as visits to overseas universities for collaborative research purposes. Such projects actively benefit QMU, the wider community and have led to publishable papers.

If you are interested in supporting the Vice Chancellor's Fund, see the feature on page 31 □



Students celebrate with QMU friends and supporters

Students at the Dovecot Studios

**IN NOVEMBER, OVER 20 students from QMU celebrated their 2015 scholarship and awards success at a special event in Edinburgh's Dovecot Studios.**

The occasion showcased the QMU scholars and award winners of 2015, including students who were supported by individual donors and organisations including Santander Universities, Alzheimer Scotland, Dakota Hotels, Ryder Cup bursary scheme, as well as by the University's Vice-Chancellor's Fund and Student Development Fund.

The award-winning students were joined by the companies and individuals whose generous support has helped boost their academic experience and personal

development, and made extraordinary student projects possible.

Speech and Language Therapy student, Monia Molino, received the Carol Spragge Bursary, providing support for her master's thesis which focuses on the links between children's communication difficulties and social disadvantage.

Monia commented: "The support I receive allows me to concentrate on my thesis without financial stress, which is of great importance to most students. Moreover, winning the bursary has made me more confident and conscious of my academic abilities."

Monia is passionate about her area of study, as is former member of staff, Carol Spragge, who funds the bursary.

Monia concluded: "I am very grateful to Carol Spragge for giving me the opportunity to research this important specialist area, and to make a positive contribution to the wellbeing of children."

Professor Petra Wend, QMU's Principal, said: "The University is grateful for the continued support of organisations, individuals and QMU graduates, which greatly enhances the experience of those students who receive scholarships and awards.

"Awards and scholarships like this enrich students' academic experience, build their confidence, broaden their horizons and allow them make a real contribution to their field or to serving society's needs." □



# GRADUATES' ASSOCIATION NEWSLETTER

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

The QMUGA is open to all members at QMU and associated educational establishments. A one-off payment gives life membership which allows you to attend informal lunches, which usually take place on the last Saturday of each month from September to November and January to April, and the AGM in June, giving you the opportunity to meet old and new friends. It also provides the opportunity to enjoy the comfortable ambience of the seaside house, Madras Lodge at Gullane, which is open all year round including Christmas and New Year. Membership is open to graduates and staff and costs £35 at graduation or £45 for staff and alumni members.

## PRESIDENT'S REPORT

On 28 September 2015 following Lunch at 'Vittoria' several members enjoyed a visit to a Victorian school room at Leith Primary School where we had an enjoyable and interesting afternoon. After getting dressed for the occasion, we then went into a classroom where we were given lessons from Victorian times - these included timetables and mental arithmetic - we all passed! The second part was in the museum where there are exhibits of domestic equipment used at that time. The two members of staff who conducted the afternoon are to be congratulated on their role play and enthusiasm.

Elaine Acaster and myself represented QMUGA at Edinburgh University's Remembrance Day Service held at Old College, Edinburgh.

Several members of the committee accepted an invitation from Professor Petra Wend to attend the Scholarships and Award Reception in Dovecot Studios on November 2015.

Elaine Acaster and myself met with Heather Edie, the new Development and Alumni Manager. Heather joined us for lunch on the 28 September, giving her the opportunity to meet other members. Everyone wishes her well in her new position and is looking forward to liaising with her.

Best wishes for 2016.

## QMUGA DATES FOR YOUR DIARY 2016

**Saturday 11 June 2016**

Event: **AGM**

Location: Edinburgh New Town Cookery School, 7 Queen Street, Edinburgh, EH2 1JE.

Time: 10.30am for 11am start

Booking: Silvia Northcott. E: [Sylvia@thenorthcotts.net](mailto:Sylvia@thenorthcotts.net)

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

### CONTACTS

#### Social Secretary

Dorothy Finlayson  
1 Brunstane Road North  
Edinburgh  
EH15 2DJ  
E: [dottyfin@outlook.com](mailto:dottyfin@outlook.com)

#### Membership Secretary

Sylvia Northcott  
22 Waulkmill Drive, Penicuik  
Midlothian, EH26 8LA  
T: 01968-674161  
E: [sylvia@thenorthcotts.net](mailto:sylvia@thenorthcotts.net)

#### Treasurer

Anne Scagell  
11 Titanian Pavillion Gardens  
Alloa, Clackmannanshire  
FK10 2UJ  
T: 01259-214668  
E: [annescagell49@gmail.com](mailto:annescagell49@gmail.com)

#### Committee and General Communication

Maureen Paterson  
2 Fettes Court, 5 Craighleith  
Road  
Edinburgh, EH4 2DL  
T: 0131 332 0097  
E: [maureenpaterson@gmail.com](mailto:maureenpaterson@gmail.com)

## Gullane Beach, only a few minutes walk from Madras Lodge

### A relaxing break at Madras Lodge, Gullane

Take a relaxing break in 2016 at Madras Lodge, The Graduates' Association's holiday home in the beautiful village of Gullane, East Lothian.

Those who have stayed at Madras Lodge know what a very special retreat it is.

Many enjoy the house or loft for a regular get-away weekend treat with friends or as a perfect family re-union home from home. Up to nine people can enjoy a holiday together. East Lothian has an increasing range of attractions but best-loved pursuits are still walking, bird-watching and golf or eating out in one of the many local pubs and restaurants.

Book now for a short break in the spring or enjoy a full week's summer holiday.

Contact the Bookings Secretary to check availability and prices for the house (max 5 people) or loft (max 4 people). Prices are modest as it is exclusively reserved for members of QMUGA, friends and family to enjoy relaxation and recuperation. They start from just £105 (2 nights in the loft) to £370 (prime time week in the house). You can check whether or not you are a QMUGA member with Membership Secretary, Sylvia Northcott. □

### Bookings for Madras Lodge

Bookings Secretary

Anne Vokes

T: 07817 328 035

E: [book@qmuga.org.uk](mailto:book@qmuga.org.uk)

## Where are you now?

### Kirsty secures place on prestigious Civil Service Fast Stream Programme.

When Kirsty Markie began studying MSc Public Services Leadership at QMU, she was already working for local government, so she was able to combine part-time studies with her work commitments.

Half way through her studies, Kirsty was successful in getting a place on the prestigious Civil Service Fast Stream Programme.

Kirsty has just returned from London, where she spent

six months working in the Department for Business, Innovation and Skills leading the department's work on the European Data Protection Regulation. In March next year she will begin a five month posting in the European Commission in Brussels.

Commenting on her postgraduate experience at QMU, Kirsty said, "My QMU qualification, along with my MA, definitely helped set me

apart in my application to the Fast Stream. If you're having doubts about whether you can work full time and study, I'm just one example that you can do it."

Kirsty also shares her story in our new 'Step Ahead at QMU' postgraduate study film, which can now be viewed on the QMU YouTube channel online at >> <https://www.youtube.com/watch?v=gePuur27LkA>

## Improving health and wellbeing with Simply Better Nutrition

**M**Sc nutrition graduates, **Matteo Berra and Scott Dolan** were concerned about the alarming rise in preventable disease and obesity levels in Scotland. In response, in 2015, they established an exciting new health, nutrition and lifestyle service which aims to help people improve their health, wellbeing and fitness.

Basing themselves at QMU, their new service offers tailor made programmes for individuals who want to improve their quality of life by enhancing their health and fitness and making better lifestyle and food choices. Matteo and Scott factor in nutrition, lifestyle, activity and time availability in supporting people to achieve their personal health-related goals, whether that be weight loss, improving sports performance or recovering from ill health.

Their tailored programmes can focus on:

- Weight loss (focusing on lowering body fat)

- Improved body composition (maintaining/improving lean muscle mass)
- Decreased risk of type II diabetes
- Improved heart health and lung function
- Lower blood pressure
- Improved energy, mood and sleep
- A healthier and more active life!

Matteo and Scott's expert knowledge and experience could get you fit for your future. Find out more about their specialist services at: <http://www.simplybetternutrition.co.uk> □

## Louise Martin elected Commonwealth Games chief

**A** graduate of QMU and Chair of sportscotland, **Louise Martin** was elected in autumn 2015 as President of the Commonwealth Games Federation (CGF). Louise is the organisation's first female leader in its 85 year history.

Louise was elected as a board member to the Commonwealth Games Scotland (CGS) 20 years ago, and served as Chair from 1999 to 2007. She was Honorary Secretary of the Commonwealth Games Federation (CGF) from 1999 to 2015 before being installed as the organisation's new president following her leading role in the Glasgow Commonwealth Games.

Vice-Chair of Glasgow 2014, Louise had visited 64 countries in the lead-up to the event in Scotland. As part of her new role, she has promised to increase financial support for the 71 members of the CGF, and to set up a new trust to help more countries take part in the Youth Games.

Excelling in the sporting arena, Louise was a swimmer who competed for Scotland at the 1962 Commonwealth Games in Perth. After retiring from her international sporting career, Louise graduated from the Edinburgh College of Domestic Science in 1968 having specialised in Food and Nutrition. She returned to teach at Queen Margaret's

newly established Costorphine campus until 1972 and then spent some 20 years working as a teacher, examiner, specialist regional adviser and latterly lecturer in home economics and nutrition in Edinburgh, Fife and the Highlands.

Talking of her new appointment, she said: "I am extremely proud and humbled to be elected as President of the CGF and it is my chance to give something back to the Movement that means so much to me."

With a proven track record of collaboration and delivery, as well as dedication and passion for the Movement, Louise is looking forward to guiding the CGF through the next stage of its Commonwealth journey and unlocking the immense potential of this unique sporting Movement.

Louise, who is known throughout the Commonwealth as a trailblazer in sport, was elected in September, just ahead of the Commonwealth Youth Games, an event that she was instrumental in creating. □



# Development News

## Memories of Atholl Crescent

Before her death, at the age of 97, Rosamund Berry (nee Gregory) shared her memories of her time as a student at Atholl Crescent in the 1930s.

**M**y room was a cubicle in the attic which was equipped with a wash basin, slop pail and of course only cold water - it was the 1930s! After a short while, I was one of the lucky ones to be moved to the new hostel, Lorne House, in Drumsheugh Gardens where we were allowed baths more than once a week.

Laundry was our main subject for the first two terms and we also went to Moray House for Method of Teaching and Psychology – very cold walks down the Royal Mile with no anoraks or warm boots in those days!

The highlight of our Plain Class Cookery lessons was inviting Miss Wingfield, the Principal, for lunch. Miss Wingfield was not a distant figure as one may expect. She made a point of getting to know the teachers in training and even attended our annual hostel dance where it was customary to introduce our partners to her.

As well as intensive work during the week we had much enjoyment on Saturdays at the sports field at Corstorphine, playing lacrosse or hockey in the winter and tennis or cricket in the summer – we once invited the men from the Veterinary College to play cricket and they gallantly played left handed!

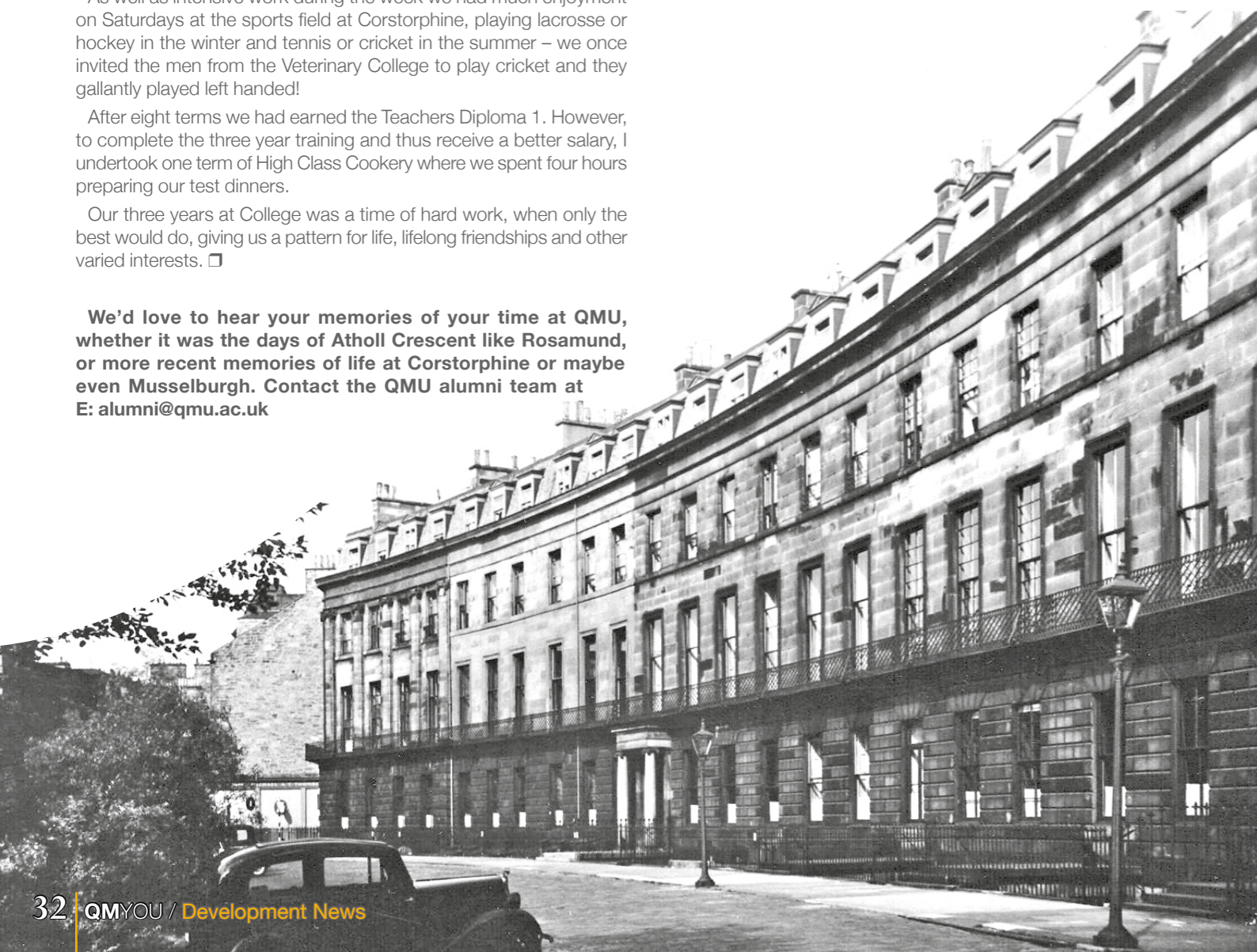
After eight terms we had earned the Teachers Diploma 1. However, to complete the three year training and thus receive a better salary, I undertook one term of High Class Cookery where we spent four hours preparing our test dinners.

Our three years at College was a time of hard work, when only the best would do, giving us a pattern for life, lifelong friendships and other varied interests. □

**We'd love to hear your memories of your time at QMU, whether it was the days of Atholl Crescent like Rosamund, or more recent memories of life at Corstorphine or maybe even Musselburgh. Contact the QMU alumni team at E: alumni@qmu.ac.uk**



Lacrosse team 1933-34



## Broadening student horizons Your chance to give back to QMU

**Q**MU is a university of ideas and influence. We are known not only for excellent, relevant teaching, research and knowledge exchange but also for the care and respect we give our students, staff and partners.

To this end, we want to ensure that our students have the best experience possible whilst studying at QMU and this is not just about getting an education, but it is about developing their potential in a much wider sense. Some of the ways in which we can do that is by broadening our students' horizons by giving them the opportunity to experience another country and another culture; or ensuring that all of our students have the opportunity to get their big ideas off the ground and to develop projects that reflect their enthusiasm, creativity and initiative.

This is why we have set up the Student Development Fund and the Vice-Chancellor's Fund, both of which are 100% supported by the generous donations of alumni, friends, QMU staff and former staff.

Last year, the Student Development Fund, which supports activities in the UK, enabled PhD student Clara Calia, to attend the British Neuroscience Association (BNA) 2015 - Festival of Neuroscience.

This conference is, not only one of the most important, but also one of the largest cross-disciplinary platforms for presentation and exchange of new ideas by researchers, developers and industry professionals.

Clara explained: "Attending and presenting my work at this meeting gave me the chance to enhance my communication and presentation skills and to network with other researchers. I received feedback about my studies and networked with professionals in research areas close to mine."

The Vice-Chancellor's Fund, which supports overseas activities, last year provided funding for 20 students including nursing student Jennifer Kirkhope who travelled to Tanzania with First Aid Africa. First Aid Africa is a charity that teaches first aid in remote areas where access to hospital or trained medical staff is limited.

Jennifer taught at the Umoja Centre which aims to see young people in Tanzania educated, empowered and living free from poverty, abuse and exploitation. As well as teaching First Aid to the students, Jennifer also taught the staff and the Masai Guards.

Jennifer said: "During my seven weeks I learned to have more confidence in myself, not only when it comes to teaching, but also in terms of decision making and prioritisation. I feel that this will be useful, not only during my studies, but also once I qualify".

Heather Edie, Development & Alumni Manager at QMU, concluded: "It cannot be underestimated how important this type of experience is for our students and how enormously they can benefit from it. It can widen their outlook, enhance their employability, grow their confidence and increase their willingness to develop further. Without gifts to the Student Development Fund and the Vice-Chancellor's Fund these opportunities would simply not be possible." □

**If you would like to support the Student Development Fund or Vice-Chancellor's Fund please complete the donation form on this page and return to us at QMU. If you would like more information about making a donation to QMU or leaving a legacy, then please contact Heather Edie on E: hedia@qmu.ac.uk or T: 0131 474 0000.**



Jennifer teaching first aid in Tanzania

## Reunions: Call for Classmates

**Podiatry, Class of 1991:** Your class mates are interested in arranging a 25 year reunion. Get in touch if you would like to attend. Dates TBC. Contact E: alumni@qmu.ac.uk

**Teacher Training Diploma, Class of 1976:** Nanette Weir wishes to contact graduates who may like to join the reunion on 22nd September 2016. If you would like to attend contact E: alumni@qmu.ac.uk

**Diploma in Domestic Science with Food and Nutrition and Dress and Design, Class of 1976:** It is 40 years since the students graduated from this course and 25 years since the group's last reunion. If you are interested in attending the next reunion, contact Carrie O'Regan E: carrieoregan1@btinternet.com

**Home Economics, Class of 1976:** They started at Atholl Crescent and finished at Clermiston as the first graduates of this course. If you would like to attend the reunion, contact Nessie Chalmers E: fore.chalmers@btinternet.com



# Entrepreneurial student is bubbling with enthusiasm

**T**he philosophy of embedding entrepreneurship into the student mind set is certainly having an impact at QMU. The University is noticing a rise in the number of students who are getting their businesses up and running before they even reach graduation.

QMU has been keen to encourage students to view entrepreneurship as first destination career choice, and one business management student who has put all hands to the pumps to kick start his own business is Bradley Aitchison. Bradley, from Duns, is making the most of Scotland's growing love of hot tubs by developing a new online retail business. In 2016, the young student aims to grow his business into a one-stop-shop for everything associated with hot tubs, stocking the latest spa chemicals, accessories, and building upon the hot tub sales and servicing functions that are already on offer.

If you want to create an indulgent space to relax at home find out more about Bradley's Eyemouth based company at: <http://www.luxespa.co.uk/> □

## DATES for your diary

**Event: Scotland's Foodscape**, a timely and tasty symposium about the significance of food in Scotland.

**Details:** a collaboration between QMU's MSc programme in Gastronomy and Italy's University of Gastronomic Sciences, this event consists of two days of lectures and presentations, practical workshops, discussion groups, performances, and exchange. As part of a series of international events on gastronomy, it will play a role in shaping food innovations around the world.

**When:** 26 – 27 April 2016

**Where:** Summerhall, Edinburgh

**Event: QMU Costume Showcase 2016**

**Details:** This event will feature an array of costumes created and modelled by QMU Performing Arts students. The breadth of work will reflect the Costume Design and Construction students' portfolio, with the supporting exhibition featuring illustrations of costumes, masks and millinery.

**When:** Friday 13th May 2016, 2pm and 7pm

**Where:** The Pleasance Theatre Hall

**Tickets:** [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

**Event: The Annual Pembrey Lecture**

Professor Jan Dewing, Sue Pembrey Chair in Nursing

**Details:** Professor Jan Dewing has an international reputation for expertise in person-centred care, practice development and gerontological practice including care of people living with dementia. The university is honoured to host this first annual lecture in the presence of Sue Pembrey's family. This will also be Professor Dewing's inaugural lecture at QMU.

**When:** Thursday 16th June 5.30pm for 6.00pm

**Where:** Halle Lecture Theatre, QMU Craighall Campus

**Event: 'Enhancing Practice Conference 2016'**

Unearthing the Architecture of Practice Patterns: practice development and the co-construction of healthful workplaces

**Details:** This conference will provide nurse professionals and other healthcare staff with the opportunity to learn from some of the most influential nurse leaders and social leadership experts in Europe. The conference will share examples of best practice in healthcare and encourage participants to unearth the deeper levels of good practice development.

**When:** Full conference - 31 August until 2nd September, pre conference workshops - 30 August 2016

**Where:** QMU, EH21 6JU

Registration and conference details: [www.qmu.ac.uk/enhancingpractice16/default.htm](http://www.qmu.ac.uk/enhancingpractice16/default.htm)

Organiser: Professor Brendan McCormack E: [bmccormack@qmu.ac.uk](mailto:bmccormack@qmu.ac.uk) and Professor Jan Dewing E: [jdewing@qmu.ac.uk](mailto:jdewing@qmu.ac.uk) Division of Nursing, QMU.

**Event: QMU's Undergraduate Open Days**

**Details:** an opportunity to find out about undergraduate courses, meet staff and students, and view the campus facilities.

**When:** 29th August and 24th September 2016

**Where:** QMU, EH21 6UU

Further Information: [www.qmu.ac.uk](http://www.qmu.ac.uk)

**Organisers:** Marketing and Communications Office, QMU

# 10

## things you might not know about QMU

- 94.4% of QMU graduates find employment or go on to further training within six months of graduation (HESA statistics 2015). The average Scottish HE graduate employment rate of 94.1%.
- over 36% of QMU students are international (from outside the UK)
- has launched two new postgraduate study programmes in Family Business.
- has a Business Innovation Zone to support the development of graduate entrepreneurship.
- has an Careers and Employability team which offers a Careers for Life service to QMU graduates.
- offers a significant range of scholarships, bursaries, awards and internships to its students to support their development.
- offers the only Masters in Gastronomy in the UK.
- has a Consumer Dispute Resolution Centre which specialises in providing complaint handling training for organisations such as ombudsman services
- offers a range of specialist commercial services via the Scottish Centre for Food Development and Innovation to food and drink SMEs.
- has a costume design and construction graduate who is working with the popular TV soap Hollyoaks.