

Link

alumni magazine 2008



Canterbury
Christ Church
University



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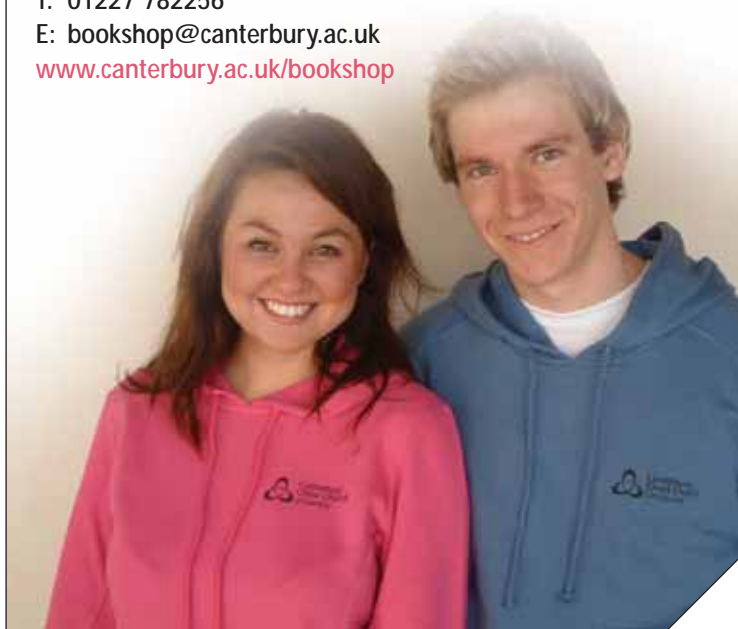
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10% discount off most books and a wide range of University memorabilia available seven days a week including evenings during term time. Call in to our shops at the North Holmes Campus, Canterbury and Broadstairs Campus, telephone or order online.

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Your alma mater is the perfect venue whether you are planning a private or corporate event or conference, or are looking for the perfect venue for a civil wedding. Modern facilities and in-house catering available at campuses across Kent. Alumni benefit from 20% discount on conferences, events and accommodation.

Please see www.canterbury.ac.uk/support/conferences/ or contact each venue for full details of discounts available.



welcome



Welcome to the 2008 edition of your alumni magazine and congratulations to those who graduated during the last year.

The University's development of a purpose-built music centre is the main feature on page 8.

The alumni profile is of Ben Hillson, who owns one of the top ten events and communications companies in the UK. Read about his rise to the top of his profession since graduating from Canterbury Christ Church on page 14.

The class notes and bulletin board sections mean you can find out what some of your former fellow students are doing now and, as usual, we have a round-up of University news, plus information on alumni services.

We'd love to hear from you, too. So if you have a story to tell or simply want to update us on your life since leaving Canterbury Christ Church, please get in touch.

Use the form enclosed with this magazine or email us at alumni@canterbury.ac.uk. You may find yourself featured in the next edition of the Link!

Enjoy the magazine.

Mary

Mary Galliers
Director of External Relations

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Launch of University record label

In January, the University launched its own record label, C3U Records, which is headed up by music industry lecturer, Steve Melhuish. The record label is run and managed by Commercial Music students as part of their degree programme. It provides a platform for students as performing artists and enables them to gain an insight into the music industry.

C3U Records has signed a couple of Kent bands and released a CD in April. ■



The University has launched its own record label, C3U Records

New public lecture series

The University launched its public lecture programme in the autumn with a varied line-up of staff and guest speakers.

The autumn series started at the Salomons Campus and a further five lectures subsequently took place at the North Holmes Campus.

The spring series ran from February through to May at North Holmes Campus, Broadstairs Campus and Salomons. The speakers were all experts in their field but gave their lectures in a manner that was easily understood by a wide audience.

The programme was promoted to the local community and the lectures were well attended. The programme for the autumn 2008 series will be published in September on www.canterbury.ac.uk/events. ■

University gains Fairtrade status

During National Fairtrade Fortnight in February, the University was granted full Fairtrade University Status in recognition of efforts to encourage staff and students to buy Fairtrade products.

All coffee sold across the University campus network is Fairtrade – including the coffee supplied for conferences and the hospitality provided for meetings. The University also sells Fairtrade tea, coffee, hot chocolate and confectionery and is active in educating staff and students in the importance of buying products carrying the Fairtrade mark.

Fairtrade clothing is on sale in the University Bookshop at the North Holmes and Broadstairs Campuses, or online via www.canterbury.ac.uk/gifts. ■

Online resources atlas of the English Channel

The second phase in the development of a web-based resources atlas of the Eastern English Channel is underway thanks to European INTERREG funding.

As part of a seven member cross channel consortium, the Department of Geographical and Life Sciences will transform the work done by all the partners into the web-based atlas. The atlas will include a high specification interactive Geographical Information System.

This work will help shed light on where conflicting resource uses are occurring in the English Channel, a marine area facing huge pressures from recreation, shipping, aggregate extraction and fishing. ■



New student building at Medway

Minister of State for Lifelong Learning, Higher and Further Education, Bill Rammell, opened the newly-refurbished Pilkington Building at the Universities at Medway campus in April. The Pilkington Building is used by the students of the three Universities at Medway partners - Canterbury Christ Church, Kent and Greenwich. Originally opened in 1902 as a mess for the Royal Navy, Pilkington now houses a lecture theatre, an exhibition room, seminar rooms, a cafeteria and social spaces.

The role of the Universities at Medway in widening access to higher education won warm praise from the Minister, who was also impressed with the buildings and facilities on offer to students.

Canterbury Christ Church offers programmes that are both relevant to the local community and support the Government's agenda for the modernisation of public services at the Medway Campus. ■

Government Minister, Bill Rammell, opens the Pilkington Building



University Centre Folkestone welcomes first students

The University Centre Folkestone (UCF) welcomed its first students in September. A partnership between Canterbury Christ Church, the University of Greenwich and the Creative Foundation, UCF aims to increase local learning opportunities.

Officially opened by local MP, Michael Howard, in January, UCF has strong support from the South East England Development Agency, the Higher Education Funding Council for England and Kent County Council.



The University Centre Folkestone

UCF is located in buildings owned by the Creative Foundation, a charity established by Roger De Haan CBE to lead efforts to regenerate Folkestone. The Creative Foundation has made considerable investment in the town, buying and refurbishing buildings which are then let at affordable rents to artists and creative businesses. ■

Supporting regeneration on the south coast

Canterbury Christ Church is one of nine universities which have joined forces to launch the South East Coastal Communities project to support the regeneration needs of economically deprived areas in Kent, Sussex and Hampshire.

The initiative received a £3m funding award from the Higher Education Funding Council for England which matched the £3m investment by the nine universities and their community partners.

As part of this initiative, Canterbury Christ Church, the University of Greenwich and the University of Kent launched a project in Swale in May, which gives Swale residents the opportunity to bid for funding to improve the health and wellbeing of their community. The relevant academic leads from the universities will help to put together a bid application to obtain funding and university expertise to set up, carry out and ultimately sustain the activities. ■

New University sports centre

The University, in conjunction with Barton Court Grammar School, has started building a state-of-the-art sports centre. Christ Church Sports Centre is a £4m development, which will provide sports and recreation facilities for members of the University and the school. The target completion date for the project is April 2009.



Artist's impression of Christ Church Sports Centre

The sports centre will feature two full sized netball/basketball courts within which there will be provision for other sports; a fitness suite with cardiovascular and weights equipment and an aerobics room. The sports centre will also feature a soundproof partition for the middle of the sports hall so that it can be used simultaneously by Barton Court and University students as well as having separate sets of changing rooms. ■

Top marks from Ofsted for teacher education

The training of primary school teachers at Canterbury Christ Church was once again awarded top marks by Ofsted in 2007.

The Department of Primary Education and the Department of Postgraduate Initial Teacher Education both received a 'grade one' – the equivalent to 'outstanding' – after a team of Ofsted inspectors carried out a thorough assessment of the departments' work.

Only a few institutions have maintained such an impressive inspection track record in teacher education. ■

Heritage Lottery project highlights University's history



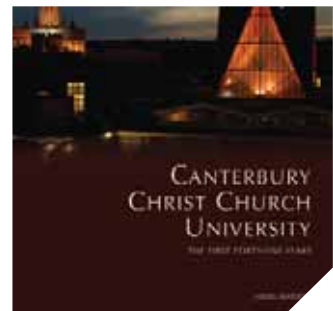
The stone sculpture

The North Holmes Campus was built on what was once the outer precinct of St Augustine's Abbey, part of Canterbury's World Heritage Site. Earlier this year, with £10,000 grant from the Heritage Lottery Fund, the University commissioned the installation of an information panel and stone sculpture on the campus to commemorate the history of the site.

Created by local stone carver, Gary Newton, the sculpture depicts a 14th century monk working in the outer precinct which housed, at the time, a vinery, bakehouse, brewhouse, orchards, bee hives and allotments. ■

Launch of a specially commissioned book

Canterbury Christ Church celebrated its 45th anniversary by launching a specially commissioned book entitled 'Canterbury Christ Church University, the first forty-five years'.



New book about the University

Since its foundation in 1962, the University has grown from a small teacher training college into a University with five campuses, nearly 15,000 students and numerous national and international links and partnerships.

The book contains facts, stories and anecdotes from our archives and provides an interesting perspective not just of the University but of the way in which British higher education has developed since the early 1960s.

The book is available to buy either at the University Bookshop, or online at www.canterbury.ac.uk/vice-chancellor/first-45-years. It costs £20 plus £2.25 postage. ■

Development of new library and learning resource centre gets underway



Demolition began at the site of the new Augustine House in November

The Lord Mayor of Canterbury, Councillor Cyril Windsor, joined the Vice Chancellor, Professor Michael Wright, staff and Governors to launch the demolition of former 1970s office

block, Clarkson House, in Canterbury in November.

A new £30 million library and learning resource centre, due to open in 2009 and called Augustine House, is now being constructed in its place. ■

Professor asks who is to blame for heart attacks?

Coronary heart disease accounts for over 117,000 deaths a year; approximately one in five men and one in six women. Nearly all deaths from coronary heart disease are because of a heart attack.

Professor of Health and Social Care Studies, Annmarie Ruston, has spent 10 years researching the myth that heart disease is a 'male disease'. Her research suggests that many women are unaware of the symptoms of coronary heart disease and some may therefore delay raising the alarm to obtain the appropriate treatment. She also asks if blaming the patient for their lifestyle choices is really justified at a time when this disease is the most common cause of death in both men and women. ■

Nick Burton memorial lecture

In December, the Department of Media launched an annual lecture in memory of Nick Burton, former Head of Department, who died in 2006. The inaugural lecture was given by Oscar-winning film editor, Thelma Schoonmaker-Powell, who has edited Martin Scorsese's films for the past thirty years.



Nick Burton

Sponsored by BSKYB, the lecture was an opportunity for family, friends, colleagues, alumni and current students to pay tribute to Nick and honour his contribution to teaching and learning. ■

Honorary Fellows

Honorary Fellowships are awarded by the University in recognition of outstanding service and achievements in the fields of education and public life. Honorary Fellowships for the 2007/08 academic year were awarded to:

1. The Very Reverend John Hall, Dean of Westminster
John Hall was ordained in 1975 and became the Church of England's Chief Education Officer in 1998, with overall responsibility for the Church's strategy, policy and practice in relation to schools, including 5,000 Church of England schools and universities. He was instrumental in the production of the Dearing Report in 2001 and its follow-up, which led to a significant expansion of the number of Church of England secondary schools. He was installed as Dean of Westminster on 2nd December 2006.

2. Thelma Schoonmaker-Powell, film editor
Thelma Schoonmaker-Powell became a film editor while doing graduate work at Columbia University. In 1981 she won the Academy Award, the American Cinema Editors Eddie and the BAFTA Award for her editing of Martin Scorsese's 'Raging Bull'. Since then, she has worked on all of Scorsese's feature films, which have earned her three Academy Awards, two BAFTA Awards and three American Cinema



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Editors Eddie Awards. She also works tirelessly to promote the films and writings of her late husband, the film director, Michael Powell, who was born near Canterbury.

3. Professor John Todd, scientist
John Todd gained his BSc and PhD degrees in Chemistry at Leeds University. He has devoted most of his research career to the design and development of the instrumentation for chemical analysis. He was promoted to Professor of Mass Spectroscopy at the University of Kent in 1991 and his research has been recognised through numerous awards. He has enjoyed a working connection with Canterbury Christ Church since 1977 serving on the Academic Board and on the Governing Body, and has been directly involved with all the evolutionary stages of the institution.

4. The Right Reverend Dr John Gladstone, Bishop of the Church of South India
John Gladstone served the diocese of Bangalore as a youth pastor and in 1975 was appointed to teach in the Kerala United Theological Seminary.

He completed his doctoral studies at the University of Hamburg in 1983 and returned to India and was appointed Principal of the Seminary in 1991. In 1997 he was consecrated Bishop of the South Kerala Diocese. He has initiated exchange programmes in the teaching of English and Nursing between Canterbury Christ Church and institutions in Kerala.

5. Cecil Humphrey-Smith OBE, founder of the Institute of Heraldic and Genealogical Studies
Cecil Humphrey-Smith completed postgraduate studies in Biochemistry in London and at the Parma-Piacenza Department of Agronomy. In 1961 he founded the Institute of Heraldic and Genealogical Studies, of which he is Principal, in Northgate, Canterbury. The author of many articles and several essential research books, he has won numerous awards and, in 2004, he was awarded an OBE by HM The Queen for service to education in genealogy and heraldry. ■

More than a concert hall

Launch of St Gregory's Development Project

March 2008 saw the launch of Canterbury Christ Church University's St Gregory's Development Project. This ground-breaking initiative is a multi-million pound project to transform the University's music facilities in Canterbury through the creation of a purpose-built centre for music, sited next to St Gregory's Church on North Holmes Road.

Plans submitted to Canterbury City Council detail a centre with a 350 seat concert auditorium. But the centre is more than a concert hall – it will also feature a suite of fully equipped rooms and flexible spaces that provide additional areas for teaching, workshops and rehearsals. The surrounding churchyard will be landscaped to recapture the original beauty of the site and will incorporate a sculpture garden.

Music at the University has grown significantly since the 1980s and the Department now supports over 300 students. With a national and international reputation for performance, the Department enjoys links with world-famous musicians.

In fact, music at Canterbury Christ Church is so successful, that it has outgrown the University's practice and rehearsal facilities in the city. Although St Gregory's Church, one of the University's main venues for music, offers an atmospheric venue with excellent acoustics, the restrictions on space in this building limit its use for large-scale works.



Artist's impression of the music centre



Sir Peter Maxwell Davies is Patron to the St Gregory's Development Project

The University's own need for purpose-built facilities for music reflects a county-wide need: there is currently no dedicated space for music performance anywhere in Kent.

The significance of the St Gregory's Development Project has attracted support from internationally known musicians. Sir Peter Maxwell Davies, Master of the Queen's Music and Patron to the project, said: "The creation of this new music centre is the best thing to happen in Kent for years. This is going to be a wonderful space, not just for the University, but for the entire community."

The University has secured a substantial proportion of the funds needed for the St Gregory's Development Project. However, recognising that the cultural benefits extend beyond the University to the wider community, further funding is being sought externally.

Professor Grenville Hancox, the University's Director of Music, has been seconded for one year from his role of Head of the Music Department to lead the fundraising campaign, working with the University's Development Officer, Kate Chesterman. He said: "This project reflects the importance of music to our existence as a University as well as to the distinctive profile that we have as an institution. The University, the city and Kent deserve and need a venue specifically designed for music. This new centre will impact enormously upon the communities that it serves, both near and far."

BE ONE IN A THOUSAND AND A FRIEND OF ST GREGORY'S

Now's your chance to show you are One in a Thousand. We are looking for 1,000 supporters to become Friends of St Gregory's. This is a fantastic opportunity to help create the first ever purpose-built music centre in Kent.

Music has amazing power in our lives. It has the ability to touch us, to give expression to our feelings, to break down barriers and draw people together. Music makes us sing and dance; research shows it can even promote our health and healing.



Help us make our vision to provide facilities where music can be studied, performed and enjoyed by everyone a reality. The St Gregory's Development Project requires a multi-million pound budget, a large proportion of which is being met by Canterbury Christ Church University itself. But we need your help, too.

By giving £25 per year you will be contributing directly towards funding the new music centre and also become a Friend of St Gregory's. You will receive advance notice of the St Gregory's annual concert programme; priority booking on ticketed events (excludes Sounds New concerts); acknowledgement in all annual concert programmes and on the development website; updates on progress with the St Gregory's Development Project; and a card identifying you as a Friend.

Can your £25 really make a difference? Yes! A new national scheme running from 1 August 2008 to 31 July 2011 means that, for every £2 you donate, the Government will donate another £1. This turns £25 into £37.50! And there's more. If you are a UK taxpayer and Gift Aid your payment, your £25 becomes worth £48.07 - all at no extra cost to you.

If the St Gregory's Development Project has 1,000 friends for each year of the Government's match-funding scheme, it will bring Canterbury Christ Church University nearly £150,000 pounds closer to achieving its vision for a dedicated music centre for its students and the community. That's more than most grant making Trusts can afford to donate.

WE THINK YOU'RE ONE IN A THOUSAND. Please show us that you are by completing and returning the form below.

<p>Full Name:</p> <p>Address:</p> <p>.....</p> <p>..... Post Code:</p> <p>Tel: Email :</p> <p>I wish to become a Friend of St Gregory's and enclose a payment of £25 cash/cheque (please delete as appropriate)</p> <p>I also enclose an additional voluntary donation of £</p> <p>CHEQUES SHOULD BE MADE PAYABLE TO: Canterbury Christ Church University.</p> <p>CREDIT CARD payments can be made by telephoning 01227 782995.</p> <p>Please send your completed form and cash/cheque to: FREEPOST RRXU-SYKX-GCHL, St Gregory's Development Project Canterbury Christ Church University, CANTERBURY, Kent CT1 1QU</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="906 1294 1149 1388">  </div> <div data-bbox="1177 1303 1428 1384">  </div> </div> <p>Using Gift Aid means that for every pound you give, we get an extra 28 pence from the Inland Revenue, helping your donation go further.</p> <p>This means that £10 can be turned into £12.80, just so long as donations are made through Gift Aid. Imagine what a difference that could make and it doesn't cost you a thing. So if you want your donation to go further, Gift Aid it. Just sign this declaration and send it back to us.</p> <p>I want all donations I make from (insert date)</p> <p>..... to be Gift Aid until I notify you otherwise.</p> <p>Signature:</p> <p>Date:</p>
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You can also support the St Gregory's Development Project by sending a direct donation to the address shown in the form above. If there is any other way you think you could assist the campaign to raise funds for the new music centre, please don't hesitate to contact Kate Chesterman, Development Officer, on telephone 01227 782995. **Thank you.**

feature

Making the most of London 2012

Since London was elected as the host city for the 2012 Olympic Games, there has been great excitement and interest from all around the country at what the prospects and opportunities of hosting the games will be.



Professor Mike Weed

Mike Weed, Professor of Sport in Society, is encouraging businesses in Kent and the South East to become involved in the process at an early stage, in order to capitalise upon the opportunities available during the pre-games 'pregnancy' period.

"2012 will see the interaction of sport as a tourism draw, with London as a world city, and the Olympics as the world's premier sports event, thus providing the potential for a wide range of highly significant benefits," Professor Weed said. "Research has shown that a number of opportunities for added value from the Olympic Games exist in the pre-games 'pregnancy' period. Policy-makers feel the Olympics are still some way in the future and the notion that 'there is plenty of time' is unfortunately leading to missed opportunities. In particular, opportunities to develop tourism, increase physical activity and sports participation, and develop community well-being and pride, need to be capitalised upon now. Although there has been much focus on the post-2012 economic legacy, little consideration has been given to the significant 'pregnancy' benefits that exist."

Funded by the Economic and Social Research Council (ESRC), Professor Weed is leading a consortium of universities, comprising Canterbury Christ Church, Bournemouth and Essex, to look into how areas outside of the capital can maximise the cultural, sporting, tourism and community opportunities in the run-up to the 2012 Olympic Games. "The importance of the opportunities presented by London 2012 is signified by the explosion of interest among government and public sector agencies at national and regional level," he explains. "We want to move beyond a project that simply measures the success of the Games at the time of the event, and

adopt a more pro-active and tactical 'leveraging' approach that will enable regions outside of London to make the most of the pre-Games 'pregnancy' period, and boost sport development, health promotion and community well-being."

Professor Weed has also written a book, 'Olympic Tourism', and researched widely on the behaviours of sports tourists and sports spectators. He explored the relationship between sport and tourism and the implications that this has for Olympic-related developments, both in London and throughout the UK, with a particular focus on Kent and the South East.

"I have tried to find out what people are looking for from their sports tourism or sports spectating experiences," he said. "Policy makers outside London should be thinking about what strategies can be employed now to maximise the benefits for their regions on the tourism front. Regions outside London should be thinking about their product strengths. There may be opportunities for some regions to 'pick up the slack' from London as tourists may be put off visiting the capital, both in Olympic year and in the years before. In this respect, regions need to consider carefully how they can benefit from Olympic 'aversion' markets – perhaps enticing conferences and exhibitions away from London, or providing an 'Olympic-free zone' in the Olympic year."

Many benefits for the regions are related to health and physical activity as much as to tourism. Professor Weed added: "It is again in the 'pregnancy' period that opportunities to use the Olympics to develop sport and physical activity participation are most significant, as the UK media and political spotlight will turn away from London 2012 the day after the Games finish."

An artist's impression of the Olympic Village, by permission of the LOCOG



Hall Place Enterprise Centre is the designated gateway to the knowledge base of the University

Supporting businesses across Kent

Canterbury Christ Church University is well known for its work with the local business community, public services and voluntary sector. In particular, the University has built up expertise in providing support for small-to-medium and micro businesses.

Much of the University's business support work takes place through the Centre for Enterprise and Business Development (CEBD) which is based at Hall Place Enterprise Centre, just outside Canterbury. Opened by the University in 2005, Hall Place is the gateway for businesses to Canterbury Christ Church's knowledge base.

Business support programmes are a high profile part of the Enterprise Centre's work. The 'Healthy Business, Growing Business' programme was launched in 2007 and can be tailored to a specific sector. It is designed around six core business functions: Finance, Customers, Organisation, Workforce, Workplace and Futures.

"CEBD staff provide businesses and other organisations with a route to a range of extensive resources across the University, such as bespoke training, work placements, consultancy, research services and Knowledge Transfer Partnerships," said Audrey Songhurst, Director of the CEBD. "In addition, the CEBD has a successful track record in generating European funding for projects to support the business community."

One of the CEBD's newest projects involves managing the University's Knowledge Transfer Partnership (KTP) scheme. KTP is a UK-wide scheme to help businesses improve their competitiveness and productivity by giving them access to the knowledge, technology and skills that exist within academic institutions.

Audrey explained: "For over half the businesses in the scheme, a KTP will be their first experience of collaboration with a university. Of the businesses who participate, 94% would recommend the scheme to others."

The CEBD works closely with local councils, Chambers of Commerce, the South East England Development Agency and Business Link Kent and it has signed Memoranda of Understanding with both Canterbury City Council and the Federation of Small Businesses (Kent & Medway). The University's Small Business Forum meets throughout the year and many events are co-hosted with other business organisations.

As well as supporting businesses, the University ensures it provides its students with an excellent grounding in business, too. The Faculty of Business and Management has expertise across a wide range of business related subjects, including: marketing, retail, accounting, advertising, human resource management and entrepreneurship. It offers undergraduate and postgraduate (Masters and Diploma) programmes, many of which are developed for and delivered to specific business sectors.

Andy Perkins, Acting Head of the Business School, said: "The Business School has a large public sector management development portfolio, which offers programmes to the police, local government and the fire service. In addition, the Centre for Leadership and Management Development provides high quality consultancy services in the areas of leadership, management and organisational development."

See www.canterbury.ac.uk/business for more information on support at the University for the business community.



School pupils try out techniques used by Occupational Therapists to understand how visual impairment can make everyday tasks difficult

Drive to encourage young people into the professions

Sponsored by the Department for Innovation, Universities and Skills (DIUS), the University launched the Gateways to the Professions project in September as part of a Government drive to encourage more young people to consider a career in education, policing or the health care sector.

The pilot scheme was the first of its kind in the UK. Five partner schools took part in the pilot and University staff worked with head teachers to make the links between school, university and employment as meaningful as possible.

Director of Regional Academic Development, Elizabeth Hoult, who oversaw the project, said: "The aim of Gateways to the Professions is to give young people an insight into the education of public service professionals. The project also gives them a taste of university life to help improve their prospects for progression into higher education and beyond it into the professions. As the largest centre of higher education in Kent for the public services, Canterbury Christ Church is the ideal venue for a project such as this."

"Gateways to the Professions gives pupils the opportunity to choose to specialise in education, health or policing," Elizabeth continued. "It particularly appeals to those young people who were not considering higher education as an option or who are

interested in pursuing a more vocational qualification on completion of their A-levels or further education study."

The programme takes one year and students study it alongside their sixth form studies. It involves a total of 15 hours of learning sessions at the University and 35 hours of additional study.

The pilot was completed successfully in March and the project team was invited to the DIUS to present the results. The project will now be part of the University's practice from the next academic year.

More than 100 school pupils have taken part in the project already and, on completion, they received a 'Preparation for Careers in the Public Services Award' at a special ceremony at the University. They also received an additional ten higher education points to put on their UCAS forms.

Jade Greenham, 18, from St George's School, Broadstairs, specialised in health. She said: "I am very interested

in pursuing a career in nursing and midwifery because I want to devote my life to caring for others. I have learned a lot on this scheme and I really enjoyed it."

Elizabeth added: "I was so impressed by the level of commitment and enthusiasm that these young people demonstrated for taking on careers that will support their communities. They care passionately about injustice, and inequality and they want to make a difference. They have been a delight to work with and they are a credit to their schools."

In her role as Director of Regional Academic Development, Elizabeth is responsible for working with a wide range of institutions and organisations across Kent to explore how the University can best serve the Kent community and involve more people in higher education. She has developed relationships with a significant number of partners including local schools; further education colleges; Kent Police; and NHS Trusts.

feature



Making breastfeeding the most natural thing for all mothers

From the beginning of time, breastfeeding has been the most natural thing for mothers to do. However, some mothers find that it doesn't come naturally to them and they often face difficulties which may put them off breastfeeding altogether. Dr Suzanne Colson, Senior Midwifery Lecturer, has recently published her research into breastfeeding. Her findings should not only help mothers who find breastfeeding a challenge, but also make the whole experience much easier for mothers.

The research, 'The Mechanisms of Biological Nurturing', was based on 40 healthy mothers and their healthy full-term babies, all of whom were breastfeeding at six weeks, as well as 14 bottle-feeding mothers and babies. Dr Colson found that mothers who breastfed their infants in a laid-back position (as opposed to sitting upright or lying on their side) had the greatest success.

Dr Colson said: "Laid back breastfeeding opens the mother's body, increasing the amount of body space available to the baby. Laid back breastfeeding uses gravity positively and appeared to be central to the baby feeding in tummy positions, like some other mammals, rather than the traditional dorsal positions where pressure along the baby's back is required to hold the baby in place."

"I wanted to look at whether something called 'biological nurturing', where babies are placed lying on top of the mother, for example, while sleeping, triggers some primitive reflexes seen in

many other mammals which encourage feeding," she added. "While further research needs to be done in this area, this study does challenge the current best practice advice which suggests that the 'only correct way' to breastfeed is for mothers either to sit in a bolt upright position with their backs at right angles to their laps, or lying on their side."

Mother, Beth Svaroska, benefited from Dr Colson's findings with her baby, Abigail. Beth said: "As a new mum I understood that breastfeeding was the optimal way to mother my baby. However, it was demoralising once I sat with my baby in my arms trying to latch her on as we couldn't seem to do what looked so easy in the pictures. It was only when I met a breastfeeding counsellor who had attended one of Dr Colson's Biological Nurturing workshops that a solution emerged. By adopting a relaxed, reclined position and letting Abi use her own natural instincts to feed, breastfeeding started to become the tender and natural experience I had hoped for. It was awesome to support Abi as she fed herself."

Dr Colson's research was regarded as so significant that she was presented with the prestigious Akinsanya Award for Innovation in Doctoral Studies in Nursing by the Royal College of Nursing last year.

General Secretary of the Royal College of Nursing, Dr Peter Carter, said: "For many new mothers breastfeeding can be difficult and challenging.

Not being able to do something which is supposed to be as simple and as natural as feeding their own child can leave them feeling disappointed and let down. By challenging conventional breastfeeding positions, this research could go a long way to helping those mothers who are experiencing difficulties feeding their infants by suggesting other easy to adopt positions."



Dr Suzanne Colson, who was presented with an award from the Royal College of Nursing for her research into breastfeeding

Events on a world wide stage

Ben Hillson, Canterbury Christ Church alumnus, is the co-founder and Director of Aspect Ltd, a live events and communications company. Here he tells us of his journey since graduation to becoming the owner of one of the top 10 events companies in the UK.

"I completed a Radio, Film and Television degree with Education in 1984 at Christ Church College, as it was then. I was a mature student, having spent a couple of years working as a photographer's assistant after leaving school. After sending out loads of applications, I joined an events company in Fulham. I started on the cutting room floor and worked my way up to producing my own events and conferences. Because of my background in video at Christ Church, I was asked to set up a video company for them. I was responsible for producing videos for staff communications with presenters such as Michael Parkinson, John Humphrys and Martin Lewis, directing and editing the programmes myself.

I also produced events and in 1987 we built the largest marquee in the country for Bulmers in Hereford for their centenary. We also produced the Queen's visit to Bulmers, which involved organising scaffolding for the press, crowd barriers and making a video of it. After four years, I moved to Maritz, the world's largest events company. I worked exclusively for Esso all around the world for the following two years and launched their new Conran designed petrol station forecourt and shop.

I was then head-hunted by a smaller agency in Oxford and became responsible for some large accounts, including BA, Sun Alliance and Kwik Fit. The company unfortunately folded in 1991 with quite a few debts including my wages and bonuses. This was in the period of

negative equity properties, of which mine was one! My wife had also been made redundant a few weeks earlier and so we found ourselves completely broke and out of work. It was a pretty bleak time in my life and I was on the verge of moving to Australia. But my reputation went before me and the telephone started to ring with agencies seeking to employ me on a freelance basis. In 1993, I was head-hunted by a Las Vegas production company to be responsible for their European events. I launched java script – the biggest event in the world – in 1997 from my office which was above my garage! It was a \$27m project, which was enormous. We took the event all over the world on a 25-venue roadshow. The Las Vegas company wanted to buy me out but I happened to meet up with an old friend and we decided to join forces and set up our own company.

So, in October 1997, Aspect Ltd was born - still operating from my garage! However, when the staff grew to 14 a year later, my wife told me we had to vacate the garage, so we found offices in Finchley, North London.

Aspect is now a £7.5m business and was voted sixth in the top 10 best UK events companies this year (we have been first a couple of times though). We employ 23 permanent staff and 50 contractors/specialists on a part-time basis around the world. In the last 12 months, we operated in 25 different countries, had audiences of 50,000 and produced 200 events and 50

videos/print works. Our core values still remain true – that we are the employer of choice for our industry, are loved by both suppliers and clients and impress by our attention to detail and creativity.

We are now moving more into communications – people want fewer live events because of the worries of sustainability, costs, terrorism and their carbon footprint. As well as organising their events, we produce e-magazines, e-television, pod casts, websites, DVDs and print for companies such as American Express, Siemens, BP, Vodafone and BT, applying and tailoring their content to a variety of different media. We always listen to what people want and try to produce this for them. That is the part of the job I now enjoy most – getting the brief from the client, brainstorming with them to get the messaging exactly right and making sure it isn't lost in the event.

As a company we really want to put something back, so we have graduate placement and trainee producer recruitment schemes.

I can honestly say that the grounding I got at Christ Church has helped me with every aspect of my career, from making videos (on black and white reel to reel in those days), to the distance learning modules on the Education part of my degree. I love the variety that events management allows and being able to be involved in all areas, including travelling around the world. It has been a great time."



Ben Hillson at Aspect's award winning stand for Balfour Beatty at the Think Exhibition at Excel in London

1991

Claire Lowe (nee Norman)

Education with English



I was in Thorne Hall in my first year and, after graduating, began teaching in Hampshire in 1991. I began my MA (ED) with the Open

University in 1994 and completed it in 1997. I moved to Saudi Arabia in 1996 to work in the British School in Riyadh for two years. In between having two children, Molly and Tom, I have been a Headteacher at a village primary school in the New Forest and have just been appointed as Headteacher to a large federation of schools with approximately 550 children, which I will start in September 2008. I can't believe it's 21 years since I started my undergraduate life. I am still learning about learning every day and I like to bring that to my schools so they, too, can become learning centred.

I am also a Fellow of the Higher Education Academy, a Fellow of the Chartered Institute of Educational Assessors, and an Executive Member of the British Universities Film and Video Council. I gained a PhD in Creative and Critical Writing (Screenwriting) from UEA in 2005. I have published widely and have a pilot comedy sketch in production at the moment.

1998

Edward De Souza

Music and Applied Social Science



The year following my graduation, I worked as a Students' Union Sabbatical Officer. I then took a MMus in Music (Composition) on a part-time basis while working part-time at the Marlowe Theatre, Canterbury. After graduating in 2001, I joined Channel Theatre Trust (a theatre production company based in Margate) as

Administrator, progressing to the position of General Manager in 2004. In 2003, I was also appointed to the role of Duty Manager at the Marlowe Theatre, responsible for management of the building during performances.

After 13 years of living, working and studying in Canterbury, I will be moving to Brighton in 2008 to begin work for the Arts Council England South East as Finance and Business Analysis Officer.

1996

Coral June Smith (nee Naylor)

Nursing (Child Branch)



I continue to work in the paediatric intensive care unit at the Birmingham Children's Hospital where I went when I first qualified.

I am currently a Clinical Band 6 'clinical skills facilitator', which means I mentor new starters. I am also a research nurse working for the University of Nottingham at Derby for one day a week and am looking into the palatability of children's medicines.

I married my long term partner, Glyn, in 2006 in Finland.

1992

Freddie Gaffney

English Literature with Radio Film and Television and Media Production

Since graduating, I have had a long career in both education and film/TV production as cinematographer, production manager, and screenwriter. I am currently Acting Deputy Head of Faculty at Ravensbourne College of Design and Communication.

Mark Hanrahan

American Studies



Since graduating, I have immersed myself in the world of print media. I am the Sales Director of Future Publishing's

Video Games division, which includes 12 magazines and their online network of websites, which have a combined monthly reach of approximately 10 million readers and users each month.

■■■ I was, until very recently, the Commercial Director of the world's largest football magazine publisher, Haymarket Media Group. This involved devising, executing and managing complex marketing and communications projects for a host of the biggest sponsors and sports manufacturer brands in football. The job frequently took me all over the world to some of the most breathtaking locations – I have been very lucky!

Phil Gallagher

Radio, Film and Television with English



After graduating, I secured a work experience position at Walt Disney Television, where I became a Runner on their daily live show. What started as a two week placement, ended up being a seven year stay! I moved into Researcher and Assistant Producer jobs at the Disney Channel and eventually became a writer, producer and even a puppeteer!

I am now working freelance in TV and combine work on both sides of the camera. In the last few years, I have worked for CBBC and CBeebies as a writer, director and performer. I am now working as a writer and performer on a new series of Mister Maker for CBeebies – an arts and crafts show for pre-schoolers which teaches and entertains in fun and imaginative ways.

1999

Baz Hodson

Radio Film and Television with Marketing



While on work experience at the BBC, prior to my finals, I met an old secondary school friend who knew someone in the TV business. The company, Formula One Management, were expanding at the time and I managed to line up a job for the month following my graduation.

This was the start of the pathway that has led me to what is nearly a ten year career in the TV sport industry. Incurring a redundancy along the way, I now freelance in a range of production disciplines and areas working for organisations such as SKY Sports, BBC, Ladbrokes, Technicolor and various independent production companies.

Mark North

English with IT



Although it took me a while to buckle down and study I managed to get on track with a little help from some of the teaching staff. I started work in Leicester as an IT administrator and slowly developed my skills into other areas. Now, at 30, I am the Global IT manager for a software company in Hampton Court. My work takes me all over and has allowed me to visit most of the great cities in the world.

2002

Jason Eldridge

Health Science



Since graduating, I have worked for Kent Police within the Force Communication Centre. I started as a call-taker taking 999 and local station calls. Over the last five and a half years I have progressed through tactical radio (firearms/pursuits) to Traffic Radio. I went into coaching and also became an Acting Supervisor. I now teach new staff how to take 999 and public calls. I have received internal recognition for dealing with various incidents.

I have recently applied to become a Police Constable and am waiting to pass the fitness test before getting sworn in as a constable and starting a new career.

2006

Emma Stephenson

Business Information Management



In September 2006, only three months after graduating, I was offered a job with Kent County Council in their Adult Education Service as a District Operations Manager for Shepway. The role has been challenging and rewarding. Since my appointment, I have settled in to line manage a team of ten customer service staff, managed the operations of two main Adult Education Centres and project managed the move of one of these centres into Tontine Street in Folkestone with the Creative Foundation.

If you would like to get in touch with one of your fellow former students featured in class notes, please contact alumni@canterbury.ac.uk and we will forward your contact details to them.

If you would like to feature in the next issue of the Link magazine, please send us a brief summary of your recent activities and a photograph. Use the form enclosed with this magazine or email us: alumni@canterbury.ac.uk.

bulletin board 2008 who's doing what and where?

Look out for people from your cohort and don't forget to tell us what you are doing now.

1968

Denise Brading (nee Etcell) - Primary Education
I met my husband at Christ Church and we married and lived in Cambridge where I taught in four different schools until 2007, when I retired. Just getting used to all the spare time!

1970

Catherine Adds - BEd with Geography
I taught in primary schools in Kent and Essex for 35 years before retiring. Would love to get in touch with the rest of my cohort.

1971

Eileen Ord (nee Bragg) - CertEd with Art
I retired in 2005 after 30 years of teaching. I am now a Tour Escort on a cruise line accompanying my fiancé who is an officer on board. My old teaching skills come in useful counting heads and I get to see the world!

1972

Nick Gunne - CertEd
Married Anne Winter, an alumna from 1969, and retired in 2005 after 35 years teaching in Rochester and Walmer.

1976

Liz Martin - CertEd
I am currently Project Manager for the Family Welfare Association in Great Yarmouth. I am also a school counsellor, having completed a degree in counselling.

1982

Eileen Mount - English with History
After 23 years teaching in Kent, I took another degree at the University of Kent. I also teach English as a foreign language and will be adding a Creative Writing degree to my list.

1983

Michael Asquith - PGCE with Religious Education and Physical Science
I am now the Assistant Director of Education for the Diocese of Leicester. I became ordained in 1994 and have been in my present post since 2006.

Neal Hyett - Geography with History

I am a Trade Manager for a US timber company, working both here and in the United States. I am also a qualified RFU referee and still single!

1984

Janet McBride - Radio, Film and Television with Education
After a year as a Library Assistant at the University, I became a TV Producer. I have started a fun website for the cohort 1980-87, www.c4friends.co.uk – do visit if you are of that era.

1990

Sue Jones (nee O'Brien) - Education with Maths
I am now a Senior Lecturer at Sheffield Hallam University.

1991

Nicky Winder - PGCE Secondary Education
I am a teacher and writer. My book, *The Xmas Files*, which took me 12 years to write, has just been published.

1992

Steven Beckwith - Business Studies with Tourism
I am married with a little boy and I now run the northern office for Yahoo!

1993

Stephanie Shepherd - Occupational Therapy
I am working in Worthing and also at a special school in Cranleigh as a Paediatric Occupational Therapist.

1995

John Cattermole - Nursing Studies
I was a Staff Nurse at Broadmoor High Secure Hospital while I was studying and completed 31 years of nursing there in 2006. I am now an independent Training Consultant, mainly in mental health.

1996

Andy Garland - Radio, Film and Television
After five years in management, I am back on the radio at BBC Radio Kent five days a week.

1997

Timothy Hamilton - Music
I have performed in the critically acclaimed 'Death in Venice' at Snape and recently sung with the Britten Festival Chorus in Bregenz, Austria.

Jennifer Heathfield-Lee - English Literature and American Studies

I am now the Vice-President Sales, Asia-Pacific for HSBC bank.

1998

Michelle Das - Primary Education with Art
I have recently had two years out of teaching to travel and teach computing on a ship. I am now teaching at a junior school in Essex.

1999

Charlotte Cook (nee Clements) - English with Music
Since graduating, I have married and have a five year old son. I work for Thames Valley Police in the Control Room dealing with emergency calls and managing incident resources for officers.

Claire Kitchen - BA and MA in Music

I spent two years recruiting musicians for the army but have just started a three year Bandmaster course, which incorporates a BMus degree, at the Royal Military School of Music.

Lorna Shelley - English Literature

I am very near completing my PhD thesis about late nineteenth century magazines and female journalists. I did my MA at Lancaster and am an Associate Lecturer in English Literature at Manchester Metropolitan University.

John Shepherd - Sport Science with Business Studies

I am currently a self-employed Tennis Coach and have recently moved back to Canterbury.

2000

Claudette Hope - PGCE Post-Compulsory Education
After working in a bank and a special needs school, I joined Thanet College teaching basic maths and English as a Lecturer in Essential Skills.

2001

Nicola Gale - History with American Studies
I started working for the Prison Service in Exeter in 2004 where I gained an interest in prison education and embarked on a PGCE in Post Compulsory Education.

Sarina (nee Patel) and William Morris - Radio, Film and Television with Art and Sport Science with Business Studies

We met in our second year and married eight years later. Will is now a Trainee Accountant and I am a Direct Marketing E-Commerce Advisor.

Emma Russell - Film with American Studies

I am now a VT Editor on Sky News.

2002

Stuart Barrow - Occupational Therapy
I am currently studying part-time for an MA in Health Care Law and Ethics at Swansea University, as well as working as an Occupational Therapist.

Tim Fairchild - Health Science

I am currently a Health Advisor and Regional Training Facilitator for BUPA Wellness at Spire Gatwick Park Hospital.

Rebecca Horrobin (nee Pritchard) - PGCE Secondary Science with Biology

I spent four years teaching at Uppingham School in Rutland. I recently married and have taken a part-time post in a small independent school in Northamptonshire.

Robert Rose - Geography

I am now Global Grants Project Officer at Medway Council, which is an EU funded project. I am also learning Russian and have started a Community Interest Company, supporting voluntary and community groups.

2003

Danny Flecknoe - Nursing Studies
I worked for two years in A&E at Haywards Heath before joining the Raleigh International Expedition to Borneo as a Medic. After travelling through SE Asia, I became Senior Staff Nurse at Ealing A&E. I hope to join *Medicins Sans Frontiers* next year.

Neil Stevens - PGCE Primary Education

I am now a Performance Poet and travel the country performing to audiences, mainly in primary schools. I published a book last year.

Tim Wilshire - PGCE

I am now Head of Law at North West Kent College, specialising in Ilex. I still live in Canterbury with my wife, children and dogs.

2005

Tony Manning - Biosciences

I am now a Formulation Scientist at Pfizer, Sandwich, in their Drug Safety Research and Development Department.

Judith O'Brien - PGCE 7-14

I have been teaching in Peterborough since 2006 and have just been appointed Co-ordinator of Literacy. I am looking forward to the challenges and responsibilities of the post.

Victoria Pearce - Popular Music and Technology

I am currently employed by the RNID, working with deaf adults with learning difficulties. They can feel vibrations and I want to add music therapy into their lives.

2006

Ed Mayo - PGCE Secondary Education with Music

I taught at Sittingbourne Community College after graduating then, in 2007, toured with Amy Winehouse. I am continuing with my music career.

Kingsley Osemwegie - PGCE 7-14 with Mathematics

I am presently taking the NQT Accreditation Programme, leading to an MA in Education back at Canterbury Christ Church.

2007

Sophia Channa - Fine Art

I have had an abstract painting selected for the Royal Academy Summer Exhibition 2008. It is an honour to have my work selected to hang next to famous works in the Royal Academy.

Alex Gascoigne - Media Production

I am a visual effects trainee and also work as a freelance Director, Cinematographer and Editor.

Henry Haynes - CertEd

I teach young people the art of Djing and production in South East London. They are mainly school exclusions and many have challenging behaviour, but have achieved basic City & Guild qualifications partly through the help of this course.

Natalie Hill - English with Radio, Film and Television

I am currently taking a gap year before completing my MA in Romantic and Victorian Literature at Lancaster University.

People overseas

1967

Shirley (nee Bezant) and Paul Edwards - Art and Geography

As soon as we left college we got married in Tonbridge and Paul spent 35 years teaching in Herefordshire and Kent. We moved to the Pays de Loire in 2006 and cultivate 2.5 acres there.

1981

Jo Anne Pettersson (nee Bond) - Midwifery

I am now married and live in the Rockies in Canada. I would love to get in contact with anyone from Canterbury Christ Church who knew me at the time.

1987

Tim Price - Geography and Education

I took a one year contract in Malaysia soon after graduating. I then did some charity work in Kuala Lumpur and have ended up staying here. I have done a variety of jobs and now run my own company along with another ex-pat.

1988

Marco Abbate - Movement Studies with Art

I now teach in a school in central Quebec, Canada.

1989

Suzy Haron - BEEd TESL

I now live and teach in a secondary school in Kuala Lumpur.

1992

Monika Nagy - Media Production

After working for Financial Times Television I moved to Rouen, France working for the Business School. I now live and work in Thessaloniki in Greece.

1993

James Rennie - Science and Social Studies

I live in Melbourne, Australia and work in the water natural resource management industry.

1997

Kerri McKenzie - PGCE

I moved to Ontario, Canada and teach in a secondary school here.

2001

Ainesley Crabbe - Secondary History

I have recently moved to Taiwan where I am now a teacher.

Julie Haskell - Tourism with Business Studies

I am a departmental manager at the University of Auckland.

Andrew Thomas - Radio, Film and Television with Natural Science

I am a Television Editor with the BBC. I moved to New York recently and hope to cut a movie in the future.

2002

Michael Barker - Nursing Studies

I am living and working as a Registered Nurse in Vancouver, BC Canada.

2003

Zane Crosby - Early Childhood Studies with Social Science

I am now a building contractor in Thailand.

Stephen McNeill - Media Production

I am now a Lecturer of Media Studies at the third largest University in the State of Georgia, USA and am completing my PhD in Leuk, Switzerland.

2004

Stuart Duncan - Music

I am doing my Doctorate in Music Composition at Cornell University, New York on a full Scholarship. I also had the premiere of my chamber opera in March which had good local media coverage.

Sarah Montgomery - Sport and Exercise Science and a PGCE in Secondary PE

I was in charge of GCSE PE in a sports college in Essex for three years and am currently teaching overseas in a school in Doha, Qatar. I travel all over the world in my holidays!

Sulochini Pather - PhD Education

I am now Director of Inclusive Education for the National Department of Education in South Africa. I am leading and managing the implementation of the Inclusive Education Policy across the country.

Sarah Ridout - Primary Education

After teaching in a village primary school in Essex, I took up a two year placement with the VSO in Hosaina, Ethiopia. I am a Cluster Teacher Trainer, working to improve teaching and learning in the area.

Bob and Pam Staples - Education

We are now VSOs in Papua New Guinea (PNG). After seeing our youngest daughter through university, we took the boat to PNG and are enjoying the placement.

2005

Angelica Sutton - Media and Cultural Studies with English in International Communications

I am now living and working as an English Instructor for the Nova Group in Osaka, Japan.

2007

Sven David Casey - Business Administration

I am currently on a full scholarship at the University of Otago in New Zealand as a PhD student in the Management Department. I am also a tutor for International Management and Global Tourism and am engaged in two research projects for the Dunedin City Council.

Christine-Louise Casey - Business Administration

I am currently a Research Assistant at the University of Otago in New Zealand.

Kay Gallagher - PhD Language Studies

I moved to Abu Dhabi Women's College, United Arab Emirates and am now Head of Education Studies at the Emirates College for Advanced Education.

Pulane Elizabeth Motswapong - PhD in Theology and Religious Studies

I am now a Lecturer in Indian Religions at the University of Botswana.

If you would like to feature in the next edition of the Link magazine, please send us a brief summary of your recent activities and a photograph. Or if you would like to get in touch with one of your fellow former students featured see the form enclosed with this magazine or email: alumni@canterbury.ac.uk.

keeping in touch



Alumni Services

If you have studied at Canterbury Christ Church you automatically become one of our alumni, joining a social and professional network of around 50,000 former students.

The Link

This free alumni magazine is produced once a year and distributed to all former students of the University. The magazine aims to keep alumni in touch with Canterbury Christ Church and each other. Please contact us if you have a story to tell and would like to feature in the next edition of The Link.

E-Bulletin

The E-bulletin is produced termly and keeps you up-to-date with the latest news and events at the University. Please register your e-mail address with us to ensure you receive this (please see below for how to update your details).

Discounts

Our alumni are entitled to preferential discounts when using University facilities. Discounted rates are available for membership to the Library and to St George's Fitness Centre, Canterbury and there is a 20% discount on University conferencing and accommodation facilities. Please contact each venue for full details.

Reunions

We can help you get started with organising your own reunion at the University. Please contact us to discuss what you have in mind.

Finding old friends

If you have lost contact with former classmates, we will be more than happy to help you get in touch with lost friends.

Supporting current students

Alumni may like to consider supporting Canterbury Christ Church University and current students by contributing to scholarships, bursaries and awards and special projects. Please get in touch if you would like to discuss helping in this way.

Friends of Christ Church Students' Union

Friends of Christ Church Students' Union is a not-for-profit association, open to all, and run for and by its members. Managed by an elected committee, who are all unpaid volunteers, its objectives are to promote contact amongst current and former students, and to support the Students' Union with advice, networking and project funding.

For a subscription of just £20 each year, you will benefit from the following:

- invitations to annual networking and fundraising events
- a regular e-newsletter
- access to the Friends' website, with its online contacts database, news and features
- the right to come to the Friends' AGM

So please sign up as a new member today!

This is a way that all of us can give something back.

Visit www.friendsofccsu.org.uk for full details.

Update your details

To make sure you continue to receive the Link, or to register your email address to receive the E-bulletin, please help us keep our database up-to-date.

You can update your contact details in three easy ways:

- use the form which was enclosed with this magazine
- go to www.canterbury.ac.uk/alumni and use the online form
- contact us at the address or email below.

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