

Arches



In this issue: • Lord Walton • Angela Rippon OBE • Gertrude Bell
• Graduate entrepreneurship • Armstrong Building restoration
• The Courier • Charity Dance Marathon • The latest from campus

Excellence
with a Purpose

NU Advancement
Newcastle University
King's Gate
Newcastle upon Tyne
NE1 7RU
Telephone: + 44 (0) 191 208 7250
Fax: + 44 (0) 191 208 5905
E-mail: alumni-office@ncl.ac.uk
Website: www.ncl.ac.uk/alumni

Editor: David-John Mather

Contributors:

Steve Bowden; Dr Mark Jackson; Ian Johnson; Ivan Lazarov; Charlotte Pearson; Umbereen Rafiq; Melanie Reed; Laura Simpson; Anna Warren; Teri Wishart and Newcastle University Press Office.

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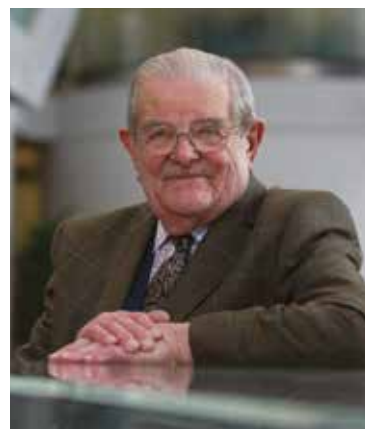
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Foreword

The past 12 months have given us much to celebrate: the quality and impact of our research was reaffirmed by REF 2014, the independent assessment of UK university research, which ranked us 16th in the UK for global research power. Highlights from the REF can be found on pages 28-30. We were placed joint 6th in the UK for student experience by our students, and our graduates remain among the most sought-after by employers in the UK and abroad.

As this edition of *Arches* goes to press, the Summer Congregations are drawing to a close. More than 4,300 graduates have celebrated their achievement with family and friends, and we have welcomed them as the newest members of the global family of Newcastle University alumni.

As graduates, you are the University's most important ambassadors. Since taking up my role as Pro-Vice-Chancellor for Engagement and Internationalisation last summer, I have had the opportunity to meet a number of you in person, both here in Newcastle – most recently during the very successful Convocation Weekend – and around the world. On every occasion, I have been gratified to discover the esteem and affection in which our graduates hold their University and by how much interest in, and support for, our activities exist among Newcastle's alumni.

We have also welcomed Teri Wishart to the University as our new Director of NU Advancement (see page 9). Under her leadership, there will be more opportunities than ever for you to engage with your University, so be sure to look out for communications from the Alumni Association.

I hope you will enjoy reading all the latest news from campus and finding out what your fellow graduates have been doing since their student days. Please keep in touch!

Professor Richard Davies
Pro-Vice-Chancellor, Engagement and Internationalisation



Newcastle University scoops top leadership and management awards

In June 2015, Newcastle University won two awards in the Times Higher Education Leadership and Management Awards 2015, including the top award. The awards, known as the THELMAs, celebrate outstanding

leadership and management in the UK's higher education institutions.

Newcastle University won the Outstanding Leadership and Management Team category. The judges praised the University's innovative programmes to develop leadership throughout the University and improve the diversity of those in senior positions. The University also won the Outstanding Procurement Team award for the Smartfusion initiative, which is cutting carbon emissions on campus.

Above: Dr John Hogan, Registrar, accepts the award from host and comedian Jack Whitehall.

News

The latest news and developments from campus



For more information about any of these features, and to keep up to date with the very latest news from Newcastle University, visit: www.ncl.ac.uk

MPs vote to change **IVF** law

Earlier this year, the UK became the first country to approve laws to allow the use of a groundbreaking IVF-based technique to reduce the risk of mitochondrial diseases.

Pioneered by scientists at Newcastle University, the procedure passed its final legislative obstacle after being approved by the House of Lords.

This follows approval by MPs and means the Human Fertilisation and Embryology Authority (HFEA) can now consider granting licences to use a new IVF-based technique.

Known as ‘mitochondrial donation’, the techniques were developed by scientists at the Wellcome Trust Centre for Mitochondrial Research at Newcastle University and involve removing faulty mitochondria inherited from the mother and replacing them with the healthy mitochondria of another woman. The nuclear DNA, containing 99.9 per cent of genetic material from the mother and father, remains unchanged.

Professor Doug Turnbull (pictured below), Professor of Neurology and a consultant at Newcastle Hospitals NHS Foundation Trust, Newcastle University, said: ‘This is wonderful news for patients and families affected by mitochondrial disease. Mitochondrial donation has undergone essential scientific, ethical and Parliamentary scrutiny. I am delighted that the House of Lords supported the regulations with such enthusiasm.’

Mitochondrial diseases are caused by inherited mutations in the DNA contained in mitochondria – tiny structures present in every cell that generate energy.

Every year, around one in 6,500 children are born with severe mitochondrial diseases, which can be devastating and particularly affect tissues that have high-energy demands – brain, muscle (including heart), liver and kidney, and can also lead to death in early infancy.

Professor Mary Herbert, Professor of Reproductive Biology, added: ‘The vote in the

House of Lords is very welcome news for us as researchers and for families affected by mtDNA diseases. Our task now is to continue our research aimed at maximising the success of future treatments and to gather the scientific evidence required for affected families to make informed decisions. We look forward to learning more about the HFEA’s requirements for granting a licence to offer the new techniques in clinical treatment.’

Professor Alison Murdoch, Head of Newcastle Fertility Centre at Life, part of the Newcastle Hospitals NHS Foundation Trust, commented: ‘For 10 years we have publicly discussed mitochondrial donation to explain how it could help patients whose families are blighted by the consequences of mitochondrial abnormalities. Whilst acknowledging the views of those who have a fundamental objection to our work, Parliament has determined that we should continue. We hope that opponents will accept its democratic decision.’



Prof Doug Turnbull, Professor of Neurology



People struggling to **'simply survive'** the bedroom tax, says new study

Communities in the UK are being pulled apart by the bedroom tax as people struggle to 'survive' its effects, says a leading academic at Newcastle University.

As part of welfare reform in the UK, the 'bedroom tax' cuts the levels of state benefit available to individuals who are considered to have a spare bedroom in their council or housing association home.

Dr Suzanne Moffatt (pictured above) says a recent study undermines Government claims that implementing the 'removal of the spare room subsidy' in April 2013 would not have a detrimental impact on people's health and well-being.

Published in the *Journal of Public Health*, the research shows that people affected by the bedroom tax are finding it impossible to manage ever-decreasing incomes, with many spiralling into debt and rent arrears in order to afford bare essentials.

As part of their research, Dr Moffatt's team also took each of the Government's suggestions for mitigating the effects of the bedroom tax: downsizing, taking in a lodger, getting a job or increasing working hours – and found them all nearly impossible to achieve.

'A few pounds literally made the difference between falling into debt or not,' says Dr Moffatt. 'Budgeting advice was offered by service providers, but this could not address the underlying problem that many residents simply had insufficient money to meet basic needs.'

'Monumental effort was put in by people to simply 'survive'. Their accounts powerfully demonstrate how loss of income as a result of the bedroom tax has a detrimental effect on mental health, with many saying it had left them feeling 'hopeless'.'

The research paper 'A qualitative study of the impact of the UK 'bedroom tax'' looked at the effects on health and well-being, social relationships and the wider community.

The in-depth qualitative study, believed to be the first of its kind, was commissioned by Newcastle City Council and supported by funding from Newcastle University's Institute for Social Renewal and the City Council.

Bionic hand 'sensitive' to touch and temperature

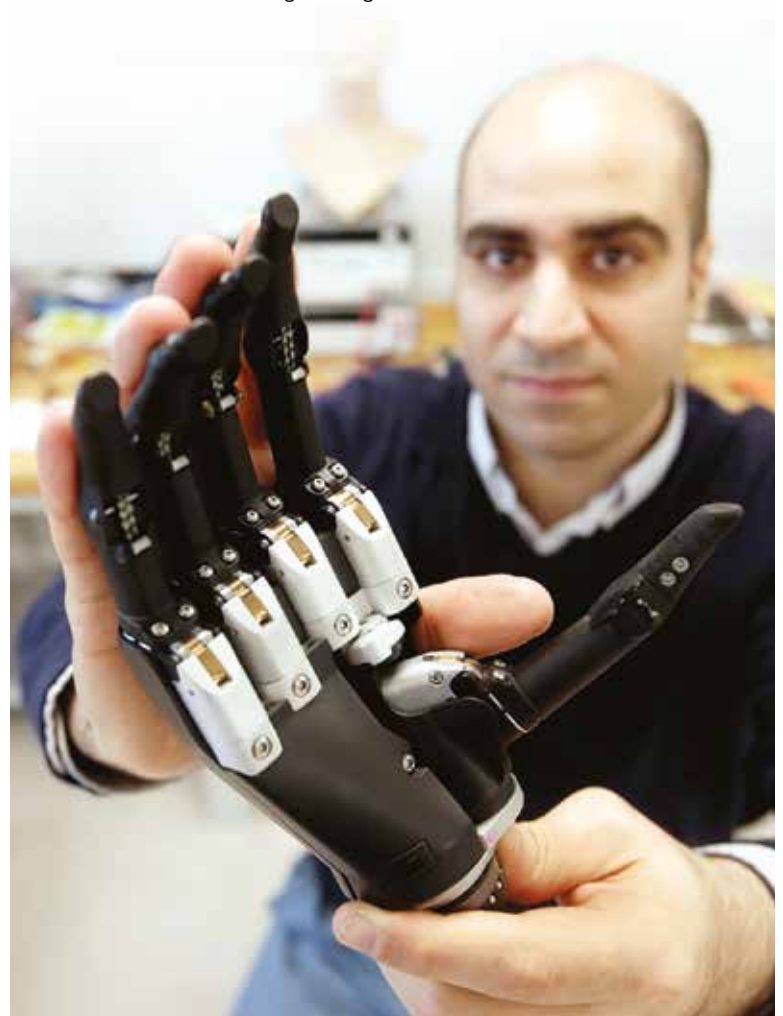
A bionic hand that can sense pressure and temperature and transmit the information back to the brain is the focus of a new £1.4 million UK research project.

Led by Newcastle University and involving experts from the Universities of Leeds, Essex, Keele, Southampton and Imperial College London, the aim is to develop novel electronic devices that connect to the forearm neural networks to allow two-way communications with the brain.

Reminiscent of Luke Skywalker's artificial hand, the electrodes in the bionic limb would wrap around the nerve endings in the arm. This would mean for the first time the hand could communicate directly with the brain, sending back real-time information about temperature, pressure and shear force.

The project is funded by the Engineering and Physical Sciences Research Council (EPSRC). Dr Kianoush Nazarpour and his team hope to develop an artificial limb that more closely mirrors the real thing.

'The UK leads the way in the design of prosthetic limbs, but until now one of the limiting factors has been the technology to allow the hand to communicate with the brain,' explains Dr Nazarpour, who is part of Newcastle University's Biomedical Engineering team in the School of Electrical and Electronic Engineering.



Fast forward to the past

Launched by partners Dominic Deane and Rachel Derbyshire, and supported by Rise Up (see page 33), Chronicles VR is bringing Virtual Reality (VR) into museums by allowing people to explore historic artefacts in their original context.

A Virtual Reality journey in history

In a scene that Chronicles VR recreated for the Great North Museum: Hancock, visitors can walk into a Greek villa and explore the virtual artefacts, the real versions of which can be found in the museum.

Dominic said: 'When you walk into a museum, the artefacts are described only by short text. That's really interesting, but I don't know anything about the object apart from where it was found and how old it is. But when you put a headset on to view the 3D models we create, you experience where that object was found and where it existed.'

'If you put the object in its original context, it becomes more interesting because you can see how it was used. You can make a connection.'

Rachel added: 'We wanted to introduce VR to the classical and culture sectors, because we think there's a massive potential in that. 3D headsets were designed with games in mind, which is fine, but it's not their only use. This technology can be used in so many other ways.'

'We think that VR technology is the future. We think this is how people can be educated and interact with things in a more meaningful way and in a more interesting way, and our goal is to show that this is possible.'



Pioneering project will help patients with non-alcoholic fatty liver disease

Patients with non-alcoholic fatty liver disease (NAFLD) will benefit from a major multimillion-euro European research project aimed at developing better diagnostic tests and treatments.

Bringing together scientists and clinicians from nine leading centres in Europe to further understand the disease, the €6 million Elucidating Pathways of Steatohepatitis (EPoS) programme has been funded by the first round of the European Union Horizon 2020 framework for health research and innovation.

This will be the largest ever study of its kind to connect research from across the continent in liver disease. It is hoped this will enable a greater understanding of the genetic and environmental factors linked to the development of this life-threatening illness.

NAFLD is caused by a build-up of fat in the liver cells. The condition is strongly linked to obesity and type 2 diabetes. It is estimated that 20 per cent to 25 per cent of Europe's population suffers from the condition, including up to 33 per cent of the UK's population. With so many at risk, a key challenge is identifying those people that are most likely to progress to liver cirrhosis or cancer so that healthcare can be focused on patients who need it most.

Dr Quentin Anstee (pictured above), from Newcastle University's Institute of Cellular Medicine and honorary consultant hepatologist at Newcastle Hospitals NHS Foundation Trust, is co-ordinating the pioneering four-year project.

He said: 'Non-alcoholic fatty liver disease is a condition that is going to be the most common cause for liver transplantation in many countries within a decade, overtaking alcohol-related liver disease and viral hepatitis.'

'It is a major public health challenge. This research will bring together experts from centres across Europe to explore the subtle differences between people that influence why some patients are more severely affected by the condition than others.'

A beacon of urban innovation

Planning permission has been granted for Newcastle University's £58 million Urban Sciences Building. The flagship development is the University's commitment to lead international research into digitally enabled urban sustainability.

Housing the University's world-class School of Computing Science, the development will be at the forefront of urban innovation. It will include a public performance space, a decision theatre for the visualisation and interpretation of urban data, an urban farm and a rooftop wild flower meadow.

Bringing together a range of research disciplines under the banner of digitally enabled urban sustainability, the aim is to create a living laboratory where everything from the infrastructure and environment to even the building itself are used to develop and design sustainable solutions for the future.

Teaching is also at the heart of the design, and the plans include a state-of-the-art lecture theatre and a flexible learning environment to encourage collaboration and engagement.

Newcastle University's Professor John Fitzgerald, a computer scientist and a lead member of the University's Science Central team, said: 'This is a significant step in the design and development of the Urban Sciences Building and gives us an opportunity to make the plans more widely available to staff, students, our key partners in business and industry and the public.'

Digitally enabled urban sustainability

Science Central is Newcastle's £250 million flagship project bringing together academia, the public sector, communities, business and industry to create a global centre for urban innovation in the heart of the city.

Originally the Elswick Colliery, then later the production centre for Newcastle Brown Ale, the 24-acre site has been Newcastle's industrial heart for 200 years. Now the site is being transformed into an exemplar of urban sustainability, a 'living laboratory' where innovative urban technologies will be trialled.

Led by Newcastle University and Newcastle City Council through the Science City partnership, the development will include a low-carbon energy centre and a unique £2 million grid-connected energy storage test bed and smart grid network that will allow the development of new technologies for maximising efficiency, availability and sustainability of energy across the UK power grid.

The University's Urban Sciences Building will be home to around 1,500 staff and students and will also house:

- a unique Cyber-Physical Laboratory, dedicated to understanding the complex interaction between technology and society and reducing our vulnerability to cyber-attack and software failure
- an Urban Observatory and Decision Theatre, allowing real-time data from the city to be analysed and explored so we can improve our understanding of the interaction between the city's energy, water, transport, waste and digital control systems
- the EPSRC Centre for Doctoral Training in Cloud Computing for Big Data, training a new generation of experts who will extract useful information from the vast amounts of data now being collected from sensors, people and computer applications
- the EPSRC Centre for Doctoral Training in Digital Civics, to explore how digital technologies can be used to promote public participation in the design and delivery of local services like education, public health and city planning

Work is due to begin on the Urban Sciences Building in late 2015 with a planned completion date of September 2017.



You can take a virtual tour of the proposed interior of the building at:

www.ncl.ac.uk/sciencecentral/urban



School in the Cloud opens in West Bengal

When Professor Sugata Mitra won the 2013 TED Prize, his wish was to design the future of learning by building a School in the Cloud.

He called on TED and its extended community to help create 'a learning lab in India where children can embark on intellectual adventures by engaging and connecting with information and mentoring online'.

Less than two years later, this extraordinary vision has been realised with the opening of the final and flagship learning lab – Area Zero – in Gocharan, West Bengal, India (about 40km from Kolkata). With Area Zero, Professor Mitra is providing an epicentre to further test, evolve and share his method of Self-Organised Learning.

Area Zero will accommodate up to 48 children at any one time. It is the largest Self-Organised Learning Environment (SOLE), and was created specifically for optimised learning in which children are prompted to teach themselves.

'I am incredibly excited to see this vision come to life,' says Professor Mitra. 'Area Zero is the first facility of its kind, and I'm proud to bring it home

to India. My objective for the flagship centre is for children to learn and engage – while also examining and documenting the advantage of Self-Organised Learning Environments. Here, children will be able to engage with teachers from around the world who can prompt them with big questions that encourage the exploration of a vast array of subjects.'

Designed to inspire

The solar-powered Area Zero is set in lush greenery and made almost entirely of glass, jutting out between two ponds with verandas on either side. Its hexagonal design represents two things: the chemical compound benzene, which consists of six carbon atoms joined in a ring, with one hydrogen atom attached to each of them; and the basis of honeycomb, which is an engineering marvel that uses the least amount of wax possible to provide the greatest amount of storage and the most stable structure.

'How bees create honeycomb is one of the best examples of a self-organised environment in nature,' says Professor Mitra. 'A single bee has no knowledge at all about how it works or comes together, but as a hive they can create

this phenomenal structure. And the benzene ring is the basis of all organic life – without it there would be no life at all. I hope this symbolism inspires limitless learning in the lab.'

The opening of Area Zero complements what Professor Mitra has already achieved with his 2013 TED Prize wish and his position as Professor of Educational Technology at Newcastle University, including:

- a digital School in the Cloud online platform, launched at TED2014
- six existing research labs – two in the UK and four in India
- a downloadable SOLE tool kit
- the making of a documentary about Professor Mitra's building of the School in the Cloud
- the launch of SOLE Central, an interdisciplinary, global hub at Newcastle University for research into Self-Organised Learning Environments, bringing together researchers, practitioners, policymakers and entrepreneurs from across the globe



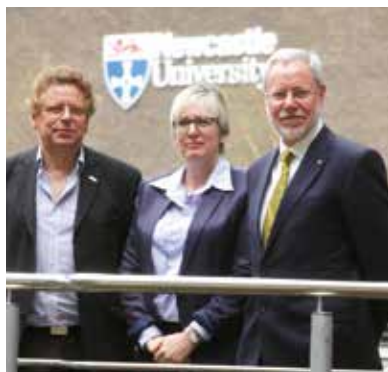
Successful joint bid for the Food and Environment Research Agency

Defra has announced £14.5 million of new investment in the Food and Environment Research Agency through a joint venture with Capita and Newcastle University.

Capita plc ('Capita') has been selected, following a competitive procurement process, as the preferred bidder to form a joint venture with the Department for Environment, Food and Rural Affairs (Defra) to operate the Food and Environment Research Agency (Fera) in York.

And as part of the proposal, the company has named Newcastle University as their strategic science partner to run the research part of the new organisation.

Capita will make an initial investment of £20 million for a 75 per cent stake in the joint venture, with further investment, in cash, in kind and dividends, during the following five years.



(From left to right) Professor Rob Edwards, Head of the School of Agriculture, Food and Rural Development, Hilary Aldridge, Fera CEO, and Vice-Chancellor Professor Chris Brink.

The joint venture will create 50 new science jobs in York and, in partnership with Newcastle University, an institute that will bring together around 40 researchers.

Professor Rob Edwards, Head of the School of Agriculture, Food and Rural Development at Newcastle University, said: 'This is an exciting new role for the University and we are delighted to be working with Capita on this collaboration.'

'The bid includes our plan for an institute, led by Newcastle University but drawing on the expertise of the existing scientific team at Fera, our academic colleagues from universities both across the UK and internationally, as well as government and industrial partners.'

'This new collaboration would give us a real opportunity to drive forward innovation in areas such as food security and crop protection and help us to maximise the opportunities for our research to impact on agriculture and modern food security challenges.'

The proposed new £9 million Joint Research Institute would be led by Newcastle University and be core to enhancing UK science capability through collaborative work programmes and the development of a new generation of scientists.

The institute would also benefit from the unique facilities at the University's two research farms – Cockle Park and Nafferton – as well as its state-of-the-art food testing facilities linked to the Human Nutrition Research Centre.

The Wholegrain Truth

Experts at Newcastle University are calling for the introduction of guidelines around the amount of whole grains we should be eating after it was revealed almost one in five of us are not eating any at all.

The findings, published in the *British Journal of Nutrition*, show that over 80 per cent of people are not eating enough whole grains – equivalent to three slices of wholemeal bread per day – for them to have a beneficial effect on our health.

Higher wholegrain intake has been linked to lower body weight, BMI and cholesterol levels and there is strong evidence they reduce the risk of several chronic diseases such as cardiovascular disease, type 2 diabetes and some cancers.

Analysing data obtained through the National Diet and Nutrition Survey 2008–11, the Newcastle University team showed that people eating higher levels of whole grain may also have a 'less stressed' immune system, with a lower white blood cell count and lower levels of C-reactive protein – or CRP – which is a marker of inflammation and 'of a body under stress'.

Call for new guidelines

Now the team – led by Professor Chris Seal and PhD student Kay Mann – is calling for the introduction of recommended daily amounts of whole grain similar to the US and Denmark.

'The first UK public advice around the benefits of whole grains was published in 2007,' explained Kay. 'This gave people advice about what to look for on food labels and recommended choosing 'brown' varieties, but what our research shows is that since then very little has changed.'

'The amount of whole grain we eat in the UK is still very low – an average of around 20g a day – compared with Denmark where the average daily intake is around 55g.'

'In the UK, we tend to eat a lot of white bread, rice, pasta and cereals and lots of processed foods, all of which have no – or very little – whole grain in them and also tend to be higher in fat and sugar. Also, because the refined foods are less filling we tend to eat more of them.'



Introducing **NU Advancement**

Whether you graduated recently or decades ago, you are always valued as a Newcastle University alumnus – and with a host of services and benefits available to you, it's certainly worth keeping in touch. Teri Wishart, Director of NU Advancement, outlines the importance we place on every Newcastle graduate and how you can play a part in the impact that your University is making around the world.

Newcastle University has a global network of 180,000 graduates located in more than 200 countries and independent states around the world, so wherever you find yourself, you can be sure you will never be far from a fellow Newcastle graduate. We recognise that even after graduation, our alumni make a significant contribution to the University's success, and, in turn, we remain committed to playing a role in the lives of all our graduates.

Every Newcastle graduate has access to a wide range of lifelong services. From generous discounts for postgraduate study, ongoing careers advice and mentoring opportunities to on-campus services, we help our graduates make the most of life after University. We also hold a range of events every year around the world, ranging from social occasions and reunions to careers guidance and professional networking opportunities (see page 42).

In order for Newcastle University to maintain


our position as a world-class civic university, we invite our graduates to help shape our future. In doing so, you can help ensure we continue to be a world-class research-intensive University and ensure that as a holder of a Newcastle University degree you remain part of a very special community.

We are always delighted to hear from our graduates looking to mentor or provide those vital career opportunities to current students and recent graduates. In addition to helping your fellow alumni, giving back in these ways also provides you with a unique opportunity to grow your own networks, gain new perspectives and contribute to the development of your profession.

Our graduates and friends are also integral to the University's development, supporting our innovative research, shaping the student experience and renovating our landmark buildings. The University has benefitted from a

rich history of philanthropy, beginning with Lord Armstrong in 1871 (see page 43). Contributions from our graduates are especially valued as an expression of interest in the University. The percentage of alumni who choose to give back, with time or financial donations, is a critical measure used by many sources of funding when assessing applications for support too.

Our donors, to whom we owe a debt of gratitude, help us to maintain and build our global reputation for academic excellence. Whatever you studied, and whenever you may have left us, we invite you to continue to support our mission by maintaining an involvement with your University. By lending your voice in support of our future plans, together we go from strength to strength.

 However you wish to get involved, through fundraising, volunteering or providing opportunities, we would be delighted to hear from you at: **advancement@ncl.ac.uk**.

Stay in touch!

To ensure you take advantage of all the benefits of being a Newcastle graduate, please take a moment to update your details with us via NUGrad www.ncl.ac.uk/alumni/nugrad.

By doing so, in the first instance we can keep you informed about our services, events and career development opportunities.

Teri Wishart joined Newcastle University in September 2014. Responsible for alumni engagement and strategic philanthropy, Teri works with a range of colleagues and influential volunteers to strengthen the alumni network and to develop philanthropic partnerships for University priorities.



I miss...

Many things about Newcastle University connect our alumni, whether it is their degree programmes, halls of residence or clubs and societies. But perhaps even more special are your memories. We asked *Arches* readers 'What do you miss about your time in Newcastle?'

Australian High Commissioner, His Excellency The Honourable Mr Alexander Downer (pictured above)
BA Politics and Economics 1974, Hon DCL 2001

'My best memories of Newcastle University revolve around the camaraderie of campus life. The University was a great place for meeting people, making friends and contesting friendly rivalries – both political and sporting. I played tennis and rugby, and enjoyed the after-match drinks as well as the games. I have a particularly clear memory of getting 'thumped' by the police on one occasion – not out on the town, just on the rugby field! Northumbria Police had a very good team. Study mattered too, so naturally I spent a lot of time in the library – just perhaps not always awake!'

In March 2015, Newcastle University was delighted to welcome Australian High Commissioner, His Excellency The Honourable Mr Alexander Downer back to campus. Mr Downer took in a tour of the campus and spoke at a special event for alumni, students and staff.



Dominic Purdue
BSc Plant Biology 1983, MPhil Civil Engineering 2001

'The camaraderie, the worry, the work and the fun. Everyone pulled together, it was probably our first experience of real teamwork.'



Antoinette Oglethorpe

BSc Physiological Sciences 1989

'My friends all studied different courses, but we met for a lunchtime stottie in the Airport Lounge of the Union!'



Harry Gower

BSc Zoology 1980, PGCE Graduate Certificate in Education 1981

'I miss spending time in the Dove Marine Lab at Cullercoats, often with foul or freezing cold weather outside!'



Diana Kopbayeva
MA Sociology 2011

'I miss long walks along the Quayside on warm summer evenings... The river, the sky and the bridges.'



Dr Penny Hawken
BSc Agriculture Animal Production Science 2001

'Being rugged up in winter and walking through the campus admiring the distinctive brickwork, turrets and spires against the vibrant, blue sky.'



Huong Doan
MSc Banking and Finance 2014

'I really miss the vibrant and multicultural societies. It's hard to find something like it when you enter the workforce.'



Dr Ebrahim Rowghani
PhD Biological Nutritional Sciences 1996

'I miss the beautiful campus buildings and my friends.'

I miss...



Tell us about your time at Newcastle University...



What do you miss about your time at Newcastle University? Help us collect and preserve all your memories by telling us at: www.ncl.ac.uk/alumni/memories

The Novocastrian Neurologist



Throughout Newcastle University's history, many distinguished academics have passed through its famous Arches. Former Dean of Medicine, Lord Walton of Detchant is one such individual. Synonymous with the University and in particular the Medical School, his remarkable career has seen him break boundaries in neurological research, inspire generations of students and hold offices at the highest level. Ahead of the 70th anniversary this year of receiving his first degree, David-John Mather chats to Lord John Walton of Detchant (MB BS 1945, MD 1952, DSc 1972, Hon DCL 1988) about his career and lifelong affiliation to Newcastle.

Born in 1922 in Rowlands Gill, a mining village on the River Derwent, the son of two schoolteachers and grandson of a miner, the young John had a scientific mind and his interest in medicine developed throughout his teenage years. 'I remember being impressed by our family GP,' he says. 'It was he who inspired me to study medicine.' He would go on to have a career spanning over seven decades, going from wartime medical student to one of the country's most eminent neurologists. Each chapter of his career could merit its own interview and today, at the age of 92, he remains active in the House of Lords.

Those early ambitions, however, were almost derailed by the onset of World War II. On turning 18, like many others his age, he was keen to get involved in Britain's war efforts. 'I had an interview with the RAF,' says Lord Walton. 'I was selected as a pilot/observer – at least until they discovered I was originally planning to attend medical school. Then I was told: "Sorry, the country needs pilots, but it needs doctors just as much".' He would thus commence his studies at King's College Newcastle, then part of Durham University, in 1941, qualifying from a shortened wartime course of four years and three months. For him and his classmates it was an extraordinary time. 'Before I even graduated I had worked for four months as a house officer (junior doctor) due to the shortage of qualified doctors,' he explains.

Medical career

Even though he experienced an intensive period of study, Lord Walton enjoyed his time at medical school. 'It was always a wonderful place with such great camaraderie,' he

remembers. 'The friendships I made in medical school have lasted my entire professional career. I have so many fond memories and the staff were really inspirational. There was some guilt as we weren't serving in the military though, but I trained and served as a Sergeant in the Senior Training Corps (part of the Home Guard) so it blunted the guilt a little bit.' After long days of studying, Lord Walton would spend a number of evenings on fire-watching duty as part of his service.

Lord Walton graduated with a first-class Honours degree in 1945, and started work at Newcastle's Royal Victoria Infirmary (RVI). He was called into the army in 1947, serving first as Embarkation Medical Officer in Glasgow and later Southampton. He would then become Second-in-Command of the Hospital Ship *Oxfordshire*. 'That ship was actually involved in the final evacuation of Palestine in 1948,' he says. Following completion of his military service, he would return to the RVI as Medical Registrar. It was while studying for his medical doctorate that he found himself inspired by three leading physicians: Professor Fred Nattrass, Professor – later Sir – James Spence and Dr Henry Miller. 'Professor Nattrass was a Professor of Medicine and Sir James was Professor of Paediatrics. It was through the influence of Nattrass that I ultimately decided to become a neurologist,' he says. Lord Walton would work alongside Professor Nattrass as a research assistant, the pair combining detailed clinical and genetic data, which led to the first major classification of muscular dystrophies.

Lord Walton became a consultant neurologist in 1958 and then Professor of Neurology at the University in 1968. In 1971 he was appointed

Dean of Medicine, a position he held for 10 years. In his autobiography *The Spice of Life*, he described it as the most enjoyable and fruitful decade of his professional career. During this time he became a Knight Bachelor. When news of his knighthood was announced in 1979, he remembers picking up a copy of the *Berwick Advertiser*, a local newspaper in Northumberland. 'At the time I had been elected as Captain of Bamburgh Golf Club. The paper's lead story actually read 'The Captain of Bamburgh Golf Club has been knighted',' he recalls, 'and that's when I became Sir John!'

In 1980 he was honoured again when the City of Newcastle upon Tyne, commemorating its 900th anniversary, made him an Honorary Freeman, along with Cardinal Basil Hume (whose father, Sir William, taught Lord Walton as a medical student) and Newcastle United legend Jackie Milburn. 'Cardinal Hume became a great friend,' says Lord Walton, 'We would often disagree on medical research, but we were both lifelong supporters of Newcastle United!'

In addition to these honours, Lord Walton would also hold a number of senior positions from the 1980s onwards. He was elected as President of the British Medical Association (BMA) from 1980 to 1982, President of the General Medical Council from 1982 to 1989 and President of the Royal Society of Medicine from 1984 to 1986. Throughout his career, he would also hold the positions of President of the Association of British Neurologists (1987–88) and President of the World Federation of Neurology (1989–97), among other titles. 'They used to call me 'Rent-a-President'!' he jokes.

Leaving the North East

In spite of his love for Newcastle and Northumberland, his responsibilities meant spending many nights away from home. 'One day my dear wife Betty turned to me and said: "Darling, I've just been through your diary and I wonder whether you realise that in the last year you've left me alone in this house on 169 nights!"' So, in 1983, when Lord Walton was approached by the University of Oxford to become Warden of Green College, both he and his wife had a big decision to make. 'I never intended to leave Newcastle. My wife wasn't keen to leave the North East either, but with me

having so many roles in London at least she knew I'd be home each night, so we went for it.'

Lord Walton would serve as Warden of Green College from 1983 to 1989. 'We had a happy time living in Oxford, but we kept our house in Detchant as our retreat,' he says. 'We eventually returned to the North East, where we happily spent three years together before Betty passed away; I would never have got to where I am without the wonderful support of my wife and family.' In 1989, during his tenure at Green College, Sir John became Lord John Walton of Detchant. The honour itself came as a surprise. 'At the time I was very critical of the government's policy on health, because of their reduced funding for the NHS,' says Lord Walton. 'I was even more critical of their funding for universities and research. So I was very surprised when I got a message from the then Prime Minister, Margaret Thatcher, telling me she was making me a Lord!'

His first speech in the House of Lords focused on the Human Fertilisation and Embryology Bill. 'It was a baptism of fire,' he says. 'I spoke at some length and afterwards nine different peers told me privately that they had changed their minds on the subject after listening to me, so that first debate established my reputation in the Lords.'

Lord Walton has now sat in the House of Lords for over a quarter of a century. 'It can be extremely challenging,' he admits, 'but it's absolutely fascinating and inspiring; I've enjoyed the role immensely. I've also chaired a Select Committee and an inquiry which led to the establishment of the National Institute for Health Research.' More recently, Lord Walton has been involved with the debate surrounding mitochondrial research and the work being led by Professor Doug Turnbull at Newcastle University.

There are so many subjects that could be covered in our chat, but it's clear that Lord Walton's research and roles have always been demanding. 'It's been an exceptionally busy and hectic life,' he agrees. 'But somehow I've always coped with the demands and pressures and I have managed a little time to play cricket and golf. The secret, I believe, is to be able to organise one's time very carefully. I'm significantly less active now though. I may stop speaking in the House of Lords soon – but equally I may have my arm twisted, as I so often do!'

As the interview draws to a close, Lord Walton reaffirms his passion for the North East of England. 'Newcastle is a great city and I'm very proud of it. I love going to the Sage Gateshead and Newcastle's Theatre Royal and I still hold a season ticket for Newcastle United too, as well as supporting Durham County Cricket Club.'

In 2014, in recognition of his pioneering research and career, Newcastle University created the John Walton Muscular Dystrophy Research Centre, which supports its world-leading research in the field. 'I'm thrilled by the fact that the major muscular dystrophy research unit here in Newcastle is known as the John Walton Centre. And of course, I'm also very proud of the University and the Medical School too. It's a centre of excellence for medical research in the UK. Its reputation is very well deserved.'

Formal interview over, and casual conversation turns to Lord Walton's 11 Honorary Doctorates. He remains as modest and anecdotal as ever: 'I keep telling them – I'm just a simple Geordie lad!'



London calling

The sights and sounds of one of the world's leading capital cities await the first students who will be arriving to study at the University's newest branch campus, Newcastle University London, in September 2015. This latest expansion of the University's activities complements our established and successful branch campuses in Malaysia and Singapore. Deputy Vice-Chancellor, Professor Tony Stevenson, explains the thinking behind the University's decision to open a London campus.

'Back in December 2013, the University's Executive Board asked me to conduct a feasibility study and come up with a business plan for a potential Newcastle University operation in London,' says Professor Stevenson. 'Building on our existing relationship with INTO University Partnerships (which has successfully established an international student centre now home to 800 students on Newcastle's campus), the idea was that the new campus would be a joint venture between the University and INTO for the delivery of Newcastle University degrees and pre-University programmes for international students. More than this, it would enable us to create a research hub in London, with connectivity to national and global stakeholders and audiences.'

Occupying a five-storey block on Middlesex Street in the heart of the City of London, within

walking distance of Liverpool Street railway station and with fashionable Spitalfields Market and its plethora of cafés, bars and restaurants on the doorstep, Newcastle University London has a great deal to offer. The London campus will have teaching and support facilities for 1,200 students, offering specific programmes aimed at international students as well as a variety of opportunities for Newcastle-based students to undertake projects in the capital. It will provide students and staff with increased links to government and national and international businesses based in London, as well as housing a new research hub and allowing the University to improve its programme of alumni and stakeholder events.

'We've come to London because it builds on our international activities, and because we want to position our research and teaching on a global stage,' says Professor Stevenson.

'We want to develop a global student community, and we want to add London life and culture to that. Critically, we want to involve international business, to benefit both students and our partner organisations.'

Plans for the London campus include guest lectures from business and industry experts, workplace-based assignments and work experience placements. The advantages for business partners include postgraduate research projects focused on investigating their business challenges, and fast-track graduate recruitment. There are also plans to develop CPD and business consultancy from the Middlesex Street headquarters, giving businesses access to the research capability of the University's academic staff.



Newcastle University London's first students will commence their studies in September, with an official opening ceremony planned for Autumn 2015. For further information visit: www.ncl.ac.uk/london



Professor Tony Stevenson is the University's Deputy Vice-Chancellor. He is responsible for the development of the University's capital, annual and five-year strategic plans.



Honouring Angela



Angela Rippon OBE is a renowned journalist, television presenter and household name, who has received many accolades throughout her career. Since 2009 she has been an ambassador for the Alzheimer's Society, campaigning to improve society's understanding of dementia and inclusivity and quality of life for people living with dementia. More recently, in 2014 she was awarded an Honorary Doctorate by Newcastle University for her advocacy and support of the University's research into ageing. David-John Mather chatted to Angela about her campaign work, her own family experiences and the importance of the University's research.

'One of the biggest challenges I have encountered has been in trying to diminish the stigma attached to dementia,' says Angela Rippon. 'For so long people have misunderstood the condition, and as a result there has been a real fear attached to it. When I first became an ambassador for the Alzheimer's Society, a journalist asked if I was embarrassed to talk about dementia in public. They completely misunderstood what it was and thought anyone discussing it in public must be embarrassed to do so.'

Angela was compelled to learn more about dementia after her mother, Edna, was diagnosed with the condition. 'I didn't have any knowledge of dementia at all,' she recalls. 'As my mother's condition developed, her character changed and we would have terrible arguments. But once she was diagnosed, it suddenly opened up a whole new world of understanding. For a lot of people who have no experience of dementia – including myself – it's a very sharp learning curve.'

When she learned of her mother's diagnosis, Angela's journalistic instincts took over. 'I discovered I knew absolutely nothing about it,' she says. 'Dementia is actually a physical illness which occurs when brain cells die off, but many people didn't understand what having dementia meant or what the illness involved. As a result, people with dementia were terribly misunderstood by society.'

Research at Newcastle University into early intervention for dementia, end-of-life care and assistive technologies is led by Professor Louise Robinson, Director of Newcastle University Institute for Ageing (NUIA). This research helped shape the Prime Minister's National Dementia Challenge in 2012. As part of this, Angela co-chairs the Dementia Friendly Communities Champion Group, which leads discussions on how to create communities that support people living with dementia.

'In the UK, around one in three of us is touched by dementia in some way, either because a member of the family or someone we know or work with has dementia or is connected to someone who does,' says Angela. 'That's a huge proportion of the population.'

Not only has Professor Robinson's research helped shape the UK government's policies, but it has also enabled NHS services to provide a more timely diagnosis and improve the quality of care for people living with dementia. Angela agrees that this early intervention is vital: 'Early intervention can help you live better with the condition,' she says. 'An early diagnosis gives you an opportunity to slow down the development of the disease, opening up the possibility of getting medical and social support.'

NUIA's research into the quality of care recognises the importance of the patients' voices too. 'It's absolutely critical,' says Angela. 'Everything we do at the Alzheimer's Society and the various committees I serve on involves people who are living with dementia. They're the experts; they know what it's like so they know what they need and what they want to achieve.'

'Support for carers is absolutely vital too,' she adds. 'If you're a carer who understands dementia, you're able to give your loved ones the kind of support that enables them to live well with the condition. Carers can become stressed, tired and anxious, so we always make sure we talk about people with dementia and their carers. You have to look after both and not just one of them.'

Today, with world-class academic research, changes within the medical profession and a shift in public attitudes, there is a more collective approach to the challenge of tackling dementia than ever before.

'There's a quote I often use, which is "Dementia is one of the greatest medical and societal challenges of the twenty-first century and it's a challenge that requires a whole society response". It's that combined approach, from the medical profession, from academia, and the attitude from young people, which is making the difference. The whole approach to dementia is much more joined up,' explains Angela. 'Things are getting better, but we still have so much to do.'

Despite recent progress, dementia continues to pose a significant challenge to healthcare systems and communities. Moving forward, NUIA is pursuing the biological, medical and psychosocial determinants of ageing to support healthy lifestyles and active ageing. 'NUIA has been doing some amazing work,' says Angela. 'The research they are doing on the impact dementia has on people living with it, society and carers, is making such a difference.'

Newcastle University Institute for Ageing is a response to the University's societal challenge of ageing and Angela is one of the Institute's most familiar advocates. The Institute is seeking new ways to maximise the extensive opportunities associated with human longevity, as well as the challenges arising from an ageing population.



For further information about Newcastle University Institute for Ageing, please visit: www.ncl.ac.uk/ageing



You can also read more about Professor Robinson's research at: www.ncl.ac.uk/impact/preventing-dementia

Queen of the Desert



Gertrude Bell (1868–1926) was a woman ahead of her time: a pioneering archaeologist, writer and servant of the state, she travelled extensively in the Middle East in the early 1900s and was instrumental in the establishment of Iraq following the fragmentation of the Ottoman Empire after the First World War. A major motion picture released in 2015 envisions one chapter in her life, but the real story behind Bell's legacy lives on in thousands of fascinating documents bequeathed to the University by her father, as Dr Mark Jackson, Lecturer in Archaeology, explains.

Queen of the Desert, directed by Werner Herzog, stars Nicole Kidman as Gertrude Bell and Damian Lewis as love-interest Charles Doughty-Wylie, with James Franco and Robert Pattinson also having main roles. The film deals mainly with a period of Bell's life before the end of the First World War, but in fact she is probably most famous for her role in Mesopotamia (Iraq) during the decade leading up to her death in 1926. Her unusual story began almost 150 years ago, in the North East of England.

Born on 14 July 1868 in Washington, a few miles south of Newcastle, Bell grew up in the seaside town of Redcar. She was the granddaughter of Sir Isaac Lowthian Bell, a wealthy industrialist who had made his fortune

pioneering the production of iron in the North East of England. Educated first at home and then in London, Gertrude read history at Oxford University, where she relished being surrounded by people involved in politics, history, languages and diplomacy.

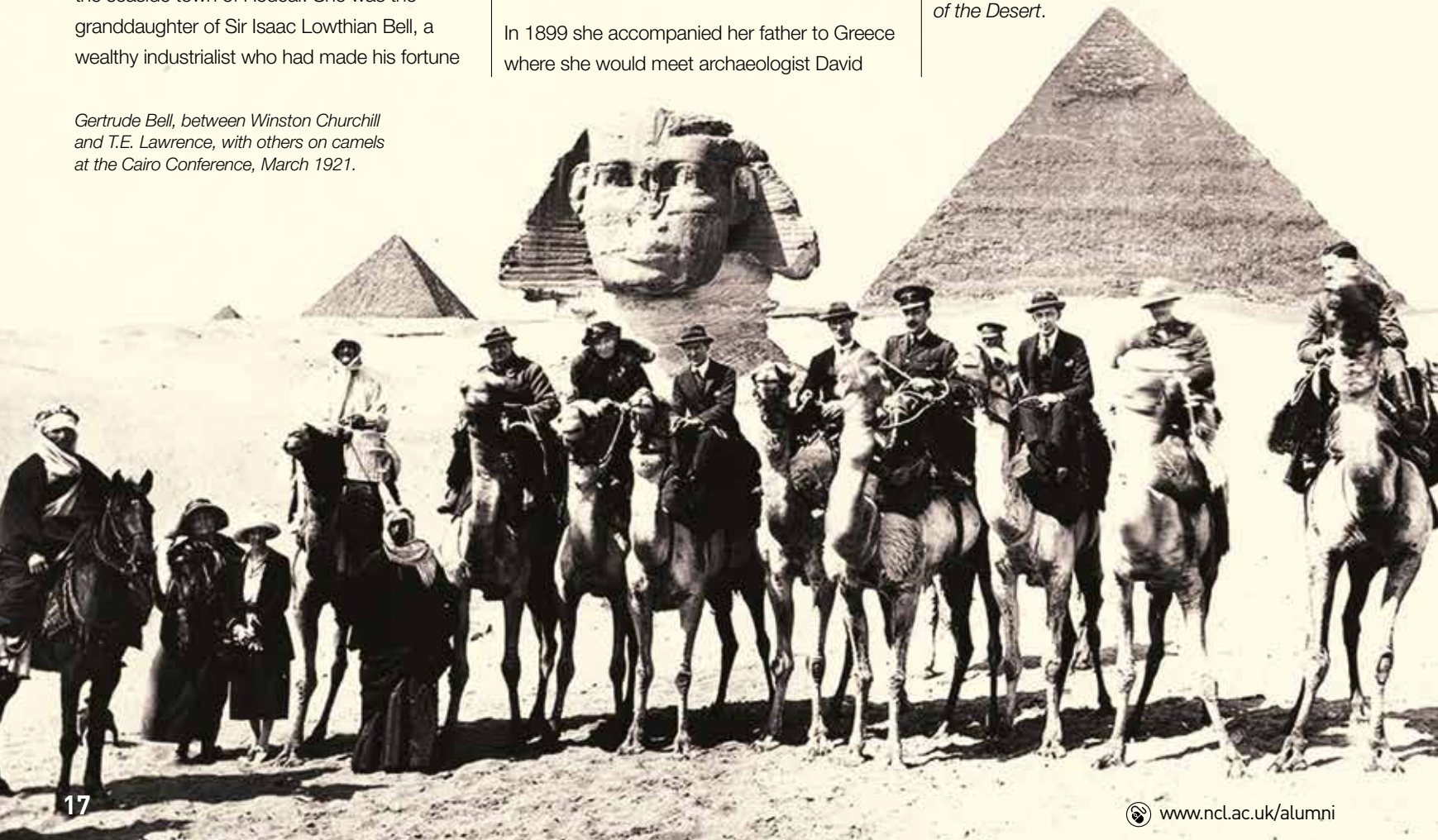
Life and exploration

Bell's first visit to the Middle East was as a graduate in 1892 when she went to Tehran to visit her uncle, Sir Frank Lascelles, Minister to Persia. Throughout her 20s and 30s, she travelled extensively in Europe and around the world.

In 1899 she accompanied her father to Greece where she would meet archaeologist David

George Hogarth, the brother of a friend from her time at Oxford, whom she would later work alongside. The following year, Bell spent time visiting ancient sites in the Levant (the western region of the Middle East), before making a second journey around the world between 1902 and 1903. Then, between 1905 and the outbreak of the First World War, she returned to travel extensively in the Ottoman Empire. While carrying out fieldwork in 1907 she met the British Military Consul, Charles Doughty-Wylie and his wife, at Konya, a city in the Central Anatolia region. Her affair with Doughty-Wylie a few years later is the focus of the film *Queen of the Desert*.

Gertrude Bell, between Winston Churchill and T.E. Lawrence, with others on camels at the Cairo Conference, March 1921.



Back home in the UK – and controversially – in 1908 Bell became Honorary Secretary of the UK's Women's National Anti-Suffrage League, a movement which opposed women being granted the vote in UK parliamentary elections. Away from her role as Secretary, Gertrude continued to spend much of her time travelling and came to know the topography, languages and people of Mesopotamia, Syria, and eastern Turkey, something very few other Westerners did at that time. She published narratives of her travels, *The Desert and the Sown* (1907) and *Amurath to Amurath* (1911). As well as multiple scholarly articles, in 1909 she wrote *The Thousand and One Churches*, a study of postclassical monuments which remains the standard work on early Byzantine architecture in Anatolia, and in 1914 *Palace and mosque at Ukhaidir*, a study of an important early Islamic site.

Doughty-Wylie was killed in 1915 during the Allied invasion of the Gallipoli Peninsula. Later that year, Bell was recruited by Hogarth to assist the war effort in Cairo alongside Lieutenant Colonel Thomas Edward (TE) Lawrence in what became the Arab Bureau. The Bureau was created to advise the British government on policy in the Middle East. Bell's knowledge of the country and its tribes made her ideally placed to be part of British Intelligence. Ultimately, the War would propel these three rather eccentric archaeologists – Bell, Lawrence and Hogarth – into a new sphere of influence.

After the war, Bell was sent by the Bureau to Basra in southern Mesopotamia to work for the Chief Political Officer; by 1917 she was based in Baghdad where she remained for much of



In January 2014, a touch of Hollywood glamour came to the University when Golden Globe-winning actor Damian Lewis visited the Robinson Library's archive, as part of his preparation to portray Doughty-Wylie. The Gertrude Bell Archive contains correspondence between Doughty-Wylie and Bell, which helped him prepare for the role.

the rest of her life. Future UK Prime Minister Winston Churchill would call on Bell in 1921 to attend a conference, seeking a way to grant independence to the area while ensuring the protection of British interests. The conference recommended the creation of the Kingdom of Iraq, with Bell arranging the coronation and implementation of King Faisal, third son of the Grand Sharif of Mecca.

Bell would ultimately serve in King Faisal's administration, but spent her final years labouring as Honorary Director of Antiquities. In March 1926, she established the first national museum in Baghdad, the Baghdad Antiquities Museum (now the National Museum of Iraq).

Sadly, in July of that year, Gertrude Bell died following a fatal overdose of sleeping pills a few days before her 58th birthday. She is buried in a British cemetery in Baghdad.

Legacy

After her death, Bell's father Sir Hugh Bell wrote to the Principal of Armstrong College to offer his daughter's oriental library, letters, diaries and photographs. These documents now represent an important part of Newcastle University's Special Collections.

For students and staff at Newcastle University, Bell's library and detailed diaries, letters and over 7,000 photographs provide a wealth of opportunity for research.

Every year thousands of people from across the world visit the University's online Gertrude Bell Archive. From politicians and diplomats, film-makers and journalists, schoolchildren and members of the public, everyone has the opportunity to follow her story through the words and images she left behind.

Newcastle University was recently a collaborator with the British Institute for the Study of Iraq (Gertrude Bell Memorial) and the British Academy for the Gertrude Bell and Iraq – A Life and Legacy conference hosted at the Royal Society and the British Academy. From January to May 2016, the University will host an exhibition about Gertrude Bell at the Great North Museum: Hancock.



You can visit the Gertrude Bell Archive online at: gertrudebell.ncl.ac.uk



You can also read more about the Robinson Library's Special Collections on page 31.

Gertrude Bell's camp, her servant Fattuh and men of the Zagarit tribe, at the Palace at Ukhaidir, Iraq, 1911.



Contributor



Dr Mark Jackson

(BA Archaeology 1995, MA Archaeology 1997, PhD Archaeology 2001)

is Lecturer in Archaeology and a Degree Programme

Director in the School of History, Classics and Archaeology. He first studied Gertrude Bell as an undergraduate at Newcastle and continues this research alongside his own fieldwork. He is now Manager of the University's Gertrude Bell Photographic Archive.

An oar deal for charity



A team of Newcastle University graduates will be taking a rowing trip like no other when they will push themselves and their boat to the limit rowing across the Atlantic Ocean continuously for 50 days. *Arches* found out about the challenge, which has been completed by fewer people than have travelled into space or conquered Everest.

Since its formation in 1963, Newcastle University Boat Club has competed in professional rowing competitions at all levels. Now, for the first time ever, former club members are taking on the Atlantic Rowing Race. Founded in 1997, the race, now known as the Talisker Whisky Atlantic Challenge, is a biannual event which sees teams rowing a distance of almost 3,000 miles from the Canary Islands to the West Indies.

The team comprises Liam Browning, James Timbs-Harrison, James Kendall and Stuart Markland. The team name, All Beans No Monkeys, harks back to their student days rowing for Newcastle and means to put the effort in, 'lay the beans down', and to make no mistakes 'no monkeys'. Taking shifts, the team will row for two hours and sleep for two hours for the full 50 days. Over eight weeks, the team will face blisters, sleep deprivation, salt rash – and one or two sharks!

There is little doubt among the team that it will be a gruelling challenge. 'We are training almost every day,' said Stuart. 'Our schedule includes Erg (rowing machine) sessions for over an hour at a time, various cardio tests such as running, cycling and cross training, and weight sessions to increase our overall body strength.' The training will continue for several months before the team depart for the Canary Islands.

The trip, which starts mid-December, has taken months of planning and came about at a festive get-together. 'James has always had an ambition to row an ocean,' said Stuart. 'He convinced us to join him on this incredible adventure, albeit over drinks at our annual Christmas reception! We're really excited though, it is a once-in-a-lifetime opportunity!'

Life on the boat

The team's specially designed rowing boat is made of fibreglass, offers two rowing positions and has a full marine grade electrical fit.

'Our boat measures 29ft x 6ft,' says Stuart. 'It's particularly small when you consider the shortest of us is actually 6ft – imagine trying to exercise 12 hours a day in an area smaller than your average living room!'

In between rowing, the team will need to maintain the boat and ensure their navigation is correct. They will also use their downtime to eat and have already calculated that they need to consume more than 10,000 calories per day.

The men don't just need to stay physically healthy, but mentally too. 'They say the biggest challenge out on the Atlantic will be against the mind,' explained Stuart. 'Mental fatigue is certainly going to be one of our biggest threats.'

'The only way we can prepare is to mimic the conditions we'll face and spend lots of time on the boat. Life on the boat will be interesting and we will certainly experience a range of emotions. Like the ocean waves, it will be up and down, but hopefully the highs will far outweigh the tough times!'

The team is using their challenge to raise funds for charity too. 'We're fundraising for the Cystic Fibrosis Trust,' said Stuart. 'I have a family member who has cystic fibrosis, so this is a great opportunity to raise awareness and raise money.'

'We're also fundraising for the RNLI (Royal National Lifeboat Institution), which saves lives at sea on a daily basis. We hope we don't need them during our training in the UK, but it's reassuring to know they are there.'

Looking ahead to more months of training, Stuart and the team remain focused and excited. 'We're all looking forward to the challenge and know it's something we'll never forget. Our motivation remains to raise funds for our two extremely worthy charities and the personal challenge that the race poses.'



James Timbs-Harrison
(MEng Mechanical and Mathematical Engineering 2009)

James is former captain of the University's Boat Club, having received a talented athlete scholarship whilst completing his degree. He now works for Mitsubishi Electric.



Liam Browning
(MPhil MAST 2010)

Following his Marine Engineering Master's degree, Liam now manages a commercial shipping company that utilises the Caledonian Canal to help reduce road traffic.



Stuart Markland
(BA Geography 2007)

In addition to rowing, Stuart played for the University's football team. He now works as a quantity surveyor for a high-profile residential company.



James Kendall

Whilst at Newcastle, James received a talented-athlete scholarship which allowed him to take the top spot during seat racing. He now captains boats around the Mediterranean.



For further information about All Beans No Monkeys, please visit:
www.allbeansnomonkeys.com



You can also sponsor the team at:
www.bitly.com/allbeans



Follow their progress on Twitter:
[@beansmonkeys](https://twitter.com/beansmonkeys)

Read all about it

For almost 70 years, Newcastle University's award-winning student newspaper *The Courier* has been the truest reflection of popular student opinion of the moment. *Arches* sat down with current editor Tom Nicholson (BA English Literature 2013, MA Media and Journalism 2014) and his former tutor and previous editor David Baines (BA English and Philosophy 1977), Senior Lecturer in Journalism, to hear about the paper's longevity and its role in the student community.



Forty years apart in their editorial duties, Tom Nicholson and David Baines share an identical level of loyalty and passion for *The Courier*.

Initially produced for King's College, the newspaper began its life as *The King's Courier*, a four-page newsletter which sought to 'bind the separate parts of the college more closely together'.

Several decades later, it continues to pride itself as being the voice of Newcastle's student community. Most – if not all – students who have studied at Newcastle will have read *The Courier* regularly. The fact that it is so significant to so many people is demonstrated by the number of graduates who pick up the special souvenir edition that is published during Congregations.

Life in the press room

Settling quickly into conversation, Tom and David shared their experiences of a busy but enjoyable time working for *The Courier*.

'It was always engrossing,' recalls David, 'It took over your entire life. I was always rushing off essays and dashing from tutorials to get to *The Courier* office.'

'Sometimes I would work from nine in the morning until 10.00pm or midnight, but it was always exciting. You were always trying to squeeze more stories into the paper, but we had strict deadlines for the printers.'

'I recognise so much of that,' replies Tom smiling. 'Not a lot has changed!'

'The rhythm of the week is perhaps slightly different these days and we do have times of real pressure, but everyone has a real buzz about them. It can get tense, but it's really addictive.'

At a time when newspapers around the world are cutting back – or even closing – *The Courier* continues to grow and expand. 'It's impressive it's still going,' says David, 'Not only in print, but online too. There are a lot of papers out there that have suffered enormously, yet *The Courier* goes from strength to strength.'

Tom agrees: 'The narrative of student press is that very few places still do a weekly paper. People are cutting down and economising, but we've recently added another four pages – and I'd like to add another four more!'

Success

So why and how does the paper remain so successful? 'I think it's very much part of the conversation of the place,' says David. 'It helps give the University its sense of community and belonging. There's plenty to read too and crucially, it's always really well put together.'

'I like the fact it's a bastion of traditional and good journalism, but also very modern,' Tom adds. 'We try to stay within the 'student bubble' as much as possible so that we stay relevant to our readership.'

With such a big publication covering a wide range of issues and stories – as well as the team of writers, editors, photographers and designers having academic commitments – the discussion inevitably turns to managing priorities.

'It can be stressful,' says Tom, 'But I always enjoy it, it never stops being interesting. Our readers feel strongly about the University and the issues that matter to them. It's really important that we help bring these debates to a wide audience through the pages of *The Courier*.'

David was quick to share Tom's sentiment saying: 'Some people have a view that students aren't engaged, but they most certainly are. The paper has never just focused on student issues either, but wider global issues too.'

David has worked in journalism throughout his career. Although busy in his role as a programme director for the MA in International Multi-Media Journalism in the School of Arts and Cultures, he remains involved with the paper and is a valuable source of expertise and advice for the current editorial team.

'If we're uncertain about anything, whether it is legal advice or direction on tackling a difficult story, we can always chat to David or Mark (Blacklock, Associate Lecturer and former regional reporter on the *Daily Express* national newspaper),' says Tom. 'They are both very knowledgeable.'

'There's also a great wealth of expertise that runs on year after year. The teams involved are always more than happy to pass their expertise down the line,' says David.

'Continuity is a big part of the paper's success,' Tom adds. 'We try to have as many people as

possible to help hand over to the next team. This is my fourth year of being involved in the paper.'

'A lot of others stay a while too, which shows how remarkably difficult it is to let go!'

The Courier will celebrate its 70th anniversary in 2018. Before then, the complete archive of the newspaper is set to be digitised and made available online. The archive is set to be a fascinating resource that chronicles not only the history of the University and student culture, but advancements within journalism too.

The future

After many years' working for daily newspapers, David now leads research and debate on the future of journalism.

'There have been such big changes in journalism of late,' says David. 'For me, one of the most valuable things about being at the University is being able to give our students such great opportunities to learn.'

Tom, who will hand over the keys to *The Courier* office to his successor this summer, has certainly appreciated having David as a tutor.

'It was great,' he says. 'To get the benefit of his experience and expertise was brilliant, particularly with his experience being rooted in the North East. The MA programmes in Journalism give students excellent opportunities to find new ways of telling stories and figuring out how to make the best use of media channels to tell them.'

David and Tom both agree these are exciting times, not just for journalism, but for *The Courier* too.

'Journalism is such a fast-moving environment. We are going to see a lot of changes, not just over the next five years, but in the next 12 months,' says Tom.

'The format of *The Courier* might eventually change too, but the fundamentals will always remain – *The Courier* will always stand for quality journalism.'



You can read the latest from *The Courier*, and browse digital editions of the newspaper, online at:

www.thecourieronline.co.uk



Cycling the Alps **for science**

In celebration of his 60th birthday this year, Newcastle University's Chair of Council and Pro-Chancellor, Mark l'Anson, decided to undertake a 700km bike ride across the French Alps in July to highlight the benefits of exercise in later life and raise money for ageing research. Media Relations Officer Ivan Lazarov spoke to Mark ahead of his cycling challenge that saw him climb 15,000 metres in the space of just two weeks.

Not everyone would happily swap a corner office and the fleeting summer in the North East of England for a bicycle saddle and the steep ridges of the French Alps in the name of supporting science. Undertaking gruelling exercise sessions for six consecutive months to supply research data is not everyone's cup of tea either. But playing it safe and staying on the beaten track are not traits usually found in successful entrepreneurs. And Mark l'Anson is no exception.

Mark decided to take the lead to show how exercise can help people of any age lead happier lives. His mission was to raise £60,000 to fund PhD Scholarships to support the world-leading research into ageing being carried out at Newcastle University.

He has prepared for the gruelling ride by training on the roads around his Northumberland home. Although he has been a cycling enthusiast for most of his life, Mark has never taken on a ride as demanding as the strenuous climbs that await him along the steep ridges of the Alps.

'This challenge is beyond anything I have ever done before,' said Mark ahead of the trip. 'While I am not guaranteed to succeed, I'll be happy if I can show that remaining active into older age is a lifestyle choice that we can all easily make.'

Mark's inspiration to take on the Alps challenge came four years ago when he embarked on another fundraising cycling challenge, 'The Cyclone' – a 105-mile cycle ride in Northumberland with over 2,300m of hill climbs.

'I trained, I got scared, but in the end I did it,' explained Mark. 'Along the way I rediscovered my love of cycling and raised a substantial sum in sponsorship for the University. Since then I have lost 10 per cent of my body weight, improved my fitness and generally feel much better. I feel fitter and I feel younger. But now, at 60, I want to do more.'

Life-changing research

Mark is supporting Newcastle University Institute for Ageing, which undertakes a wide range of research focused on helping us to live healthier lives, including studies into the impact of physical activity and exercise on healthy ageing.

'Newcastle University is leading the way in helping people to live better, for longer, and I want the funds I raise to help support this work. In particular, I hope the funding will allow us to bring new researchers and early career academics into this growing field,' he says.

'The downside of people living longer is that the incidence of age-related diseases like cancer, dementia and diabetes is also increasing and

Route des Grandes Alpes

Mark's journey took him across the Route des Grandes Alpes, from Lac Léman (Lake Geneva) to Menton on the Mediterranean coast. It crossed many of the highest French Alpine Cols climbing a total of around 15,000 metres, equal to riding up Ben Nevis twice a day for a week. The route includes a series of famous Tour de France stages and four climbs rated HC (hors categorie), the most difficult.

He also built his own bike for this challenge, the exact same model that Bradley Wiggins rode when he won the Tour de France in 2012. In doing so, Mark worked hard to ensure his weight went down to 74kg.

'The Alps is where anyone serious about cycling wants to go because of the Tour de France. I've cycled in the Alps before and I've always wanted to go back for a longer ride,' he explained.



'I decided to take on the challenge four years ago after I completed 'The Cyclone', but kept putting it off because I couldn't find the time. However, my 60th birthday presented an opportunity to finally commit to the ride – if I didn't do it now; I would have never done it.'



You can also follow Mark's blog for updates before, during and after the challenge at: www.cycleforscience.wordpress.com



To get involved and support Mark's fundraising drive, please visit:

www.justgiving.com/



Route-des-Grande-Alpes



Follow him on Twitter:

@smianson #cycleforscience

that's why research into the mechanisms and diseases of ageing is so important.'

In addition to raising funds to support ageing research, Mark is also participating in a study that analyses the benefits of physical activity in older age. As part of the challenge, he underwent a number of tests carried out by two of the University's major research programmes – MoveLab and LiveWell.

MoveLab

MoveLab is a specifically equipped gym that brings together doctors, physiotherapists, physiologists, psychologists, designers and engineers to help people live healthier lives.

Mark is working with the MoveLab team, led by Professor Michael Trenell, to explore the science behind physical activity and exercise.

'I am reasonably fit, but not more so than many other people my age. I am at least a stone overweight with a BMI well above 25,' explains Mark. 'I will be working with Professor Trenell and his team at MoveLab to measure how my body reacts to the training and to see what we can learn about exercise and a 60-year-old metabolism pushed beyond its limits!'

'The tests and advice from the experts at MoveLab are helping me understand the science behind

exercise, which is making me a better cyclist.'

For his 60th birthday, Mark undertook a series of tests at MoveLab, including the exercise bike, which wasn't helped by Mark quickly needing to burn off the calories from birthday cake! 'I was wired up to a face mask, a blood pressure monitor, a dozen electrical sensors and various other devices,' he said.

'We applaud Mark's decision to complete this demanding Alps ride,' says Michael Trenell, Professor of Movement and Metabolism at Newcastle University and Director of MoveLab. 'We hope that his initiative will help spread the message that exercising is about much more than feeling good: it protects the body against a range of common diseases and also delays the onset of chronic diseases and promotes health as we grow older.'

LiveWell

The LiveWell project is examining what we can do pre- and post-retirement to improve physical activity and adopt better eating habits to improve the health and well-being of older people.

Led by John Mathers, Professor of Human Nutrition at Newcastle University, and funded by the Medical Research Council, the project involved 75 people across the North East aged

51–71 and from a range of backgrounds.

Before offering customised advice to the study participants, the LiveWell team measured individual fitness indicators such as grip strength, lung function and processing speed in the brain.

Based on the best scientific evidence and in discussion with older people, the LiveWell team developed an interactive website known as 'LEAP' (Lifestyle, Eating, Activity & Planning), which provides personalised advice and support to enhance healthy ageing through greater physical activity, better eating patterns and wider, and more meaningful, social interactions.

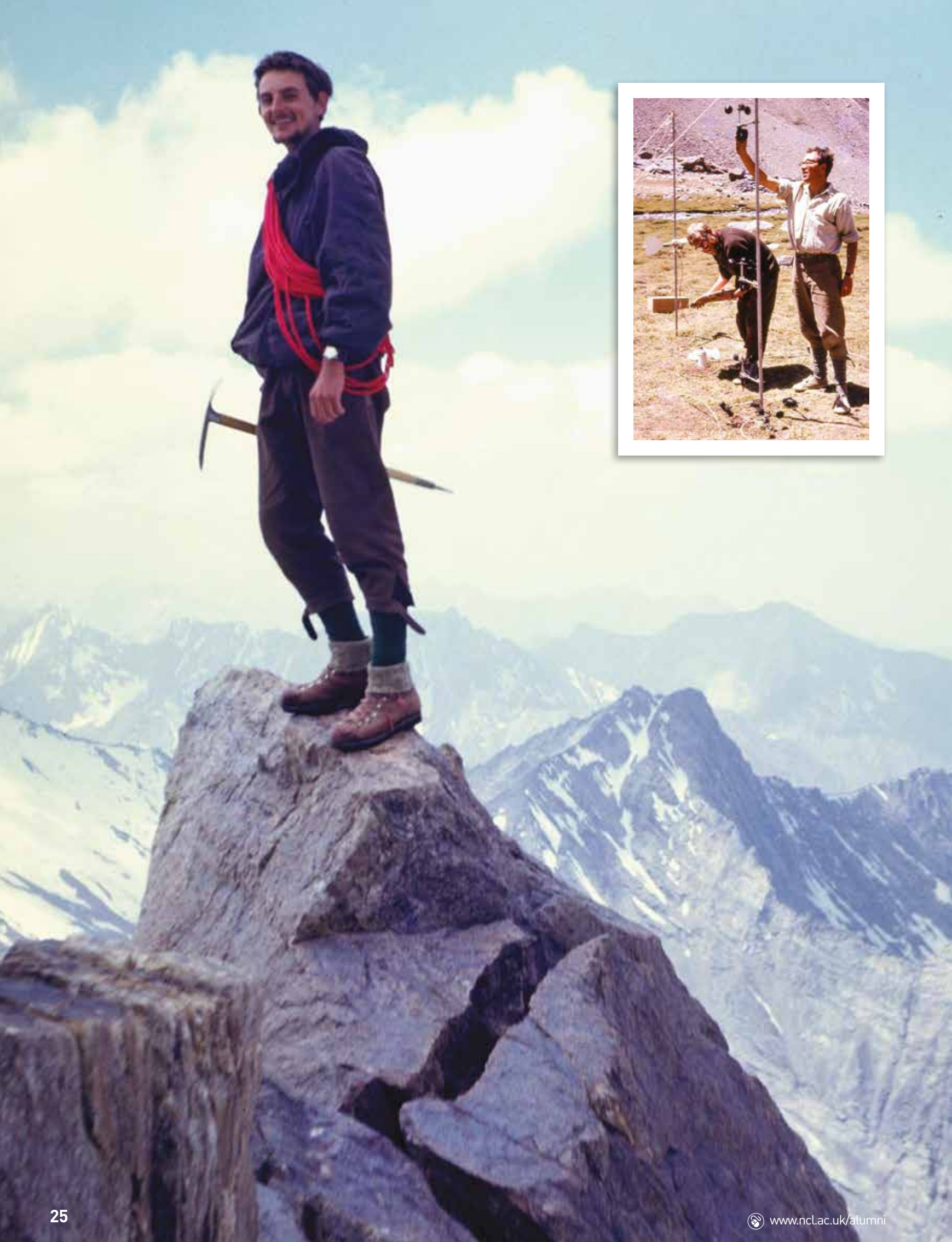
Contributor



Ivan Lazarov

(MA Media and Public Relations 2014) is Media Relations Officer in the University's Corporate Affairs Directorate and focuses on

student entrepreneurship stories, publicity in India and helping promote the achievements of Team Newcastle athletes.



Arches to Afghanistan

In 1965, a team of Newcastle University academics, staff and students undertook an expedition to Afghanistan. Five decades later, some surviving members of the team reunited on campus to mark the 50th anniversary of their trip.

Led by Dr Sam James, an expert in limnology (the study of inland waters), and Dr Hal Lister, Reader in Geography, the team travelled to the glaciers of Mir Samir, a mountain in the Hindu Kush.

The expedition had originally been planned for the Karakoram, a mountain range that spans the borders between Pakistan, India and China, but the Indo-Pakistani War of 1965 forced a change of plan just a few weeks before departure.

The team's focus was on the role and reliability of snow melt and glacial meltwater in supporting irrigated agriculture. Over several weeks, they recorded and analysed hydrological and meteorological data.

Welcomed and hosted by local villagers, the doctor and dentist within the team also delivered their medical practice for both the benefit of the community and their own research.

The results of the group's scientific research had wide and lasting impact – from informing plate theory of continental drift to understanding the effects of altitude on athletes; to highlighting the vital role of meltwater in supporting irrigated agriculture and aiding NASA in a soft moon landing in 1969!

Several members of the expedition went on to hold senior academic posts at Newcastle University, with others taking up senior positions at other institutions or pursuing careers in medicine or education.

In honour of their trip, Howard Horsley (BA Geography 1966), one of only two undergraduates on the trip, compiled a book of the group's photographs and memories. He has kindly allowed us to reproduce some of his remarkable photographs for *Arches* readers, which you can view on the next page.



If you are planning a reunion and would like to visit the campus, or have an interesting story or memory you'd like to share, please contact us at:

alumni-office@ncl.ac.uk

Left: Despite challenging conditions, members of the team conquered various summits.

Left inset: As computerised recording was not yet available, the team recorded all data by hand, night and day.

Below: The team at base camp, 13,500 feet above the Samir Valley in the Hindu Kush.





1 North from Kabul, the team entered the Panjshir Valley, now part of Panjshir Province, North-Central Afghanistan.

2 Dr Hurley with a patient. As no doctor or dentist lived in the valley, news of the team's arrival soon spread, with patients arriving from far and wide.

3 From their glacier camp, 16,000 feet up, the team conducted research on the glacier's micro-climate. Temperatures fell to -30°C overnight, but during the day the team required UV sunblock.

4 Upon journeying home via Kabul, the team found the borders closed due to a cholera epidemic. They opted to visit Bamiyan, taking in the monks' cells next to the sixth-century monumental statues of Buddha.

5 Everyone took part in a comprehensive shift pattern of work. Here a local Afghan guard helps filter sediment.

6 When the research period ended, the team explored and climbed the neighbouring mountain peaks.

7 Members of the expedition team reunite on campus, April 2015. (From l-r: Professor Michael Earl, Dr David Beynon, Dr Sam James, Professor Derek Jamieson, Howard Horsley.)



Howard Horsley
(BA Geography 1966)

'I remain immensely grateful to Hal Lister (Scientific Leader) and Sam James (Expedition Leader) for the

rare privilege of joining a major scientific expedition as a raw undergraduate within such an eminent research team. I was the sole expedition member studying the rural economy in high-altitude Afghan villages. Sleeping and eating among locals, I was struck by the internal coherence and validity of radically different and marginal cultures. Forced to re-examine cultural assumptions, my perspective on the world changed fundamentally.'



Dr Sam James
(BSc Botany with Microbiology, PhD 1962)

'My role in the trip was concerned mainly with the logistics of getting 12

people and some tons of equipment and supplies 5,000 miles by truck and Land Rover; and then by mule and porter up 12,000 feet to the site of our base camp. My chief memories are of the camaraderie amongst the team and the extreme kindness of the people we met and worked with in the Panjshir and Samir valleys.'

Newcastle University ranked 16th in the UK for global research power

Newcastle University's research continues to make an impact around the globe, and as a world-class civic university, our research remains focused on addressing some of society's most pressing issues.

Confirmation of quality in the strength and depth of our research came in December 2014, with the outcome of the Research Excellence Framework (REF 2014), an independent assessment of UK university research.

Newcastle was ranked 16th in the UK for global research power, with the vast majority of our research being placed in the top two categories of 4* (world leading) or 3* (internationally excellent).

Professor Chris Brink, Vice-Chancellor of Newcastle University, said:

'This result confirms that Newcastle continues to perform well in areas of traditional strength – medical sciences, engineering, arts, humanities and social sciences.

'The REF 2014 is definitive proof of the difference our work is making to global society in areas such as electrical engineering, geography and modern languages and reinforces our philosophy of 'Excellence with a Purpose'.

'It is especially pleasing to see that our pursuit of this civic agenda has worked in tandem with our pursuit of academic excellence,' said Professor Brink.

You can read more about the University's success in the REF below. Over the page, you can also read about the impact of some of the University's research.



We are ranked **16th** for **research power** out of **154** higher education institutes in the UK

The vast majority of our research (**78%**) is **world leading** or **internationally excellent**



952 staff members submitted research to the assessment. That's **80%** of our eligible staff

Ranked **3rd** for English, with **100%** of research rated **world leading**



We are ranked **top 12** for Geography, Architecture and Planning, and Cultural and Media Studies research quality



We made **28** submissions to **27** units of assessments and **113** impact case studies

Ranked **4th** amongst UK medical schools for Clinical Medicine research intensity. Ranked **5th** amongst dental schools for research quality



Ranked **5th** for Biological Sciences research quality and Psychology, Psychiatry and Neuroscience research impact

Ranked **1st** in the UK for Computing Science research impact, ranked **3rd** in the UK for Civil Engineering research power and ranked **11th** in the UK for Mathematical Sciences research



International Research Impact

Newcastle University aims to be a globally significant research university that performs high-quality research across a wide range of disciplines and locations.


We conduct our research activities with a commitment to excellence and a concern for the needs of both local and global society. The combination of being globally ambitious and regionally rooted underpins Newcastle University's vision.

Our academics are sharply focused on responding to the major challenges facing society today. We have an enormous impact in areas as diverse as health, policy, culture and the environment.

Here is a selection of just some of the major research projects that are having a global impact.

You can read other impact case studies – and download a copy of *The Impact of a World-Class Civic University* – online at:

 www.ncl.ac.uk/impact

Changing lives with literature

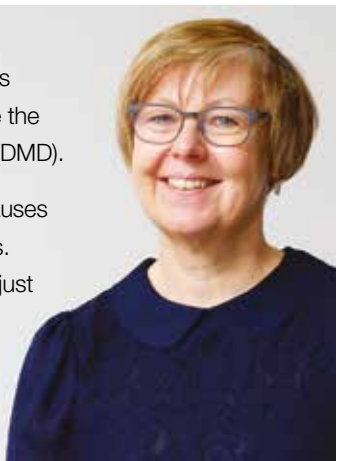

Every so often a book comes along that has the power to change lives. Professor of Creative Writing, Jackie Kay's memoir *Red Dust Road* is one such book. Named Scottish Book of the Year in 2011, it details Jackie's childhood in Glasgow, her realisation that her skin is a different colour to that of her beloved mother and father and the search to find her birth parents.

Her writing speaks to many different groups of people, giving rise to discussions around adoption, ethnicity and diversity.

Treating neuromuscular diseases

Research and clinical practice pioneered by Newcastle University's internationally renowned neuromuscular group has helped double the life expectancy of boys born with Duchenne muscular dystrophy (DMD).

This condition, which occurs in one in every 3,500 male births, causes severe muscle weakness leading to heart and breathing problems. In the 1960s, boys with DMD generally lived until they were aged just 14 or 15. Today, many young men with DMD can live to around 30 years of age, with a significantly improved quality of life, thanks to patient guidelines developed by Professor Kate Bushby and her international working group.

Detecting disease via mobile phone

Protein technology developed at Newcastle University could soon be used in remote parts of the developing world to diagnose infectious diseases, and in homes in the Western world to manage chronic illnesses.

The science behind the technology, designed by biochemist Professor Jeremy Lakey, has inspired the commercial development of a hand-held disease detector. This device enables tests to be carried out quickly, easily and on the spot. Clinical studies are already under way into the potential of the device in testing for gum disease and HIV.



Diagnosing arthritis in children

Doctors all over the world are now using a simple clinical skill to help recognise the most common form of childhood arthritis, thanks to research led by Professor Helen Foster and paediatric rheumatologists at Newcastle University.

Early diagnosis of juvenile idiopathic arthritis (JIA) is critical, as the disease – which affects one in every 1,000 children – is most aggressive in its initial stages and can lead to joint deformities, poor quality of life and even blindness if not treated promptly.





Reforming dental services

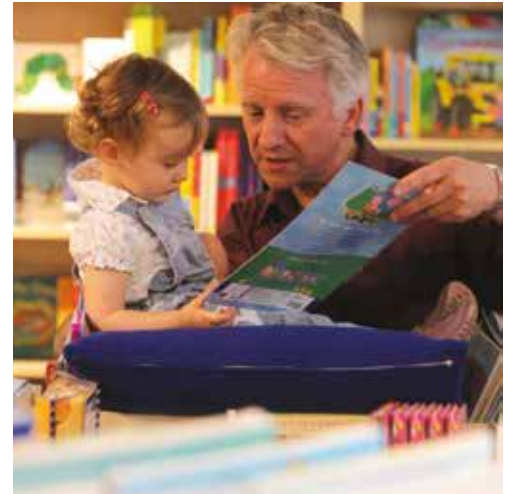
In 2009, Newcastle University's Head of Dentistry, Professor James Steele was asked by the Secretary of State to carry out a review of the NHS dental contract.

From this, a set of recommendations for public policy reform were put forward, many of which have now been adopted into a prototype NHS dental contract which is currently being piloted. The review recommended a number of improvements around better access, prevention and long-term patient care and has been piloted by selected dentists around the UK.

Preventing blood clots during kidney dialysis

John Matthews, Professor of Medical Statistics in the School of Mathematics and Statistics, conducted research to devise a new statistical methodology for a study to help improve treatment for children with renal failure.

Children undergoing haemodialysis can suffer substantial distress and delay to therapy when the venous central lines (VCLs), by which their treatment is delivered, are blocked by blood clots. The research showed that a new form of anticoagulant – alteplase – was much more successful than the cheaper heparin. This significantly reduced clotting and prevented blockages.



Improving language development in children

Newcastle University is leading a European research network to look at how intervention can improve children's oral language skills.

A four-year project is bringing key individuals and groups together to focus on interventions for children with difficulties learning their first language. These groups include speech and language therapists, linguists, psychologists and pedagogs. The project will improve the effectiveness of services for children with language impairment by developing a sustainable network of researchers well placed to answer the key questions in this area.

Revolutionising drug discovery

A Newcastle University spin-out, computational drug discovery firm e-Therapeutics, hopes to make headway on diseases such as cancer by taking a new approach to drug discovery. University research played an important role in this patented approach, including work by Professor Anil Wipat on workflow development and the study of network analysis and application.

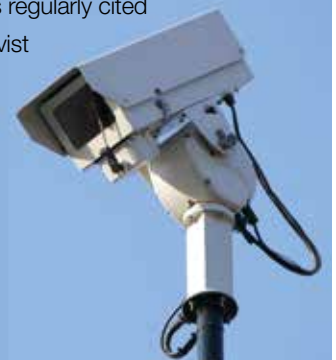
The aim was to develop an accurate understanding of the effect and impact new drugs will have on cells before clinical trials even begin. An anti-cancer drug and an anti-depression drug are currently in clinical trials.



Studying surveillance in our cities

In his book *Cities Under Siege*, Professor Steve Graham, of the School of Architecture, Planning and Landscape, offers increasing evidence of a crossover between surveillance and control of everyday life in Western cities and technology used in war zones. His research shows the emerging security politics of cities are founded on the privatisation of public spaces.

The term 'new military urbanism' is now used throughout the world in discussions about security and is regularly cited within the activist and social movements.



Special Reflections

from the University's Archives

Newcastle University's Robinson Library is home to over 100 collections rich in local heritage and nationally significant opportunities for teaching and learning. Ian Johnson, Archivist, digs through the archives to share a selection of rare – and extraordinary – photos from the institution's history.

The Library's Special Collections houses a number of unique archives and rare books. The archives date from the thirteenth century right up to 2011 and cover subjects as diverse as the history of medicine, literature, politics, and archaeology.

The archives are unique to Newcastle University and are among its most prized research assets. A team of dedicated archivists, librarians and teachers work hard to preserve the resources, while also providing access to and promoting them to students, members of the public and school groups.

One of the largest collections, and one that is continually expanding, is the University's own archive. It charts the history of the institution from its humble beginnings in the rented rooms of a barber surgeon in 1834 to the globally renowned civic university it is today. More importantly, through thousands of documents, the archive gives a sense of the people who have made Newcastle University what it is and captures the experiences of students who have passed through its famous Arches. As part of an ongoing project to encourage audiences, especially Newcastle alumni, to engage with this shared heritage, the team is continually adding to the vast photographic section of the Library's CollectionsCaptured online resource. Over the next couple of pages are just some the many images that have been digitised and shared via the web resource so far...

Captions

- 1 Students trampoline in the University's gymnasium, March 1964.
- 2 The Exploration Society prepares for an expedition to Camargue, France, August 1964.
- 3 Students concentrate during a Fine Art class from the early 1900s.
- 4 Students line the streets and rooftops for the visit of King George VI and Queen Elizabeth in 1939.
- 5 Dr Martin Luther King Jr chats with Newcastle University students shortly before receiving his Honorary degree, 13 November 1967.
- 6 Students socialise in the bar at Close House, 1965.
- 7 The Armstrong College was used as a military hospital ward during the First World War. The Armstrong Digital Memorial Book, which commemorates the lives of the students of Armstrong College who lost their lives, can be found at: memorial.ncl.ac.uk.



Accessible Archives

As well as viewing our digital resources online, alumni and friends of the University are very welcome to view items from the collections in person. For further information, or to browse the archives and find out how to



consult items from the collection, please visit:

www.ncl.ac.uk/library/special-collections



Did you know?

The Robinson Library is named after Philip Robinson (pictured above with his wife Marjorie and Dr Brian Enright, then University librarian). Philip, a distinguished bookseller, had a long association with the Library, to which he made an especially generous bequest in 1989.

Throughout its history Newcastle University has benefitted from the generosity of graduates, friends and former members of staff. Their support has played a catalytic role in making Newcastle University the world-leading institution it is today.



For information about leaving a legacy, please contact the office at: **advancement@ncl.ac.uk** or via the contact methods on page 1.



Contributor



Ian Johnson is an Archivist in the Robinson Library's Special Collections team. He has been with the University for four years having previously worked on the Hillsborough Disaster Disclosure Project and Chancellor Sir Liam Donaldson's archive. Among his specific remit is developing, safeguarding and promoting the University's Archives, and digital engagement.

Embrace your inner Entrepreneur

Job satisfaction, setting your own hours, variety in your work and being in control of your own life are just some of the reasons why more and more people are becoming their own boss. Steve Bowden, Entrepreneurial Development Officer in the Careers Service, looks at the increasing number of Newcastle University graduates opting to start their own businesses.

More new businesses were created in the UK in the last 12 months than at any time in the last 10 years. Among them are a host of companies launched by recent Newcastle graduates who, having decided that corporate life and the traditional graduate job market is not for them, are taking on established businesses and sectors with their own innovative ideas, technology and services.

But what if you're already in a traditional career and feeling like you're lost in a sea of thousands of others? What if you're frustrated by a lack of professional autonomy and worried about slow career progression? Just how do you realise your dream of being your own boss? Well, it's time to get back in touch with the University's Careers Service!

Rise Up is the Careers Service's offer to graduates. Rise Up's team of entrepreneurial development officers and business advisers are on hand to provide support, advice and access

to funding for graduates, enabling them to start that personal endeavour and turn their dreams into a reality. What's more, it's completely free.

Business Adviser, Jackie Wade explains: 'Whether you're an enterprising student or graduate looking to change direction and ditch that corporate lifestyle, then Rise Up is here to support you.'

Jackie's colleague, fellow Business Adviser Charlie Wainwright adds: 'The support offered by Rise Up goes beyond the typical transactional approach to business support offered by so many external agencies.

'Our support contains a high level of one-to-one coaching. You don't have to come to us with a detailed strategy either; we can help you take an idea and develop it into a business plan.'

Jackie and Charlie are both keen to stress that it is as much about the process as the outcome. 'It's interactive,' adds Charlie, 'It's about the long-

term relationship and developing your ideas in a safe and supportive environment.'

Many budding entrepreneurs may question why you would return to an academic institution to receive business advice. 'The perception is that universities don't understand business and industry,' says Jackie. 'But our team has a lot of relevant expertise to share. I'm a business person and I've been in industry for over 30 years. I've run my own business for the last 15 years and I'm still in business.'

'Rise Up has managed to recruit people with first-hand experience, knowledge and skills,' says Charlie. 'We've been there and done it and have an established network of contacts as a result.'

The ready-made infrastructure offered by Rise Up can be a catalyst for the development of entrepreneurs and new businesses. One of the main advantages of working with Rise Up is having access to good business advice, coaching and mentoring.

'Having that resource, that network and that community to tap into can really help you gain confidence to get you through those early years,' says Jackie. 'It can get you on track and really help you explore setting up a business or a new portfolio.'

The success of Rise Up is evidenced by the variety of individuals and businesses who have engaged with it to develop their enterprise skills and entrepreneurial ambitions, from local firms to global businesses, and from heavy industry to digital media and social enterprises.

For Charlie, the message is clear. 'Anyone can be an entrepreneur,' he says. 'Ideas are often borne out of frustration or curiosity and from seeing opportunities where others see problems. If you have an idea – then give it a try.'

So, if you're considering making that change, ditching that job and turning that dream of running your own business into a reality, and you've graduated from Newcastle University within the last three years, then Careers Service and Rise Up want to hear from you!



For further information about Rise Up, please visit:
www.ncl.ac.uk/careers/riseup



Arches meets some of those who have benefitted from Rise Up:

Beauty by the Geeks

Brigitte West

(BSc Biomedical Sciences 2014)

Beauty by the Geeks is a Science Beauty blog, which also runs a series of science and educational courses. The team is made up of science undergraduates, graduates, post-doctorate researchers and all-round beauty geeks who are not ashamed to admit their love of science. It's not bacteria on petri dishes that gets them ticking; it's the science behind beauty products. Beauty by the Geeks started up for exactly that reason – to demystify the science behind lotions and potions.

Brigitte completed her BSc Hons Biomedical Sciences in 2014 and has since participated in Rise Up's Founderships Programme – an innovative pre-accelerator scheme for Newcastle University graduate entrepreneurs providing a comprehensive package of work space, advice, support and funding.

Radfan

Roland Glancy

(MSc Renewable Energy, Enterprise and Management 2010) and **Dr Simon Barker**

(BEng Electrical and Electronic Engineering 2008, PhD 2012)

Radfan is an innovative add-on for traditional radiators. The idea was born in early 2011 as a solution to a personal problem. When Roland's wife complained she was cold, he quickly realised that the heat from the radiator wasn't getting to where it was needed. Two days later he had produced the first cardboard Radfan.

As Managing Director, Roland manages the commercial side of the business, from raising investment to making sure the surface finish on the Radfan is just right. As Technical Director, Simon handles everything technical, whether designing the product's electronics to ensuring the website is working correctly.

The Fresh Shrimp Company

Tim Heyes and Ed Tame

(both BSc Marine Biology 2010, MSc Aquaculture Enterprise and Technology 2012)

Tim Heyes and Ed Tame established their business tapping into heat from Lynemouth Power Station to produce an unlikely product for the North East: tropical king prawns.

The Fresh Shrimp Company uses a heat recovery system, which recycles process heat from the nearby power station, to bring the North Sea waters to 28°C (82°F), the optimal growing temperature for the king prawns.

The business partners have developed an on-site process in Ashington, Northumberland, which produces high-quality local produce and also eliminates the issues associated with importing frozen prawns over long distances from places like Asia and South America.

Hope Alive Foundation

Dr Olubusola Eshiet

(Clinical Research Training (CRT) PgCert Research Training 2010, PhD 2014)

Dr Eshiet is helping to improve the lives of children and young adults in Nigeria and other parts of Africa through enhancing their literacy skills. She launched the Hope Alive Foundation for Literacy and Development (HAFLD) in January 2010 and has delivered training via a synthetic phonics teaching method to 450 teachers, which has positively impacted on the lives of over 13,000 pupils.

Through the charity, Dr Eshiet has since driven several projects aimed at the establishment of after-school literacy clinics. She has initiated and supervised programmes in teaching skills and in improvement in the reading and writing skills of pupils.

In recognition of her work, Dr Eshiet was named Entrepreneur of the Year at the Pride of Newcastle University Awards 2015.

Rise Up Business Advisers



**Charlie Wainwright
Business Adviser**

Charlie has spent many years in industry, with responsibilities for multiple

geographical regions, commercialising product concepts and leading brand development initiatives. At Newcastle University, Charlie works with entrepreneurs and start-ups across the North East, sharing his expertise, and mentoring new and existing businesses.



**Jackie Wade
Business Adviser**

Jackie has been involved in all aspects of strategic marketing and business development

throughout her career. Her own business 'Winning Sales' sees her sharing expertise, skills and passion with others growing their own business. As Business Adviser, Jackie brings practical and honest, hands-on support and mentoring for Rise Up.

Contributor



**Steve Bowden
Entrepreneurial
Development Officer**

Steve is an audiovisual entrepreneur and business

mentor with over 25 years' experience of self-employment and managing businesses in the creative industries. He offers entrepreneurial and hands-on business experience with a focus on start-up and fast-tracking project development.

Follow my lead...

Young entrepreneur, Alex Iles (BA Politics and Sociology 2011, MSc Innovation, Creativity and Entrepreneurship 2012) founded his own tour company, Iles Tours, specialising in bespoke walking tours around Newcastle after completing his postgraduate study. Laura Simpson, Postgraduate Marketing Officer (Digital), chatted to Alex about how his postgraduate experience at Newcastle University helped to get his business off the ground.

Alex is an enthusiastic, articulate and well-grounded individual, an ideal combination for someone with their own tour company. Alex first studied for a degree in Politics and Sociology at the University, which he completed in 2011. During his undergraduate studies, he undertook army officer training, but decided to leave shortly after graduating. When Alex realised that his army career wasn't going to happen, he began thinking about what he could do next.

'My Dad had just started a medical technologies company and it was through talking to him that I got excited by the idea of entrepreneurship,' explained Alex. 'I started looking at Masters' courses. It was a combination of blind panic, dream and vision that led me to do mine.'

While looking for a suitable degree programme, Alex was determined to stay in Newcastle. 'There's no city that has a better combination of things: the people are amazing and there's so much going on in music, culture and art,' said Alex.

'The business scene is starting to really pick up again and it has that 'get up and go' sort of attitude. Geordies are hard workers with huge hearts and I love that. That's what kept me here.'

The University's Innovation, Creativity and Entrepreneurship MSc proved to be a perfect fit.

'One of the best aspects of the course was setting up our own business,' recalled Alex. 'Our branded stationery company, Scribble Pigeon, failed spectacularly, but we still managed to take £25 each from it. It was good to experiment in a safe environment and it taught me a lot.'

After graduating, Alex started applying for jobs, but his search wasn't straightforward. 'I wanted to be involved in business set-up, entrepreneurship, that sort of thing. I'm one of those people who would never survive in an office job,' he said.

After six months, Alex was growing frustrated. 'It was Christmas 2012 and I explained to my family that I needed to do something. It was my brother who suggested starting my own business.

'When I started thinking about it I realised that I'm good at teaching, I'm good at talking, I'm good at researching and I love Newcastle, so I looked at something that would enable me to make the most of all those elements.'

From that point Alex threw himself into his new tour business. 'I talked to Rise Up at the University, who gave me a grant of £400 which allowed me to get a website and some marketing flyers. Without that funding I wouldn't have had a platform on which to market my business on. It would have been a lot harder to get started without their support.'



Looking back, Alex realises how much his postgraduate studies have helped him in his business: 'If I hadn't done the course, I wouldn't have had a clue. I could have just started my business, but I needed that year to think, develop and get ideas.'

'Some of the things I learnt on the course really helped develop my skills and new ways of thinking. There are elements of my business that are directly related to my course.'

Earlier this year, Iles Tours celebrated its second anniversary and was highly commended in the North East Tourism Awards 2014. Alex has big plans to expand his tours throughout Newcastle, Durham and even develop a new tourism social enterprise.

He is keen to share advice with anyone considering postgraduate study: 'Really research your course before you start. With any postgraduate course, it's also about the people on the course with you. I think that the value of a Master's is weighted: one third is the qualification you get; one third is the people around you; and the final third is the experience of doing the course.'



For more information about Iles Tours visit: www.ilestours.co.uk



Do you have an interesting story to tell since you graduated from a postgraduate course?

Alumni profiles are a great way of showcasing what you have been doing since graduating and how your studies and experiences at Newcastle are benefitting your life. Find out how to become an alumni profile by e-mailing: pg-info@newcastle.ac.uk

Contributor



Laura Simpson is Postgraduate Marketing Officer (Digital) in the University's Marketing and Student Recruitment

Directorate. She is responsible for the digital promotion and communication of the University's postgraduate courses.



www.ncl.ac.uk/postgraduate

The Seam

A unique song-writing residency at Newcastle's Mining Institute has brought stories of North East England's coal-mining heritage to new audiences.

The Seam project saw singer-songwriter Gareth Davies-Jones (BA Geography 1993) writing and creating new music after spending countless hours exploring the Institute's archives and collections. He was able to dig through the archives with the support and guidance of fellow graduate, Jennifer Hillyard (BA English Language and Literature 2005), the Institute's Librarian.

Newcastle was once a world capital of coal mining and the coal trade, with the rest of the North East also being synonymous with the

industry. The region's fortunes are interwoven with coal mining and the city is literally and metaphorically built upon coal. It seems only fitting therefore that Newcastle is home to a world-renowned mining library.

Neville Hall, home of the North of England Institute of Mining and Mechanical Engineers, holds an estimated 35,000 documents. 'Some of our oldest documents date back to the 1530s, but our archive stretches right through to the 1990s,' explains Jennifer. 'It's not just

about coal mining in the North East, but the whole world. We get a lot of historical enquiries too, with people tracing their family history.'

'I was introduced to the Mining Institute by a friend,' says Gareth. 'You can't help but be inspired when you walk round. I was looking for a project linked to the history of the area. The idea of using the archive and the collections, which underpin the region, seemed to tie in really well.'

The idea behind The Seam wasn't to look back over the rich musical history relating to mining, but to instead create new and original songs. These new songs were inspired not only by official documents, but also by handwritten documents and photographs.

'I was only able to skim the surface of what the Institute has to offer,' says Gareth. 'There's a Northern character to most of the documents, which is also reflected in the music.'

Jennifer's archiving and librarianship skills, honed during her student days, were essential to the project. 'When I was studying for my first degree, I worked in the Robinson Library to make ends meet,' says Jennifer. 'Then, when I went on to do an MA, I secured a work placement in the University's Special Collections. I had a fantastic time and it gave me the knowledge and confidence I need for my current role.'

Upon launching the CD, *The Usual Quarterly-Days*, Gareth played a number of live dates



across the region. 'The CDs only arrived the day before the launch,' says Jennifer. 'I resisted the temptation to have a sneak peek and saved it for hearing the songs live. I'm really glad I did and I was surprised at the range of inspiration that Gareth had found.'

Ultimately, the aim of the project was to attract visitors to the Institute. 'Treasures from the region often end up elsewhere, but this is still here,' says Gareth. 'It's a great resource people can use and own for themselves. They could discover things about their own families, or learn more about the history of the region and understand the impact mining had on their own local communities.'

'It's all circular as well,' adds Jennifer. 'All the songs recorded about the archive will end up in here too!'



For more information about The Mining Institute, please visit:



www.mininginstitute.org.uk

You can also find more information about Gareth Davies-Jones, his music and details of upcoming gigs at:



www.garethdaves-jones.com




AlumNews



Which butterflies tell you how far it is to the pub?

Renowned explorer Tristan Gooley's (BA Politics and History 1996) new book encourages readers to explore the world using natural navigation.

 www.ncl.ac.uk/alumni/r/navigator



A Higher Purpose: Newcastle University at War

AlumNews discovered how Newcastle University served as a military hospital throughout the First World War.

 www.ncl.ac.uk/alumni/r/uniatwar



Michael Lyons remembers his time at Newcastle

Internationally acclaimed sculptor Michael Lyons (BA Fine Art 1967) discussed how his time at Newcastle helped shape him as an artist.

 www.ncl.ac.uk/alumni/r/lyons



Mr Bean appears in the Robinson Library

Newcastle alumnus Rowan Atkinson made a welcome return to the University in the form of a statue of his much-loved character, Mr Bean.

 www.ncl.ac.uk/alumni/r/mrbean



Graduate with the key to the Internet

Andy Linton (BPhil Education 1978, MSc Computing 1982) is one of a small group of people who – literally – has the keys to the Internet.

 www.ncl.ac.uk/alumni/r/webkey

Every month our e-mail newsletter *AlumNews* connects us with alumni and friends across the globe. We take a look back at some of the most popular stories from the last year.



If you do not already receive our monthly electronic newsletter, please e-mail:



alumni-office@ncl.ac.uk with your name and graduation details.



Graduate's invention helps the world sleep better

For millions of people, sleepless nights may become a thing of the past thanks to Professor Dave Singh (BDS 1983).



www.ncl.ac.uk/alumni/r/profsingh



World Cup success for international rugby star

AlumNews chatted to Tamara Taylor (BSc Biomedical Sciences 2004) who was part of England's winning Women's Rugby World Cup team.



www.ncl.ac.uk/alumni/r/rugbywc



Transforming children's lives via touchscreen

Bev Dean (Postgraduate Diploma in Computing Science 1989) and her husband are transforming the lives of children with learning difficulties using iPad and tablet apps.



www.ncl.ac.uk/alumni/r/iapps

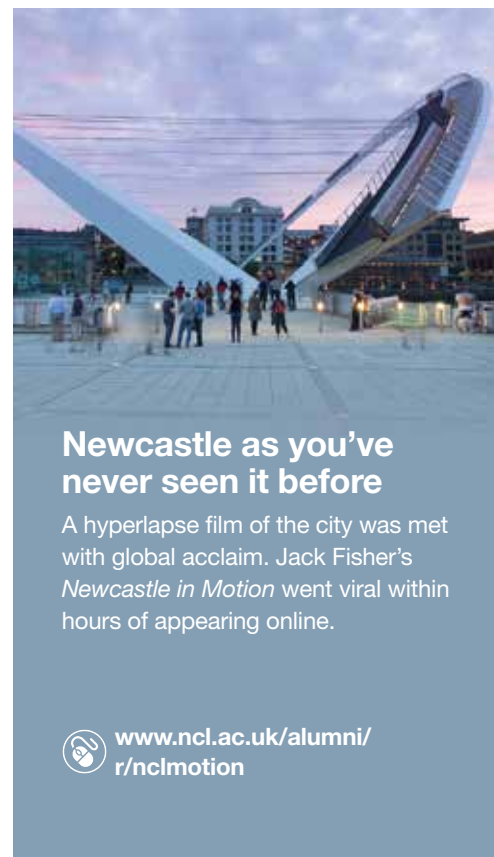


Village bakery has the recipe for low-carbon living

Newcastle University graduate Andy Haddon (BSc Psychology 1984, MSc Renewable Energy, Enterprise and Management 2013) is promoting a low-carbon agenda by setting up a bakery in his local library.



www.ncl.ac.uk/alumni/r/bakery



Newcastle as you've never seen it before

A hyperlapse film of the city was met with global acclaim. Jack Fisher's *Newcastle in Motion* went viral within hours of appearing online.



www.ncl.ac.uk/alumni/r/nclmotion

Making a difference

When it comes to learning and development opportunities, it's not just academic and professional staff that shape the experiences of Newcastle University students. Arches looks at how the generosity of our alumni and supporters is also changing lives on and off campus.

Newcastle University is a civic university with a proud tradition of world-class academic

excellence. Last year, Newcastle ranked in the top 1 per cent of world universities (QS World University Rankings 2014–15).

But in order for Newcastle to remain one of the top universities in the world, we must continue to recruit the brightest students, regularly update our facilities, purchase new learning materials and provide new opportunities for our students.

Gifts from our alumni and supporters to our Annual Fund help make all of these things possible.

Through our Annual Fund Phonathon campaigns, our team of 26 dedicated student callers help keep the University and our alumni in touch with each other. With three campaigns a year, the team also raises money for a wide variety of University activities. In 2014, some 1,600 alumni generously donated more than £245,000.

The dedication and hard work of the Phonathon team was recognised last year with a Student Employee of the Year award. The awards, organised by the National Association of

Student Support

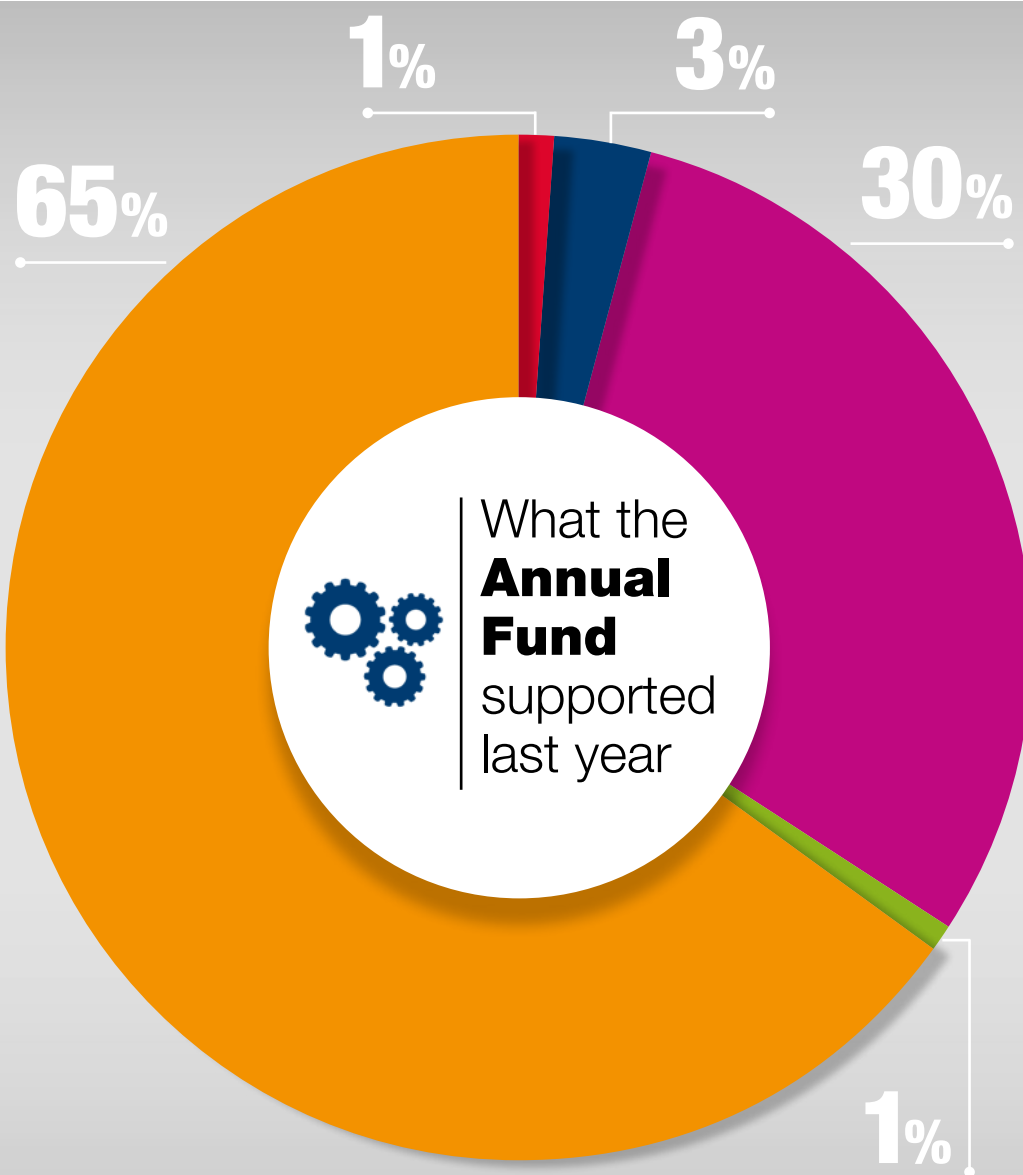
Promise Scholarships: Donations to the Student Support Fund make an immediate difference to the lives of students. Last year the Fund helped support 20 Promise Scholarship recipients with a bursary worth up to £4,500. These scholarships are awarded to students of high ability from low-income backgrounds. Without this support, these students would have been unlikely to progress to university.

Undergraduate Bursaries: The University also maintains a commitment to students currently studying at Newcastle via an undergraduate bursary programme. These bursaries are means tested and can really make a big difference in easing the burden of moving away from home.

Medical Research

Childhood Cancer: Part of Newcastle University's Faculty of Medical Sciences, the Northern Institute for Cancer Research (NICR) works tirelessly to understand more about childhood cancer and develop therapies with fewer side effects. Donations made via the Annual Fund last year helped us to fund a PhD studentship in children's cancer research, leading the fight against childhood cancers.

Intercalated degrees: The 1834 Fund provides support for undergraduate students to take a year away from their medical studies to focus on a specific research area. Scholarships are awarded to the brightest individuals, regardless of background, and last year five medical students each received a £4,000 bursary.



Student Employment Services (NASES), recognise and promote the outstanding contributions and achievements of students who combine jobs with their study commitments.

Tara Millington, Advancement Officer (Campaigns), said: 'Our team are excellent ambassadors for the University and enjoy chatting to our alumni about their time here. They find out what they've been up to since leaving and update them on how the University has developed over the years. Furthermore, every graduate they speak to has the potential to make a huge difference to the lives of current students.'

Student Initiative Projects

Student Initiative Fund: This Fund enables current students and graduates, who are within six months of graduating, to develop and deliver innovative projects that have a community, social or cultural benefit. Thanks to this fund, students and recent graduates have the opportunity to turn their ideas into a reality. Last year over 40 individuals benefitted from support for their projects.

Student Experience

The Library: As every student knows, access to a first-class library is vital to the pursuit of academic excellence. Newcastle's modern academic library provides an ever-increasing range of information, from traditional manuscripts and archives to the latest digital resources. The University's Special Collections is a unique and diverse resource supporting academic research and teaching. You can find out more about Special Collections on page 31.

Student Wellbeing

Social Mentoring Support: Attending university is a substantial commitment and, although exciting, it can be challenging for some students to make friends and adapt to university life. The Student Wellbeing team supports networks specifically designed to help students meet new people. Between 2013 and 2014, the Annual Fund helped 10 students who were suffering from social anxiety receive one-on-one mentoring and also provided 24.5 hours of social mentoring.

Arches caught up with some of the beneficiaries of the Annual Fund:

Providing Opportunities



Santana, a third-year Food and Human Nutrition student, received an undergraduate bursary: 'Receiving the bursary

means I can spend more time studying and it enables me to get the most out of my degree rather than worry about finances. I still work part-time to allow me to gain essential work experience, but the bursary ensures that I don't have to work so many hours that it impacts upon my studying.

'It is also a great help towards essential study materials such as textbooks. I am extremely grateful for the 'peace of mind' this provides during my busy final year of studying.'

Providing Opportunities

Sarah received social mentoring support: 'After completing my undergraduate degree, I was diagnosed with Asperger's syndrome. I approached the University's Student Wellbeing Service before applying to do my MA in Museum Studies to see if they would be able to help me manage my second degree better than my first.

'The Asperger's and Autism Support Network (AASN) has been a great way to visit new places and meet people outside of my course who are in similar situations, with the option to keep in contact outside the meetings. AASN has given me the confidence to try new things and learn from others about their experiences with university and life in general. Having contact with the AASN at Newcastle University means I have support should I need it.'

Advancing Medical Research



Jess is an intercalating MB BS student currently in her fifth year: 'I am extremely grateful for the bursary I received from the 1834 Fund. I would like to thank

the generous alumni and friends who support the Fund. The bursary has enabled me to undertake an intercalated year of research in ageing and health.

'I am passionate about global health, especially aspects relating to the ageing population.

During my MRes year, I will be conducting research in sub-Saharan Africa to determine the prevalence and associated risk factors for dementia and delirium with a view to improving disease management and quality of care.'

Advancing Medical Research



Charlotte from Newcastle: 'I was diagnosed with a cancerous brain tumour at the age of 13. After late diagnosis, I underwent surgery, craniospinal

radiotherapy and chemotherapy over a period of 18 months. After such intensive treatment, I have a number of incurable and severe side effects including short-term memory issues, chronic fatigue and hormone problems.

'The work the University is doing will ensure there are fewer long-term effects of cancer on young children. With new research, childhood cancer sufferers will be able to live the way they want to and not the way they need to. With the continued help from these donations, the future of childhood cancer looks more bright and promising.'

Student Projects



Ed, a PhD Civil Engineering and Geosciences student, with his project partner Lynsay, received support from the Student Initiative Fund:

'The fund provided vital seed funding for the formation of Cinema Politica Newcastle, a local documentary screening group. Due to high start-up costs, this may not have otherwise been possible. By linking into the international Cinema Politica network, we have brought to Newcastle an engaging series of documentaries, few of which have been screened in the UK.

'We have worked collaboratively with local groups, national and international organisations, with our speakers ranging from academics to activists. Documentaries in the last year have included topics such as fair trade coffee, fossil fuel divestment, feminism, and media censorship.'



For more information about the Annual Fund, please visit:



www.ncl.ac.uk/annualfund



Student satisfaction at Newcastle University among the **highest in the UK**

For the second year in a row Newcastle University has been ranked among the best universities in the UK for student satisfaction.

The University's overall satisfaction score of 91% in 2015's National Student Survey (NSS) means that nine out of 10 students are happy with their time in Newcastle – placing it joint sixth in the UK among comparator institutions.

Professor Suzanne Cholerton, Pro-Vice-Chancellor, Learning and Teaching, said: 'This is a great achievement and a credit to everyone at Newcastle University who is dedicated to providing an excellent experience for our students. The NSS is the most significant measure of student satisfaction in UK universities and we are delighted that our students continue to rate their time here so highly.'

The survey data showed that 92% of students agree that staff are good at explaining subjects and 93% of students were satisfied with the library resources and services.

'The positive results reflect our commitment to delivering the best possible teaching and learning for our students through continuous investment in improving facilities on campus and teaching standards,' said Professor Cholerton. Recent initiatives include a £27-million investment in student accommodation, upgrading IT facilities, expanding Wi-Fi coverage and developing innovative, user-friendly learning spaces. We are also improving library resources with the acquisition of a new library building, which will open in 2016.

Earlier in the year the University was placed 10th in the UK in the *Times Higher Education Student Experience Survey* (THE). The THE scored Newcastle third in the country for the quality of staff and lecturers. The University was also ranked fourth in the UK for quality of student life by the *Complete University Guide*.

Newcastle University students are also among the most employable in the country. The most recent graduate destination data, from those graduating in 2013–14, shows that 94.8% of leavers were in employment six months after graduating.

Alumni Events

Every year NU Advancement organises multiple alumni events around the world, spanning career development workshops, networking opportunities, reunions and social gatherings. Anna Warren, Alumni and Events Officer, reports back on another busy and exciting year and tells Arches readers how the team can help them organise their own reunion.

When it comes to developing your career after graduation, NU Advancement provides Newcastle University graduates with unique opportunities to network, receive expert advice from notable industry leaders, hear from internationally renowned speakers and attend a variety of professional workshops. Far beyond your graduation, we remain committed to helping you unlock even more potential.

Earlier this year, we hosted a special event on campus designed to help our graduates develop their online presence in a digital world. We also supported Newcastle University Business School events in Beijing and Shanghai to support our graduates in developing their own careers in an increasingly competitive marketplace, and we're already working on a

number of exciting new events for our graduates in the coming year.

We have also supported and arranged alumni events in New York and Hong Kong, a special reception in Singapore, and a networking dinner in Saudi Arabia. Earlier this year, we hosted our first event at the University's new London campus (see page 14 for more information about this exciting development) with our annual law alumni reception.

Reunions aren't limited to class or degree either – just this year we helped with a cross-country athletics reunion race and a fiftieth anniversary reunion for the University's 1965 rugby team. We were also delighted to welcome the 1965 Expedition to Afghanistan group back to campus (you can read more about them on pages 25–27).

Organise your own reunion

If you are interested in organising your own reunion, NU Advancement is here to help. Whether you are celebrating a special milestone or simply wondering what your friends from your University days are doing now, there's never been a better excuse to get together. From contacting lost friends to arranging accommodation and venues, we can help! And of course, whether you're attending a private reunion or a networking event, you can always rely on our warm hospitality as well as getting your hands on one of our popular 'Gan Canny' tote bags!



The best way to ensure you hear about our upcoming events is to keep your details with us up to date.



You can do this online at:

www.ncl.ac.uk/alumni/nugrad

or by contacting the office (details on page 1). We can then let you know about events you may be interested in attending.

Right: 1953 MB BS graduates and final-year medical students at the Year of '53 prize reception, February 2015.



Below: Graduates enjoy an alumni reception hosted by Newcastle University Business School in Taipei, Taiwan, May 2015.



Contributor



Anna Warren, Alumni and Events Officer, has worked in the NU Advancement team for just over a year helping Newcastle University's alumni network to reconnect through reunions, and various other exciting events. If you would like to organise a reunion, Anna would love to help!

The Armstrong: Preserving the Past for Future Generations

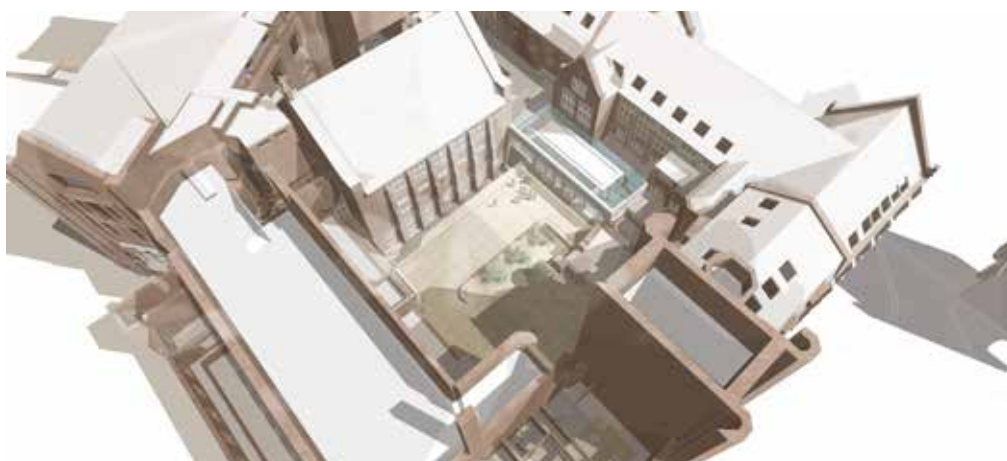
'The Armstrong' is one of Newcastle University's most iconic and prestigious buildings, intrinsically linked to the formation of the University. The Grade II listed building is currently undergoing a major refurbishment which will see it restored to its former glory, while ensuring that it provides students with facilities appropriate for twenty-first-century teaching, learning and research.

Steeped in history, the Armstrong Building sits right at the heart of the University's campus. Lord William Armstrong, an eminent engineer and philanthropist, and benefactor of the University, had originally



founded the College of Physical Science in 1871. In 1904, four years after his death, the College changed its name as a tribute to him.

Many graduates and friends of the University will be familiar with the Armstrong Building as it is home to King's Hall, which has hosted numerous events and graduation ceremonies, including Dr Martin Luther King's Honorary degree ceremony in 1967.



The Armstrong is the oldest building on campus. It was constructed in three main phases, as funds permitted, between 1887 and 1904. It was officially opened by King Edward VII in 1906.

During the First World War, it was called into service as a military hospital, becoming part of the 1st Northern General Hospital.

The refurbishment project currently under way will create a central hub for Arts and Humanities subjects.

Rediscovering the past

During the course of the work, the redevelopment team, led by Newcastle University's Estate Support Service, has been rediscovering some of the building's past, uncovering fascinating features and original décor that had become hidden over decades of alterations.

Len Wilson, Head of Capital Development, explained the design concept: 'Where possible, the team are reinstating original features and bringing the building back to its former Victorian glory.'

'We are removing the many decades of alterations that have compromised the original design intentions and hidden or damaged its many remarkable Victorian details,' said Len. 'This requires a meticulous detailing of the work being carried out.'

A particular high point came in March 2014, when a well-preserved timber-vaulted ceiling from 1890 was exposed. The dome-shaped ceiling, with its intricate carvings, was part of the former Johnston Laboratory in the original Physics Wing.

Recent visitors will also have noticed the new Student Forum, which has opened up the campus and made it more light and pleasant for visitors, students and staff. Providing a picturesque open space, with landscaping and artwork, its creation has revealed the impressive south-east facade of the Armstrong Building that had been hidden for 60 years behind the old Museum of Antiquities.

The Jubilee Tower, directly behind the Student Forum, will become a new main entrance, helping to improve accessibility and visibility of the Armstrong Building too. A raised planting bed with seating and paving will lead to a new entrance to King's Hall, where the new entry pavilion will have a vaulted ceiling.

The future

Newcastle University's Estate Support Service has worked with the School of Architecture, Planning and Landscape, overseen by Professor Adam Sharr, and the Faculty of Humanities and Social Sciences, to create the new vision for the Armstrong Building. It is a significant undertaking which involves careful planning and attention to detail.

'The building is one of the largest in the University,' said Len. 'As a consequence, the development is being phased over a number of years so that it remains functional as much as possible.'

Changes to the interior will allow the creation of new and brighter teaching and research spaces, as well as spaces for public engagement and ceremonial functions.

The work will adhere to two key principles from the initial design study: 'Rooms and Routes'. 'The intention is to open up clearer and better routes to and through the building to provide a more accessible and more easily navigable building,' said Len.

In the original plan, the Quad Wing section of Armstrong had a main circulation corridor running parallel to the courtyard. This will be reinstated, creating a more direct circulation route for over two dozen new academic offices and storage facilities.

The original layout of the Armstrong Building also featured rooms belonging to Newcastle Royal Victoria Infirmary (RVI), which contained a series of large open-plan laboratories. These spaces will be reopened to create a new foyer, lounge and reception room.

The most northern part of the Armstrong Building will see the construction of a new Harvard-style seminar room. Originally a large common room, the area will be divided by new oak-veneer timber-panelled partitions. Drama workshops, music storerooms and coffee bars will occupy the higher floors.

As the Armstrong refurbishment project moves into its next exciting phase, the University invites graduates and friends to help play their part in securing the building's future. Newcastle University is founded on philanthropy and charitable donations are integral to our future too. If you would be interested in becoming part of our history and a benefactor for this project, please contact NU Advancement at:

advancement@ncl.ac.uk





Five minutes with... Reg Jordan

I wish my students realised... how much we care about them, from providing them with a great student experience through to their learning, teaching and extracurricular activities. Our future relies on them and what they achieve, so we want to ensure that their university life is important and meaningful. Our students coined the phrase the 'NUMed family' and we strive very hard to maintain this. Our team cares passionately about them and their experience with us – which is primarily why we're in the job.

If I wasn't an academic... I'd probably have had a role in developing entrepreneurial businesses. I have no regrets about my career in academia and I've enjoyed every moment of it. In the first half of my career I was a research scientist and gradually moved into academic management. Over the last 10 years my role has allowed me to undertake many different activities and I've thoroughly enjoyed them all. My philosophy is that once you make a decision you should never look back.

The thing I love most about my job... is the variety – and it always has been! No two days are ever the same; you have some great highs and you have some challenges too. But I always look at a glass as being half full when it comes to opportunities. There's always something new to learn and I think that's what I love most about my job.

Although I don't like... bureaucracy. Sometimes the bureaucracy can be rather onerous and sometimes tiring and taxing. I do believe you need these procedures as they act as quality assurances, perhaps now more than ever, but I'd rather get on with the work than report on it!

Not many people know I have a passion for... geocaching! My work is my passion, but not many people know I also have a passion for walking and geocaching. It's a modern technological form of treasure hunting and I think of it as walking with a purpose. You go for a hike or long walk and follow GPS coordinates to find things people have hidden. It's great exercise and has taken me to some incredible places – from geocaching in Borneo to geocaching in County Durham. It's a little bit nerdy, but it's great fun.

My idea of absolute vulgarity is... arrogance in all its forms. It's always misplaced and I really don't like it.

A vice I'm willing to admit to... I don't really have a vice, but I do have a failing. I used to have a short temper, which I'm not proud of. I've since recognised this and done a lot of things to try and control it.

My favourite view in Johor is... Kota Iskandar, Johor's new state capital. It is home to the new Assembly Building; the architecture is some of the best I've ever seen. The Moorish influence in Malaysian architecture is quite strong and it's spectacular to look at. When we (my wife Liz and I) first moved here we lived near Puteri Harbour, which also has a personal meaning for me. However, having said this, I'm very proud of our campus – and particularly its replica of the Arches.

My personal philosophy is... to lead from the front. I always think you can achieve as a team, but you have to do it by example and be a role model. When we were setting up in Malaysia we all pitched in as a team and did everything; from

scrubbing floors to meeting with ministers. If you lead from the front, the team you build will follow and work with you. I also think it's important to learn from your mistakes.

At 11am on a Sunday, you will generally find me... sitting on the balcony of my house, which leans over a tropical river, reading the Sunday papers. It's nice to keep in touch with what's going on in the UK, and the rest of the world, so on a Sunday morning I relax and read the news!

Professor Reg Jordan, CEO and Provost, NUMed Malaysia

Since graduating from Newcastle University with first-class Honours in 1969, Reg Jordan has inspired generations of students as a visionary and devoted teacher. He was influential in developing the University's innovative medical programme, which informed some of the General Medical Council's key recommendations in 'Tomorrow's Doctors'. More recently, he has spearheaded the University's international programmes.

As Dean of International Medical Education, in 2007 he was appointed CEO and Provost of Newcastle University Medicine Malaysia (NUMed), leading the establishment of the UK's only fully owned overseas branch campus for medicine. He has also spearheaded a series of Health Camps in Malaysia, where he and his students give up their free time to run health screening and awareness clinics in remote villages.



For further information about NUMed Malaysia visit: www.ncl.ac.uk/numed



InSights

Newcastle University's Insights series of public lectures is renowned for having its finger on the pulse of current events and attracting big-name speakers to discuss the hottest topics in the public sphere. Public Lectures and Events Officer, Umbereen Rafiq, shares her own insight into the programme's success – and on what makes 800 people flock to the Curtis Auditorium on a cold, wet February evening.

Tuesday 3 February 2015: Islamic State militants release a video of captured Jordanian Air Force pilot Mu'ath al-Kaseasbeh being burned alive, locked in a cage. While the world reacts in horrified disbelief, the opening lecture on the Insights Spring programme takes on new and shocking significance as Patrick Cockburn, *The Independent's* internationally respected and vastly experienced Middle East correspondent, steps up to the lectern in a packed Curtis Auditorium.

'We plan our programme up to a year in advance,' says Umbereen. 'We knew that Patrick's lecture, on *How did the Islamic State come to exist and what can be done about it?*, would be a popular one, but we couldn't have envisaged that it would coincide with such a harrowing breaking news story. In the event, 800 people turned up to hear him speak.'

It is the University's ability not only to tap into such highly topical issues, that have a wide public appeal, but also to attract speakers like Cockburn, who are at the absolute forefront of their field, that has led to the Insights series being widely regarded as the best programme of public lectures in the UK outside London. Recent programme highlights have included talks by Professor Uta Frith, a pioneer of research in autism and Asperger's syndrome; Laura Bates, writer and founder of the *Everyday Sexism* project, and Professor John Curtice, who spoke on the outcome of the British Election.

The Insights programme acts as a platform for the University's leading contribution to the intellectual, cultural and social life

of the North East. The most recent series opened with Booker-Prizewinning author of *The Regeneration Trilogy*, Pat Barker, whose talk was timed to coincide with the commemoration of the outbreak of the First World War and with the *Screaming Steel* exhibition at the University's Hatton Gallery, which explored work by artists and writers such as Paul Nash, Siegfried Sassoon and Wilfred Owen.

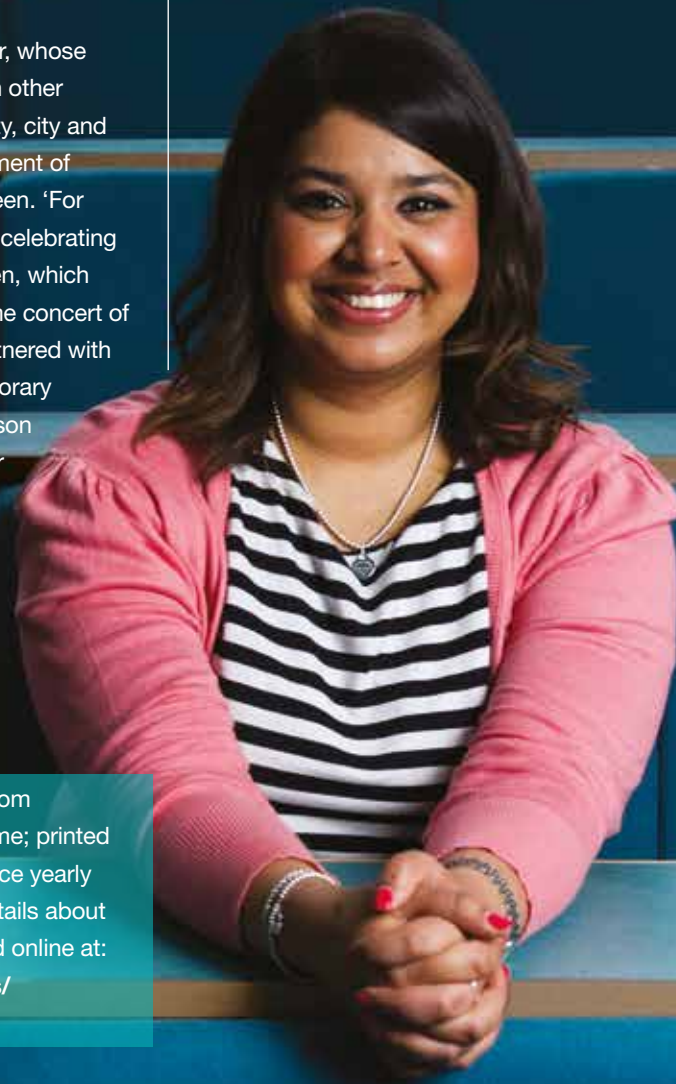
'Inviting speakers like Pat Barker, whose topics enable us to capitalise on other cultural activities in the University, city and region, is another important element of our programming,' says Umbereen. 'For example, we arranged a lecture celebrating the centenary of Benjamin Britten, which was accompanied by a lunchtime concert of Britten's music. In 2011, we partnered with the BALTIC Centre for Contemporary Art to arrange a lecture by Grayson Perry to coincide with the Turner Prize exhibition at BALTIC.'

'While the programme is predominantly made up of speakers from outside the

region, we also make an effort to include local speakers as well as our own home-grown talent to showcase the cutting-edge research taking place here at the University, at both staff and student level. Each semester's programme gives early career researchers an opportunity to present their work to a large public audience,' says Umbereen.

Many of the Insights lectures are recorded and made available online, attracting an impressive virtual and global audience. With thousands of downloads and more than a quarter of a million visitors, the programme's profile is now established worldwide.

With the Insights programme typically featuring some 45 high-profile lectures every year, it is the bedrock of the University's public engagement activity. 'All our lectures are free of charge and we always ensure we have an appealing, diverse, accessible and inclusive programme year after year. We're delighted to continually attract and engage such wide and varied audiences,' says Umbereen.



The lecture programme runs from October to May during term time; printed programmes are published twice yearly in September and January. Details about upcoming events can be found online at:



www.ncl.ac.uk/events/public-lectures

Sport

For many Newcastle University students, sport plays a major part in student life and the friendships which form on the pitch, court or track are lifelong ones. *Arches* reports on recent sporting activity and explains how alumni can re-establish links with their old clubs.

Boat racing

After a five-year hiatus, the Boat Race of the North returned to Newcastle Quayside on Saturday 9 May 2015, with local rival universities Durham and Newcastle battling it out to be crowned the top rowing university in the North East.

The race involved four eights, men's and women's boats from both the senior and novice squads, battling head to head down a 1,500m course on the River Tyne. After months of careful planning, the event proved a great success. There was fiercely competitive racing, with Durham winning both novice events, while Newcastle dominated the senior categories. Crowds lined the Quayside and packed onto the Millennium Bridge overlooking the finish.

Experienced rowers in the Newcastle senior crew said it was the most exciting atmosphere they had ever raced in. Both senior and novice clubs are looking to develop the event in the years to come and draw even more attention to the competitive standard of rowing in the North East. Newcastle University Boat Club is also attempting to establish links with as many former members as possible, facilitated by an official alumni club, the Blue Star Club.



Fencing

After joining the University's Performance Sport programme, the fencing club's rise to the top has been meteoric. Both first teams are now firmly established in the BUCS (British Universities and Colleges Sport) Premier Leagues, with fencing being Newcastle's top BUCS point scorer among team sports for the last two years.

With a new permanent fencing centre nearby, the men's firsts and seconds both finished as runners-up in their respective leagues. The women's seconds captured both the league and cup in a perfect unbeaten season. In 2016 the club will enter six teams into BUCS, more than any other institution, and Newcastle has the distinction of being the only university with a women's thirds team.

With members ranging from complete beginners to international athletes, the club enjoys a high level of camaraderie. Once introduced to the sport, it becomes an addiction that continues long after graduation, which the club supports with an active alumni association.

Free to all former members, and with members going back to the 1950s King's College teams, the fencing alumni association holds a number of reunion events, including the popular alumni fencing tournaments that allow former members to get reacquainted with one another and the sport that initially got them together.




Rugby

Newcastle University Rugby Club had a very successful season with three out of their four men's BUCS teams reaching their respective finals. The third and fourth teams competed exceptionally well during the course of the season, considering they were playing against many universities' first 15s.

The University was also well represented at international level, with three players gaining England students honours. Congratulations also go to Will Witty, who was offered a full-time professional contract with Newcastle Falcons as well as playing for England U20s.

The women's club has two full teams, playing BUCs fixtures every week. In August 2014, Newcastle graduate Tamara Taylor (BSc Biomedical Sciences 2004) was part of England's winning Women's Rugby World Cup team. You can read more about her success at: www.ncl.ac.uk/alumni/r/rugbywc.



-  Are you looking to get back in touch with your old sports teams?
-  Or do you have any old photos or memories you would like to share?
-  Get in touch via: alumni-office@ncl.ac.uk

Big Market

Each year our free benefits package for Newcastle University graduates expands and this year's package includes another great variety of products and services.

The Big Market offers graduate businesses free promotion on our website and through the Alumni Association's social media outlets. In return, they offer a special deal or discount for their fellow Newcastle graduates. For all of our graduates, Big Market offers a host of unique discounts on an assortment of goods and services.

From social enterprises selling healthy food to product design, photography to fashion, and legal expertise to overseas adventures, there is something for everyone. You can browse our Big Market online at:

www.ncl.ac.uk/alumni/big-market

The Big Market currently includes Bounceback Food and Zaini Hats:



Bounceback Food

Duncan Swainsbury (BA Economics and Business Management 2013) started up Bounceback Food, a social enterprise that sells a range of organic staple food on a 'one for you, one for society' basis.

They match every product sold with a like-for-like donation to FareShare, the UK's leading food redistribution charity.

Speaking to *Arches*, Duncan said: 'Newcastle University's Rise Up guided my development of our 'one for you, one for society' concept and helped to expand my network of industry contacts. We've just secured our 1,000th foodbank donation in Manchester and the next challenge is to expand our social impact across the rest of the UK.'

Newcastle University graduates get a 5% discount on orders over £25. To claim, please use promo code 'NUBM2015' via the online order form at: www.bouncebackfood.co.uk

Zaini Hats

In 2014, alumna and Big Market participant Miranda Harper (BA Media, Communication and Cultural Studies 2009) appeared on the BBC's *Dragons' Den*. Since starting her own business, Zaini, Miranda has turned her idea of comfortable, casually styled, colourful hats and headbands into a global brand.

Read about how she got on at:

www.ncl.ac.uk/alumni/r/zainihats

Find out more



Turn to page 33 to read about how an increasing number of Newcastle University graduates are opting to start their own businesses.



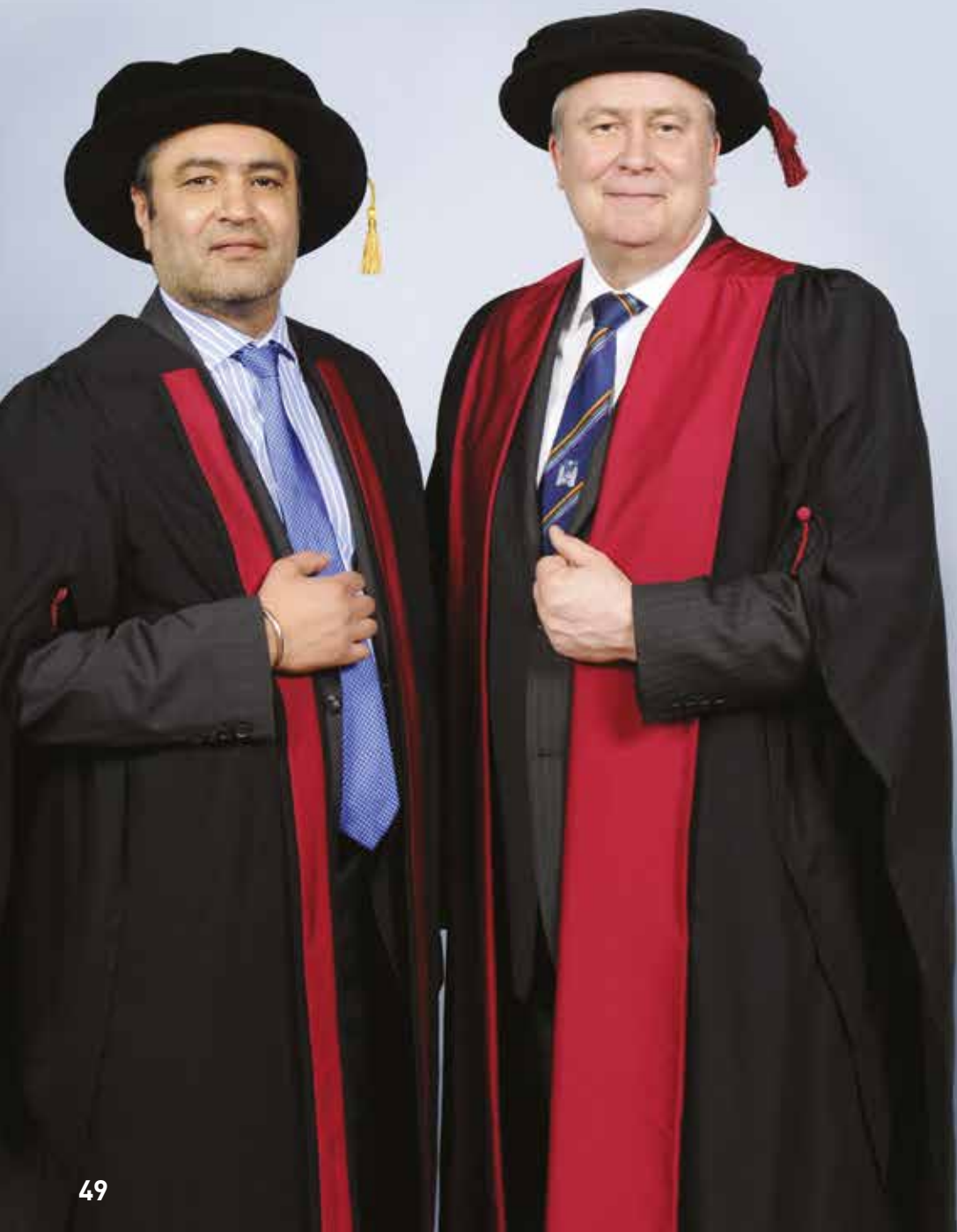
Class notes

The latest news from old friends, classmates and fellow alumni

In March 2015, two Newcastle University graduates were awarded prestigious Fellowships by The Royal College of Surgeons in recognition of their achievements in dental care.

Dr Onkar Dhanoya (BDS 1985), pictured left, principal dentist at the Newcastle-based Osborne Dental Group, was presented with a Fellowship from the Faculty of General Dental Practice (FGDP) at a Diplomates ceremony in London, and was also appointed as a member of the FGDP board.

He was joined at the ceremony by Professor Richard Welbury (BDS 1978, MB BS 1984, PhD 1989), pictured right, Professor of Paediatric Dentistry at Glasgow University's Dental School, who was presented with an Honorary Fellowship.



1970s



Clifford Spencer
(BSc Agriculture 1974)

has spent over 30 years as a working farmer involved in growing a large range of crops around the world as well as specialist livestock. This was followed by acting as a senior global adviser to the United Nations Foundation on agriculture and bioenergy. He now acts as a senior adviser to the EU's Climate-KIC (Knowledge and Innovation Communities) and, most recently, was appointed a Goodwill Ambassador by the African Union – New Partnerships for African Development.



Warwick Partington
(BSc Agricultural Mechanisation 1977)

had an award-winning career as a broadcast producer and director, before becoming Managing Director of MTM Centre for Leadership and Management Development. Specialising in coaching, mentoring and supporting board-level directors of global businesses, he is currently focused on the use of strategic communications to influence international relationships and tactics to counter misinformation/propaganda in Eastern Europe. In early March, he gave a lecture on communication strategies to the International HR Masters' students at Newcastle University Business School.

1980s



Dr Anne Goodwin (BSc Mathematics and Psychology 1980)

qualified as a clinical psychologist in 1985 before working in mental health services in Newcastle and North Nottinghamshire for 25 years. She has now reinvented herself as a writer of fiction, with over 60 short stories already published. Her debut novel, *Sugar and Snails*, partly set at the University, has just been published in July 2015.

More information about her writing can be found at: www.annegoodwin.weebly.com.



Dr Simon Carter (BA Geography 1983, PhD 1988) undertook research on smallholder agriculture and soil management in Latin America and Africa following his studies. In 1998 he joined Canada's International Development Research Centre (IDRC), leading programmes on natural resource management, rural development and climate change adaptation. Since 2010, Dr Carter has been IDRC's Regional Director for Sub-Saharan Africa, based in Nairobi.



Steve Price-Thomas OBE (BA Geography 1989) is currently Oxfam International's Deputy Advocacy and Campaigns Director. Based in Hanoi, Vietnam, Steve leads Oxfam's work on the G20 and BRICS (Brazil, Russia, India, China and South Africa), and supports Oxfam teams in more than 90 countries to maximise their impact through advocacy and campaigning at the national level. He is also a trustee of educational volunteering charity The Project Trust, which sends 300 school-leavers overseas every year to work in projects across Africa, Asia and the Americas.

1990s



Mike Essex (BSc Biology of Plants and Animals 1995) moved to London and now works for Ernst & Young in Financial Services, specialising in organisational change. In August 2014, Mike competed for Team GB at the age-group World Triathlon Championships in Edmonton, Canada. It was

the culmination of years of training and proved to be an amazing experience! Mike is married to Emel with whom he has two daughters; Zara and Yasmin.



2000s



Victoria Clapham née Relton (BA English Language and Literature 2003) returned to her hometown of Leeds following graduation and held a number of marketing roles across a range of sectors from public to private, IT to retail. Her current role is Marketing Director for Made Television Ltd, which operates new local channel Made in Tyne and Wear. This exciting role presents a lot of opportunities for both Victoria and the residents of the area.



Maria Szpitun (BA Government and European Union Studies 2004, MA European Union Studies 2005) joined the Alumni team at Newcastle University full time upon completing her studies and was responsible for organising numerous graduate networking and reunion events around the world. In October 2014, she moved to Oxford to take up her new role of Events and Alumni Relations Officer at Exeter College, University of Oxford. Good luck Maria, we're sure you'll be back on campus for one of our events very soon!



Richard Newman (LLB 2005) worked in Westminster for an MP, before becoming political officer at Slough Borough Council. Relocating to Brussels, he worked as senior political adviser for two MEPs. Richard now works for the Prudential Regulation Authority at the Bank of England. He splits his time between London and Buckinghamshire, where he is a Wycombe District Councillor. North East-born Richard regularly returns to the region to see family, friends and compete in the Great North Run to raise money for the Alzheimer's Society.



Jonathan Chapman (BA Fine Art 2006) completed his studies in 2006 and moved on to complete his Master's at Winchester School of

Art in 2010. After a total of six years in higher education, he formed his own freelance art studio in Hampshire, where he works full time as a professional Illustrator. You can view his illustration of the University's famous Arches and see more of his work online at www.jkchapman.com. 'I look back on my time in Newcastle with great fondness, as it helped to shape the visual style I use today,' he says.

2010s



Rachel Knox (BA Financial and Business Economics 2011, MSc Finance 2012) secured a place on Santander's Corporate and Commercial Graduate Programme after completing her MSc, and was subsequently appointed as Corporate and Commercial Implementation Manager. Rachel was recently promoted to Treasury Sales Analyst, which furthers her knowledge of the global banking industry and markets. In 2012 she completed an internship in Pune, India, with RBI (Reserve Bank of India), which complemented her studies to add an international perspective to her knowledge and work-based skills.



Oliver Morgan Williams (BA Marketing and Management 2014) undertook an internship with the RBI in summer 2012 before taking up a 12-month internship with Accenture. Upon graduating, he was appointed to the role of Accenture Analyst, where he works within an international team and has since returned to India. Oli credits the global experiences he was able to access during his studies for helping him in every aspect of his professional life working with teams around the world.



If you would like your news to be printed in the next issue of *Arches*, please contact: alumni-office@ncl.ac.uk.



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or LinkedIn group at: www.ncl.ac.uk/alumni/linkedin where you can find old friends and tell us about your news.

20% tuition fee discount

for Newcastle University graduates



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out
more
www.ncl.ac.uk/funding/alumni