

NEWSLETTER

THE LATEST NEWS FOR ALL UNIVERSITY STAFF

December 2010



PRIFYSGOL
BANGOR
UNIVERSITY

Professor
John Hughes

AN INTERNATIONAL UNIVERSITY FOR THE REGION

VICE-CHANCELLOR, PROFESSOR JOHN HUGHES OUTLINES HIS THOUGHTS AND IMPRESSIONS ON TAKING UP HIS NEW POST, IN A BRIEF INTERVIEW.

How does it feel to be Bangor University's 7th Vice-Chancellor and what do you see as our main challenges?

I am delighted and honoured to have taken up the post of Vice-Chancellor of Bangor University and I look forward to meeting and working with all staff in the coming weeks and months. The University has a distinguished history, a unique character and a significant record of achievement. It also has a wonderful atmosphere of collegiality and loyalty and I intend to do everything I can to preserve those qualities.

In meeting staff across the institution, I detect an innovative and courageous approach to meeting the challenges that face us. The economic climate for all universities will be difficult over the next few years but financial stability is a crucial component in achieving academic success. Bangor is entering this period from a position of relative financial

strength, and I am determined to ensure that we maintain the high quality of our provision, without incurring debt.

What's the way forward?

In building upon our successes, the University must recruit and retain the best people and reward excellence appropriately through incentives at the personal and school/departmental levels. In research, our focus must be on areas of existing strength, subjects with clearly recognized potential and areas relevant to national and regional priorities in the social, cultural and economic arenas. We must also be alert to inter-disciplinary opportunities in teaching and research. A successful university must be agile in adapting to the changing demands and requirements of its students and society at large. Such innovation must be led by our staff and the schools and colleges, but the University must be willing to

reallocate resources to support new ideas.

However, an attribute of the very best universities is that they maintain the traditional academic disciplines at their core. In fact, the flow of external funds to fields that attract generous research support can allow a university to direct more of its institutional funds to supporting excellence in other fields. Through such processes, the best universities have maintained great strengths in the humanities and the arts, for example, and they have resisted financial temptations to turn the university into a group of research institutes or to narrow their educational mission. Research performance alone must not be the sole driver of our academic ambitions.

What are the next steps?

We will be working on a new Strategic Plan over the next few months and we will be consulting widely on this in order to ensure that it accurately reflects our aspirations in teaching and research and engages with the policies of the Welsh Assembly Government. ■

INSIDE BANGOR'S NOBEL PRIZE-WINNING ALUMNUS AND OTHER AWARD NEWS, BANGOR'S NEW SCIENCE FESTIVAL AND SOME CHARITABLE GIVING.

AN INTERNATIONAL UNIVERSITY FOR THE REGION

Important specific themes will include internationalisation of the University, regionalisation & partnership, Welsh medium study and civic engagement.

Bangor has a strong commitment to its region and I intend to maintain and indeed strengthen that commitment. However, I do not want us to be a narrowly focussed regional university but rather an **international university for the region**. The more successful and the more international we are, the more we can contribute to the region.

I am committed to building on our successes in widening access, in raising aspirations, and providing 'ladders of opportunity' for students in collaboration with FE colleges in the region. I also want to strengthen and develop our relationships with schools and to ensure that Bangor University is the destination of choice for the best students in the area. The University must also continue to contribute strongly to the social and cultural life of the region, to improving our interaction with the community and to engaging in partnerships with industry and commerce.

As Vice-Chancellor, I am committed to providing strong and decisive leadership but with deep respect for the traditions and values of the institution. I want to improve our internal and external communications and in particular, the way in which the University presents and markets itself locally, nationally and internationally. I am also committed to modern and efficient approaches to both academic and administrative management.

Whatever the challenges ahead, I want to ensure that we are open to new ideas, and that we listen to and fully consult with staff on changes, developments and opportunities over the next few years.

I will be visiting all Schools and Service Departments and I hope to meet you and as many staff as possible over the coming semester.

Professor John Hughes
November 2010



NEW PORTRAIT

Council members and guests were invited recently to the unveiling on the University's latest portrait. In keeping with tradition, a portrait of former Vice-Chancellor Professor Merfyn Jones was unveiled. The portrait was commissioned from David Griffiths, one of the nation's foremost portrait painters. It will hang alongside the collection of portraits of Vice Chancellors and presidents of the University in the University's Council Chamber. Here, current Vice-Chancellor John Hughes, Professor Merfyn Jones and his wife, Dr Catrin Hughes admire the work.

QUEEN'S HONOURS LIST

Four former members of staff were named in the Queen's Birthday Honours list. Mrs Barbra Kinsella, a former secretary at the School of Chemistry received an MBE for services to her community in Cemaes Bay, Anglesey. Mr Roger Cooper who retired as head of the School of Agriculture & Forest Sciences in 2004 (Now SENRG) has received an MBE for his services to forestry.

Mrs Mair Jones, a former head of the School of Nursing, (now the School of Healthcare Sciences) received a CBE for her contribution to further education in Wales and Mr Neil Roger Jones, a former member of staff at BC (formerly known as The BioComposites Centre), a received an MBE for services to mountain rescue in north Wales.

NOBEL PRIZE FOR BANGOR GRADUATE

A pioneer whose work has led to over four million children being born by IVF (in vitro fertilisation) has been awarded the 2010 Nobel Prize for Medicine. Work by Professor Robert Edwards FRS, known as 'the father of IVF', with Patrick Steptoe, led to the birth of the world's first test-tube baby, Louise Brown, in 1978.

Born in Batley, Yorkshire in 1925, Robert Edwards graduated with a degree in Zoology from Bangor University in 1951. He studied under leading Bangor University Professor Rogers Brambell, who inspired him with an enthusiasm for mammals.

"We wholeheartedly congratulate Professor Edwards. His research has brought happiness to so many families throughout the world. We're delighted that he has achieved such high recognition for his outstanding contribution to science in a way that has touched the lives of so many," commented Professor John Hughes, Bangor University Vice-Chancellor.

In 1963, Robert Edwards joined the University of Cambridge as the Ford Foundation Research Fellow at the Department of Physiology, and a member of Churchill College.

His work on fertilisation began in 1955, and his partnership with Dr Patrick Steptoe, a gynaecological surgeon, in 1968. Although the first successful human test-tube fertilisation took place by 1970, research did not result in a successful pregnancy for nearly ten years. By the late 1970s, funding for Steptoe and Edwards' project was running out, and their work met with scepticism, resistance and set-backs. But in 1978, a breakthrough resulted in a healthy pregnancy and the birth of the first ever 'test tube baby', Louise Brown. Edwards and Steptoe went on to found the world's first IVF clinic at Bourn Hall, Cambridge, in 1980.

In 1978 Edwards was among the first to receive Honorary Fellowships of Bangor University. In 2001 he was awarded an honorary doctorate from the University of Cambridge and the Albert Lasker Clinical Medical Research Award for the development of in vitro fertilization. Now aged 85, he is a Pensioner Fellow at Churchill College, Cambridge.

Louise Brown said of the Nobel Award: "Its fantastic news, me and mum are so glad that one of the pioneers of IVF has been given the recognition he deserves. We hold Bob in great affection

and are delighted to send our personal congratulations to him and his family at this time."

Speaking in 2008 Professor Edwards said: "The most important thing in life is having a child. Steptoe and I were deeply affected by the desperation felt by couples who so wanted to have children.

"We had a lot of critics but we fought like hell for our patients. But we had enough supporters – not many – but just enough for us to carry on our work."

Nobel and Bangor

In 2007 the Nobel Peace Prize was awarded jointly to the Intergovernmental Panel on Climate Change (IPCC) and Albert Arnold (Al) Gore Jr. "for their efforts to build up and disseminate greater knowledge about man-made climate change, and to lay the foundations for the measures that are needed to counteract such change". Bangor graduate and Honorary Fellow Professor Stefan Rahmstorf, a leading authority on climate change was a member of the panel. Bangor University has awarded an Honorary Degree to Nobel Peace Laureate, Archbishop Desmond Tutu and an Honorary Fellowship to Nobel Peace Laureate John Hume.

SATISFYING OUR STUDENTS

Bangor's students have once again recorded their overall satisfaction with the quality of teaching that they receive at the University. The National Student Survey (NSS), an independent survey of graduating third year students conducted each year, the results of which are published in August, revealed an 86% overall satisfaction with their courses. This represents a 1% improvement on last year, and compares well against the benchmark average of 83% for the UK as a whole and 82% for Wales.

Of course perceptions may change with the cohort year on year - but the University and Schools can also work to improve the student experience of teaching and learning.

One School that performed exceptionally well is the School of Welsh whose students have recorded a 100% satisfaction rate for the last two years. It is the only academic unit in the UK to have scored 100% for Welsh and Celtic Studies.

"These remarkable results reflect one simple fact - it's the students' learning

experience that comes at the top of the list of priorities for us at the School of Welsh," commented Professor Peredur Lynch.

The School of Education & Lifelong Learning also received a positive result from their Foundation Teacher Training cohort. Bangor was ranked highest among 58 institutions, with an overall satisfaction of 98%. This was also a significant improvement on last year's result of 83%.

Professor Janet Pritchard, Head of Education & Lifelong Learning said:

"I am delighted with these results which reflect the dedication and expertise of our academic and support staff. We have structured our courses in such a way that enables us to have a close working relationship with our students and any concerns that they raise can be resolved quickly and efficiently; our systems are clearly working well!

"We do have a distinctive tutorial and support system which fosters a culture of close mentor supervision and personal support for our students. It is an approach

that is especially suited to the requirements of our students. The results confirm a symbol of excellence across courses in Education at Bangor."

The School of Psychology achieved a 95% overall satisfaction from their students. According to the School's statistics this places them 6th of the 100 universities teaching psychology in the UK on this measure.

The School has managed an incremental improvement in its ratings year on year. As School Head Dr Oliver Turnbull explains:

"There are of course many people who've helped to make these remarkable results happen - those delivering lectures, small group work, skills courses, pastoral care, IT support for teaching, improvements in infrastructure, arranging social activities and dealing with complaints and ensuring that we don't repeat mistakes, and a whole range of intangibles that are about our attitude towards student teaching and learning,"

BANGOR'S SCIENCE FESTIVAL

Communication, Sustainability and Entrepreneurship are to be the overarching themes for the University's first week-long "Bangor Science Festival" which marks National Science and Engineering Week 2011 (11-20 March 2011).

Entertaining and thought provoking activities are being planned to appeal to all ages; from young school children and families to the general public and professionals interested in the latest research.

Rosanna Robinson, Lecturer in the College of Natural Sciences and one of the event co-ordinators said: "By starting the Bangor Science Festival this year, the University plans to engage with the wider community of north Wales and to showcase the world-leading scientific research which is being carried out here. We are delighted with the enthusiasm and excitement already generated, and with more events being added each week the



Pupils from Ysgol Syr Hugh Owen, Caernarfon, experience a starfish - 'hands-on', at last year's Eco-Science Day.

Festival looks set to grow even bigger and better."

Kirsty Thomson, Major Gifts Officer at the Development & Alumni Office explains: "A generous endowment from Bangor Alumnus Dr Tom Parry Jones enabled us to hold an extremely successful "Eco Science Day" schools event last year. The great response to that event has led directly to this larger event."

Stevie Scanlan from the College of Physical and Applied Sciences said "We are partnering

with external organisations including local authorities, community and youth groups and organisations. Local businesses are also coming on board. The aim is to create a Bangor hub for National Science and Engineering week activities."

Details of planned events can be found on the Bangor Science Festival website www.bangor.ac.uk/bangorsciencefestival with more fringe events being added each week. For further information e-mail: bsf@bangor.ac.uk

UNIVERSITY GETS IN ON THE ACT

The University has hosted a number of television crews in recent weeks: this has included using our buildings to represent a haunted apartment building, and filming a character who 'graduates' from Bangor, as well as dipping into the past.

Will Young was among the actors and film crew who spent two days at the University before the start of the academic year. The neo-gothic Main Arts and Library buildings provided part of a 'composite' set being made up of several locations which will create 'Bedlam Heights' - new apartments set in an old converted Victorian asylum. This 'ghostly' series will be screened on 'Living' channel in early 2011.

The Management Centre and John Philips Hall played host to the BBC's One Show for an item to be broadcast in November. The show revisited The Beatles' visit to Bangor to meet Maharishi Mahesh Yogi. The One Show tracked down local people who had played a part in the visit and walked them through their memories of those days in 1967. The item was broadcast on 23 November.

For more information on the Beatles' visit to Bangor see: www.bangor.ac.uk/studentlife/features/beatles.php.en

Alan Parry, Director of Communications & Marketing said:

"Location filming raises the profile of the University, particularly within factual broadcast media. Having large production companies using the University as a location for filming also boosts the local economy."



The film crew at 'Bedlam Heights'.

Our late Indian summer also happily coincided with the filming of mock 'degree ceremony' celebrations for the central character of a new drama series, *Porth Penwaig*, coming to S4C shortly. A few heads were turned on seeing 'gowned' 'students' and their 'families' being filmed in the Inner Quad, in a scene similar to those seen through the graduation ceremonies.



In the picture, Roy Flynn and Malgwyn Hughes being interviewed by One Show presenter Carrie Grant. The former telegram boy Roy, and postman, Malgwyn, delivered a telegram to the Beatles during their stay at the former Normal College Dyfrdwy Hall, now part of the Management Centre. Also taking part were enterprising school boys, Geoff Dacre and Colin Evans.

LEVERHULME FUNDED STUDY

Dr Ian Gregson of the University's School of English is to write a book about a poet tipped to be the next Poet Laureate.

A literary critic and published poet, Ian Gregson has been awarded a Leverhulme Research Fellowship, which will enable him to write a book on Simon Armitage this autumn.

Ian Gregson said "Simon Armitage is a funny, clever and street-smart poet, who has also

more recently written televised films and has started to engage with the problems inflicted by global ecological damage. The time made available by the Fellowship will allow me to focus exclusively on this project."

Ian Gregson's latest book, co-edited with Carol Rumens (School of Creative Industries), is an anthology of work by poets who have lived or worked in Hull. *Old City: New Rumours* is a sequel to the influential 1982 collection *A Newly*

Rumoured City (edited by Douglas Dunn, with a foreword by Philip Larkin). The new volume marks 25 years since Philip Larkin's death.

New work by all the poets featured in that 1982 collection, including Ian Gregson himself, are included, as are other poets including Andrew Motion, Grace Nichols, David Wheatley and Douglas Dunn.

The volume has been well received by the critics.

A SUMMER OF RECOGNITION



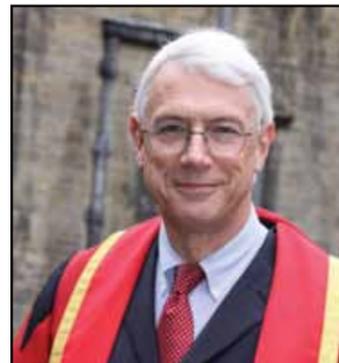
AN INSPIRING EDUCATOR

Professor Judy Hutchings with Jane Davidson AM and Professor David Egan who was one of the judges for the class

Professor Judy Hutchings, Director of the Incredible Years Wales Centre at the School of Psychology was awarded the Inspire Wales Awards Educator Award for her work to bring effective services to children in Wales who are at risk of anti-social behaviour. The Award was presented by the Western Mail in conjunction with the Institute of Welsh Affairs, and sponsored by Click on Wales.

She has been instrumental in researching and delivering the Incredible Years (IY) parent, child and teacher programmes across Wales through the Incredible Wales Centre at Bangor University and the Incredible Years Cymru Charity.

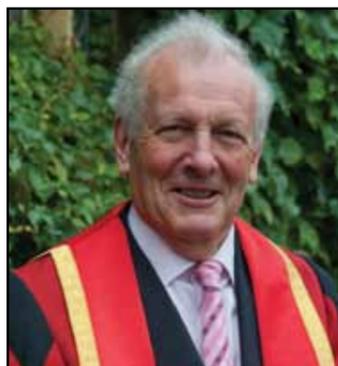
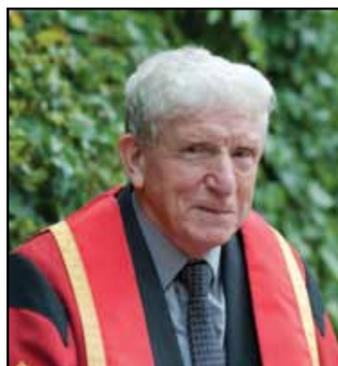
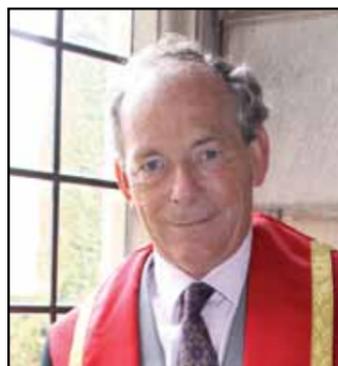
She said: "I am thrilled to have won this award. It provides an opportunity to celebrate both our important research here at Bangor and the work of many incredible parent group leaders, teachers and parents to support children across Wales. Without their contribution, along with that of the team at the IC Wales Centre, our achievements for children in Wales would not have been possible."



Left to right:
Jane Edwards
Sir Christopher Evans
The Hon Mr Justice Roderick Evans

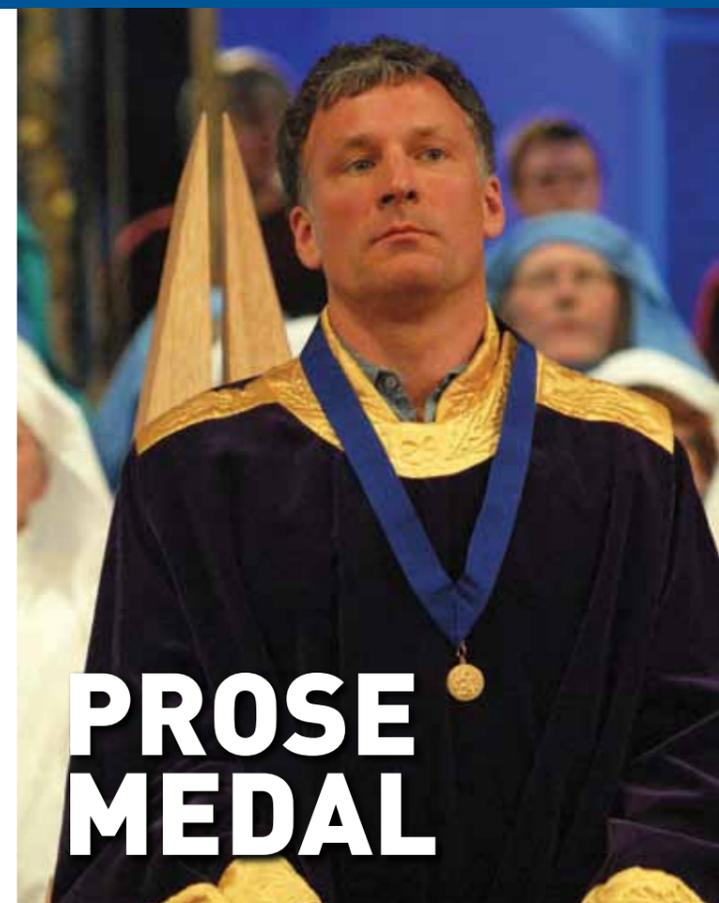
Sir Simon Jenkins
Bob Owen

Mike Peters
Professor Keith Robbins



HONORARY FELLOWS

The University again honoured individuals for their contributions in their individual fields by awarding them Honorary Fellowships of Bangor University. Those receiving Fellowships at this year's Graduation Ceremonies were: Jane Edwards, novelist; Sir Christopher Evans, a leading biotechnology entrepreneur; The Hon Mr Justice Roderick Evans, a judge of the High Court of Justice for England and Wales; Sir Simon Jenkins, journalist, author and Chairman of The National Trust; Mr Bob Owen, local historian; Mike Peters, musician and fund raiser and Professor Keith Robbins; modern historian and past Vice-Chancellor of the University of Wales, Lampeter (now the University of Wales Trinity St David).



PROSE MEDAL

Congratulations to Dr Jerry Hunter, a reader at the School of Welsh who won the Prose Medal at the National Eisteddfod in Ebbw Vale in August.

The medal was awarded for a volume of creative writing of no more than 40,000 words on the subject 'Adfywiad' (Regeneration). Using the pseudonym "M.W", Jerry wrote about the age old relevance of what is today called post traumatic stress in the volume entitled 'Gwenddydd'.

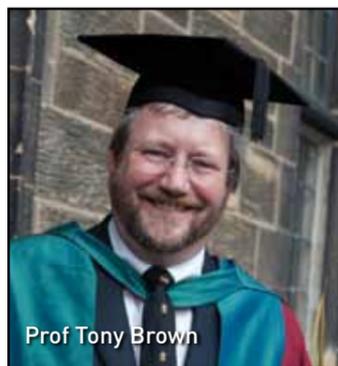
Speaking about his winning work he said; "With war still affecting our world, someone often hears about the way post-traumatic stress disorder affects the lives of soldiers and former soldiers."

"Of course this is not a new thing; the poets and storytellers of Wales in the Middle Ages had ways of discussing the same thing. There is a story about Myrddin Wyllt becoming mad during the Battle of Arfdeydd (Arthur). He went to live in the woods - a mad man of the woods - where he wrote prophetic poetry. He avoided other people and his sister, Gwenddydd, was the only person allowed to speak to him.

My aim was to reveal the age-long aspect of the story by placing it in recent times. When I think about the link between the present and the past, I often think about the Second World War - the crossroads of the modern world, an experience which belongs to history and is yet close enough to us. My late mother in law, Jane Humphreys, nursed in a military hospital during the war; I wouldn't say that the character, Gwen, is based on her, but hearing about what she did during the years of the war made me feel closer to these experiences."

Gwenddydd is now available in bookshops.

TEACHING FELLOWSHIPS



Prof Tony Brown



Mr Aled Griffiths

Teaching Fellowships were awarded to Mr Aled Griffiths of the School of Law, Prof Jonathan Williams, Business School and to Prof Tony Brown of the School of English during the degree ceremonies. They are awarded as recognition of their excellence in all aspects of teaching and student support.



Prof Jonathan Williams

SANTANDER SCHOLARSHIPS

Four postgraduate students visited the Santander Universities branch at Bangor University's Main Arts Library recently to meet and be congratulated by branch manager, Veselina Vasileva.

The four, Fernando Pinillos, Maialen Herrero, Alejandro González and Eduardo Manso Del Valle are recipients of £5,000 Santander taught Postgraduate Scholarships, along with Pablo Recher, who was unable to be present.

They represent the first recipients of the Scholarships - which are being awarded for three years. They are available to postgraduate applicants from the Latin American countries participating in Santander Universities scheme, who have been accepted to study a taught postgraduate course at Bangor University.

This year's scholarship winners are studying at the School of Ocean Sciences, Bangor Business School and the School of Psychology.

"This fits well with our objectives to raise the number of postgraduate students at Bangor. We are extremely grateful to Santander Universities for the support they are providing to these students to enable them to study at Bangor and look forward to welcoming many more Santander scholars to Bangor in the future," said David Fordham, Deputy Registrar and Academic registrar.



Left- right are: Maialen Herrero, Fernando Pinillos, Alejandro González and Eduardo Del Valle with branch manager, Veselina Vasileva.

OUTSTANDING STUDENT SUPPORT SHORTLIST

The University's Peer Guide Scheme has been short-listed for the Times Higher Education Awards Outstanding Student Support Category. The Awards are to be presented on 25th November.

The Peer Guide Scheme has grown over the years and recruiting and training the Peer Guides is quite a task. The benefits to the University community however, certainly make it worthwhile.

"Our experience is that the quicker students integrate socially, the quicker they also integrate academically. Peer Guides help by creating socialising opportunities for new students to be able to adapt. The Peer Guides also benefit, gaining invaluable leadership and team-working employability skills in the process," explains Professor Colin Baker, Pro Vice-Chancellor with responsibility for Teaching & Learning.

The Peer Guide Scheme matches up new students with 'Peer Guides', current second and third year students who act as mentors, arranging social activities, showing students around and generally giving advice, from the best place to shop, to signposting where to go in the



Senior Peer Guide, Stevie Fox helps a first year student.

University for academic or other support. It is one of the largest such schemes in the country and has been developing and expanding since the original pilot

over 15 years ago. This year for the first time, Post-graduate students will have a parallel 'buddy' scheme - their own dedicated Postgraduate Ambassadors.

BANGOR - AN ACE UNIVERSITY!

Academic Champions of Enterprise (ACE) is a pilot project managed by the Centre for Careers & Opportunities at Bangor University in partnership with Aberystwyth and Swansea Universities.

The Welsh Assembly Government funded project aims to promote enterprise activity, as well as identifying opportunities for enterprise support, by engaging with staff through departmental ACEs.

Bangor's ACEs are Dr Andy Goodman and Dr Iestyn Pierce from Engineering, Dr Eben Muse from Creative Industries, Dr Claire Doloriert from the Business School, Dr James Intrilligator from Psychology, Dewi Rowlands, Centre for Design & Technology and Dr Brec'Hed Piette, both at the School of Education & Lifelong Learning. The ACEs are responsible

for championing enterprise amongst staff, encouraging them to become more enterprising within their roles and look at mapping current provision. To equip them for this, the Bangor ACEs have attended national enterprise events and conferences where they discover the benefits of more enterprising applied teaching, designed to contribute to student employability. As part of the project, the ACEs also conducted a survey amongst the participating schools to identify attitudes towards enterprise.

Last January ACEs from the three institutions met to share good practice and explore the opportunities for enterprise learning and skills development. Speakers included Dr Simon Brown, Southampton Solent University who is currently Chair of Enterprise Educators UK and Dr David Gibson from Queens University,

Belfast, who has successfully developed strategies to embed and assess entrepreneurial learning in all degree pathways at Queens.

Over the past year, Bangor ACEs have developed and piloted 'Enterprise by Design' - a high profile interdisciplinary business challenge for students in the ACE schools. Teams of mixed discipline were challenged to design a new product over a six week period and pitched their ideas to an expert panel comprised of local entrepreneurs. See this link to read more - www.bangor.ac.uk/news/full.php?id=1229

This has been a very exciting venture which has stimulated interest from external organisations to develop ideas and which will also generate research opportunities to Bangor ACEs.

WEBSITE AMONG BEST IN UK

It's beyond argument that our location is unrivalled in the UK. Now we have it on good authority that our website is also among the best - having been voted one of the best university sites in the UK by prospective students.

A recent report in the Times Higher Education ranks Bangor's website amongst the most effective sites, in terms of providing potential students with the information they need to decide where to study.

The survey asked a sample of sixth form students from different schools to rate a range of university websites on a number of criteria. The Bangor site scored top marks for most of the categories including ease of navigation, how easy it was to find contact details for further information, and

providing a student perspective on studying at Bangor, through effective use of profiles and interviews with current students. The Bangor site was also scored highly for giving prospective students an insight into life on campus, especially through the use of videos and interviews on BangorTV.

"It's a well-designed and imaginative website" was one of the comments made about the Bangor site, with the home page and BangorTV channel also receiving complimentary comments.

The website is co-ordinated by the University's Web Team, which includes staff from Information Technology Services and Corporate Communications & Marketing. Recent developments include the video channel BangorTV as well as a University

presence on networking sites such as Facebook, Twitter and YouTube.

Alan Parry, Director of Communications and Marketing said: "Our aim is to ensure that our website is engaging, informative and easy to use. The site undergoes regular updates in design to ensure that the 'look and feel' is attractive to users.

"The webteam provide innovative content and material which ensures that the site is interesting and informative to visitors, and new technological developments are constantly being introduced. We also work with students to create user generated content to give prospective students a real taste of Bangor throughout the site, and that has proved very successful. We're delighted that users have rated the site so highly."

A road, cross country and mountain runner with over 1,000 races completed, Arwel is the current and last year's winner of the Snowdon Race's Over 50 section. He completed the race in 1 hour 27 minutes this year. Arwel is also the Welsh over 50 mountain running champion and he currently holds the North Wales over 50 road running titles for the 5k, 10k and 10 mile distances and he hopes to win the 5 mile event as well to complete the set. He also manages several running teams and is currently Chairman of the successful Eryri Harriers team.

Since when have you been working at the University? Since 1989, before which I was doing similar work at Ysbyty Gwynedd. Before that I was in the Army.

What do you enjoy about your work? Mixing/interacting with people.

What are the less enjoyable aspects? Getting up early in the morning! And the long hours!

Since when have you been running/mountain running? On and off since the 70s. I took up mountain running when I began to lose my road speed (Arwel's best time for a marathon was in Berlin in 1979 run in 2 hours 20minutes) I began running on the mountains because your race finishing time is not so important!

Why do you run? Because I have a competitive nature and a winning streak.

Recent successes? The most recent success was for the Eryri Harriers team. I am the Chairman this year as well as the Road Running Secretary. Our women recently won the British Fell and Mountain Running Championships following their triumph in winning the North Wales cross country championships early on in the year. Arwel also manages the Welsh Athletics Mountain Running Team and the UK Athletics Mountain Running Team and



serves on the Welsh Athletics Road Running Committee. His competing and managing has taken him too many countries, most recently with the British Mountain Running team to Bulgaria to compete in the European Championships in July and Poland in August to compete in the World Masters Mountain Running Championships. **From where do you get the stamina?** Always been hyperactive! And from training. The amount and type depends on what race is coming up - during the winter I train at the Treborth running track and the playing

fields as it's convenient and safer there. **What else gets you ticking/relaxing?** Watching football - I support and go and watch our local team, Bangor City. **How do you fit the needs of your own running and managing the running teams with the demands of work?** There are not enough hours in the day to be honest! The weekends are for racing and race/team administration while it is mainly all work from Monday to Friday.

ONE YEAR ON

A year after the University signed a Health & Safety Executive (HSE) pledge to play its part in reducing work-related death, injuries and ill-health, the University's campaign to improve health and well being alongside safety has been featured in a HSE publication marking the anniversary of the pledge.

The article features Pathways to Health, a strategy developed and implemented by the University's Health and Safety Services department. Supporting the strategy, initiatives such as personalised health

checks devised and performed by the Occupational Health Practitioner, Joe Patton, have been provided to over 400 members of staff. Another initiative that you may have heard about is the 'Back Club'; an eight week course that supports staff in managing their pain and discomfort. Staff who have suffered back pain in the last 12 months are invited to attend specially designed classes at Maes Glas. They follow core stability exercises designed to strengthen their muscles which support the spine, helping to reduce the risk of future back problems.

Gareth Wynn Jones, Head of Health & Safety Services said: "Coupling the general health message and well-being promotion with health and safety messages has, I hope, enabled us to win over a number of hearts and minds." "Long term sickness absence at the University fell 37% between 2007 and 2009. The downward trend reflecting the impact of the work done to improve and support the health of staff."

For further information on health support initiatives and the Pledge please visit: hss.bangor.ac.uk

CHARITY BEGINS AT WORK

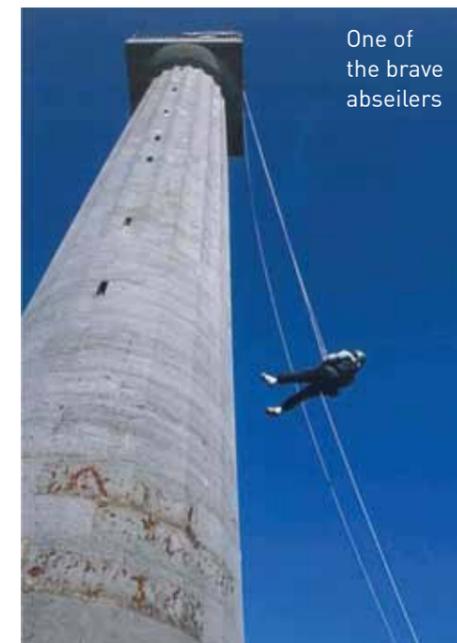
The Tŷ Gobaith children's hospice has been Bangor University's adopted charity for several years. During this time financial donations have been made through various fund raising events and a staff lottery.

A cheque for £3,485.20 raised by the University and staff was presented in June. The sum represents the proceeds of monies raised during 2009 from the staff lottery (£3,000), the 2010 staff weight loss challenge (£335.20) and a sponsored cycle ride from Bangor University to Aberystwyth University (£150).

Fundraising activities have continued this year. In October, 23 members of staff abseiled 110 foot down the Marquis of Anglesey's Column in Llanfairpwll, raising £1,300 and in September, 16 members of staff climbed Snowdon, raising a further £467 for Tŷ Hafan.

Members of staff from the Finance Department visited Alaw Ward at Ysbyty Gwynedd recently to present a cheque for £600 in memory of Grace Roberts a former member of staff at the department. The money was raised among the staff who sponsored Raymond Tugwell on his annual charity walk.

Staff decided that a gift in memory of Grace Roberts would be a fitting tribute to a former colleague who was always kind and showed interest in her colleagues' family and children. Grace Roberts retired from the position of Payroll Supervisor in 2005 having worked at



One of the brave abseilers



The intrepid group who climbed Snowdon.



Hilary Jones and Audrey Sharpe from the Finance Department present their cheque to staff at Alaw Ward Ysbyty Gwynedd.

the University for 35 years.

A Macmillan Coffee morning held on Friday 24th September at Bangor Business School Management Centre as part of The World's Largest Coffee Morning saw over 100 visitors to The Centre in a little over one hour. Staff, friends and family were joined by visitors from the local community who had searched on line and found the coffee morning event through Google.

Working closely with Jenny Byast, local area coordinator, the team and staff at The Centre donated home baked cakes to support the coffee morning and attract donations to this worthwhile cause.

A combination of coffee sales, donation for cakes as well as funds received from the raffle managed to raise £100 for Macmillan charity.

Thanks are extended to all who chose to make donations and attend this annual event.

Did you know?

A CHEMISTRY LANDMARK

The School of Chemistry has been honoured with a Royal Society of Chemistry (RSC) Landmark Award. This is the first for Bangor, and the first award of its kind for Wales.

The RSC Chemical Landmark Plaque is in recognition of both Professor Ted Hughes' critical research in Physical Organic Chemistry and the 125 years of excellence in Chemistry at Bangor.

Professor Hughes was Head of School of Chemistry from 1943-8. His research contributed to a greater understanding of organic reaction mechanisms which now underpin university chemistry curricula world-wide.

The long-standing relationship forged between the RSC and the School of Chemistry has been extremely important, benefitting all aspects of Chemistry from teaching and research to schools events and public lectures. Many of the RSC Local Section



Dr Mike Beckett, Acting Head of the School of Chemistry and the plaque.

officers and Committee members are Bangor Chemistry Staff and Students. Serving on the RSC committee has also proved invaluable for many students. The RSC has not only

enriched the student experience here at Bangor but has helped to excite generations of school children about science.

DESKTOP VIDEO CONFERENCING

The traditional lecture and seminar are no longer the only locations or means of engaging students in learning.

Providing 'blended learning' is the aim. This means incorporating a range of approaches and technologies to ensure that students get the best from their learning opportunities, as well as considering the most appropriate medium for conveying different types of information and engaging students in learning.

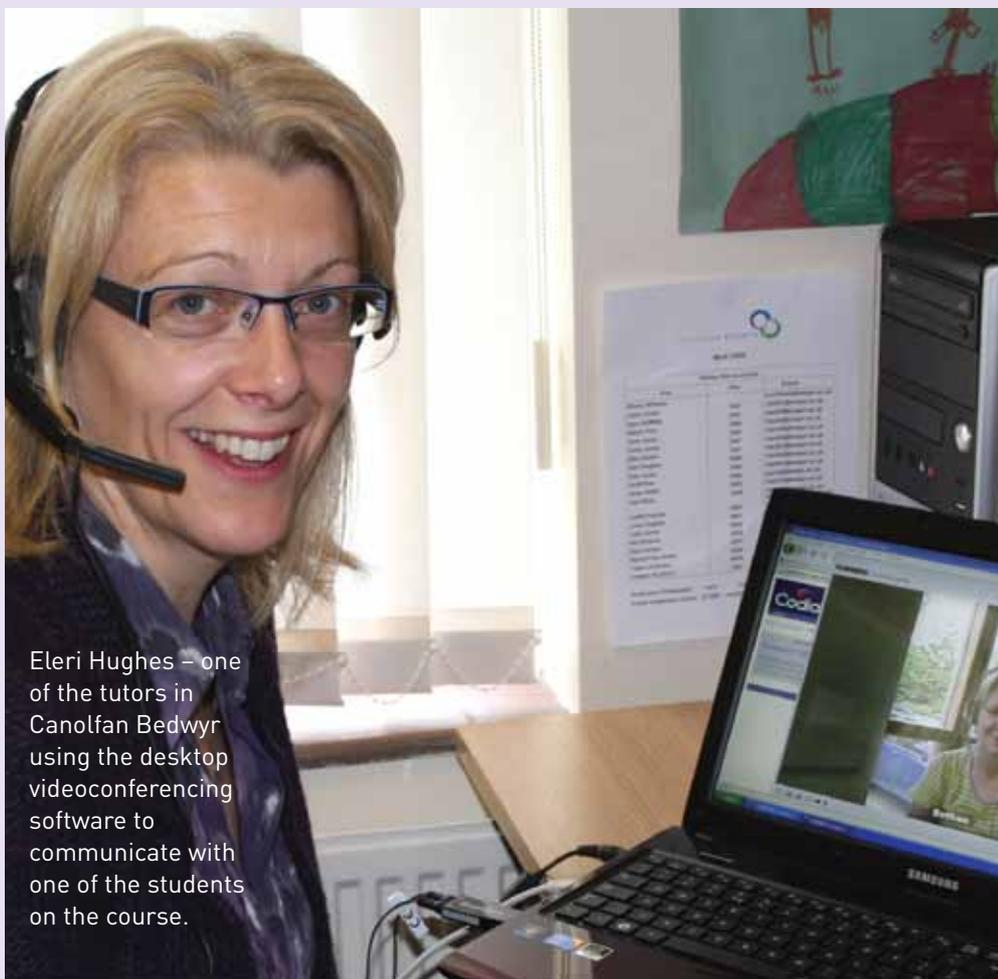
One of the latest methods being trialled as a teaching tool is desktop videoconferencing software.

Tutors at Canolfan Bedwyr recently used the system for the first time during a twelve-week distance learning course.

Using webcams and headsets, students and tutors were able to communicate with each other from their offices or homes without the need to visit a videoconferencing suite. Students on the course found that being able to see the tutor face-to-face and being able to share documents was of great benefit.

Eleri Hughes Senior Tutor at Canolfan Bedwyr said:

"Being a distance learning course, the teachers and lecturers on this course are only here in the college for 12 days out of the 3 months. Being able to discuss task feedback and any problems arising with the work face-to-face made it a lot easier for everybody." The Learning Technology team have also recently demonstrated the software to staff within the School of Education and Lifelong Learning who are engaging in a collaborative programme with Aberystwyth University.



Eleri Hughes – one of the tutors in Canolfan Bedwyr using the desktop videoconferencing software to communicate with one of the students on the course.

MEMORIAL ESSAY AWARD

The Journal *Twentieth Century British History* (TCBH) has named its annual Essay Prize the Duncan Tanner Essay Prize to honour his memory and his contribution to both the journal and to graduate student education. The aim of the Duncan Tanner Essay Prize is to encourage a high standard of scholarship amongst postgraduate research students in Britain and abroad.

Professor Tanner was Director of Research for the University and of the Welsh Institute for Social & Cultural Affairs (WISCA) until his untimely death in February.

Stephen Brooke, a co-editor of the journal said: "Duncan Tanner joined the TCBH editorial team in January 2007, and had just taken over the position of managing editor

when he died earlier this year. Duncan's contribution to TCBH during his editorship was immense. His editorial judgments were incisive and insightful, sometimes penetratingly concise, more often painstaking in depth and detail. Duncan's editing combined both authority and sympathy; his concern was not only to publish the best articles we could, but also to use the process to offer encouragement and constructive criticism, particularly to younger scholars. He brought to the journal a remarkable range of reference, an unshakeable commitment to excellence, and a belief in TCBH as a leading forum of historical scholarship, where both established and early-career scholars should find a place. This was a contribution to twentieth-century British history that

went far beyond the pages of the journal. Duncan's belief in the importance of the process of research—seen elsewhere in his commitment to postgraduate research training, his engagement with freedom of information issues and his interest in digitization—informed the recent expansion of TCBH coverage into archive and source reports. Duncan was forthright of opinion, and intolerant of pomposity and intellectual laziness. But he was also enthusiastic, warm, supportive, graced with a trenchant wit and—despite all his many other commitments—always generous with his time. We were privileged to work with Duncan. He will be greatly missed."