

# NEWSLETTER



PRIFYSGOL  
**BANGOR**  
UNIVERSITY

THE LATEST NEWS FOR ALL UNIVERSITY STAFF OCTOBER 2009



## UNIVERSITY CELEBRATES CENTENARY AND A QUARTER!

Internationally renowned Irish singer Mary Black and her Band delighted the audience at the Prichard Jones Hall on Friday. For the full story and more pictures of the 125th Anniversary celebrations see pages 4 and 5.

## NEW ARTS AND INNOVATION CENTRE FOR BANGOR

**B**angor University has welcomed the Welsh Assembly Government's announcement of £15m funding towards the exciting and ambitious new Arts and Innovation Centre at Bangor.

University Vice-Chancellor Professor Merfyn Jones said: "This is tremendous news and a wonderful boost for north Wales. This funding together with additional European, Arts Council and University funds will allow us to move ahead with developing a fantastic new facility for the area.

"It will include greatly improved arts and other facilities for the whole community including a theatre, exhibition spaces, bar and café.

"This will be a centre where Science meets the Arts, where students will

learn new design skills to solve real-world problems, improving their job prospects and providing local businesses with innovative new talent. It will make a significant contribution to the economic regeneration of the area and to our young people's futures."

Other facilities will include a new Students' Union for the University as well as a variety of new teaching and learning spaces incorporating wireless internet access which will be available for the local community as well as the University.

"This is a tremendously ambitious project and is one of the most exciting initiatives of its kind in Europe if not the world," added Professor Jones.

The University has already conducted a feasibility study on the

“ This is tremendous news and a wonderful boost for north Wales ”

Bangor University  
Vice-Chancellor,  
Professor Merfyn Jones

£36m project and is ready to move ahead with preparing a design as soon as the remaining funding is confirmed. In addition an announcement on the architects selected to lead the project is expected soon.

Once funding is confirmed, the site preparation work can begin and the new centre is expected to open in Spring 2012.

# 'BUMPER HARVEST'

Given news reports about an increased demand for university places this year, it's no surprise that Bangor University has recruited more students than ever before.

Almost all Schools recruited very well, with certain subjects proving extremely popular. Clearing has traditionally been a means of filling available places. This year, Bangor pulled out of Clearing quite quickly as remaining places were almost instantly filled.

Among those who have had a 'bumper crop' of new students this year are the Schools of Psychology, Law, Biological Sciences, Ocean Sciences, History and Welsh History, the Business School and Computer Science. Overseas undergraduate and postgraduate recruitment has also been very successful.

Even with the large intake, the University has been able to accommodate all first years requesting University accommodation,

including those who applied late.

The message for the next recruitment round (which has already begun) is to 'keep up the good work' and try to recruit the highest quality students. Professor Colin Baker, Pro Vice Chancellor says; "Schools now take recruitment very seriously, backed by an excellent Marketing team. The current trends show that we can recruit higher calibre students in the current market, and this is now the target".

## NEW EUROPEAN SOCIETY BORN IN BANGOR



**Espacomp founding members – Dr Dyfrig Hughes is second from the right, front row.**

The European Society for Patient Adherence, Compliance, and Persistence (ESPACOMP) was launched during the 13th annual conference of an international symposium on the same subject, held recently at Bangor University. Dr Dyfrig Hughes, Reader in pharmacoconomics at the Centre for Economics & Policy in Health, and founding president of the society, opened the two-day conference.

Dr Hughes said: "Adherence to medicines poses a significant problem – as many as half of all patients treated for long term medical conditions do not take their tablets as prescribed. The health and economic consequences to patients and healthcare systems is substantial, but in many instances avoidable."

Delegates heard from prominent



invited speakers from Stanford University, and the Universities of Ghent, Oxford and Nottingham. Sessions focussed on interventions to enhance patient adherence, health economic considerations, and methods for the assessment and measurement of adherence.

A European consensus workshop was convened during the second day to standardise the terms used to describe medicines taking behaviour.

"As the name of the Society suggests, there is considerable variation and confusion in how adherence is

described. Terms range from compliance to concordance and persistence, and the lack of a standard is an impediment to research," explains Dr Dyfrig Hughes, who leads the Bangor collaborating centre of the European Commission funded international project on Ascertaining Barriers to Compliance, and who organised the workshop.

"As part of the ABC project, we're not only looking at standards, but also assessing the cost-effectiveness of interventions to improve adherence. Staff within the Centre for Economics & Policy in Health are also working with Dr Valerie Morrison of the School of Psychology, to review the behavioural determinants of non-adherence."

"We're aiming to develop policies and implementation plans to promote better adherence across Europe."

# FFRIDDOEDD HALLS

With the final phase of the £39m Ffriddoedd student residential development successfully completed and handed over on the 9th September for the start of the new academic year, TV weather presenter and University Honorary Fellow, Sian Lloyd visited to conduct the official opening of the new buildings.

With a further 448 en suite rooms newly added, this brings the total new rooms on Ffriddoedd to 1,136 with the whole site offering just over 1,800 rooms. In addition 2 new common rooms have been opened with full internet facilities.

The 3 year development also included an exciting, contemporary new Cafe-bar "BAR UNO". Bar Uno offers a flexible eating space as well as a great place to meet, socialise or work. It also offers on-site entertainment for staff, students and external guests.

Together with the Maes Glas Sports



Sian Lloyd with some of the Halls Office and Estates & Facilities staff at the opening of the new halls. With Sian Lloyd, left-right are: Lilian Pope, Chris Tanner, Cheryl Wright, Caron Jones, Ken Griffith, Val Chamberlain, Sue Hughes, Deirdre McIntyre and Jeanette Wilson.

and Leisure facility, Ffriddoedd now offers students and staff a good range of modern facilities.

"This major development will undoubtedly enhance the quality of the student experience at the University.

Bringing the development to its final completion has been very exciting and a warm thank you and well done is extended to all the staff involved with the opening," said Mike Goodwin, Director of Estates & Facilities.

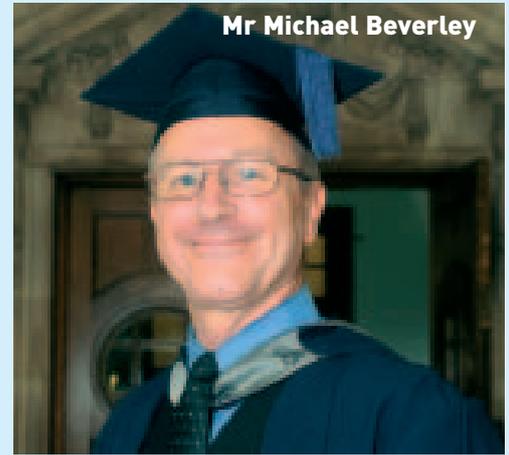
# NEW TEACHING FELLOWS

Dr Neil Walsh



Four of the University's academics received Teaching Fellowships during the summer's graduation ceremonies. The Fellowships recognise excellent teaching and student care. The lecturers are nominated by their peers and students. They are Dr Jerry Hunter of the School of Welsh; Dr Neil Walsh of the School of Sport, Health & Exercise Sciences; Dr Lorrie Murphy of the School of Chemistry and Mr Michael Beverley of the School of Psychology.

Mr Michael Beverley



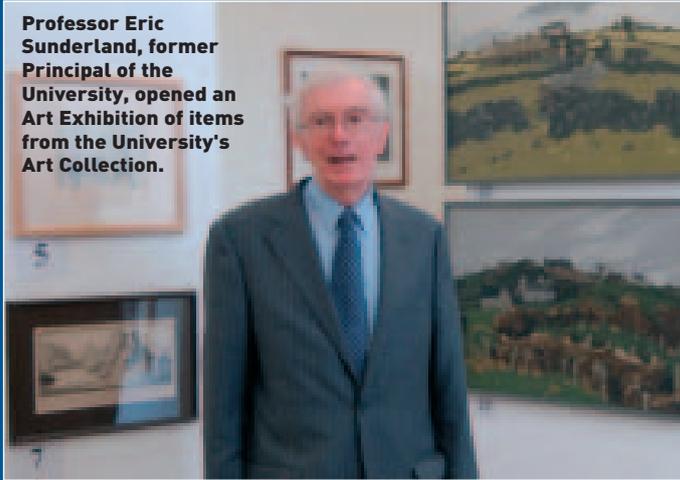
Dr Jerry Hunter



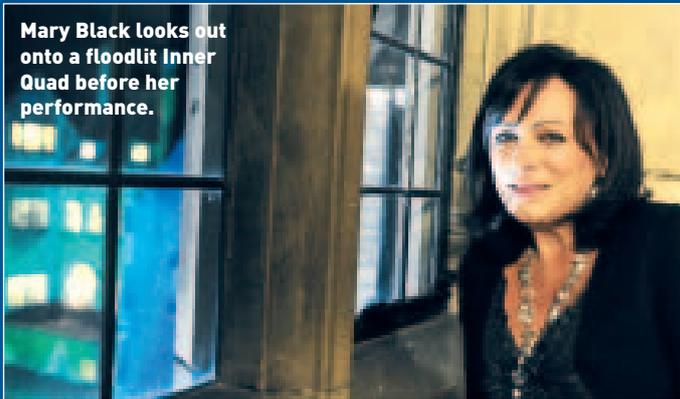
Dr Lorrie Murphy



# A WEEKEND OF



Professor Eric Sunderland, former Principal of the University, opened an Art Exhibition of items from the University's Art Collection.



Mary Black looks out onto a floodlit Inner Quad before her performance.



The Gala Dinner, attended by local organisations and business and University business partners ended with a performance by Only Men Aloud!

Concerts by the internationally-renowned Irish singer Mary Black, and Wales' best known rock export, the Super Furry Animals were the jewels in the crown of the University's 125th Anniversary celebration weekend.

Supported by successful local singer-songwriter and Bangor graduate Meinir Gwilym, Mary Black performed one of only two concerts in the UK this year. Renowned for her vocal virtuosity, Mary Black has received numerous awards, both for her singing and albums, including no less than seven platinum disks for her solo albums.

The Super Furry Animals have spent the summer on the festival circuit celebrating the release of their ninth studio album and were delighted to perform their show to a sell-out young audience on 17th October.

## CELEBRATING 125 YEARS OF EDUCATION

"We have in Bangor University, an institution worth celebrating. Despite many challenges through 125 years, the institution has remained true to its original values – to high academic standards and achievement, recognised across the world – but also to the unique community and culture which gave us birth and which succours us still," said Bangor University Vice-Chancellor, Professor Merfyn Jones.

A Gala Dinner with Only Men Aloud! on Thursday 15th was well attended by local companies, organisations and business partners of the University.

A celebration of the University's cultural diversity and international profile during the last 125 years, took place on the Sunday of the Celebratory week-end in Bangor Cathedral. Representatives of Bangor's international student community took part.

Children of current University staff were invited to a 'Birthday Party' which included a Flash-Bang science show by Robyn Wheldon-Williams, magic by Cariad and music from Caryl Parry Jones.

On Saturday, the contribution of the University's School of Welsh was celebrated in an interesting event, while Writing from Bangor and Beyond, featuring award winning writer Philip Pullman, celebrated the School of English.

Other Anniversary events have included Music and Poetry in fin-de-siècle Paris, a presentation by the School of Modern Languages and a Concert by Ensemble Cymru.

One of the world's most renowned climate scientists, Professor Bill Ruddiman, Emeritus Professor of Environmental Science at the University of Virginia USA, presented a Public Lecture entitled 'Did early farming prevent a new Ice Age? Answer: YES!'

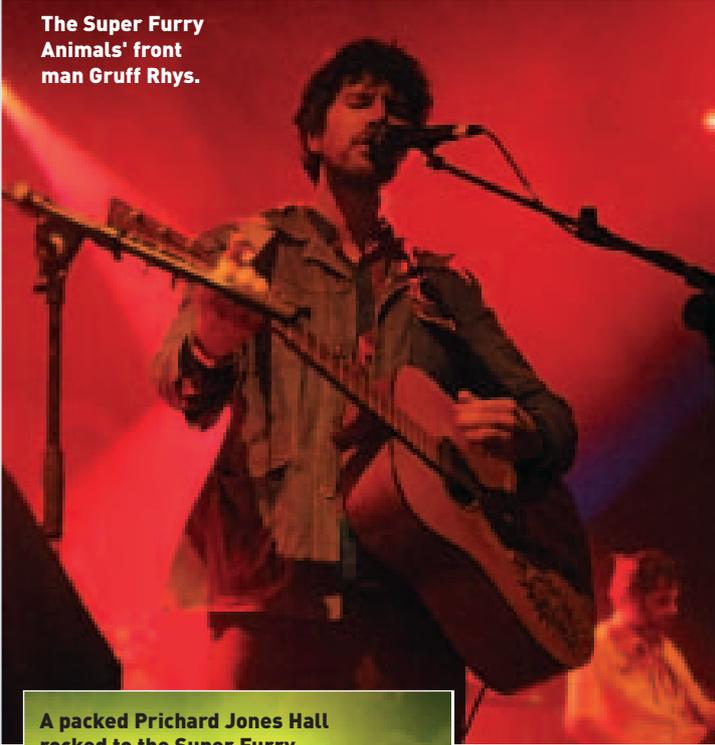
Gifts of distinction to mark the University's 125th anniversary

- Boxed Pen
- University Tie
- Paperweight
- Keyring
- Bell Mug

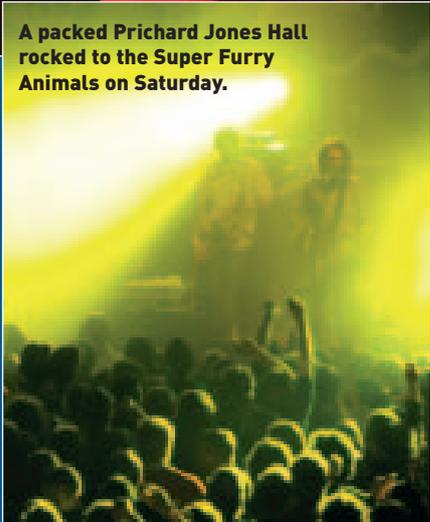
Available from: Maes Glas sports centre, Bar Uno and Cafe Teras in Main Arts Building from just £2.95. Purchase your gifts while stocks last.

# CELEBRATION

The Super Furry Animals' front man Gruff Rhys.

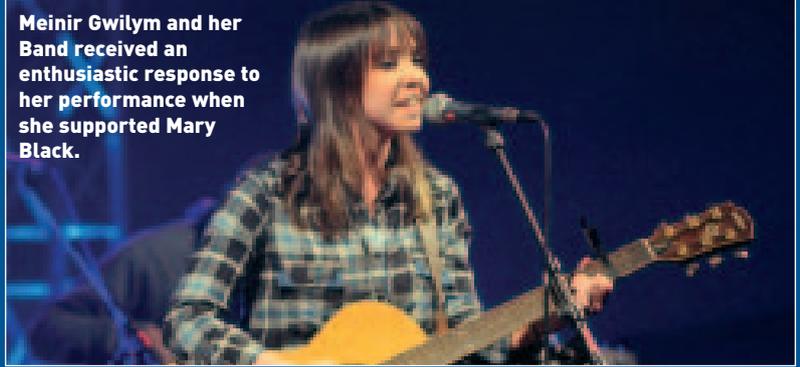


A packed Prichard Jones Hall rocked to the Super Furry Animals on Saturday.



A Party was held for the children of University staff. Entertainment was provided by Bangor alumnus, Caryl Parry Jones; magician, Cariad and the Fflach-Bang chemistry show team under Dr Robyn Wheldon-Williams' supervision. SV Bangor, the volunteering group at the Students Union provided assistance.

Meinir Gwilym and her Band received an enthusiastic response to her performance when she supported Mary Black.



“ I thoroughly enjoyed the gig on Saturday- it was great to see the Super Furies playing on home turf once again and it was a real treat to see them at such a small venue.

"The light show was very impressive and the crowd's reaction was great -they were singing along to almost every word. The band seemed to be really enjoying themselves and I was really pleased

that they played some old favourites, such as 'Demons' and 'Do or Die', as well as material from their new album, 'Dark Days / Light Years'.

"One of my personal highlights was 'The Man Don't Give a \*\*\*\*' which is always guaranteed to drive the crowd wild and I also really enjoyed 'Hello Sunshine' which had a fantastic reception.

Gwenno Gwilym,  
Planning Office”



## 125 YEARS – THE FULL STORY

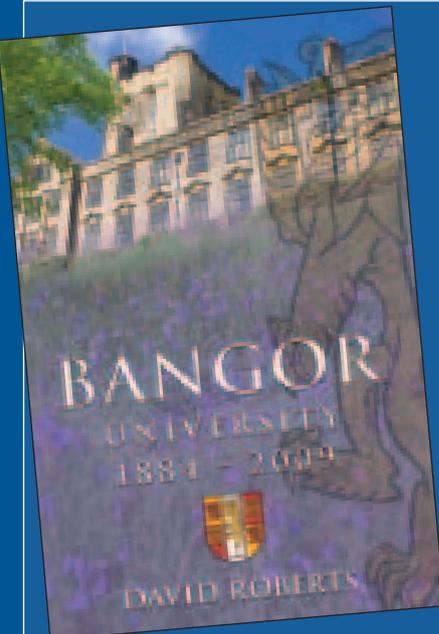
This month sees the publication of *Bangor University 1884-2009*, written by the Registrar, Dr David Roberts, to commemorate the University's anniversary.

The book traces the fascinating history of the institution - from its modest beginnings with 58 students in the Penrhyn Arms hotel to its current standing as an independent university with degree-awarding powers and 13,000 students and staff. It highlights major developments, describes the personalities who have shaped the institution, outlines changes in campus life and places the University in the context of

Welsh political, social and development. There are some surprising revelations, and the book does not shy away from difficult or controversial topics.

Commenting on the book, Oxford historian Kenneth O. Morgan said: "It deserves a wide readership amongst everyone concerned with the history of modern Wales."

The book will be officially launched on 6 November and will be on sale in bookshops or from the University – contact Alan Parry, Director of Corporate Communications & Marketing (alan.parry@bangor.ac.uk ext 2261) to buy your copy.



# GREEN AWARDS FOR UNIVERSITY

The strides made to reduce the University's environmental footprint have earned the University the prestigious Green Dragon Environmental Standard.

Ricky Carter, Environment Manager at the Estates & Facilities Department explains: "Following an independent assessment of our Environmental Management System (EMS), we successfully achieved Level 3 of the Standard in May this year. The EMS is essentially our roadmap for achieving continuous environmental improvement year on year. It includes our Policy, an Environmental Statement and an annual report of our carbon dioxide emissions, all of which are publicly available on our website. We've also set ourselves challenging energy, water, recycling, and greenhouse gas targets that we must meet in order to retain the Standard".

Vice-Chancellor Professor Merfyn Jones said "I'm delighted that we've achieved this award. North Wales arguably has the most spectacular natural environment the UK has to offer, and this clearly demonstrates our commitment not only to protecting our environment, but actively seeking opportunities to safeguard it." Information on all aspects of our environmental management and performance can be found at: [www.bangor.ac.uk/eo/environment/](http://www.bangor.ac.uk/eo/environment/)



**Ricky Carter, Environment Manager at the Estates & Facilities Department, presents Vice-Chancellor Professor Merfyn Jones with the University's Green Dragon Environmental Standard Certificate.**

## PEOPLE AND PLANET GREEN LEAGUE

... and not only did the University achieve the Green Dragon Standard, we continued our climb up the People and Planet Green League – our second rise in as many years. The Green League, published annually in *Times Higher Education*, assesses each University in the UK against a range of demanding criteria, including energy efficiency, water usage, waste, and greenhouse gas

emissions. The points are totalled, and "degrees" awarded depending on the final score. Two years ago, we were in 60th position, with a "2.2", today we've moved up to 28 and a 2.1!

Can we make it a first class honours next year? If you have any views or comments on how we can reach the heady heights of the League, please e-mail them to: [environment@bangor.ac.uk](mailto:environment@bangor.ac.uk)

# NICKELS, DIMES & DOLLARS

Readers may remember that Dave Lloyd of the School of Healthcare Sciences trekked Peru's 'Inca Trail' raising money for the charity Beating Bowel Cancer, and his small group of 10 raised over £58,000 collectively. He now intends to do a parachute jump next year, for the same charity.

In the meantime, Dave has got involved in more fund-raising as a result of his visit. He says; "I am arranging support for a tiny school in Ankascocha, Peru, that I visited during my charity hike in Peru. The school is very poor, and although we took a lot of books, pens and so forth, it is clear that they need further help. If you



**Dave Lloyd (extreme right) and his walking party, when they visited the school in Ankascocha, Peru.**

have been to the USA recently, you may still have some small change knocking around the house. If you

would like to donate this to the school, then please send it to me at the School's home in Fron Heulog."

# PONTIO - BRIDGING EVENTS IN BANGOR

Have you got your copy of PONTIO, the handy new booklet which advertises and promotes an amazing array of arts events in Bangor and the surrounding area? The first issue was published recently- and it's also online at [www.pontio.info](http://www.pontio.info)

PONTIO bridges between various aspects of the arts, between promoters at the University and in the community, and between the past and the exciting future offered by the new arts and innovation centre on the horizon.

Included in Pontio are a new cabaret season at the Powis Hall, a season of classic films, drama and a range of music and community events to suit every taste – including an extended Music at Bangor programme.

Extending the established broad range of classical music fare, Music at Bangor is now more diverse, offering a taste of folk and world music traditions as well.

Forthcoming highlights include (Saturday 21 November) Opus Anglicana, a five-man a cappella ensemble and story-teller rooted in the English choral tradition, described as 'one of the most intriguing and entertaining ensembles currently performing'; and traditional and contemporary harp music from Wales and Scotland by harpists Rachel Hair and Delyth Jenkins on Thursday 3 December.

The Concert series is also introducing more pre-concert talks of interest to school pupils or others studying music and music aficionados alike. For example, on Saturday 5 December, the expanded Early Music ensemble presents an eclectic programme of music from the Middle Ages to the late eighteenth century, including a free pre-concert talk on some of the questions faced by performers of ancient music by Professor Thomas Schmidt-Beste, director of the University's Centre for Research into Early Music (CREaM).

A highlight of the classical programme is the premiere of an especially commissioned work by

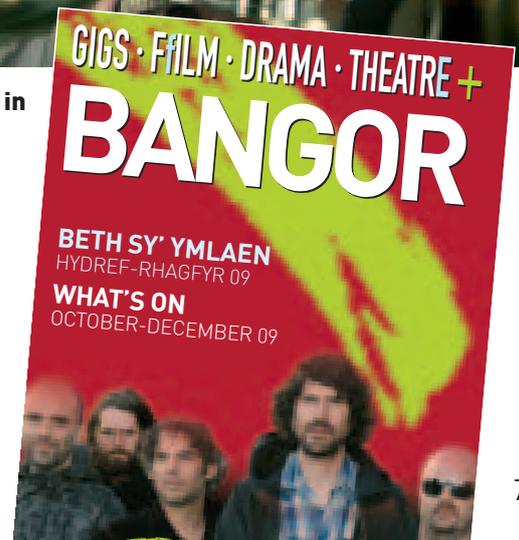


Launching Pontio were: Gwyn & Andy of Dr Jazz, Dyfan Roberts, the University's Arts Development Officer and Mayor of Bangor, Cllr Jean Forsyth.



The Baghdaddies play at an Eastern night in Powis Hall on Friday November 6th.

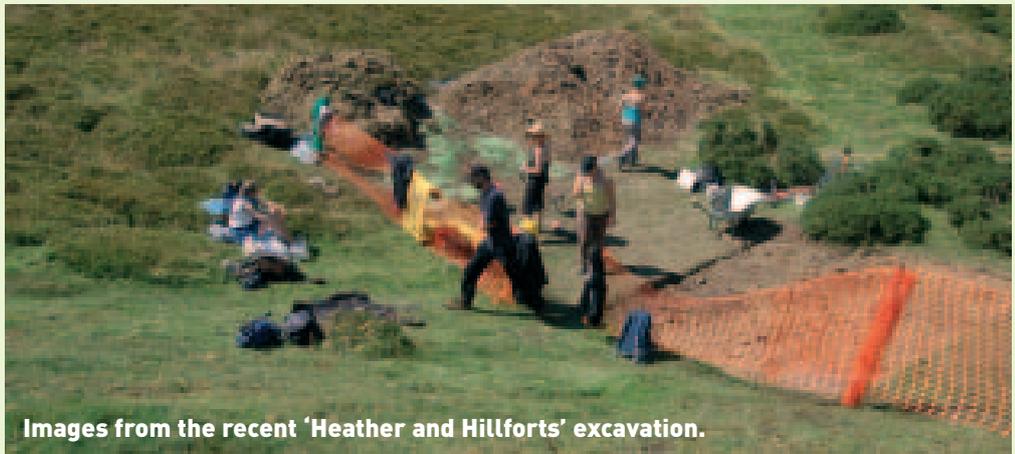
Bangor's own composer Guto Puw, performed as part of the BBC National Orchestra of Wales' concert at the University on Friday 13th November. The new work opens this special concert to celebrate the University's anniversary.



# ARCHAEOLOGISTS WIN AWARDS

The School of History, Welsh History and Archaeology will benefit from a recent award for postdoctoral research on the archaeology of Wales. The award shows there are opportunities for early career researchers to obtain research fellowships in the current funding environment, and highlight the important contribution postdoctoral scholars can make in the humanities.

The School's expertise in Celtic archaeology has been recognized by the University of Wales Publications and Collaborative Research Committee, which has awarded its one-year research project in Archaeology for 2009/10 to Professor Raimund Karl of the School, who will collaborate with Professor John T. Koch at the Centre for Advanced Welsh and Celtic Studies in Aberystwyth in directing the 'Early Celtic Societies in North Wales' project. Drawing on the directors' well established track record in Celtic archaeology and linguistics, as well as Professor Karl's pioneering work on early Celtic social structures and his use of social complexity theories in archaeology, the project will investigate the interaction between local, small-scale societies and the emergence of complex societies during the formative period of the first characteristically Welsh culture. The research will be undertaken by a postdoctoral researcher (to be appointed), and will lead to an application to support a larger scale project building on its findings.



Images from the recent 'Heather and Hillforts' excavation.



Professor Karl at the excavation.

The University of Wales Publications and Collaborative Research Committee has also decided to support the excavations in Moel y Gaer, Llanbedr hillfort, also directed by Professor Karl, and carried out in collaboration with the 'Heather and Hillforts' project [www.heatherandhillforts.co.uk/](http://www.heatherandhillforts.co.uk/) in Denbighshire. The initial excavations will examine an area of high magnetic susceptibility near the north-western entrance of Moel y Gaer, Llanbedr, where a possible earlier entrance was

closed after having been damaged by intensive fire, and are the first project in a planned larger research collaboration between the School, Oxford University and the 'Heather and Hillforts' project to examine the hillforts of the Clwydian Range and Llantysilio Mountains.

This follows on from a similar success last year for Professor Duncan Tanner's and Dr Andrew Edwards' 'Welsh Language Acts and Welsh Language Activism 1964-2001: A Pilot Project'. The overall strength of the School's research on Welsh history and Celtic archaeology is demonstrated by the School winning half of all awards made by the University of Wales Publications and Collaborative Research Committee in 2009 and almost 2/3rd of all awards made by the Committee in the last two years.

## RIO

Along with excellent teaching and research, regional and international collaboration with industry, business and the public sector is vital to the success of the University.

That's why a new centre, the Research & Innovation Office (RIO), has been created and will be officially launched later in the year.

RIO is a new configuration of existing staff and services, brought together to enable the University to strengthen its performance in

research and innovation activities. RIO staff from what were the Research Office and University Innovation Bangor are currently located at the Management Centre and Main Arts, though the plan is to move them to one location in the near future.

Professor Hilary Lappin-Scott, Pro Vice-Chancellor for Research & Enterprise is leading the new development.

"The new arrangement is very much in keeping with recent statements from both UK

and Assembly governments about maintaining the capacity of the HE sector to produce world-leading research which is essential to underpin economic growth," she commented.

As well as dedicated staff working with each College, the new staff structure will play a crucial role in facilitating the University's research and third mission outcomes.

Further information will become available at a new website ([www.bangor.ac.uk/rio](http://www.bangor.ac.uk/rio)) in the near future.

# WHAT MOTIVATES WELSH LEARNERS?

**M**oving to Wales is the main impetus for learning Welsh, while other important reasons include helping children with homework and speaking to them in Welsh according to early results from a large-scale research programme tracking the progress of Welsh language learners across north Wales.

The research is conducted by the University's North Wales Welsh for Adults Centre and ESRC Centre for Bilingualism Research. The facts have been gathered during the first year of an important project concerning Welsh second language learning. Learners' progress will be mapped for a period of five years in the research that will track over a thousand Welsh learners across the region on the range of Welsh learning courses available.

The research encompasses learners' attitudes and motivations, their expectations as well as their use of Welsh and how this changes as well as their satisfaction with language learning provision, the speed of the teaching and the learning support available, as well as other aspects.

"This is the first time that such an extensive long term research project has been conducted. The work is being undertaken as there is a real need for strategic research to collect evidence to support new developments," explains Ifor Gruffydd, Director of the North Wales Welsh for Adults Centre. "We expect that our results will be of interest to everyone concerned with Welsh for Adults, as well as for researchers interested in second language acquisition generally."



The initial survey conducted in 2008 also revealed that:

- Females were in the majority in beginners' classes
- Most learners came from outside Wales
- Over half have lived in Wales for over seven years
- A quarter of the respondents learnt some Welsh in primary school
- Over 20% learnt Welsh in secondary school
- They consider learning Welsh to be a means of improving their skills and to be an advantage to their careers
- Other priorities and a lack of time were the main reasons for not completing

Welsh courses in the past.

"There are a number of encouraging findings in our initial survey," according to Ifor Gruffydd. "Our learners have very practical motivations for learning Welsh, and their desire to speak Welsh with their children is important for language transfer. It's encouraging to hear that, for those who've followed Welsh courses previously, it was not dissatisfaction with the provision that prevented them from continuing in the past. The challenge will be to find ways to make it easier for learners to continue with their learning, once they've made the important decision to learn Welsh," he added.

## WELSH IN THE WORKPLACE

**A**re you able to chat about everyday things in Welsh, but lack confidence when discussing work matters? Do you understand Welsh telephone enquiries, but are unsure how to respond? Canolfan Bedwyr can provide Welsh courses to help you.

For over a year, the Centre has been providing Welsh in the Workplace

courses. A tutor prepares lessons based on the vocabulary and phrases that are useful for everyday work situations and allows participants to practice their Welsh. So far, courses for the following members of staff and departments have been arranged: administrators (Welsh in the Workplace Beginners and Intermediate), Library staff and

Centre for Careers and Opportunities staff. This semester, there will be a 10 week Welsh in the Workplace course especially designed for Security staff as well as a course for administrators. If you are interested in this kind of training, please contact [hyfforddi@bangor.ac.uk](mailto:hyfforddi@bangor.ac.uk)

## SECOND WOMAN PRESIDENT

Professor Hilary Lappin-Scott, Pro Vice-Chancellor (Research & Enterprise) has been elected President of the Society for General Microbiology from September for 2 years.

The SGM was founded in 1945, with Sir Alexander Fleming as its first President. It is now the largest scientific society for microbiologists in Europe with over 5000 members from over 60 countries. The Society owns and publishes four leading scientific journals. Professor Lappin-Scott is the 26th President, only the second woman President and the first to come from Bangor University!

Professor Lappin-Scott is also currently President of



the International Society for Microbial Ecology. In both these roles she is steering the development of discussion in a subject which is vital for understanding issues that are always in the news, such as ecology, swine influenza and antibiotic resistance.

## PROMOTIONS

Congratulations to the following on recent Promotions:

### ON RECEIVING A PERSONAL CHAIR:

Professor Eddie Williams, School of Linguistics  
Professor Ceri Sullivan, School of English  
Professor Rhiannon Tudor Edwards – IMSCAR

### ON RECEIVING AN HONORARY CHAIR:

Professor Derek Gould, School of Computer Science  
Professor N Sandon, School of Music  
Professor Bridget Emmett, College of Natural Sciences  
Professor Dr Takis Hadjifotiou, School of Electronic Engineering  
Professor A Lepschy, School of Modern Languages  
Professor Maher Kalaji, School of Chemistry  
Professor Timothy Unwin, School of Modern Languages  
Dr Isabel Hargreaves, School of Psychology

### ON RECEIVING A VISITING CHAIR:

Professor Ian Russell, IMSCAR

### READERS

Mr Graham Day – Social Sciences  
Dr Tom Rippeth- School of Ocean Sciences

## MINISTER AIRS VIEWS

Jane Davidson AM, Minister for Environment, Sustainability & Housing in the Welsh Assembly Government, addressed the Freshwater Biological Association's Annual Science Conference at Environment Centre Wales (ECW) during the summer. The College of Natural Sciences was delighted to be among the sponsors of this event which was held in Wales for the first time in the Association's 80 year history.

In her keynote address, the Minister highlighted the Assembly's focus on sustainability, explaining that, though far behind the ideal position in terms of climate change, Wales is ahead of other nations and regions, possessing a costed and quantified climate change strategy.

The Minister emphasised the Assembly government's focus on

evidence-based policy. The Assembly relies on scientists in the statutory bodies and universities of Wales, for advice and guidance. To that end, the Welsh Assembly Government and its Agencies (CCW, Environment Agency Wales and the Forestry Commission Wales) along with NERC-CEH and Bangor University, have established the Wales Environment Research Hub. This unit is based in ECW and helps to foster collaboration and information exchange among environmental scientists and end-users of environmental research in Wales.

The Minister also reiterated her support for the proposed pan-Wales Climate Change Consortium - which will come on-stream as a specialist source of advice and guidance in the near future. The Consortium pools the talents of Bangor, Aberystwyth, Cardiff

and Swansea Universities, to address the science of climate change and inform strategies of adaptation and mitigation.

"The message I took from the Minister's speech was that the Assembly Government's reliance on evidence based policies means that they are keen to embrace the advisory process and to use scientific expertise to address the real crises that face our environment", said Prof Steve Hawkins, Head of the College of Natural Sciences at Bangor University. "This is good news for scientists working in Wales, who can feel that there is a listening ear keen to make use of the evidence being produced. The way forward is through partnership working to deliver research needs and information exchange".

# DOUBLE SUCCESS AT THE MEDICAL RESEARCH COUNCIL

Dr. Gill Windle of the Institute of Medical and Social Care Research has been awarded a grant by the Medical Research Council for a network examining healthy ageing, focusing on the role of resilience across the life course. The grant, awarded under phase 2 of the Lifelong Health and Well-Being programme, will enable the Network to develop a comprehensive research proposal which will be submitted for further funding under phase 3 of the call next year.

As Gill Windle explains, "There is considerable interest within public policy and society as to how health and quality of life can be maintained and enhanced across the lifespan, and how people respond to the various challenges of the ageing process. 'Resilience' is important as it could be the key to explaining resistance to risk across the lifespan and how people 'bounce back' and deal with problems such as ill health. Resilience can enable an understanding of how health and

well-being can be maintained in the face of adversity and challenge."

The multi-disciplinary, cross sector network links together individuals - both academics and stakeholders - with an interest in exploring resilience in both younger and older people. From Bangor, Professors Bob Woods (IMSCaR), Jo-Rycroft Malone & Jane Noyes (School of Healthcare Sciences) will join with others from Swansea University, Liverpool University, Imperial College London, University College London and the University of Essex.

"Stakeholder contribution will be an important element. Representatives from organisations such as Age Concern and Whizz Kidz, local policy makers and service users will ensure that the academic output is meaningful and is universally useful and understood. This also enables stakeholder expertise in healthy ageing and policy to be extended into national and international research and translation," she adds.

The network will enable discussion of all the different factors that might impact on resilience from early to advanced older age. These include the places people live, the support they receive, biological and psychological characteristics. It will address problems regarding definitions of resilience, and how it might be examined and promoted. It will develop a research, knowledge transfer and dissemination strategy and subsequent research bids that reflect a multi-disciplinary life course perspective to healthy ageing.

Dr. Windle also received a second success under this call, as a co-applicant on another network project led by Dr. Mima Cattam of Leeds University. This multi-disciplinary network aims to create a comprehensive, evidence based model of mental capital and mental well-being in later life.

The research development aims of both networks place Bangor University in a key position to secure future funding from the MRC under the Lifelong Health and Well-Being Programme.

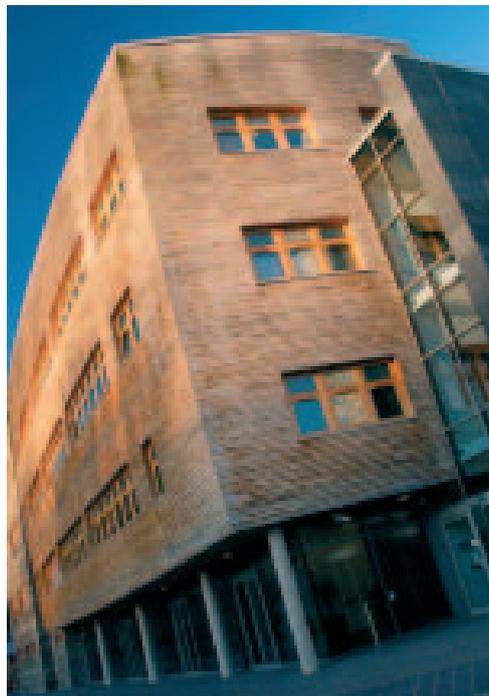
## ECW WINS INTERNATIONAL COMMENDATION

The iconic Environment Centre Wales building is rapidly building an international reputation as an exemplar building of sustainable design and construction, and is one of only three buildings worldwide to have received a commendation for its sustainable credentials.

The commendation was for the Sustainability Awards in the international final of the prestigious Royal Institution of Chartered Surveyors Awards.

According to the RICS panel's sustainability judge, Jim Ure, the Environment Centre Wales building is "truly sustainable from inception and its research and educational value will help further the understanding of sustainability in operation."

According to Kevin McCloud, Honorary Member of RICS and awards presenter; "The RICS Awards stand out because the winners must show both excellence in their category, and a commitment to value for



money and sustainability. The Awards recognise a full spectrum of organisations and projects worldwide, from small schemes achieved by the vision and persistence of one person, to multimillion budget, globally recognised developments. Each carefully shows how property professionals employ their skills to develop, regenerate and conserve the environment in which we live and work."

"We are delighted that this project has received such high commendation. The project has succeeded in providing excellent functional spaces in an extremely appealing building. There was a very strong emphasis on environmental sustainability in the building's design, construction and operation. This success confirms the project's intent to be a shining example of environmental construction" said Professor Merfyn Jones, Bangor University's Vice Chancellor.

# HEALTH, FITNESS & WELLBEING

For more information about your health and wellbeing visit: <http://hss.bangor.ac.uk>

## TWO WHEELS GOOD

The University has recently formed a cycling group in order to encourage sustainable travel and good health amongst staff and students, and promote cycling for enjoyment and exercise. The first social event in mid June was a leisurely ride along a cycle track and quiet country lanes to the Vaynol Arms in Pentir. Eighteen riders from novices on new bikes to experienced cyclists with battered old steeds enjoyed the Friday evening sunshine and the lively chat in the beer garden.

The second ride, to Caernarfon, was a more subdued affair, the weather dampening enthusiasm. The evening series ended in fine style with a good turnout for a September run to the Bulkeley in Beaumaris, the quiet road through Llandegfan affording lovely views across the Menai Strait before we dropped down into the town. It was just warm enough to sit outside for a drink before dispersing.



The shortening days have curtailed the evening programme for this year but the group intends to promote the occasional weekend daytime ride. Details will be posted on <http://cycling.bangor.ac.uk> and please feel free to post on the forum.

## UNIVERSITY GOLF - TEAM CHALLENGE CUP

The Annual 'Owen & Palmer' sponsored University Golf challenge took place at Henllys Hall in September and a team led by recently retired electronics technician, Tecwyn (Tex) Davies took the honours with an impressive score. Over twenty members of staff and guests competed in the event and enjoyed a great day, with the Health and Safety team making sure no one felt embarrassed by taking last place themselves!

For more information about Golf at the University visit <http://active.bangor.ac.uk/>

Pictured are Gary Williams and Tony Flint of the Estates & Facilities Department



## SHORTLIST FOR INITIATIVE

Good news for all of us! Bangor University is shortlisted for a prestigious national Award for its activities related to health promotion and wellbeing amongst its staff. The Occupational Health Awards celebrate the outstanding achievements of practitioners in work and health in organisations of all sizes, from simple cost effect interventions that really make a difference in smaller organisations to more complex initiatives in larger ones.

Bangor's University's Health & Safety Services team are to be congratulated as Bangor's initiatives are up there with two leading industry employers, BT and E.ON, for the University's pathways to health programme.

For us this means that the University has been active in involving us in health assessments and health promotion activities, health and fitness, healthy eating, smoking cessation, alcohol awareness, yoga and mental health matters.

The University will find out if it has been successful in the Health Promotion and Wellbeing category of the Occupational Health Awards on December 8th.

A recent sponsored walk up Snowdon by 15 members of staff, organised by Health & Safety Services raised £600 for the University's partner charity Tŷ Gobaith.

## 2009 WEIGHT LOSS CHALLENGE

Twenty eight members of staff completed this year's weight loss challenge, losing a total of 238 lbs and raising £671 for Tŷ Gobaith! They were supported by a talk by a clinical dietician and a regular newsletter, sharing healthy eating tips and a healthy eating gathering at Bar Uno, where the chef prepared a special menu at a discounted price.

This year's cheque was presented to Katrina Cameron from Tŷ Gobaith by some of those who succeeded in losing the most weight and raising the most money. Photographed are (L-R) Katrina Cameron (Tŷ Gobaith), Liz Du Pre, Rhiannon Rowlands, Annwen Owen, Emma Riches and Annwen Oliver.



Items for inclusion in the next edition of *Newsletter* should be sent to the Editor: Elinor Elis-Williams, Bangor University, e-mail: [press@bangor.ac.uk](mailto:press@bangor.ac.uk) Newsletter is published by the Corporate Communications & Marketing Department, Bangor University.

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