

Anglia Ruskin University
are proud to be

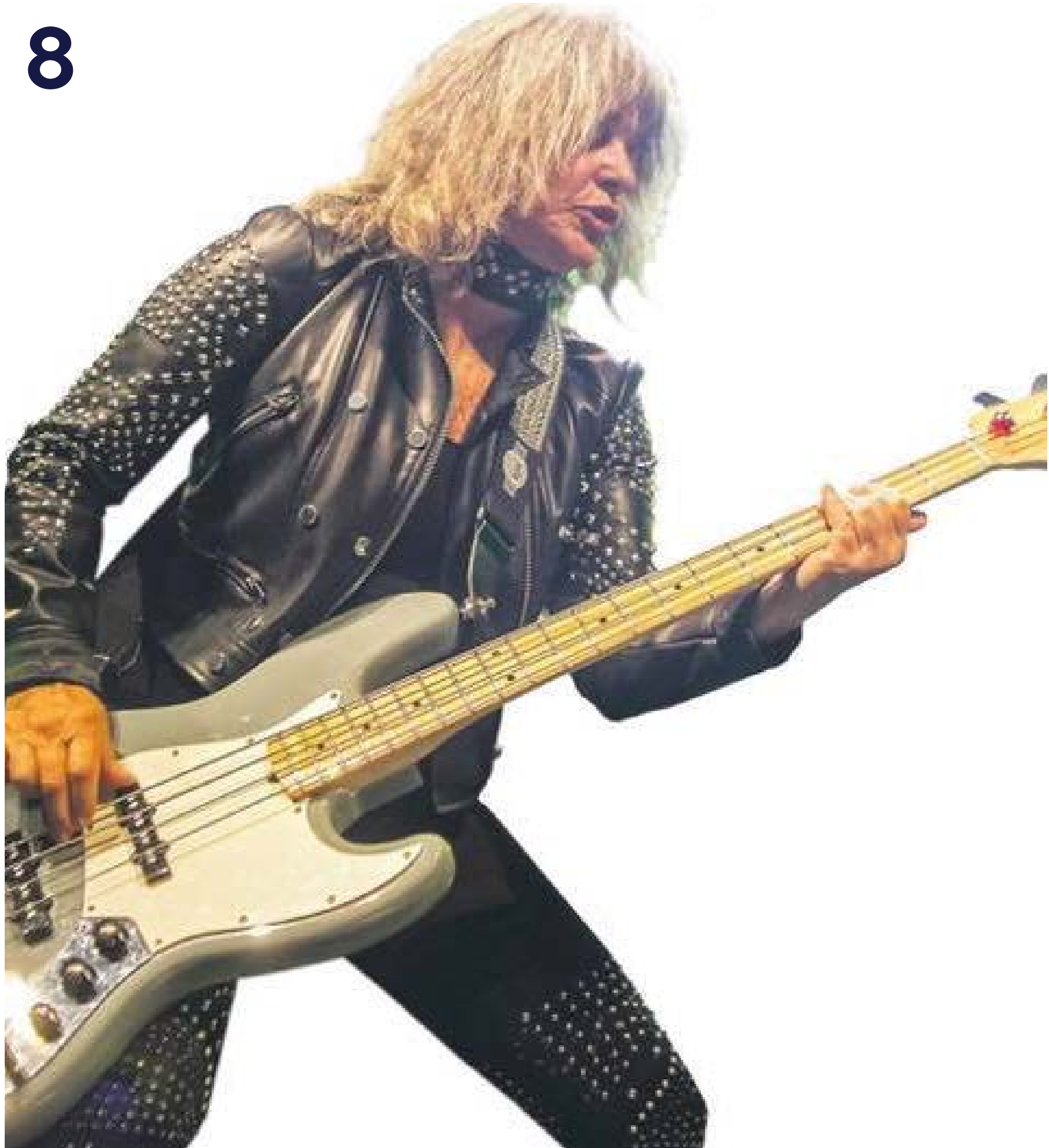
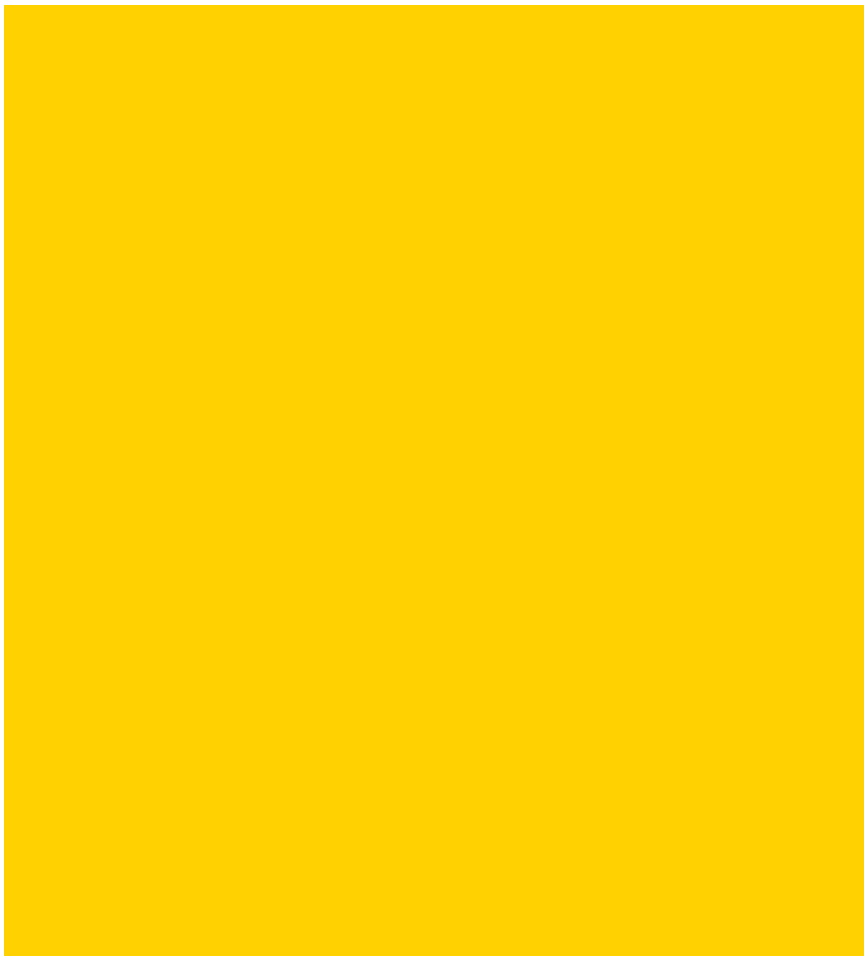
University of the Year

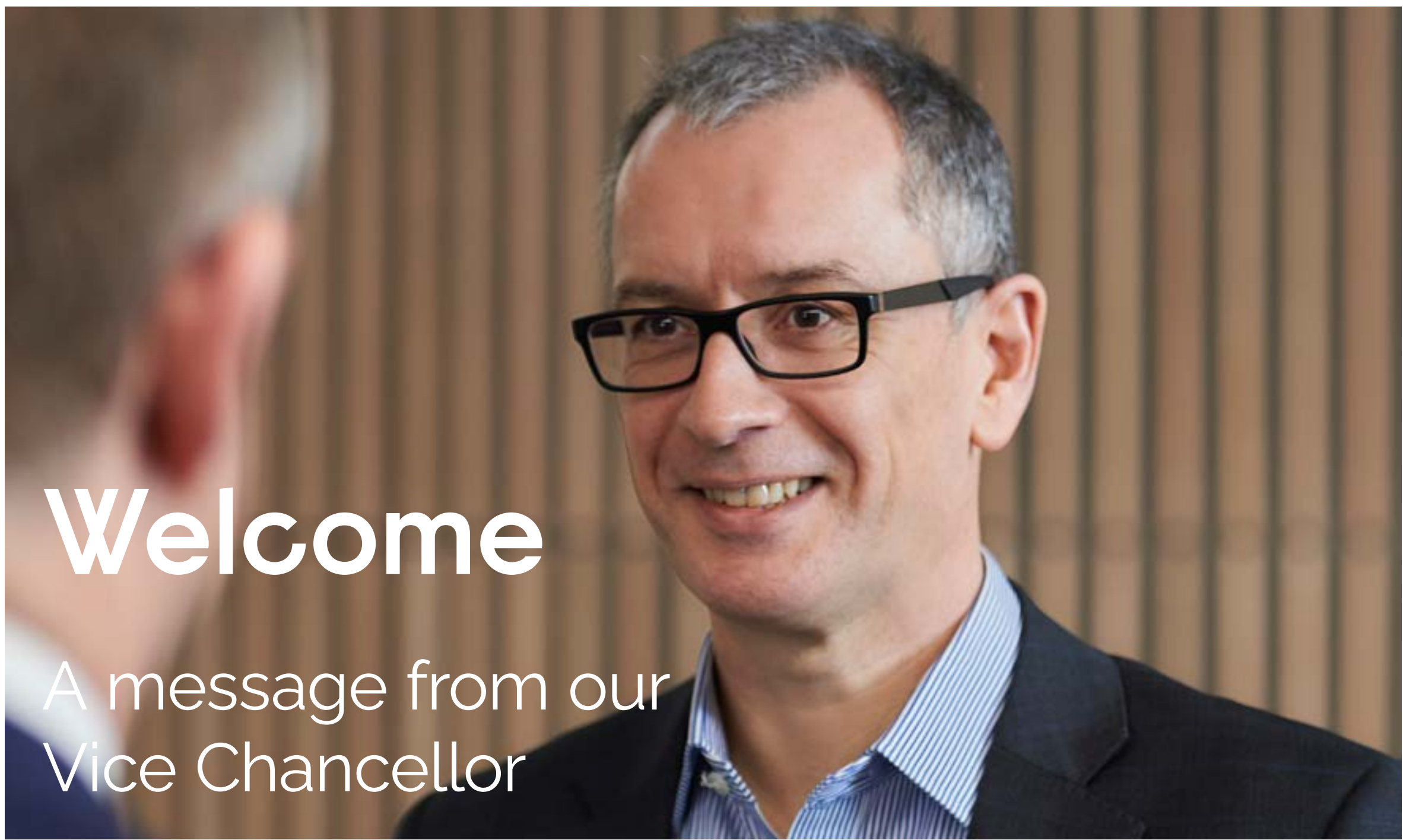
THE

**Awards
2023**



Find out more
on page 12





Welcome to our January 2024 edition of *Connect*.

Happy New Year and welcome to our January 2024 edition of *Connect*. Whether you are alumni or one of our supporters, you are very much a part of our community and we do hope you'll enjoy this magazine.

We were delighted to be named the Times Higher Education (THE) University of the Year 2023 in December at a ceremony in Liverpool.

This success is the latest in a run of high-profile awards for ARU, after being named University of the Year at the **UK Social Mobility Awards** in October, receiving a Gold award for the quality of our education in the national **Teaching Excellence Framework (TEF)** in September, and winning the Next Generation Learning and Skills prize at the **Green Gown Awards for our Ruskin Modules** in November.

Amongst our significant achievements in 2021-22 was the launch of ARU Peterborough, delivered through a unique partnership between ARU, Cambridgeshire & Peterborough Combined Authority, and Peterborough City Council. We demonstrated our research credentials with our best-ever

performance in the Research Excellence Framework, a Queen's Anniversary Prize for our pioneering Cambridge Institute of Music Therapy Research, the launch of the UK's first Samaritans university hub, and hosting the most sustainable British Science Festival ever. And we continued to demonstrate leadership in our approach to public service education, extending the Police Education Qualifications Framework, developed with the Metropolitan Police, to seven further forces across the east of England.

Receiving this award is tremendous recognition from within the Higher Education sector that our work is making a real difference and stands out at a national level. I am immensely proud of colleagues who work hard to deliver a first-class education, undertake impactful research, and introduce new initiatives for the benefit of our students and the communities we serve. Together we really are making a difference.

Enjoy the magazine and thank you for your continued support of ARU. I wish you well for 2024.

Professor Roderick Watkins
Vice Chancellor
vc@aru.ac.uk

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Welcome



Kim Otovwe
Alumni Officer

Hello and welcome to your January 2024 *Connect*!

It was fantastic to celebrate the successes of the Class of 2023 at our Autumn graduation ceremonies last year. We were delighted to be able to officially mark the end of your time studying with us and welcome you as alumni. These graduation ceremonies also gave us the opportunity to award Ashraf Patel with an honorary doctorate, which you can read about on [page 36](#).

Our community is incredibly important to us; we seek to equip our students for life in a multicultural and diverse society, and are proud to be shining a spotlight on our international alumni and the positive impact they're making

on the world around them in this magazine. With more than 80,000 alumni in 177 countries, we're extremely proud to see the influence ARU is having on your lives and look forward to following your journey as you continue to bring about change in the world.

As February approaches, we're on the lookout for your #ARUInLove stories! With Valentine's Day just around the corner, send an email to alumni@aru.ac.uk to share your story. Perhaps you met your significant other after moving into halls and meeting on your first day, or maybe you locked eyes with the one you love across the lecture theatre. Whatever your story, we would love to share this in February!

We're looking forward to holding our annual Vice Chancellor's Outstanding Alumni Awards on 18 April to celebrate the success of our former students who have made a difference to their respective fields.

Our Judging Panel will soon be reviewing the nominations received and we want to thank everyone that took the time to submit their nominations. It's always incredible to hear inspirational stories of our alumni's achievements, and I'm looking forward to meeting our nominees in April for what promises to be a fantastic evening filled with inspirational success stories.

With a career spanning more than 55 years, I'd also like to thank Honorary award Holder Suzi Quatro for taking the time to share insights into her impressive career, which you will find on [page 8](#).

Finally, if you would like to share your knowledge and experience, get in touch. In 2023, there were over 100 alumni who gave back to ARU, participating in focus groups, acting as guest speaker, mentor, live brief host, or on various judging panels, and we can't thank you enough for your support.

It's always astounding to see your commitment to inspiring current students and we love to welcome you back. Contact the Alumni Office to share your experience. We will always try and find an opportunity to bring you back, whether it's physically or virtually!

Enjoy the magazine and thank you for your continued support of ARU. I wish you well for 2024.

Kim Otovwe
Alumni Officer
alumni@aru.ac.uk

Your future

Shapes our future

Keep in touch and let us know what you're doing.

We have lots of opportunities for our Alumni to come back and talk to current students about their careers since graduating from ARU. As ARU alumni, you have lifelong access to professional careers support through the Alumni Career Centre; your dedicated online service available 24/7, packed full of useful resources to help you secure your graduate role and support you throughout your career.

Get in touch with Employability and Careers team to find out more at employability@aru.ac.uk

If you graduated recently, you may be asked to complete the Graduate Outcomes Survey which captures information on student activity post-graduation. You will be contacted around 15 months after you finished your studies.

Your anonymised information helps inform prospective students and how we support them, so please take the time to complete the survey when you receive it.

More information about the survey and how the information is used can be found at
aru.ac.uk/about-us/graduate-outcomes-survey



The Inbox



Joshua Smallman

MSc Cybersecurity 2023, School of Accounting and Management, Trinidad

My educational journey through ARU's distance learning programme has been nothing short of exceptional, and I am incredibly grateful for the opportunity to earn a world-class degree while balancing

my professional and personal responsibilities.

The MSc curriculum provided a comprehensive and up-to-date understanding of the field, covering a wide range of topics. The course materials were meticulously designed, and the content was delivered through a variety of engaging and interactive methods.

Having successfully completed the course, I now feel wellprepared to excel in my chosen field. I'm equipped with the knowledge and skills necessary to navigate the complex world of cybersecurity, and am excited to apply what I have learnt in my professional career to make a meaningful contribution to the industry.



Maria Rebecca Viray

Master of Business Administration 2021

Aamir Farooq

BA Hons Management 2022

My husband, Aamir, and I finished our degrees together, but graduated on different days. We shared both struggles and successes while studying at ARU. I will never forget opening

the email together from ARU announcing our grades and the delight we shared, rejoicing in hugs and tears.

Having worked together to finish our assignments, we both feel that our time at ARU has made us stronger as a couple, and as individuals who can now apply what we learnt and contribute this to society. Our hearts are full.



Aswini Puthiya Veettill

MSc Project Management 2023

My journey at ARU has been nothing short of amazing. From the moment I stepped onto campus, the support I received made navigating a new country and culture feel like a breeze.

ARU exceeded my expectations, providing a conducive environment for my passion in project management to flourish. Through active involvement in the SHoKE community at ARU, I gained real-world project management experience, working with diverse teams and influential stakeholders. It transformed me from

a hesitant individual to a confident achiever.

ARU played a significant role in shaping not just my academic experience but also my personal growth. In the words of Mahatma Gandhi, "Be the change that you wish to see in the world". ARU made this journey a fulfilling and successful one.

Moving forward, I carry with me not only a degree but also a heart full of gratitude for an institution that turned my aspirations into reality. ARU has been my home away from home, and I will forever cherish the memories and the profound impact on my personal, professional and academic development.



Maddy Wihl

BSc Hons Nursing (Child) 2023

The last three years have matured me as an individual. I decided to move away from home to attend ARU in Chelmsford and it allowed me to gain so many opportunities to meet new people; people that share the same passion as myself for children's nursing.

Being able to relate to one another with experiences from our placements ensured comfort and solidarity. I am so lucky to have had so many amazing clinical experiences.

I worked alongside some brilliant members of the paediatric multidisciplinary team and also had the opportunity to visit Vietnam on an overseas placement with an organisation the university works alongside.

My tutors and lecturers were great for assistance and support with wellbeing, and the availability of librarians to support with referencing queries was great. I have gone from being an average-grade student in school and college to graduating with a first-class honours degree.

Suzi Quatro

1. What was it like growing up in Detroit and getting your start in the music industry? How did your journey begin?

Detroit is a special city with a special history. I grew up in a very nice suburb, Grosse Pointe Woods, as the second to last child of five – 4 girls and 1 boy. I grew up around music – my father was a part-time musician his whole life. I am trained on classical piano and percussion, and self-taught on the bass.

2. What inspired you to pursue a career in rock music?

My first lightbulb moment was seeing Elvis on TV at the young age of five and a half. I was drawn into the performance and thought to myself, “I am going to do that”. And I did. It didn’t occur to me that I was a girl and he was a guy!

3. What challenges did you face at the beginning of your career, and do you think artists today face similar challenges or have these changed?

Strangely enough, because my father was in the business, we never had to fight about being in a band. He was accepting, and supported and applauded it. My first band was an all-girl band with one of my sisters, eventually including all 4 of us. We were

unique at the time, but again, because of our upbringing, we didn’t see it as unusual to want to play rock ‘n’ roll.

4. What keeps you motivated and inspired to create new music?

Life! I am a true artiste and find inspiration every single day. I never seem to run out of things to say or reasons to write songs. I have published six books, 2 of them poetry, and that speaks for itself. I have been in the business now as a professional for 59 years.

5. How do you think emerging technologies like AI could impact musicians?

I think the whole thing is very scary and I don’t like it. Plain and simple. I don’t like it.

6. What advice would you give to current ARU students pursuing music careers?

My advice has always been the same. If you are thinking of getting into the industry, first of all, be honest with yourself and make sure you have the talent. If you are going to play an instrument, PLAY the instrument. Don’t play at it and always be professional. You owe the audience your very best every time you step on to that stage.

7. You’ve had a very illustrious career. What are your favourite memories and which accomplishments are you most proud of?

So many. After all, 59 years is a long time. I have received many awards through the years and continue to do so.

My first number one, Can the Can, was 50 years ago this year, which is always pretty special.

My first big tour where they came to see only me.

My first acting job, Happy Days, as Leather Tuscadero.

My first musical, Annie Get Your Gun, in the West End.

My first published book, *Unzipped*.

My first radio show on BBC Radio 2, which lasted 15 years in total.

Up to date, starting to work with my son in 2019, co-writing and him playing the guitar. We are two successful albums in, No Control, and the Devil in Me, which both charted. He also produced and played on the album released this year with KT Tunstall, Face to Face and we are now working on the next album.

I’m almost nearly finished with my second novel, which will make seven books I will have published, but most importantly, my biggest achievement is staying ‘normal’.

8. You have such an incredibly devoted fanbase that has continued to support you throughout your career. How does it feel to be so highly

revered by your fans to this day?

I am always humbled by this and appreciate every single person who has stuck with me all these years. After all, they are the reason I am still here.

9. Why did you choose to make your home in Chelmsford?

My ex-husband, who was also my guitar player, was raised in Romford, so when we went to buy our first home, we moved close to there, near at least one set of parents. Then, in 1980, we looked around for a bigger house and chose where I live now. It is my dream home.

10. What did receiving an honorary award mean to you? What are your favourite memories of the day?

I became Honorary Doctor of Music in 2016, so I am officially Doctor Quatro. That was pretty amazing considering I don't even have a high-school degree! When I gave my speech, I talked about everybody having a light. Go and find it, switch it on and never let anyone switch it off. Then I cried! A wonderful moment I will never forget.

11. What's the biggest life lesson you've learnt?

That you never should, and never can, stop learning. This life is a journey and you never know what's around the corner.

12. What's next?

We toured the UK late last year to celebrate 50 years since Can the Can was number one. Now I'm writing songs for my next album, finishing the second novel and third poetry book, and am starting to paint again.

Suzi Quatro

Honorary Doctor of Music 2016





Ten things you need to know about being a Detective

Have you ever wondered what it takes to be a detective? ARU police partner Cambridgeshire Constabulary gives us an insight of what it's like, and what it takes, to be a Detective Constable.

1. Be prepared for the variety

Working to support and protect diverse communities means there is always scope for new experiences across the force.

2. No two cases are the same

As a detective, even in a specialised role, you'll work on a variety of investigations, enabling you to always enhance your knowledge and understanding. No two cases are the same, each presenting unique challenges which makes the job exciting and keeps you on your toes.

3. It's a rewarding career

Being a detective is not just about working in CID (Criminal Investigation Department). There are so many opportunities that can give you the most rewarding career: specialist crime, child abuse, adult abuse, the multi-agency safeguarding hub (MASH), rape investigation, paedophile online investigation team (POLIT), cyber, fraud, protective vulnerable people (PVP), intelligence.

4. Believe the unbelievable

The key to being a good detective is to keep an open mind when investigating and avoid tunnel vision.

5. Inquisitive mindset and professional curiosity

Never lose it. Always be curious and eager to

acquire new knowledge, ask questions and maintain an open mind. Don't accept things at face value - enquire more deeply and challenge your own assumptions.

6. Don't worry about getting things wrong

It's OK not to know everything. In fact, the best way to learn is by making a mistake – just know where to go to get help when you need it.

7. Get used to recording everything and being diligent when doing so

There's a saying in policing, "If it's not written down, it didn't happen", and this couldn't be truer for a detective, especially standing in the witness box three years down the line.

8. Keep the victim at the heart of your investigation

A little goes a long way. While it might not seem a big deal to you, it probably is to them – don't lose sight of this.

9. Remember that it's OK to take a break

Take a break, have a walk – you will be more productive in the long run.

10. Keep being you

We are all unique and bring something different to the role – don't lose that because it makes the force you choose to join a great place to work.

Interested in starting a career as a Detective Constable? Did you know that you can convert your existing undergraduate degree with our two-year Detective Degree Holder Entry Programme?



Make a Difference: Become a Detective Constable

Joining the police is life changing. Not just for you, it will also change the lives of everyone you help. It's a challenging, varied and intensely rewarding career, and you will be joining an amazing team, working together to reduce crime and keep people safe.

ARU has partnered with Bedfordshire Police, Cambridgeshire Constabulary and Hertfordshire Constabulary to launch the innovative Detective Degree Holder Entry Programme.

The new two-year fully-funded route for graduates

If you hold a degree in any subject or are within the final year of study for a degree, you can apply to join the police to become a Detective Constable through the Detective **Degree Holder Entry Programme**.

- This incredible two-year journey combines on the job learning with working towards a fully funded Graduate Diploma in Professional Policing Practice.
- You'll receive a competitive salary while making a difference to your communities in the East of England.
- On successful completion of the programme, you will have completed all the mandatory training to be confirmed as a Detective Constable.

Discover how to become a Detective Constable

To find out more, visit:

aru.ac.uk/DetectiveDHEP



Anglia Ruskin University
are proud to be

University of the Year



We're proud to be the Times Higher Education (THE) University of the Year 2023.

The prestigious THE awards honour exceptional performance during the 2021-22 academic year, and reflect ARU's success in delivering high-impact projects during this period, despite the challenges of the Covid-19 pandemic.

Our submission focused on the difference we make in the region and communities where we're based – while also acknowledging the broader impact of our world-leading research, and the contributions our students and graduates make to society.

Winner citation from Times Higher Education

The impact of the best universities on cities and regions is transformational.

A university can be a focal point for community, a hub for innovation, and turn aspiration into reality.

Anglia Ruskin University does all this, not just in one city but across multiple centres spanning the east of England – with the institution extending its reach and impact significantly in 2021-22.

The new ARU Peterborough campus was the realisation of a 40-year ambition for the city, which has been crying out for investment to

support skills
development and
innovation.

The campus was developed on an accelerated timetable in partnership with local authorities and industry, purpose-built to meet the needs of the city and the region, and opening in time to welcome a first cohort of students in the autumn of 2022.

Alongside this landmark achievement, ARU demonstrated its research credentials with its best-ever performance in the Research Excellence Framework, a Queen's Anniversary Prize for its pioneering Cambridge Institute of Music Therapy Research, and the best performance of any UK university for health and well-being in the Times Higher Education Impact Rankings 2022.

It had strong admissions growth, and continued to demonstrate leadership in its approach to public service education, extending the Police Education Qualifications Framework, developed with the Metropolitan Police, to seven further forces across the east of England.

The judges said these and other achievements 'paint a picture of a university that knows what and who it is for, and is delivering – including taking calculated risks to support its region to the full'.



ARU wins University of the Year title at SOMOs

ARU was awarded the University of the Year title at the prestigious UK Social Mobility Awards in October, in recognition of the role ARU Peterborough is playing in advancing social mobility across the city and the wider region.

The UK Social Mobility Awards, known as the SOMOs, are organised by the charity Making the Leap, and were created to raise awareness of and celebrate organisations that are committed to bringing about change and advancing the cause of social mobility in this country.

The judges selected ARU as the winner of the University of the Year title from a shortlist that also included the University of Exeter, the University of Warwick, Lancaster University, the University of the West of England (UWE) and the University of Southampton.

Created in partnership with Cambridgeshire & Peterborough Combined Authority (CPCA) and Peterborough City Council (PCC), ARU Peterborough is specifically designed to meet the needs of a city which has been a long-term Higher Education 'cold spot', where only 32% of the population have degree level qualifications, compared to a national average of 43%.

ARU Peterborough is already attracting a diverse student population from non-traditional backgrounds to Higher Education, helping to redress the balance between Peterborough and the rest of the region. The first September 2022 entry to ARU Peterborough saw 47% of all applications come from people living in local PE postcodes.

In addition to its growing student population, more than 1600 local schoolchildren visited ARU Peterborough, helping to inspire future generations about the opportunities available at

university.

More than 30 community groups and events have been welcomed on campus, and the Peterborough IntoUniversity Centre has also been launched, providing long-term educational support to young people who are typically underrepresented in Higher Education.

Professor Roderick Watkins, Vice Chancellor of ARU, said:

"This award is fantastic national recognition of the hard work carried out by colleagues across ARU and shows that we are on track to meet the aims we set out when establishing ARU Peterborough.

"Across ARU as a whole, some 87% of our students belong to one or more groups that are under-represented in Higher Education. We are hugely proud of our students' diversity, ambition and hard work, and we never forget that a significant number of them have had to overcome barriers, whether social, physical or economic, to study with us."



Professor Ross Renton, Principal of ARU Peterborough, said:

"The university is already having a transformative and lasting positive impact on the lives of people within the city and wider region. Having a high-quality new university at the heart of our community, offering an innovative employment-focused curriculum that includes on-campus education, distance learning, in-work training and apprenticeships, makes university more affordable and accessible to local residents.

"We are proud of what has already been achieved, however we are only at the beginning of our long-term mission to increase higher skills, create knowledge and promote inward investment.

"This accolade would not have been possible without ARU's ability to take ambitious and courageous strategic decisions, and the vision, hard work and determination of all our colleagues and our partners."

Councillor Lucy Nethsingha, Chair of the Cambridgeshire

& Peterborough Combined Authority Skills Committee, said:

"This is a great achievement and recognition of one of the key reasons why the Combined Authority invested in a new university for Peterborough – to tackle a real cold spot for higher education which was holding back opportunity for local people. It is worth noting that around half of applications have come from those with PE postcodes and the surrounding region, which shows ARU Peterborough's potential to support social mobility.

"We want ARU Peterborough to be transformative for the city and its region, and that mission is already being recognised, through this fantastic success. I want to congratulate everyone at the Combined Authority, at ARU, and the City Council who continue to work hard to deliver a university which is already bringing many benefits to learners, the community and the local economy."

Councillor Lynne Ayres, Peterborough City Council's Cabinet Member for Skills, Further and Higher Education including the University, said:

"I am delighted for everyone involved at ARU Peterborough for winning this prestigious award and I'd like to pass on my congratulations to them.

"This award is testament to the dedicated work of their staff and shows that the university is on track to meet its original ambitions. ARU Peterborough has only been

open for just over a year but is already creating a facility which welcomes students from all backgrounds, giving them invaluable opportunities to learn, develop and start their careers.

"I am looking forward to seeing ARU Peterborough continue to develop over the next few years, further enhancing our city and region."

ARU Peterborough has already won a host of awards in its first year, with the UK Social Mobility Awards victory following success at the University Alliance (UK) Awards 2023 and the Association of University Directors of Estates (AUDE) Awards.

Thanks to ARU Peterborough, ARU is shortlisted for the Outstanding Contribution to the Local Community award in the Times Higher Education Awards 2023 – widely known as the Oscars of the UK university sector – and ARU Peterborough also played a key role in ARU being shortlisted in the overall University of the Year category.

University House, the main building at ARU Peterborough, is shortlisted for the Higher Education Project of the Year in the AJ Architecture Awards 2023, run by the Architects' Journal. The third phase of ARU Peterborough, which includes new teaching spaces and a Living Lab science facility, is due to be completed next year.

ARU signs landmark pledge to prevent racial bias



ARU has become the first university in the country to sign a landmark pledge against racism at a ceremony in Cambridge.

UNISON's Anti-Racism Charter commits ARU and its leaders to a range of pledges designed to prevent racial bias.

It includes championing a racially diverse workforce, having a clear programme of anti-racist initiatives and providing equality training for all staff.

Deputy Vice Chancellor at ARU, Professor Aletta Norval, signed the charter during a celebration of Black History Month and UNISON's Year of Black Workers, in October on the university's Cambridge campus.

ARU will also be expected to report on ethnicity pay gaps, and monitor disciplinary and grievance processes to ensure outcomes are fair.

Professor Norval said:

"ARU is committed to celebrating diversity and promoting equality and inclusion for our students and staff. However, we can always do more, so it is an honour for ARU to become the first UK university to sign up to the Anti-Racism Charter, which builds on our achievement of a Bronze Race Equality Charter mark from Advance HE earlier this year."

UNISON Eastern regional organiser Daphne Lewis said:

"ARU should be praised for becoming the first university to sign up to the Anti-Racism Charter and commit to actively combatting racism. This isn't just a step forward for Black, Asian and minority ethnic staff — all staff benefit from fairer workplaces. And when university staff are happier, students will be better off as well. ARU is setting an example across higher education."

Pursuing success



In 2007, after coming out of a three-day coma and discovering my prognosis was T10 incomplete spinal cord injury, depression washed over me. I began to think about what my life would look like going forward, how I would survive, and questioned whether I would ever walk again. I had lost half of my mobility and the negative thoughts kept swirling around my head.

I travelled to New York for medical treatment, and although I had the support of family and friends, I felt as though I didn't have the strength to push forward, as I was constantly fighting infection and found myself sick.

I woke up one day feeling better and decided to attend physical therapy. I met a lady, who, despite the circumstances of her being in hospital, was so bubbly, and told me that

she was grateful to be alive. This made me realise that despite her anguish, she was still positive; something which I needed to take forward.

I travelled back to Trinidad, undertook further surgery and began further therapy sessions, including swimming, which I absolutely loved. This experience had driven me to be the best that I could be while alive and it was this motivation that gave me the push to go back to school.

I attended the School of Accounting and Management in Trinidad, where I was given the best support I could have asked for, particularly from Dr Nigel Fulchan, who mentored me throughout the course and brought me back to the positives when I felt otherwise.

I obtained a first-class honours degree and was privileged to be made Valedictorian for

my cohort, where I had the opportunity to tell my story and inspire others. I decided not to stop there, pushed further, and pursued an MBA. Again, I was successful and achieved a Distinction.

Today, I run a small business, Allscorp Medical Company Limited, that sells medical products. Encountering various challenges and having used many of the products during my rehabilitation inspired me to launch the company that I hope will inspire others to do the same.

My experience has truly taught me a lot. It gave me the courage to pursue success in every form and I am happy with all that I have learned. Facing the challenges I've experienced: I have learnt that having a disability does not imply that you lack the ability to perform a specific activity or that you lack the necessary skills or knowledge to achieve. It's a matter of perception and if you can do just one thing well, you will always be needed by someone.

I plan to use the skills I acquired through Anglia Ruskin to expand my horizons. My life has definitely changed. However, when God closes one door, he opens a window, and I am forever grateful for being given a second chance at life.

Jason Alsop
Master of Business
Administration 2021

BA (Hons) Business
Management 2019

Building English Corner Chachoengsao and Bangkhla Language Centre in Thailand



I'm very fortunate to have had the opportunity to visit other countries, make new friends, and experience new ways of thinking and being.

From the very beginning of my studies at ARU, I had a vision of creating an innovative and bustling language centre that would immediately pop into everyone's minds throughout the town I live in, in Thailand, if they ever wanted effective help for learning a foreign language. Brick by brick and little by little,

I'm very proud to say we've seen impressive growth and success, and are well on our way to achieving that vision thanks to the wonderful people involved and the community around us.

Building a good school from scratch was no easy feat at all, especially in a relatively impoverished community with limited resources. There was a lot of work that needed to be done to provide children attending the school with adequate exposure to the English language. And just when we started to get into the groove of things, we of course had to deal with the unprecedented challenges surrounding the pandemic.

The pandemic forced us to break new ground and try online teaching. But with each challenge we faced along the way, we never gave up and as a result we've grown, we've improved and we've adapted.

I've learnt observation to be a powerful tool; watching carefully which methods students respond best to, and honing and weaving that into how we teach.

Our effective methodology earned us a favourable reputation within the community, which led us to educate more students and help them reach their potential.

The Digital Marketing course at ARU helped me a lot in understanding how to promote the language school through social media and from building vital connections, and entrepreneurship and innovation continue to play a key role in our organisation as we look to grow and develop the school.

The knowledge and experiences I acquired whilst studying at ARU have been invaluable in my endeavour. Successfully managing a multicultural workforce of teachers from all over the world would not have been possible without my time spent living and learning abroad.

Tanyaporn Pitchetpongthorn
MSc International Business
2016

*Winner of the Alumni
Entrepreneur of the Year Award
at the 2023 Vice Chancellor's
Outstanding Alumni Awards*

Championing workers' welfare standards

After graduating from Anglia Polytechnic University, Puvanesvarar pursued a career in management, enrolling first in Burger King's management trainee programme before working as Assistant Store Manager for BP's Wild Bean Café. He left BP in 2004 and moved to Malaysia to be closer to his family.

Working in various legal and compliance-based roles has since led Puvanesvarar to his current job as Legal Counsel and Corporate Affairs Officer for Certis International in Doha, Qatar, where he has worked for 7 years, championing workers' welfare standards and ethical recruitment, specifically in relation to the physical security tender compliance for the FIFA 2022 World Cup project.

Collaborating closely with various organisations, Puvanesvarar established an Ethical Recruitment Initiative, partnering with agencies from the UK and Sri Lanka, with an agreement that workers would not be exposed to financial exploitation in their pursuit of job opportunities in the Middle East.

Puvanesvarar's initiative, which didn't only focus on ethical recruitment, but also on complying with workers' welfare standards, set a benchmark for ethical recruitment, contributing significantly to maintaining a happy and motivated workforce. With the prevailing mindset in many countries being candidates should pay some form of fee before leaving their home country for employment overseas, the project was not without its hurdles. The team had to raise awareness about the realities and dangers of unregulated recruitment agencies, educate candidates on their rights and instil the importance of ethical recruitment into all stakeholders, including agencies themselves.

These measures not only helped raise workers' welfare standards, but also empowered advocacy for good governance and compliance within organisations, while also ensuring that vendors upheld ethical practices.



Puvanesvarar recognises that there is still much to be done to eradicate unethical practices from recruitment processes in developing nations, but this achievement has ignited a burning passion within, encouraging Puvanesvarar to continue advocating for this cause.

Having recently completed his MBA at ARU, Puvanesvarar recognises that ARU played a pivotal role in shaping his understanding of these issues, and is grateful for the knowledge and exposure he gained on his course that has supported his commitment to driving forward the standard for ethical recruitment in Doha.

Puvanesvarar Mailvaganam
Master of Business Administration 2023
LLB (Hons) Law 1999

Sharing stories

From the moment I started studying with ARU, I found the direction my life would take going forward – creating picture books for children.

I remember the first class at Cambridge School of Art, where Professor Martin Salisbury told us that before becoming a picture book maker, you must first become an artist, know how to respect your own feelings and learn how to express yourself. He told us to have confidence in our paintings and talked about how creation is something individual. If you can't create what you like, why do you create it?

Since then, I have found my own standards and requirements to work hard, feel great and continue to progress. This is probably the most important thing that Cambridge School of Art has taught me.

During my MA, I created two picture books, which were published after graduation, and I have now published 16 picture books, as well as illustrating others. I was shortlisted for the 55th Bologna Children's Book Exhibition and have won many awards, including the Chen Bochui International Children's Literature Award and the Golden Pinwheel Young Illustrators Competition amongst others.

I am grateful for all that ARU has given me. Without it, I wouldn't be where I am today.

After graduating, I returned to Beijing, China, and worked in the Children's Book Editorial Department of a Chinese Publishing House. I became a Children's Book Editor, responsible for introducing English picture books, and Chinese original picture books and have also worked as a translator of English books. I translated Professor Martin Salisbury's book *Children's Picturebooks: The Art of Visual Storytelling* and consider myself an important cultural ambassador, helping to build links between the English-speaking world, China and its children's publishing industries.

The world of children's picture books has developed rapidly in recent years, as has academic study and appreciation. My picture books help children better understand the world and contribute to East-West relations, and I want the two sides to understand each other's cultural development and the common importance of

children's books. I've helped to invite many British illustrators to China to deliver lectures and workshops, sharing stories with children, and helping to bring art courses to children living in poor rural areas, as well as those with disabilities.

I believe that no matter where they are, Britain or China, every child should have the opportunity to study the arts, feel the beauty of life and live in happiness.

My years at ARU have made me who I am today. I realised my dream, became a children's book maker and have built wonderful stories for everyone to join. I hope I can help children around the world realise their dreams. If one day in the future a 50-year-old tells a 70-year-old that she loved drawing because she read my stories when she was a little girl, I think that's the best thing I can think of.

Aining Wen

MA Children's Book Illustration 2017

Winner of the Alumni Rising Star Award at the 2023 Vice Chancellor's Outstanding Alumni Awards

Collecting the Rising Star Award from Cambridge in May 2023, with ARU's Alumni Officer, Kim



An inspirational journey of leadership and impact



Tirelessly working behind the scenes, using his skills, knowledge and passion to create a better future, is Shifaq Mufeed, who played a crucial role in a political victory in the Maldives.

The Maldivian presidential elections on 30 September 2023 marked a change in the nation's political scene, with the People's National Congress (PNC) Party's presidential candidate winning. Shifaq has been serving as the party's Secretary General since 2022.

Shifaq's journey towards becoming the Secretary General of PNC and leading the party to a triumphant win in the presidential elections began in 2020 amidst the global pandemic. He decided to further his education by enrolling on an MBA programme with ARU, equipping him with the

essential skills to manage the political party and influence the election campaign.

Born on Fuvamulah island, his commitment to public service was evident long before his foray into national politics. Despite its beauty, the island lacked an airfield, making journeys to and from the island challenging and risky due to the waves that battered the island. In the 1990s, Shifaq began a movement to push for the construction of an airport. In 2011 the government agreed, and the first flight touched down. The locals were astounded that their dream had come to fruition and the economy grew because of accessibility to the island.

In 2009, Shifaq was elected to the Parliament of the Maldives. His campaign slogan, "Fuvamulaku Nan Ivey," was a phrase taken from a local song, translating to "Fuvahmulah's Voice is Echoed". As a legislator, Shifaq helped to create laws, whilst advocating for his community's wellbeing, ensuring that the issues and necessities of Fuvahmulah were acknowledged at a national level.

Recognising the difficulties for the government to provide sufficient health and education facilities to every island due

to the scattered layout of the Maldives, Shifaq funded the installation of the first digital X-ray machine in Fuvahmulah's hospital. He donated resources to the main school of the island to establish the first digital classroom, helping to integrate technology into the educational system and preparing the island's children for the digital era.

After his tenure as a parliament member came to an end in 2014, Shifaq was elected as the Vice President of the Maldives' National Human Rights Commission. He then assumed the role of Minister of State for the Maldives' Ministry of Home Affairs, and briefly occupied a diplomatic position in neighbouring Sri Lanka until 2018. These positions granted him an opportunity to instigate constructive transformations at a national level, showcasing his unstoppable quest for an improved future for his nation.

From his initial contributions to his community to his involvement in a landmark political triumph, Shifaq's journey shines as a source of inspiration.

Shifaq Mufeed
Master of Business
Administration 2021

Empowering communities

After completing her studies at ARU, Obipiseibima Priscillia Aggokabo was inspired to create positive change in her home country of Nigeria. In 2017, she founded the Global Impact for Rural Innovation Foundation (GIRIF), a nonprofit organisation dedicated to sustainable development solutions in African communities.

The foundation, through Priscillia's leadership, has actively supported developmental and humanitarian events in various Nigerian states, including Rivers, Enugu, Jos, Kano and Bauchi.

One initiative close to Priscillia's heart is the annual rural outreach in partnership with the Boys Brigade in Obibi, Etche, Rivers State. The outreach programme provides essential medical care such as laboratory investigations, drug administration, eye checks, provision of free glasses and dental check-ups.

Committed to empowering communities through grassroots efforts, Priscillia draws on her experiences at ARU and in the field. Under her dynamic leadership, GIRIF continues expanding its reach to further the education and wellbeing of girls and women across Nigeria.

Through GIRIF, Priscillia launched 'The Girls Protection Programme' targeting schoolgoing girls from disadvantaged backgrounds in Azare town. The programme provides the girls with free personal hygiene kits and guidance on menstrual hygiene management.

Priscilla's foundation is currently building toilet facilities for the people of Okrika Island in Rivers State which aims to enhance community health.

Furthermore, she carried out a cervical cancer awareness and screening programme in Okrika, providing HPV tests to 80 women to help protect against cervical cancer.

Her tireless advocacy reflects her deep understanding of the issues the community faces and dedication to improving lives through sustainable solutions at the local level.

Obipiseibima Priscillia Aggokabo
MSc Public Health 2016



Do you know ARU provide **OFFICE SPACE?**

Based in Chelmsford and Harlow, Arise Innovation Hubs provide **an ecosystem for entrepreneurial alumni** with fledgling businesses across Essex and North London.

For alumni like you, we are offering **10% off*** our high-quality **virtual, coworking and office space**, to help support your start up in **health technology and innovation**.

Arise is part of ARU, which means members can access their award-winning **facilities** and world leading **researchers**, including the Chelmsford and Cambridge **expert networks**. Arise also offer access to **internships and graduate talent** from ARU, that can benefit and help your business flourish.

The hubs are part of a partnership between ARU and Essex County Council, which has enabled Arise to bring to life bespoke **business support programmes**, specialist **workshops and seminars**, including regular **networking and business events**.

ARU has helped you launch your career, now let ARU help start your business venture. **Benefit from an ecosystem that supports you and your business**, by visiting the website, and getting in touch.

www.ariseinnovation.co.uk
ariseinnovation@aru.ac.uk
01245 684631/01279 969271

*For six months. Excludes service charge.

Arise Innovation Hubs

The ecosystem for entrepreneurs

**Innovation
Support
Grants**
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ABOVE
available
now

10% off*
for alumni

ARU student wins prestigious printmakers award

Niall MacCrann's work, entitled "Why Can't They Draw Fruit (Onsen)? #1", has won the East London Printmakers award at the International Original Print Exhibition.

Niall's work, which he completed during his MA in Fine Art at ARU, is based on his experiences of public bathhouses, while the title references an online comment on a local news story about life drawing in schools.

The prize will give Niall a year's associate membership and 10 free sessions at the East London Printmakers workshop.

Niall, who is 33 and originally from Dublin, said:

"Printmaking at ARU was so much fun and a key part of my MA - it was important to me to gain new technical skills as well as developing my work conceptually and thematically."

Véronique Chance, Course Leader for the MA Fine Art course at ARU, said:

"These achievements are all the more significant given that Niall came to the course, as some of his peers also did, having initially followed a different career path. They also demonstrate the value and benefit of studying an artistic course, that not only does it teach you new skills, it also teaches you that there is life as an artist beyond it."

Niall, who graduated from ARU in November, was also selected to show his work at the Woolwich Contemporary Print Fair, which ran from 26-29 October, and was recognised by Cambridge Artworks for his recent MA Show exhibition at ARU.

Congratulations, Niall!

Niall MacCrann
MA Fine Art 2023



ARU graduate wins major Illustration prize

ARU graduate Mariajo Ilustrajo has been named as the winner of the 2023 Klaus Flugge Prize for the most promising and exciting newcomer to children's picture book illustration. Mariajo received the £5,000 prize during a ceremony in London in September.

Four of the five illustrators on the shortlist for this year's Klaus Flugge Prize are graduates of the MA in Children's Book Illustration course at ARU's Cambridge School of Art, with Mariajo featuring alongside Alice Courtley, Gill Smith and Paula White.

Originally from Madrid and now based in Hitchin, Hertfordshire, Mariajo won for *Flooded* (Frances Lincoln Books), a funny but powerful book in which animals team up to tackle the impacts of climate change.

Mariajo said:

"It's difficult to describe with words the joy of winning this prestigious prize. I've been an illustrator for a long time, but becoming a children's book illustrator and author seemed like just a dream.

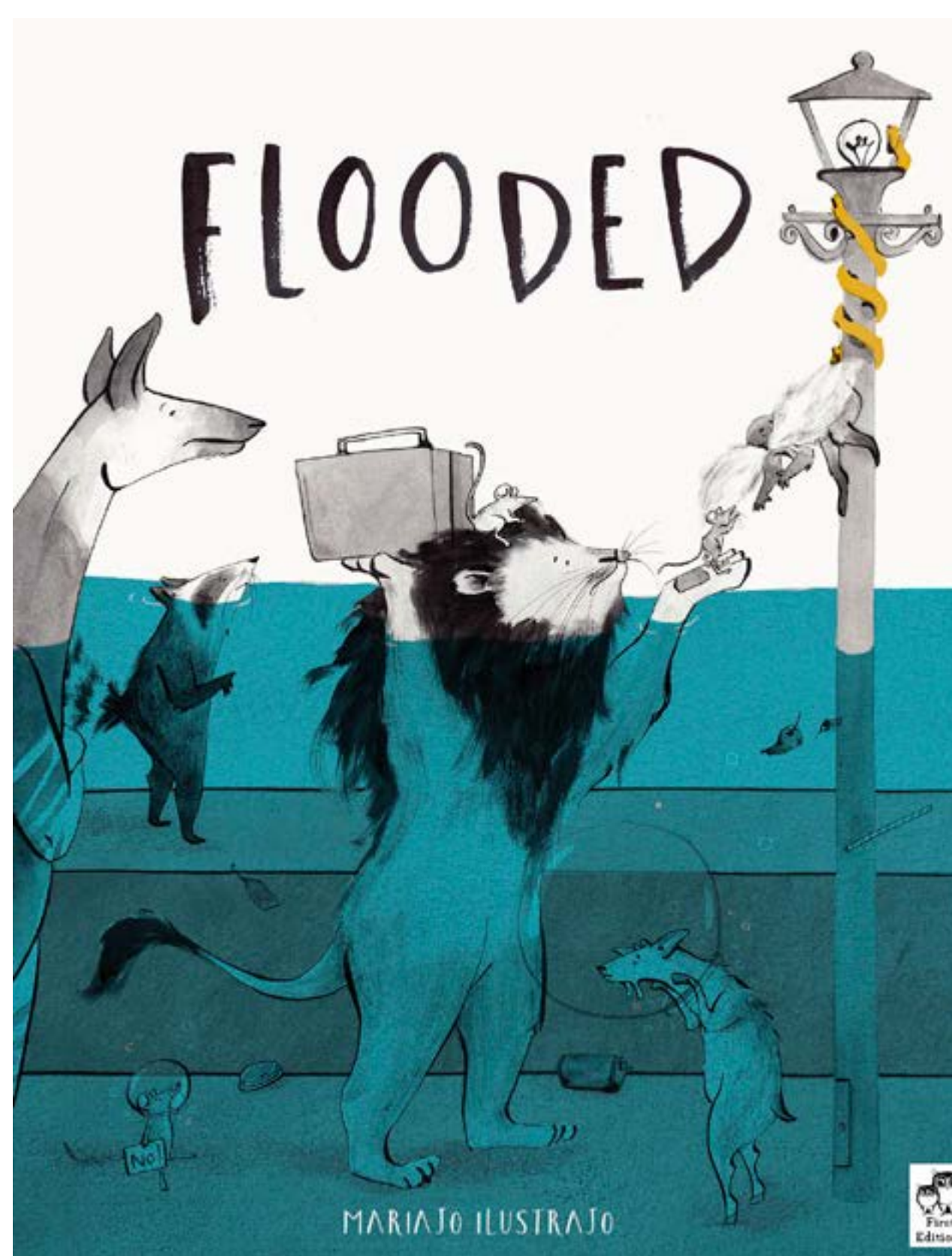
"This recognition makes me feel that I'm heading in the right direction and encourages me to keep exploring new ways of creating new stories. I am 'flooded' with happiness and proud to know my book touched the Klaus Flugge Prize judges amongst such an amazing shortlist."

Mariajo began *Flooded* while studying the MA Children's Book Illustration course at ARU and the work also helped her win the prize for Best New Talent at the World Illustration Awards.

Shelley Jackson, Associate Professor and Course Leader for MA Children's Book Illustration at ARU, said:

"We are immensely proud of Mariajo and all that she has achieved with *Flooded*.

"She started this project on her third module, Illustrator & Audience: The Paradox, on the MA in Children's Book Illustration. She worked so hard while she was with us, and it has truly paid off.



This is a well-deserved honour for Mariajo!"

The Klaus Flugge Prize judges described *Flooded* as fresh and beautifully drawn, and full of playfulness even as it delivers an important message. Judge and best-selling illustrator Lydia Monks said:

"I was really impressed with Mariajo Ilustrajo's book, *Flooded*. The sophistication and competence displayed is exceptional for someone so new to publishing. I'm excited to follow her career."

Chair of the judges Julia Eccleshare, Director of Hay Children's Festival, said:

"Picture book illustration is in a robust state of health and the submissions for this year's Klaus Flugge Prize were very strong. Our five shortlisted illustrators have enormous technical skill, as well as an exceptional understanding of how illustration carries story and meaning. Huge congratulations to Mariajo on winning this year's Klaus Flugge Prize; *Flooded* is a book that speaks both to now and of universal themes."

Established in 2016, the Klaus Flugge Prize honours Klaus Flugge, the founder of leading independent children's publisher Andersen Press. Earlier this year, Klaus received the London Book Fair Lifetime Achievement Award. Previous winners of the Klaus Flugge Prize include ARU Children's Book Illustration graduates Eva Eland, Flavia Z Drago and Kate Milner.

Picture credit: Adrian Pope

Mariajo Ilustrajo
MA Children's Book Illustration 2021

ARU reapproved as IOEE Centre of Excellence

The Institute of Enterprise and Entrepreneurs (IOEE) has announced the reapproval of ARU as a Centre of Excellence.

The Anglia Ruskin Enterprise Academy (AREA), Prof Gary Packham, Pro Vice Chancellor for Student Enterprise, and Entrepreneurship and the wider ARU team have worked tirelessly to achieve this recognition of a university that upholds the highest standards of entrepreneurship education and development.

We eagerly anticipate harnessing the advantages of the centre of excellence status for our current students,

graduates and staff, while also expanding our network of external partners to enrich our offer.

Our reapproval evidences that the entrepreneurial ecosystem at ARU is growing bigger and stronger, and we are excited to welcome **Jo Living**, our new Entrepreneurship Development Manager, who is working to enhance and grow our provision in the graduate space.

We also want to take this opportunity to announce our partnership with **Underpinned** – a new freelance business management tool for those interested in freelance work. ARU students, staff, and graduates have free premium

access to the platform. Please contact startupsupport@aru.ac.uk for details on how to access this offer.

If you are interested in hearing more about self-employment, freelance and start-up support at ARU and beyond, subscribe to our **Inside AREA magazine** and listen to the **ARU Start-up Podcast** series.

Finally, we love hearing from our alumni, so if you have an inspiring entrepreneurial story or journey to share and would like to be featured in our magazine or podcast series, please contact startupsupport@aru.ac.uk



Be Bold

I have been passionate about law since I was young. I recall first stepping into a Notary's office around the age of ten and I was fascinated by the legal profession.

I had the opportunity after secondary school, to work as Notary Executive Assistant in Italy and that period of my life gave me the motivation to pursue the career that I dreamt about for my entire childhood.

As time went by, I was sure of what I wanted to be. However, I had always felt the desire to enrich my skills by travelling and learning about new cultures. I decided to move to the UK where, despite the numerous challenges, I was determined to become a better version of myself. I dedicated most of my time to learning the language and what I loved the most: the law system.

I have always considered myself extremely curious, which led me to do my own research on the English legal system. I found myself deeply fascinated by the comparison between Common Law and Civil Law, and it's this passion that drove me to achieve my goals and ultimately to my graduation.

I enrolled in ARU London during the Covid pandemic, but never stopped believing in my capabilities. Somehow, I found the motivation during one of

the most challenging times, far away from my country of origin.

ARU London provided me with all the tools and skills I needed and, most importantly, with motivation and support. Thanks to lecturers and members of the Employability Team, I focused on my personal development and I grew particular interest in Company Law. The skills that I have gained over three years spent at ARU London are skills for life and allow me today to navigate through my professional path.

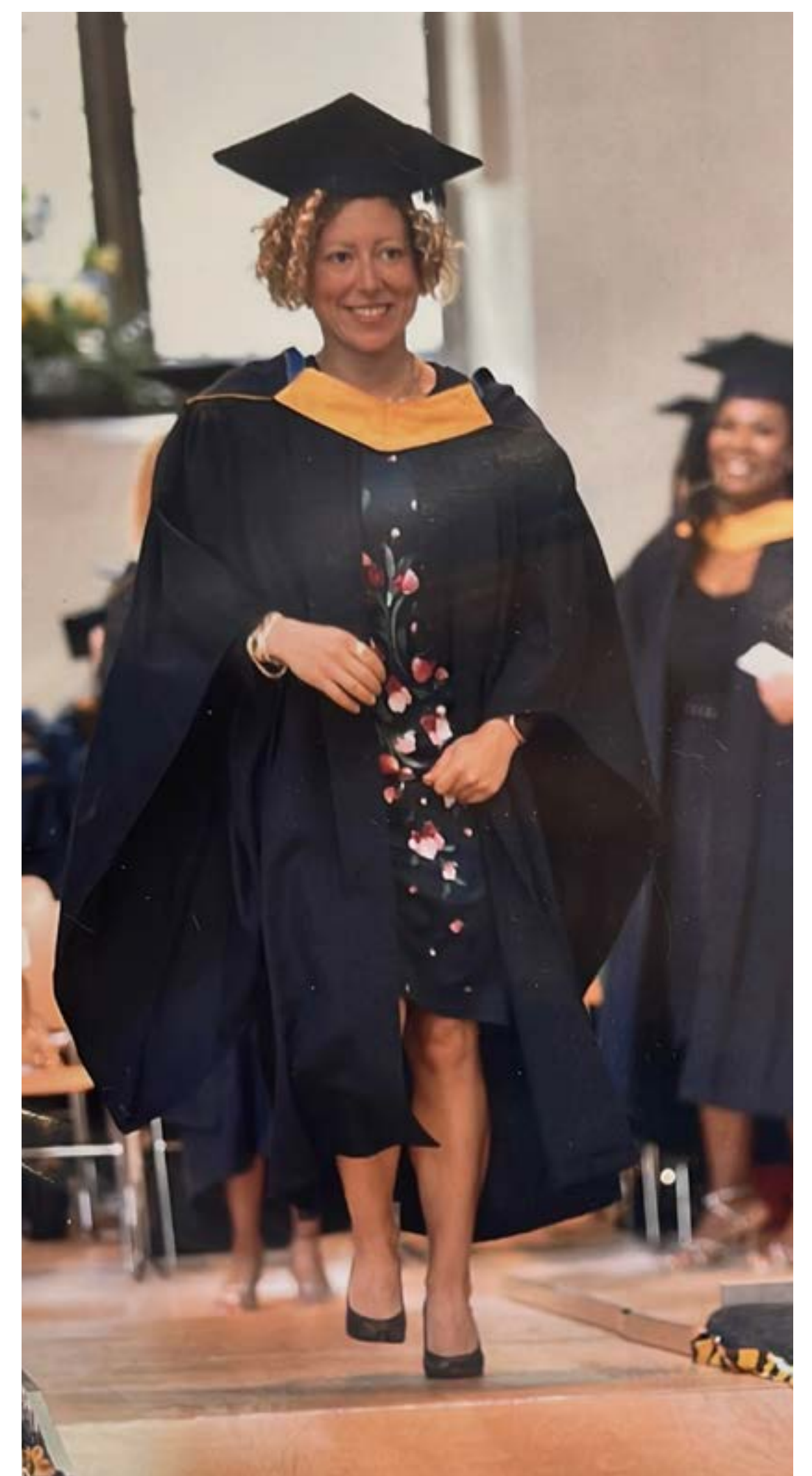
The Employability and Employer Engagement Team and my dissertation supervisor were fundamental in my growth. They all believed in me and gave me the support and encouragement I needed. The biggest achievement before my graduation in July 2023 was being celebrated for my success at the Top Achievers Award ceremony. I achieved the Top Achievers Awards for Constitutional Law and Company Law. I was also awarded by the Employability team for engaging in numerous seminars and industry exposure sessions, which inspired me and guided me through working applications and the biggest challenge: the interview process.

Just before my graduation, I started working on a project for a major audit firm as Corporate Governance Assistant and afterwards I had the chance to

enter an international corporate environment. I am now working as Corporate Services Assistant and gain new skills day after day. I can see myself building my own path more confidently, knowing that there will be always something to learn.

My greatest advice to students and graduates is not to wait for the train to stop, but to jump on it! Any missed opportunity is lost. Do not be afraid of failures, nor of challenges, because they will toughen up the hidden part of you. ARU London gave me the chance to discover my potential and pursue my career with courage. Be bold!

Laura Contaldo
LLB Hons Law 2023



La tua Londra

I moved to London in 2015 and started my academic journey at ARU London in 2020, studying Business and Marketing, which I successfully completed in July.

My time as a student at ARU London has truly been an incredible journey. From the very first year to the very last day, I cherished every moment.

I never missed a class and I built a strong network with colleagues and lecturers, which helped me gain a deep understanding of the Business and Marketing field, giving me the tools to understand how to turn my passion into my full-time business.

My lecturer, Rehan Ally, made my experience truly special, teaching various modules, with a focus on Marketing. He became more than just a lecturer; he became a mentor and a friend. I have always been passionate about making mindful connections with people from all over the world, which is what led me to study Marketing and delve into the intricacies of building relationships and reaching audiences effectively.

One significant aspect of my journey was the creation and management of my own Facebook and Instagram page. La tua Londra began as a small idea in 2017, initially as a Facebook page where I shared photos of London, along with descriptions in Italian. It was more of a hobby since my full-time job limited the time I could dedicate to the page. Back then, I never appeared in the photos or videos due to shyness. As the years went by, and my life underwent some changes, such as starting university, I found myself with a bit more free time and decided to expand La tua Londra onto Instagram. This move marked the beginning of my presence on Instagram and attracted the initial followers. Over time, and encouraged by friends and family, I realised the need for the page to have its own distinct identity. With around 10,000 followers, I overcame my shyness and began creating video content where I was visible.



La tua Londra began with just me and my phone, but it has now grown to involve a team of six young Italians living in London. My primary role is content creator meaning I'm often out and about in London, recording new content to share on the page. Behind the scenes, there's also plenty of analysis and organisational work for our guided tours.

This venture not only aligns with my passion, but also serves as a source of inspiration and motivation. What drives me is the opportunity to connect with individuals, share valuable content, and make a positive impact on their lives through meaningful interactions and engaging marketing strategies.

My plans for the future revolve around further expanding and enhancing La tua Londra as a valuable resource for Italian tourists visiting London. The guided tours we offer have been well-received and I plan to expand the range of tours to cover more areas of London, catering to a wider variety of interests and preferences. Building a strong community around the brand is essential, and I'll continue to actively engage with our audience to ensure that it remains innovative and relevant.

Studying at ARU London has been an invaluable investment in my personal and professional development. The best advice I can offer to graduates is to embrace every aspect of their educational journey with enthusiasm and a growth mindset, and to believe in your abilities. Don't underestimate what you can achieve: set high standards for yourself and exceed them.

Andrea Puccio

BSc Hons Business and Marketing 2023

Alumni of the month

September 2023

Muna Al Bader

Master of Business Administration 2016



"I work in IT by day, and when the sun sets, I fly in the sky of art."

Muna graduated from ARU with an MBA, but has a great passion for art. Her story is one of not allowing negative comments to affect your passion, encouraging us all to use negativity as fuel to be better and to excel in your field.

She continues to grow, perfecting her craft, and has won many art competitions, even producing murals in Qatar for the World Cup, despite this not being her full-time job today.

October 2023

Allwell Agwu Okoro

BEng (Hons) Mechanical Engineering 2016



Fascinated by the concept of conceiving an idea and manipulating the right tools to create and manifest that idea into something tangible that people can interact with, Allwell chose to study Mechanical Engineering at ARU.

Allwell credits his time at ARU with helping him learn to become independent, grow as an individual, and make good friends and lasting memories.

November 2023

Kurtis Badger

CHE Law 2014



Reflecting on ARU, Kurtis fondly recalls the multicultural community that broadened his perspectives. Playing American football for ARU Phantoms also rekindled his passion for sports. Most importantly, ARU provided a strong foundation in legal thinking that prepared him for future success.

December 2023

Monique Christian

BSc (Hons) Biomedical Science 2018

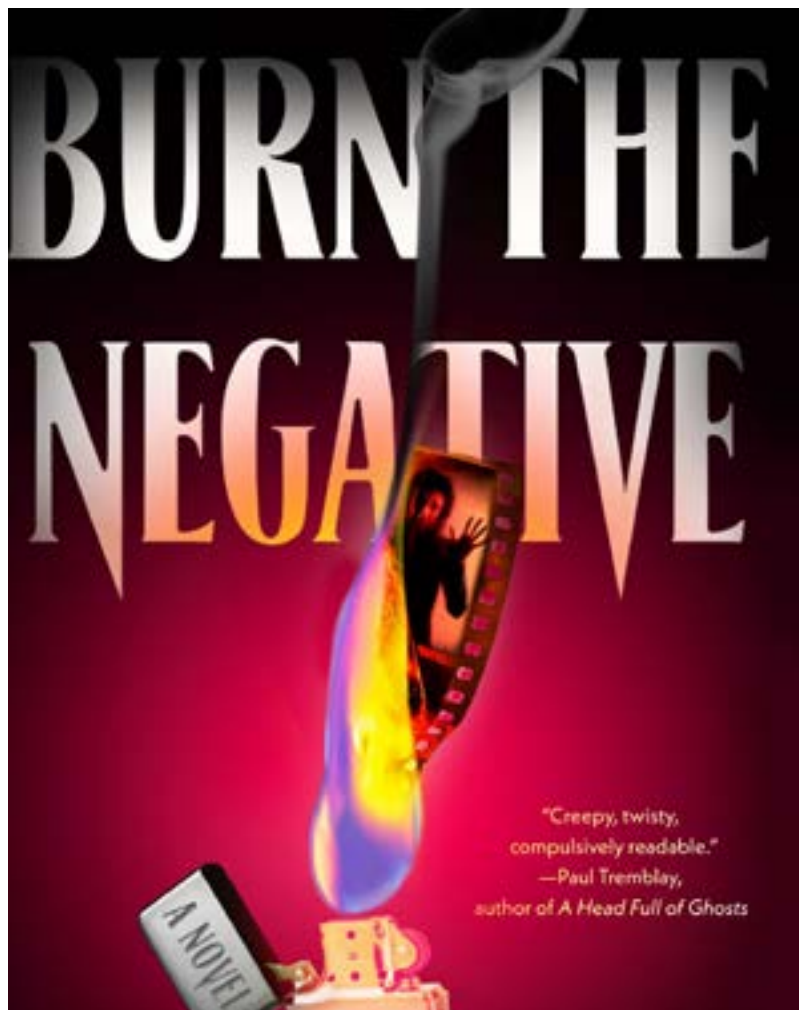


"Don't box yourself in with a degree, see it as the foundation by which you grow from. I never once thought that post-biomed I'd be doing production. I started a Masters in Translational

Medicine and after six weeks I decided it didn't resonate with me, and that is OK! Embrace everything that comes your way."

Monique currently works across BBC Music as Commissioning Producer, leading on the development of its On Demand music formats. Also part of London's creative scene, she is a DJ, featuring monthly on the community radio station Foundation FM.

If you'd like to nominate someone to feature as our Alumni of the month, please [contact us](#).

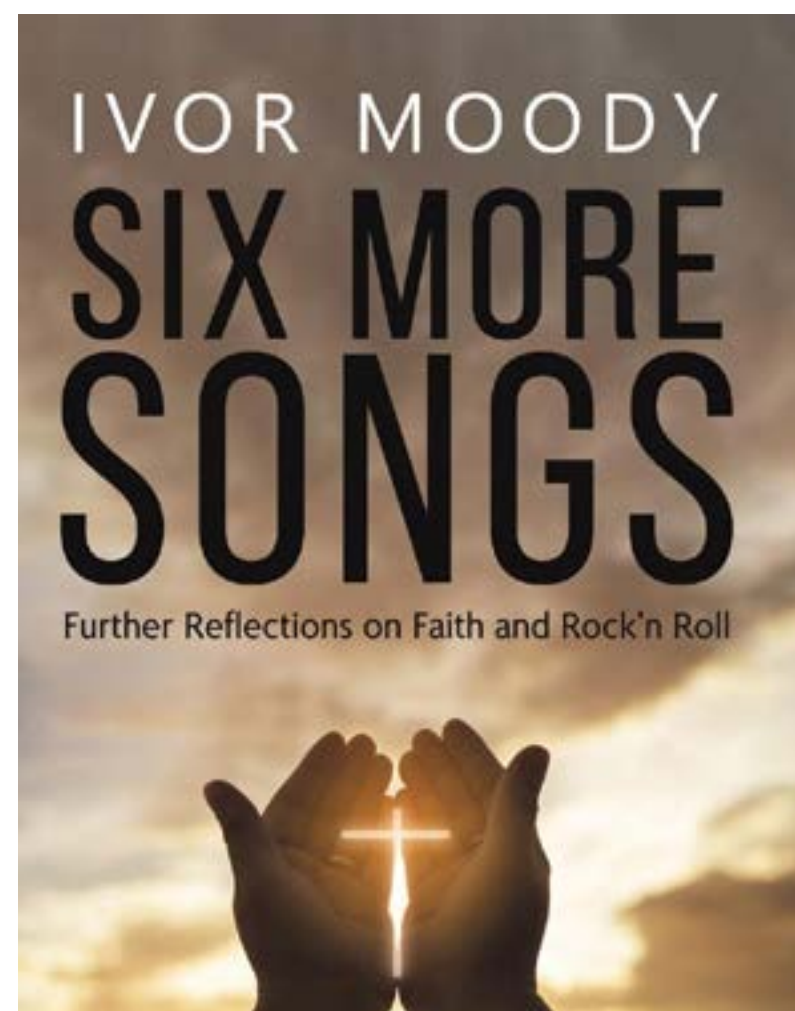


In this incendiary mash-up of horror and suspense, a notorious slasher film is remade... and the curse that haunted it is reawakened.

Arriving in L.A. to visit the set of a new streaming horror series, journalist Laura Warren discovers the series is actually a remake of the cursed '90s horror flick she starred in as a child—and has been running from her whole life.

When the body count rises again, Laura finds herself on the run with her aspiring actress sister and a jaded psychic, hoping to end the curse once and for all—and stay out of the Needle Man's lethal reach.

Josh Winning
BA Hons Film Studies
& Communication
Studies 2005

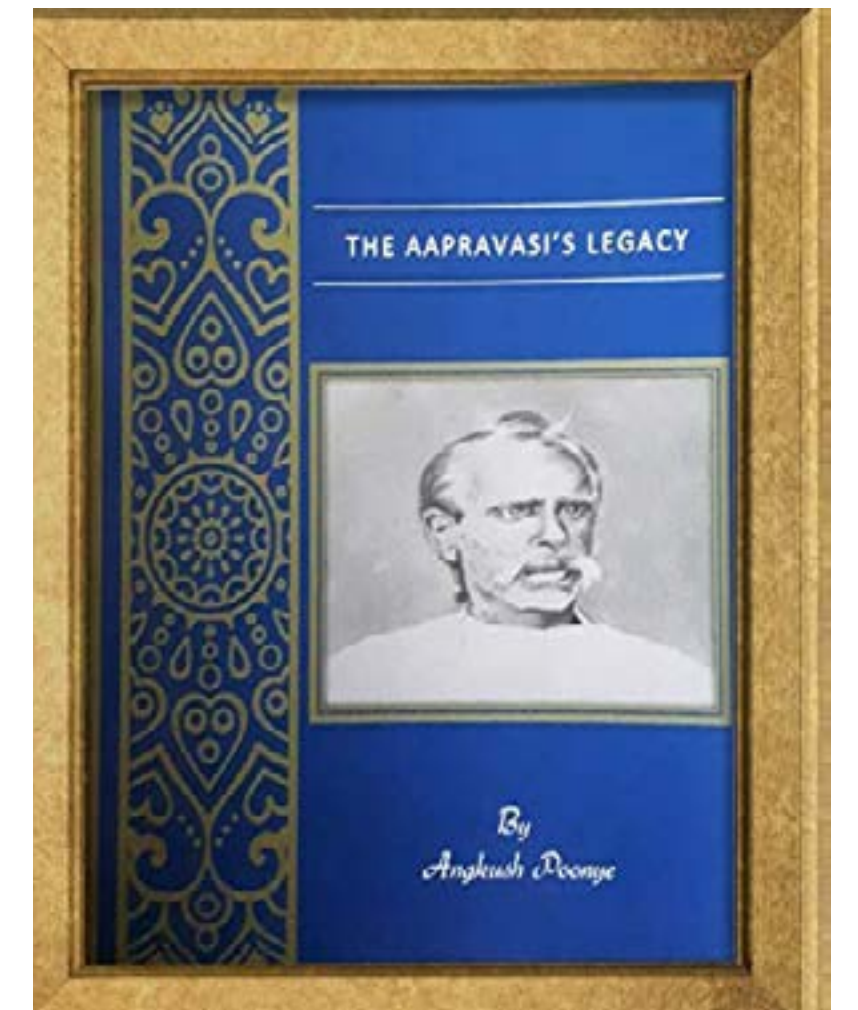


After publishing his first book *Songs for the Soul* in 2017, *Six More Songs* is a book of further reflections on what it means to undertake a journey of faith. It is a record of life stories and encounters which are common to all of us and make up our common experience of travelling together, and an examination of how we might interpret these happenings through the 'lens' of faith and belief.

Surrounded by a society seemingly immersed in an ever-increasing secularism,

Ivor takes six more famous, trans-generational secular songs and sees how we might use them to throw new light on the scriptures, faith and church. It is an exploration of new ways to deepen our Christian understanding, not by turning our backs on secularism, but embracing it, to see how modern 'soundbites' can throw fresh light on ancient truths.

Reverend Canon Ivor Moody
Honorary Fellow 2010



The Aapravasi's Legacy is a poetry book that narrates the journey of an indentured labourer brought from India to Mauritius in the 1800s. Serving as an inspiration for the rising generations of all Indian diaspora across the world, it commends the hard work of the Mauritian's ancestors who have contributed towards the island's economic progress throughout the years.

Angkush Poonye
Master of Business
Administration 2021



Samaritans Brew Monday 2024: Turning blues into brews!

Find out more about becoming a volunteer at one of our ARU Samaritans hubs in Cambridge and Chelmsford.

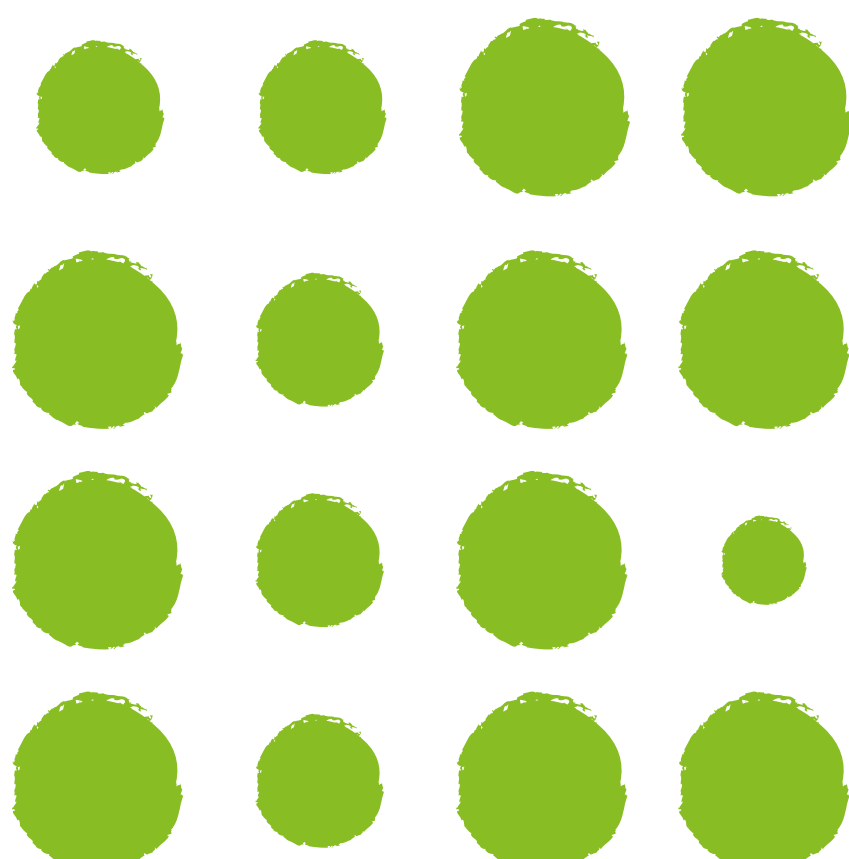
The third Monday in January is sometimes referred to as 'the most difficult day of the year', but this is a myth. At Samaritans we know there's no such thing as 'Blue Monday' – we all have our good days and our bad days, and those aren't for the calendar to decide.

So we say it's time to stop this myth about Monday being 'blue' and instead start a conversation over a brew!

Reach out and connect with family, friends, colleagues and loved ones.

Any day can be a Brew Monday. It doesn't matter if it's a Monday morning or Saturday night, or if you're drinking green tea, black coffee or orange juice. If you're sharing a cuppa and listening, you're doing it right.

You don't have to be an expert to help someone open up. The fact that you care is what matters. Here are some tips to help you spot when something might be wrong, start a conversation and be a good listener.



Would you like me to come with you?



If it helps, you can talk to me anytime

How are things?

● HOW TO SPOT WHEN SOMETHING MIGHT BE UP

These are some of the signs that someone may not be OK:

- Not wanting to do things they usually enjoy.
- Finding everyday things overwhelming.
- Not replying to messages or being distant.
- Avoiding people or seeming quiet.
- Appearing restless or agitated.
- Easily tearful.
- Drinking or using drugs to cope with feelings.

● HOW TO OPEN UP A CONVERSATION

Don't be shy to ask how someone's feeling:

- Choose a good time and somewhere without distractions.
- Use open questions that need more than a yes/no answer.
- 'How are things? I've noticed you don't seem quite yourself.'
- Listen well. 'How's that making you feel?'
- Avoid giving your view of what's wrong, or what they should do.

● HOW TO BE A GOOD LISTENER

Showing you care builds trust to open up:

- Make eye contact and put away your phone.
- Focus completely on the other person.
- Pauses are fine. Try not to jump in to fill a silence.
- Say back what you think it is they are wanting you to hear.
- Resist putting your own interpretation on it.
- Don't give up. Sometimes it can take a few tries!

● HOW TO HELP SOMEONE GET MORE HELP

If it feels like the person is really struggling to cope:

- 'Would you like to get some help?'
- 'Have you tried your GP?'
- 'Would you like me to come with you?'
- 'Did you know you don't have to be feeling suicidal to call Samaritans?'
- 'Samaritans is free, 24 hours a day, if you're feeling low or worried.'
- 'If it helps, you can talk to me anytime.'

Samaritans' volunteers are there for anyone who needs someone.

Every year, they spend over one million hours responding to calls for help and they can change the course of someone's life.



Learn more about our ARU Samaritans volunteers and apply to [join us today.](#)

If you have any questions about volunteering with Samaritans, contact

trainingschool@samaritans.org

The Conversation is a unique platform where all content is sourced from university academics and researchers, and written specifically for the general public. Articles written by Anglia Ruskin academics have been read by millions of people around the world, in countries as far afield as Azerbaijan and Zambia.

You can keep up to date with our latest comment pieces by visiting our website.

Articles include interesting topics, such as:

Cervical cancer: NHS pledge to eradicate disease by 2040 can be achieved – here's how

The NHS has pledged to eliminate cervical cancer in England by 2040. This will be achieved by amping up current vaccination and screening programmes.

While this goal may seem unrealistic or even impossible, there are many reasons to believe it can be achieved, and in the timeframe NHS England boss Amanda Pritchard has set out. The cornerstone of the NHS's strategy for eradicating cervical cancer is its vaccination programme.

This programme has been very successful so far. Around 80%

of teenagers in England have already received the human papillomavirus (HPV) vaccine, which significantly reduces the risk of getting cervical cancer.

Justin Stebbing

Published 20 November

Twenty years after section 28 repeal, lessons still need to be learned from UK's homophobic law

November 18, 2023, marks the 20-year anniversary of the repeal of section 28 in England and Wales. This law silenced any discussion of lesbian and gay matters in schools, and was law for 15 years between 1988 and 2003. It stated that local authorities: "shall not ... promote the teaching in any maintained school of the acceptability of homosexuality as a pretended family relationship."

I was a teacher for every year of section 28. And I and other LGBTQ+ teachers feared we would lose our jobs if we were outed in our school workplaces.

The scene was set for section 28 at the Conservative Party conference in 1987, an election year. Margaret Thatcher accused "hard left education authorities and extremist teachers" of taking opportunity away from children. She said: "Children who need to be taught to respect traditional

moral values are being taught that they have an inalienable right to be gay."

Catherine Lee

Published 16 November

Climate change could lead to food-related civil unrest in UK within 50 years, say experts

The emptying of supermarket shelves during the Covid pandemic demonstrated the chaos that disruption to the UK's food supply can provoke. Could this type of disruption have a different cause in the future? And what might the impact on society be?

These are the questions we sought to answer in our new study, which involved surveying 58 leading UK food experts spanning academia, policy, charitable organisations and business.

Our findings indicate that food shortages stemming from extreme weather events could potentially lead to civil unrest in the UK within 50 years. Shortages of staple carbohydrates like wheat, bread, pasta and cereal appear to be the most likely triggers of such unrest.

Sarah Bridle, Aled Jones

Published 12 October

Designing and carrying out qualitative research projects

Interested in doing qualitative research or evaluation?

Our two-day CPD course will introduce you to Qualitative Research Methods and give you a grounding in the main data collection methods and analytic techniques that you would need to carry out qualitative research in your organisation. The course includes interactive and taught content, and will be delivered by members from the Empowerment and Social Justice Research Group at Anglia Ruskin University. Members from ESJRG are experts in conducting research in a wide variety of areas, such as body image, the benefits of nature, improving mental health services, communication and interaction in social care, mental health apps, gender, cancer services and recovery, human rights abuses, intergroup conflict, and political communication.

This course is ideal for those working in a wide variety of organisations who are interested in developing skills to design a research project and use qualitative research methods. For those requiring one-to-one support for a particular project, we also offer an add-on package of three one-hour online consultation meetings in the months after the course.

The course will cover:

1. What is qualitative research? What is a qualitative research question?
2. How to collect data through interviews, focus groups, observations, documents, media and social media sources.
3. How to analyse data using a variety of qualitative techniques (e.g. thematic analysis, content analysis, discourse analysis, framework analysis) and approaches (e.g. realist evaluation, ethnography, participatory action research).
4. How to report the results of qualitative research.



The course will be taught on the Cambridge campus. It provides a great opportunity to receive tailored assistance on your qualitative project and network with others using qualitative research methods in their organisations.

**Two-day CPD course June 5-6 2024,
ARU Cambridge campus**

To book your place, visit:

store.anglia.ac.uk

If you have any questions about the course, please email us:

Karen.mutsatsa@aru.ac.uk

mick.finlay@aru.ac.uk



Initial teacher training: call for partnerships

The School of Education is thrilled to announce the launch of its Initial Teacher Training programme from September 2024.

We are newly accredited by the Department for Education, and are looking for teachers and primary schools in the East of England, London and beyond to get involved in this exciting opportunity to help shape the development of the next generation of teachers joining our profession.

Our Initial Teacher Training programme will launch with a brand new three-year BEd (Hons) Primary Education with QTS, a 60 credit Master's level Lead Mentor training programme and a range of exciting partnership opportunities.

There are lots of ways to get involved and be part of this stage of the ARU ITT journey, including:

- Providing a placement for a trainee (first placements will take place in Summer 2025)
- Sharing your expertise in a particular area for some of our trainees' Intensive Practice short observations sessions
- Giving a guest lecture about an aspect of your practice or journey into education
- Appearing on one of our interview panels for BEd applicants

Whilst on placement, each student will have a School Mentor and a dedicated ARU Tutor as well as a Lead Mentor to provide individualised



and responsive support to students and schools. We will provide a clear, streamlined processes and guidance for everyone involved in the trainee's experience, and organise supportive visits to partner schools before the placements begin, allowing us to develop a collaborative working relationship. Placement funds of £350 will be paid to schools for each student placement.

We recognise that a high-quality partnership is a two-way relationship based on equitable sharing of expertise and shared goals, and value collaboration with schools in all aspects of our provision. We are committed to adding value to our local education communities.

We can offer high-quality professional development opportunities for your staff, such as access to our accredited mentoring course for school mentors, training as Lead Mentors, an accredited 60-credit Masters level course, and access to free CPD and discounts on our Masters in Education courses.

If you feel you have anything you would like to offer which would 'give back' to ARU, please get in touch with us by emailing traintoteach@aru.ac.uk, or sign up to our mailing list on our ITT Partnership page at aru.ac.uk/itt

As the Department for Education's only new university provider to be accredited to award QTS from September 2024, this is a unique opportunity to join our new ARU ITT partnership, working with a university ranked 7th in the country for Education (Guardian League Tables 2024).

For more information, visit aru.ac.uk/itt



Alumni benefits

DID YOU KNOW that you may be entitled to our Alumni Scholarship – a 20% discount on any of our postgraduate taught courses if you meet the eligibility criteria? To find out more, please visit our postgraduate funding pages.

If you're interested in finding out more about other benefits and services provided to you as part of the Alumni Network, click [here](#).

We're keen to promote and support education, exchange knowledge, provide resources for the wider community and be good neighbours.

Come along to public lectures, events during awareness raising campaigns, festivals and much more.

Take part in free events for all ages, including talks, workshops, demonstrations, performances, exhibitions and hands-on activities.

Find out what's on at ARU, visit:

aru.ac.uk/community-engagement/community-events-listing

Honorary doctorate

Congratulations to Ashraf Patel MBE, who received the Honorary Doctor of Health Sciences award at one of our graduation ceremonies in Chelmsford in November 2023.

Born in India, Ashraf came to the UK in 1997 after qualifying as a surgeon in Mumbai. He made his home in Essex, working at St Margaret's Hospital, Epping, and The Princess Alexandra Hospital, Harlow.

In 1997, Ashraf became involved in breast cancer clinical research. Over the next two and a half decades, he was to play a key role - predominantly as Principal Investigator - in many clinical trials for innovative breast cancer therapies.

In 2021, Ashraf's achievements were formally recognised in the Queen's Birthday Honours List, when he was awarded an MBE for services to funding and research for breast cancer.

Congratulations!

Contact us

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